



WEEK 17: Sunday, 23 April - Saturday, 29 April 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-04-23	0500	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		
2023-04-23	0530	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		
2023-04-23	0625	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
2023-04-23	0630	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		
2023-04-23	0730	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		
2023-04-23	0830	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
2023-04-23	0935	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		
2023-04-23	1030	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		
2023-04-23	1130	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		
2023-04-23	1230	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
2023-04-23	1335	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		
2023-04-23	1405	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.			RPT	PG	Y	
2023-04-23	1435	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.			RPT	PG	Y	
2023-04-23	1505	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.			RPT	PG	Y	
2023-04-23	1535	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!			RPT	PG		
2023-04-23	1605	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.						
2023-04-23	1635	Eat Me: Or Try Not To	Takeover, The	It's hard to imagine going through a whole day without eating at least one of our favorite food brands. No matter where you are in the world.	CANADA	English-100		G		
2023-04-23	1730	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
2023-04-23	1800	Mary Makes It Easy	Wine And Dine	Alcohol is not just a fun meal pairing, it's also a super flavourful ingredient to cook with! Mary shakes things up with Wine Can Chicken.	CANADA	English-100		G		
2023-04-23	1830	Food To Change The World	Food For The Brain	What do rodent brains, zebra fish and humans have in common? Quite a lot, chef Ming Tan discovers in his search for food to save our sanity. He reveals how food can help with grief.	SINGAPORE	English-100				

2023-04-23	1930	Bobby & Giada In Italy	Wine Country	For their final week in Italy, Bobby Flay and Giada De Laurentis are in wine country! It's a chef's dream as they source high-end local ingredients and visit an iconic winery in Montalcino.	USA	English-100		G		Y
2023-04-23	2025	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 9	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
2023-04-23	2030	Rick Stein's Long Weekends	Palermo	Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence.	UNITED KINGDOM	English-100		PG		
2023-04-23	2140	Anthony Bourdain: No Reservations	China	As far as world cuisines go, China is the big one. On his first trip, Tony tackles Beijing and Chengdu, squeezing in as much food and culture as humanly possible.	USA	English-100		PG		Y
2023-04-23	2235	Anthony Bourdain: Parts Unknown	Houston	Set all of your stereotypes and cliches aside - this is not the Houston you were expecting. Or the one you thought you knew, the one you pigeonholed long ago.	USA	English-100		PG		
2023-04-23	2330	Eat Me: Or Try Not To	Takeover, The	It's hard to imagine going through a whole day without eating at least one of our favorite food brands. No matter where you are in the world.	CANADA	English-100		G		
2023-04-23	2430	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
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2023-04-23	2725	Rick Stein's Long Weekends	Palermo	Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence.	UNITED KINGDOM	English-100		PG		
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2023-04-24	0500	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.			RPT	PG		Y
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2023-04-24	1025	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 8, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.		English-100	RPT	G	Y	
2023-04-24	1030	Bobby & Giada In Italy	Wine Country	For their final week in Italy, Bobby Flay and Giada De Laurentis are in wine country! It's a chef's dream as they source high-end local ingredients and visit an iconic winery in Montalcino.	USA	English-100		G	Y	
2023-04-24	1125	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 9	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	
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2023-04-24	1335	Lidia's Italy	Lidia's Italy Series 4 Ep 13	Lidia travels to the beautiful region of Sardegna where she makes two wonderful eggplant dishes, and a delicious prune cake for dessert.	USA	English-100		G	Y	
2023-04-24	1400	Flour Power	Cyrenians	In this episode we're at the Cyrenians in Edinburgh. The Cyrenians is a charity who look after people at risk of homelessness, offering support to help them turn their lives around.	UNITED KINGDOM	English-100		PG		
2023-04-24	1430	The Chefs' Line	Indian	Watch apprentice chef Indy from top Melbourne Indian restaurant, Atta, go up against four passionate home cooks in a classic Samosa battle.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-24	1500	The Chefs' Line	Indian	Watch station chef Sharry from top Melbourne Indian restaurant, Atta, go up against three passionate home cooks in the ultimate Seekh Kebabs challenge.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-24	1530	Amy Schumer Learns To Cook	Breakfast Time	Comedian Amy Schumer begins her culinary education where most people begin the day - breakfast. While Amy mixes up an Old-Fashioned cocktail, Chris shows her how to make perfectly poached eggs.	USA	English-100		PG		
2023-04-24	1600	Amy Schumer Learns To Cook	Late-Night Eats	Amy's husband Chris is determined to teach her how to make some of her favourite late-night treats. While Amy makes the perfect Moscow Mule, she learns to cook fried rice with pork and scallops.	USA	English-100		PG	Y	
2023-04-24	1630	Barefoot Contessa: Back To Basics	Portable Food	It's food on the move with Ina Garten as she shares pro tips for perfect portable eats. She makes moist lemon poppy seed cake for an afternoon snack at work and tomato mozzarella pan bagnat for lunch.	USA	English-100		G		
2023-04-24	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 51	Pancakes are the order of the day when Ben tosses his Pancakes with Poached Berries. Next, nutritionist Jemma makes Berry Grape Jam & Macadamia Nut Butter Toast.	AUSTRALIA	English-100		PG		
2023-04-24	1730	Taste Of Australia With Hayden Quinn	Brisbane, QLD	Hayden starts the day on the Brisbane River kayaking, then has breakfast overlooking the river before heading to a restaurant to meet the chef and learn a bit about the Brisbane food scene.	AUSTRALIA	English-100		PG		
2023-04-24	1800	Middle East Feast With Shane Delia	Israeli	Israel has a diverse food culture, with a strong connection to Mediterranean flavours. Shane is joined in the kitchen by guest Ehud Malka and offers up an entire feast of brilliant Israeli cuisine.	AUSTRALIA	English-100		G	Y	
2023-04-24	1830	Food Safari Water	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-24	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 46	Adam is joined in The Cook Up kitchen by chefs, Tom Walton and Brent Savage to take ordinary recipes and make them extraordinary.				PG		
2023-04-24	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 1	Chef Luke Nguyen takes a culinary journey across the Greater Mekong region of Southeast Asia. Luke explores the cultures and centuries-old traditions of Yunnan Province.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-24	2000	Cheese Slices	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100		G		
2023-04-24	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-04-24	2140	Come Dine With Me Couples	Berkshire A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		

2023-04-25	1130	James Martin's American Adventure	Santa Cruz	James continues his trip with a cruise along California's Pacific Coast. He rides his motorcycle through the coastal city of Santa Cruz, taking in the fertile nature of the local farmland.	UNITED KINGDOM	English-100		PG		
2023-04-25	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.		English-100	RPT	G	Y	
2023-04-25	1230	My Market Kitchen	My Market Kitchen Series 5 Ep 51	Pancakes are the order of the day when Ben tosses his Pancakes with Poached Berries. Next, nutritionist Jemma makes Berry Grape Jam & Macadamia Nut Butter Toast.	AUSTRALIA	English-100		PG		
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2023-04-25	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 14	Witness a marriage of flavours as Lidia travels to the beautiful region of Basilicata, where she makes a traditional wedding soup full of flavours like escarole, fennel, and meatballs.	USA	English-100		G		
2023-04-25	1400	Flour Power	Cairn O'mohr Winery	Keen forager Ron makes scones using his own homemade culture, while Kay's reputation as a contest dark horse is on the line when she produces her own take on empire biscuits.	UNITED KINGDOM	English-100		G		
2023-04-25	1430	The Chefs' Line	Indian	Watch sous chef Atar from top Melbourne Indian restaurant, Atta, go up against two passionate home cooks in a bid to make the best Spiced Milk Dessert.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-25	1500	The Chefs' Line	Indian	Watch head chef Harry Dhanjal from from top Melbourne Indian restaurant, Atta, go up against this week's final home cook, Smita, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-25	1530	Amy Schumer Learns To Cook	Pasta Night	Amy and her chef husband Chris Fischer decide the only way to handle being quarantined is a good carb-load. Chris starts the feast with two kinds of pasta - broccoli and mushroom.	USA	English-100		PG		Y
2023-04-25	1600	Amy Schumer Learns To Cook	Lunch Break	Amy and her chef husband Chris dig into a comfort food staple - sandwiches. Chris teaches Amy the art of making sandwiches, and whips up a panzanella salad.	USA	English-100		PG		Y
2023-04-25	1630	Barefoot Contessa: Back To Basics	Good Grilling	Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her grilled Cornish hens, and she amps up the flavour on ribs and BBQ sauce.	USA	English-100		G		
2023-04-25	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 52	The show kicks off with a South American theme as Ben cooks a smoky and delicious Roast Peruvian-Spiced Chicken before Tobie Puttock changes gears with his Sticky Miso Eggplant.	AUSTRALIA	English-100		PG		
2023-04-25	1730	Taste Of Australia With Hayden Quinn	Sunshine Coast, QLD	Hayden starts the day with a surf with a new friend, then heads to a ginger farm to see ginger being processed. Hayden then gets some cooking tips from a chef at a local restaurant.	AUSTRALIA	English-100		PG		
2023-04-25	1800	Middle East Feast With Shane Delia	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture.	AUSTRALIA	English-100		G	Y	
2023-04-25	1830	Food Safari Water	Feel Good Fish	Food Safari Water celebrates the hearty deliciousness of seafood with touch-your-heart dishes and stories from northern England, Lebanon, Portugal, and Sri Lanka.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-25	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 47	Esteemed chef, Christine Manfield and Enter Via Laundry's founder, Helly Raichura join Adam to celebrate the concept of the communal table - food made for sharing.				PG		
2023-04-25	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 2	Luke discovers the unique flavours and culinary traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-25	2000	Donal's Meals In Minutes	Oven Meals	Oven meals are all ideal recipes for the time strapped cook. Donal's recipes include a one tray roast vegetable pasta, turmeric and ginger spatchcocked chicken with roast vegetables.	IRELAND	English-100		G		
2023-04-25	2030	Hairy Bikers Go Local	Barsham Arms, Norfolk	The Bikers continue their adventure in Norfolk, on the hunt for new, local ingredients for a country pub chef with a creative streak.	UNITED KINGDOM	English-100		PG		
2023-04-25	2135	Come Dine With Me Couples	Maidenhead B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		
2023-04-25	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 47	Esteemed chef, Christine Manfield and Enter Via Laundry's founder, Helly Raichura join Adam to celebrate the concept of the communal table - food made for sharing.				PG		
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2023-04-25	2330	James Martin's American Adventure	San Francisco	James' travels take him to the city of San Francisco, where he cooks a meal on the great historic warship the SS Jeremiah O'Brien. Then he takes a walk through San Francisco's famous Chinatown.	UNITED KINGDOM	English-100		G		

2023-04-25	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.		English-100	RPT	G	Y	
2023-04-25	2430	Hairy Bikers Go Local	Barsham Arms, Norfolk	The Bikers continue their adventure in Norfolk, on the hunt for new, local ingredients for a country pub chef with a creative streak.	UNITED KINGDOM	English-100		PG		
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2023-04-26	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 47	Esteemed chef, Christine Manfield and Enter Via Laundry's founder, Helly Raichura join Adam to celebrate the concept of the communal table - food made for sharing.				PG		
2023-04-26	1130	James Martin's American Adventure	San Francisco	James' travels take him to the city of San Francisco, where he cooks a meal on the great historic warship the SS Jeremiah O'Brien. Then he takes a walk through San Francisco's famous Chinatown.	UNITED KINGDOM	English-100		G		
2023-04-26	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.		English-100	RPT	G	Y	
2023-04-26	1230	My Market Kitchen	My Market Kitchen Series 5 Ep 52	The show kicks off with a South American theme as Ben cooks a smoky and delicious Roast Peruvian-Spiced Chicken before Tobie Puttock changes gears with his Sticky Miso Eggplant.	AUSTRALIA	English-100		PG		

2023-04-26	1300	Taste Of Australia With Hayden Quinn	Sunshine Coast, QLD	Hayden starts the day with a surf with a new friend, then heads to a ginger farm to see ginger being processed. Hayden then gets some cooking tips from a chef at a local restaurant.	AUSTRALIA	English-100		PG		
2023-04-26	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 15	Lidia visits Liguria - a region known for its blue fish, tuna, and green vegetables. Join Lidia as she makes green beans, along with a beautiful tuna cooked Genoa-style with anchovies, and mushrooms.	USA	English-100		G		
2023-04-26	1400	Flour Power	Blue2 Digital	Located just outside Dundee, a converted open-plan church houses graphic and brand consultancy Avian and web design and development agency Blue2.	UNITED KINGDOM	English-100		G		
2023-04-26	1430	The Chefs' Line	Indian	Judge Melissa Leong takes us inside the kitchen of top Indian restaurant Atta. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes prepared by the line.	AUSTRALIA	English-100	RPT	G		Y
2023-04-26	1500	The Chefs' Line	Middle Eastern	Watch apprentice chef Pili from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against four passionate home cooks in a classic Falafel battle.	AUSTRALIA	English-100	RPT	G		Y
2023-04-26	1530	Amy Schumer Learns To Cook	Picnic, Soup And Salad	Amy and Chris pack a picnic lunch to take advantage of the summer weather. Amy starts things off with a margarita, while Chris makes pesto pasta salad, a chicken cutlet BLT, and brownies for dessert.	USA	English-100		PG		Y
2023-04-26	1625	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y
2023-04-26	1630	Barefoot Contessa: Back To Basics	Herbs All Ways	Ina Garten is cooking with her favourite herbs and sharing tips for turning up the flavour. Dill, chives, and basil shine in her heirloom tomatoes with herbed ricotta.	USA	English-100		G		
2023-04-26	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 53	Ben opens the show with his lovely Almond Frangipane and Apricot Tart, then gifts the keys to the kitchen to Chef Charlie Carrington who cooks his Israel Roasted Pumpkin with Red Onion.	AUSTRALIA	English-100		PG		
2023-04-26	1730	Taste Of Australia With Hayden Quinn	Whitsundays, QLD	Hayden travels from the marina to a mango farm to learn about the local produce, then picks up some limes before heading out fishing with a local chef.	AUSTRALIA	English-100		PG		
2023-04-26	1800	Middle East Feast With Shane Delia	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen to focus on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100		G		Y
2023-04-26	1830	Food Safari Water	Festive Fish	Food Safari Water celebrates the sheer deliciousness of seafood on a big scale - the opulence of fish and seafood served as part of a feast in Malaysia and Singapore, China, Senegal, and Brazil.	AUSTRALIA	English-100	RPT	PG		Y
2023-04-26	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 48	Adam and guests, chef and game harvester Ross O'Meara, and culinary travel journalist Sofia Levin are making easy autumnal dinners.				PG		
2023-04-26	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 3	Travelling in China's Yunnan Province, chef Luke Nguyen reaches the fabled town of Lijiang where the nightlife reigns and a Naxi 'auntie' teaches Luke how to cook a local speciality.	AUSTRALIA	English-100	RPT	G		Y
2023-04-26	2000	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 5	Dan whips up one of his favourites, Zha Jiang Mian, a quintessential Northern Chinese dish of fried noodles topped with a rich sauce.	AUSTRALIA	English-100		PG		Y
2023-04-26	2030	Field Trip With Curtis Stone	Victoria	Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations.	USA	English-100		PG		
2023-04-26	2100	Tom Kerridge's American Feast	Vermont	In this episode, Tom Kerridge travels to Vermont and learns how combining local food tradition with 21st century innovation can have surprisingly tasty results.	UNITED KINGDOM	English-100		PG		
2023-04-26	2130	Come Dine With Me Couples	Cambridge A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		
2023-04-26	2225	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y
2023-04-26	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 48	Adam and guests, chef and game harvester Ross O'Meara, and culinary travel journalist Sofia Levin are making easy autumnal dinners.				PG		
2023-04-26	2300	Food Safari Water	Festive Fish	Food Safari Water celebrates the sheer deliciousness of seafood on a big scale - the opulence of fish and seafood served as part of a feast in Malaysia and Singapore, China, Senegal, and Brazil.	AUSTRALIA	English-100	RPT	PG		Y
2023-04-26	2330	James Martin's American Adventure	Sonoma	A trip to California wouldn't be complete without a visit to the famous vineyards of Sonoma County. James continues his adventure with a drive on his much-loved Harley to visit to a unique winery.	UNITED KINGDOM	English-100		G		
2023-04-26	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 8, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.		English-100	RPT	G		Y

2023-04-27	1130	James Martin's American Adventure	Sonoma	A trip to California wouldn't be complete without a visit to the famous vineyards of Sonoma County. James continues his adventure with a drive on his much-loved Harley to visit to a unique winery.	UNITED KINGDOM	English-100		G		
2023-04-27	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 8, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.		English-100	RPT	G	Y	
2023-04-27	1230	My Market Kitchen	My Market Kitchen Series 5 Ep 53	Ben opens the show with his lovely Almond Frangipane and Apricot Tart, then gifts the keys to the kitchen to Chef Charlie Carrington who cooks his Israel Roasted Pumpkin with Red Onion.	AUSTRALIA	English-100		PG		
2023-04-27	1300	Taste Of Australia With Hayden Quinn	Whitsundays, QLD	Hayden travels from the marina to a mango farm to learn about the local produce, then picks up some limes before heading out fishing with a local chef.	AUSTRALIA	English-100		PG		
2023-04-27	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 16	Lidia travels to Liguria - a region known for their use of nuts. Join her as she creates a German potato salad with pancetta in a puckery dressing. She also makes a fresh spinach salad with pine nuts.	USA	English-100		G		
2023-04-27	1400	Flour Power	Old Mart Resource Centre	In this episode we're visiting The Old Mart Resource Centre in Maud, Aberdeenshire. On the former site of one of the UK's biggest cattle markets.	UNITED KINGDOM	English-100		PG		
2023-04-27	1430	The Chefs' Line	Middle Eastern	Watch station chef Sujan from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against three passionate home cooks in the ultimate Sweet Pastry challenge.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-27	1500	The Chefs' Line	Middle Eastern	Watch sous chef Everton from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against two passionate home cooks in a bid to make the best Middle Eastern Fish dish.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-27	1530	Amy Schumer Learns To Cook	Not Frozen And Kids' Menu	Chris decides to teach Amy how to make some of her favourite frozen foods from scratch. While Amy gets things going with a pina colada, Chris shows Amy how to make crowd-pleasing pigs in a blanket.	USA	English-100		PG		Y
2023-04-27	1625	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
2023-04-27	1630	Barefoot Contessa: Back To Basics	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce.	USA	English-100		G		
2023-04-27	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 54	Ben visits Sav at Whisked to buy some truly free-range eggs for his Spanish Tortilla with Chorizo before his mate Tobie Puttock makes a thirst-quenching Peach and Thyme Soda.	AUSTRALIA	English-100		PG		
2023-04-27	1730	Taste Of Australia With Hayden Quinn	Tropical North Queensland	Hayden starts his day with a trip to the Frankland Islands where he snorkels and learns about the reef. He then meets a local tour guide who takes him to a few of his favourite spots.	AUSTRALIA	English-100		PG		
2023-04-27	1800	Middle East Feast With Shane Delia	Bbq	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100		G	Y	
2023-04-27	1830	Food Safari Fire	Food Safari Fire Series 1 Ep 1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Maeve O'Meara travels across Australia to meet with chefs and grilling experts.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-27	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 49	Adam and guests, fabulous food writer Hetty Lui McKinnon and remarkable TV and podcast host Zan Rowe are in the express lane, cooking dinner with 12 ingredients or less.				PG		
2023-04-27	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-27	2000	Sara's Istanbul Delights	Purple	Sara listens to the meaning of the color purple, that is identified with Istanbul in history for the city from Saffet Emre Tonguc and she tastes Turkish coffee in the Grand Bazaar.	TURKEY	English-50; Turkish-50				
2023-04-27	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 4	After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for Steak & Kidney Pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100		G		
2023-04-27	2100	Anna's Occasions	Sophisticated Birthday	When dessert for a birthday celebration calls for a more adult sensibility, these three incredible cakes will show your loved one that you truly care.	CANADA	English-100		G		
2023-04-27	2130	Come Dine With Me Couples	Cambridge And Peterborough B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		
2023-04-27	2225	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.			RPT	G	Y	Y
2023-04-27	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 49	Adam and guests, fabulous food writer Hetty Lui McKinnon and remarkable TV and podcast host Zan Rowe are in the express lane, cooking dinner with 12 ingredients or less.				PG		

2023-04-27	2300	Food Safari	Moroccan	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	RPT	G	Y
2023-04-27	2330	James Martin's American Adventure	Sonoma Raceway	James makes a high-octane pit stop at the world-famous Sonoma Raceway - just before the IndyCar season finale. There he gets driven around the track by the King of American motorsport, Mario Andretti.	UNITED KINGDOM	English-100		PG	
2023-04-27	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 9, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.		English-100	RPT	PG	Y
2023-04-27	2430	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 4	After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for Steak & Kidney Pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100		G	
2023-04-27	2500	Anna's Occasions	Sophisticated Birthday	When dessert for a birthday celebration calls for a more adult sensibility, these three incredible cakes will show your loved one that you truly care.	CANADA	English-100		G	
2023-04-27	2530	Come Dine With Me Couples	Cambridge And Peterborough B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	
2023-04-27	2625	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.			RPT	G	Y Y
2023-04-27	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 16	Lidia travels to Liguria - a region known for their use of nuts. Join her as she creates a German potato salad with pancetta in a puckery dressing. She also makes a fresh spinach salad with pine nuts.	USA	English-100		G	
2023-04-27	2700	Flour Power	Old Mart Resource Centre	In this episode we're visiting The Old Mart Resource Centre in Maud, Aberdeenshire. On the former site of one of the UK's biggest cattle markets.	UNITED KINGDOM	English-100		PG	
2023-04-27	2730	The Chefs' Line	Middle Eastern	Watch station chef Sujan from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against three passionate home cooks in the ultimate Sweet Pastry challenge.	AUSTRALIA	English-100	RPT	G	Y
2023-04-27	2800	The Chefs' Line	Middle Eastern	Watch sous chef Everton from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, go up against two passionate home cooks in a bid to make the best Middle Eastern Fish dish.	AUSTRALIA	English-100	RPT	G	Y
2023-04-27	2830	Barefoot Contessa: Back To Basics	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce.	USA	English-100		G	
2023-04-28	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 54	Ben visits Sav at Whisked to buy some truly free-range eggs for his Spanish Tortilla with Chorizo before his mate Tobie Puttock makes a thirst-quenching Peach and Thyme Soda.	AUSTRALIA	English-100		PG	
2023-04-28	0530	Taste Of Australia With Hayden Quinn	Tropical North Queensland	Hayden starts his day with a trip to the Frankland Islands where he snorkels and learns about the reef. He then meets a local tour guide who takes him to a few of his favourite spots.	AUSTRALIA	English-100		PG	
2023-04-28	0600	Middle East Feast With Shane Delia	Bbq	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100		G	Y
2023-04-28	0630	Amy Schumer Learns To Cook	Not Frozen And Kids' Menu	Chris decides to teach Amy how to make some of her favourite frozen foods from scratch. While Amy gets things going with a pina colada, Chris shows Amy how to make crowd-pleasing pigs in a blanket.	USA	English-100		PG	Y
2023-04-28	0725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y Y
2023-04-28	0730	Food Safari Fire	Food Safari Fire Series 1 Ep 1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Maeve O'Meara travels across Australia to meet with chefs and grilling experts.	AUSTRALIA	English-100	RPT	G	Y
2023-04-28	0800	Sara's Istanbul Delights	Purple	Sara listens to the meaning of the colour purple, that is identified with Istanbul in history for the city from Saffet Emre Tonguc and she tastes Turkish coffee in the Grand Bazaar.	TURKEY	English-50; Turkish-50			
2023-04-28	0830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 4	After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for Steak & Kidney Pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100		G	
2023-04-28	0900	Anna's Occasions	Sophisticated Birthday	When dessert for a birthday celebration calls for a more adult sensibility, these three incredible cakes will show your loved one that you truly care.	CANADA	English-100		G	
2023-04-28	0930	Come Dine With Me Couples	Cambridge And Peterborough B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	

2023-04-28	1025	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.			RPT	G	Y	Y
2023-04-28	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-28	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 49	Adam and guests, fabulous food writer Hetty Lui McKinnon and remarkable TV and podcast host Zan Rowe are in the express lane, cooking dinner with 12 ingredients or less.				PG		
2023-04-28	1130	James Martin's American Adventure	Sonoma Raceway	James makes a high-octane pit stop at the world-famous Sonoma Raceway - just before the IndyCar season finale. There he gets driven around the track by the King of American motorsport, Mario Andretti.	UNITED KINGDOM	English-100		PG		
2023-04-28	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 9, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.		English-100	RPT	PG	Y	
2023-04-28	1230	My Market Kitchen	My Market Kitchen Series 5 Ep 54	Ben visits Sav at Whisked to buy some truly free-range eggs for his Spanish Tortilla with Chorizo before his mate Tobie Puttock makes a thirst-quenching Peach and Thyme Soda.	AUSTRALIA	English-100		PG		
2023-04-28	1300	Taste Of Australia With Hayden Quinn	Tropical North Queensland	Hayden starts his day with a trip to the Frankland Islands where he snorkels and learns about the reef. He then meets a local tour guide who takes him to a few of his favourite spots.	AUSTRALIA	English-100		PG		
2023-04-28	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 17	Lidia travels up to the mountains of Abruzzo, where they are known for their hearty foods. Join her as she creates a chestnut and lentil soup with tomato and basil.	USA	English-100		G		
2023-04-28	1400	Flour Power	Live Language	Judging alongside series stalwart Nichola Reith is local baker and cafe owner Calum Bryce. Once all the workmates' creations are revealed, tasted, judged and scored, just who will win.	UNITED KINGDOM	English-100		G		
2023-04-28	1430	The Chefs' Line	Middle Eastern	Watch head chef and owner Michael Rantissi from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, face off against this week's final home cook, Sara.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-28	1500	The Chefs' Line	Middle Eastern	Judge Melissa Leong takes us inside the kitchen of from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen. Melissa and the chefs line will reminisce about the week.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-28	1530	Amy Schumer Learns To Cook	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - prawns in lobster sauce with rice.	USA	English-100		PG		
2023-04-28	1625	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y
2023-04-28	1630	Barefoot Contessa: Back To Basics	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100		G		
2023-04-28	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 55	Ben reminisces about a family trip to Japan while he cooks Gyozas, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans.	AUSTRALIA	English-100		PG		
2023-04-28	1730	Taste Of Australia With Hayden Quinn	Northern Beaches, NSW	Hayden is back home to finish up the season on the Northern Beaches. He's out for a morning mountain bike ride, then drops into his local butcher, and attends the 'Taste of the Beaches' festival.	AUSTRALIA	English-100		PG		
2023-04-28	1800	Middle East Feast With Shane Delia	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100		G	Y	
2023-04-28	1830	Food Safari Fire	Food Safari Fire Series 1 Ep 2	Maeve explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay and Mexican fish tacos.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-28	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 50	Adam and guests Carol Ferrone and Mike Bennie are in The Cook Up kitchen and keen for food that can be made in 15 minutes flat.				PG		
2023-04-28	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-28	2000	Gok Wan's Easy Asian	Soup Classics	Gok has three classic soups to share: a perfect wonton soup that is the ultimate in subtle flavours, a crab and sweetcorn soup that couldn't be simpler and a personal version of the classic tom yum.	UNITED KINGDOM	English-100		G		
2023-04-28	2030	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 3	Hugh's fish fight takes him to Scotland, to the largest farmed salmon company in the world, then to Brussels and Westminster to try to and make some waves.	UNITED KINGDOM	English-100		PG		
2023-04-28	2130	Come Dine With Me Couples	Essex A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		

2023-04-28	2225	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 3	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
2023-04-28	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 50	Adam and guests Carol Ferrone and Mike Bennie are in The Cook Up kitchen and keen for food that can be made in 15 minutes flat.				PG		
2023-04-28	2300	Food Safari	Malaysian	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-28	2330	James Martin's American Adventure	Los Angeles	James enters LA in style, driving a vintage Porsche on his way to some standout food. James drops in on chef-to-the-stars Wolfgang Puck at his Beverly Hills restaurant CUT for the best steak in town.	UNITED KINGDOM	English-100		G		
2023-04-28	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 10, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.		English-100	RPT	G	Y	
2023-04-28	2430	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 3	Hugh's fish fight takes him to Scotland, to the largest farmed salmon company in the world, then to Brussels and Westminster to try to and make some waves.	UNITED KINGDOM	English-100		PG		
2023-04-28	2530	Come Dine With Me Couples	Essex A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		
2023-04-28	2625	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 3	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
2023-04-28	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 17	Lidia travels up to the mountains of Abruzzo, where they are known for their hearty foods. Join her as she creates a chestnut and lentil soup with tomato and basil.	USA	English-100		G		
2023-04-28	2700	Flour Power	Live Language	Judging alongside series stalwart Nichola Reith is local baker and cafe owner Calum Bryce. Once all the workmates' creations are revealed, tasted, judged and scored, just who will win.	UNITED KINGDOM	English-100		G		
2023-04-28	2730	The Chefs' Line	Middle Eastern	Watch head chef and owner Michael Rantissi from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen, face off against this week's final home cook, Sara.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-28	2800	The Chefs' Line	Middle Eastern	Judge Melissa Leong takes us inside the kitchen of from hatted Sydney Middle Eastern restaurant, Kepos Street Kitchen. Melissa and the chefs line will reminisce about the week.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-28	2830	Barefoot Contessa: Back To Basics	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100		G		
2023-04-29	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 55	Ben reminisces about a family trip to Japan while he cooks Gyozae, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans	AUSTRALIA	English-100		PG		
2023-04-29	0530	Taste Of Australia With Hayden Quinn	Northern Beaches, NSW	Hayden is back home to finish up the season on the Northern Beaches. He's out for a morning mountain bike ride, then drops into his local butcher, and attends the 'Taste of the Beaches' festival.	AUSTRALIA	English-100		PG		
2023-04-29	0600	Middle East Feast With Shane Delia	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100		G	Y	
2023-04-29	0630	Amy Schumer Learns To Cook	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - prawns in lobster sauce with rice.	USA	English-100		PG		
2023-04-29	0725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y
2023-04-29	0730	Food Safari Fire	Food Safari Fire Series 1 Ep 2	Maeve explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay and Mexican fish tacos.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-29	0800	Gok Wan's Easy Asian	Soup Classics	Gok has three classic soups to share: a perfect wonton soup that is the ultimate in subtle flavours, a crab and sweetcorn soup that couldn't be simpler and a personal version of the classic tom yum.	UNITED KINGDOM	English-100		G		
2023-04-29	0830	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 3	Hugh's fish fight takes him to Scotland, to the largest farmed salmon company in the world, then to Brussels and Westminster to try to and make some waves.	UNITED KINGDOM	English-100		PG		
2023-04-29	0930	Come Dine With Me Couples	Essex A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		
2023-04-29	1025	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 3	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y

2023-04-29	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G	Y
2023-04-29	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 50	Adam and guests Carol Ferrone and Mike Bennie are in The Cook Up kitchen and keen for food that can be made in 15 minutes flat.				PG	
2023-04-29	1130	James Martin's American Adventure	Los Angeles	James enters LA in style, driving a vintage Porsche on his way to some standout food. James drops in on chef-to-the-stars Wolfgang Puck at his Beverly Hills restaurant CUT for the best steak in town.	UNITED KINGDOM	English-100		G	
2023-04-29	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 10, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.		English-100	RPT	G	Y
2023-04-29	1230	My Market Kitchen	My Market Kitchen Series 5 Ep 55	Ben reminisces about a family trip to Japan while he cooks Gyozas, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans	AUSTRALIA	English-100		PG	
2023-04-29	1300	Taste Of Australia With Hayden Quinn	Northern Beaches, NSW	Hayden is back home to finish up the season on the Northern Beaches. He's out for a morning mountain bike ride, then drops into his local butcher, and attends the 'Taste of the Beaches' festival.	AUSTRALIA	English-100		PG	
2023-04-29	1330	Food Safari Fire	Food Safari Fire Series 1 Ep 2	Maeve explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay and Mexican fish tacos.	AUSTRALIA	English-100	RPT	G	Y
2023-04-29	1400	Middle East Feast With Shane Delia	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100		G	Y
2023-04-29	1430	Amy Schumer Learns To Cook	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - prawns in lobster sauce with rice.	USA	English-100		PG	
2023-04-29	1525	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y Y
2023-04-29	1530	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2023-04-29	1600	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G	
2023-04-29	1630	Ainsley's Good Mood Food	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint.	UNITED KINGDOM	English-100		G	
2023-04-29	1725	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-04-29	1730	The Julia Child Challenge	Meal That Changed Your Life, The	Eight home cooks and Julia Child superfans enter Julia's kitchen to compete in a competition inspired by her amazing life, with a little help from Julia herself.	USA	English-100		PG	
2023-04-29	1825	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-04-29	1830	Rick Stein And The Japanese Ambassador	Rick Stein And The Japanese Ambassador	Rick Stein visits Japan to get a feel for its cuisine before creating a banquet at the invitation of the Japanese Ambassador.	UNITED KINGDOM	English-100		PG	
2023-04-29	1940	Jeremy Pang's Asian Kitchen	Bit Of Spice, A	In this episode all the dishes have a bit of spice, even the pudding. Jeremy starts with Sichuanese mouth-watering Chicken, a warming dish using Sichuan Peppercorns to create a unique numbing.	UNITED KINGDOM	English-100		PG	
2023-04-29	2040	Britain's Poshest Farm Shops	Britain's Poshest Farm Shops Series 1 Ep 1	While much of the High Street has faltered in recent years, with the nostalgic appeal of a traditional countryside corner shop, these often expansive but charming rural delis are a retailing success.	UNITED KINGDOM	English-100			
2023-04-29	2140	Anthony Bourdain: No Reservations	Japan	Tony's Japanese adventure begins in Osaka at an underground bar devoted to the hardcore fans of the local baseball team, the Hanshin Tigers.	USA	English-100		PG	
2023-04-29	2235	Anthony Bourdain: Parts Unknown	London	Tony travels to London for a relaxing visit with old friends and a meal at his favourite restaurant in the world. What happened upon his arrival did not change the itinerary, but did change the mood.	USA	English-100		PG	
2023-04-29	2330	Ainsley's Good Mood Food	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint.	UNITED KINGDOM	English-100		G	
2023-04-29	2425	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-04-29	2430	The Julia Child Challenge	Meal That Changed Your Life, The	Eight home cooks and Julia Child superfans enter Julia's kitchen to compete in a competition inspired by her amazing life, with a little help from Julia herself.	USA	English-100		PG	

2023-04-29	2525	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G
2023-04-29	2530	Rick Stein And The Japanese Ambassador	Rick Stein And The Japanese Ambassador	Rick Stein visits Japan to get a feel for its cuisine before creating a banquet at the invitation of the Japanese Ambassador.	UNITED KINGDOM	English-100		PG
2023-04-29	2635	Jeremy Pang's Asian Kitchen	Bit Of Spice, A	In this episode all the dishes have a bit of spice, even the pudding. Jeremy starts with Sichuanese mouth-watering Chicken, a warming dish using Sichuan Peppercorns to create a unique numbing.	UNITED KINGDOM	English-100		PG
2023-04-29	2730	Britain's Poshest Farm Shops	Britain's Poshest Farm Shops Series 1 Ep 1	While much of the High Street has faltered in recent years, with the nostalgic appeal of a traditional countryside corner shop, these often expansive but charming rural delis are a retailing success.	UNITED KINGDOM	English-100		
2023-04-29	2830	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G

