



WEEK 18: Sunday, 24 April - Saturday, 30 April 2022 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-04-24	0500	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		
2022-04-24	0530	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		
2022-04-24	0625	Just Jen Bitesize	Goat Cheese Galette	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		
2022-04-24	0630	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		
2022-04-24	0725	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	
2022-04-24	0730	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		
2022-04-24	0825	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	
2022-04-24	0830	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		
2022-04-24	0925	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	
2022-04-24	0930	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		
2022-04-24	1025	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
2022-04-24	1030	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		
2022-04-24	1125	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	
2022-04-24	1130	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		
2022-04-24	1225	Just Jen Bitesize	Goat Cheese Galette	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		
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2022-04-24	1330	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

2022-04-24	1400	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	RPT	PG		
2022-04-24	1430	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	RPT	PG		
2022-04-24	1500	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	RPT	PG		
2022-04-24	1530	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	RPT	PG		
2022-04-24	1600	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		
2022-04-24	1630	Ainsley Eats The Streets	Penang	Ainsley meets foodies who come from each of the major communities living in Penang, and discovers how the world's original fusion cuisine was born.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-04-24	1725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-24	1730	Minjiba Entertains	Family Food Haven	It's all about family when Minjiba meets a single father on a quest to expand the culinary experience for his twin boys. Minjiba is up for the task with an imaginative kid friendly hamburger feast.	USA	English-100		PG		
2022-04-24	1800	Flour Power	Ledingham Chalmers	In this episode we're in Aberdeen at law firm Ledingham Chalmers. Private client solicitor Dara, senior solicitor Rachael and family solicitor Emma are joined by rookie cake-maker Jonny.	UNITED KINGDOM	English-100		PG		
2022-04-24	1830	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G		
2022-04-24	1900	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG		
2022-04-24	1930	John Torode's Asia	Mumbai	John Torode heads to Mumbai on the west coast of India, where he begins his culinary exploration with a guided tour of the street food served on Chowpatty Beach.	UNITED KINGDOM	English-100		G		
2022-04-24	2000	John Torode's Asia	Amritsar	John Torode is in the holy city of Amritsar in the Punjab region of northern India, only a few miles from the border with Pakistan, where his first outing takes him to the Golden Temple.	UNITED KINGDOM	English-100		G		Y
2022-04-24	2030	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-04-24	2140	Anthony Bourdain: Parts Unknown	Hawaii	Tony explores the other Hawaii, the one that those millions of tourists don't see when they descend on the islands every year. He meets with travel writer and novelist Paul Theroux.	USA	English-100		PG		
2022-04-24	2235	Anthony Bourdain: Parts Unknown	Beirut	Tony heads to Beirut, to explore the culture and food history of the region. He also takes part in the more modern nightlife activities available in what is known as the 'Paris of the Middle East'.	USA	English-100		PG		Y
2022-04-24	2330	Ainsley Eats The Streets	Penang	Ainsley meets foodies who come from each of the major communities living in Penang, and discovers how the world's original fusion cuisine was born.	UNITED KINGDOM	English-100	RPT	G	Y	Y
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2022-04-25	1000	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG		
2022-04-25	1030	John Torode's Asia	Mumbai	John Torode heads to Mumbai on the west coast of India, where he begins his culinary exploration with a guided tour of the street food served on Chowpatty Beach.	UNITED KINGDOM	English-100		G		
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2022-04-25	1305	Lidia's Italy	Lidia's Italy Series 4 Ep 23	Join Lidia as she travels to Trentino Alto Adige - a beautiful region known for hiking, skiing, and apple picking. Lidia makes three wonderful recipes all containing fresh apples.	USA	English-100		G		
2022-04-25	1330	Africa On A Plate	Cape Town Textures	Host Lentswe Bhengu is in search of the unique flavours and textures found in the cuisines of the seaside city of Cape Town, where the cosmopolitan vibe is on.	USA	English-100	RPT	PG		Y
2022-04-25	1400	Africa On A Plate	Ubuntu! We Are One	Host Lentswe Bhengu hits the streets of the townships to experience the spirit of Ubuntu 'we are one' and he'll see firsthand how South Africans share their homebrew feast with street vendor crowds.	USA	English-100	RPT	PG		Y

2022-04-25	1430	Bake With Anna Olson	Bars	Anna showcases a number of her favourite recipes for the widely popular baked treat - the bar, from a simple one-bowl granola bar recipe to a distinctly Canadian Nanaimo bar.	CANADA	English-100		G			
2022-04-25	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 15	Matt kicks things off with a simple and nourishing miso soup, while Courtney jazzes up a sweet potato and chicken salad.	AUSTRALIA	English-100		G			
2022-04-25	1530	Asia Unplated With Diana Chan	Singaporean	Singaporean cuisine is widely influenced by several ethnic groups that make up the population. MasterChef winner Sashi Cheliah, who grew up in Singapore, shares his quick and easy briyani recipe.	AUSTRALIA	English-100		G			
2022-04-25	1600	Mystery Diners	Spoils Of Victory, The	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	
2022-04-25	1630	Tastes Like Home	Cabinteely / Wellington, New Zealand	Our contributors are Mother and Son, Liz and James. James has been living in Wellington for 14 years now and lives with his wife Ani.	IRELAND	English-100		PG			
2022-04-25	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 16	Today on My Market Kitchen Elena shows us her Buckwheat bowl and her Game-Changing Granola recipes. Khanh whips up an easy, one tray Sticky Lemongrass Chicken Wing dish.	AUSTRALIA			PG			
2022-04-25	1730	Come Dine With Me	South London B 5	This week's competition is in South London where our final host of the week is yoga teacher and masseuse Helen who's got a thai-inspired menu and zen yoga themed night in store for her guests.	UNITED KINGDOM	English-100		PG			
2022-04-25	1800	Come Dine With Me	Newcastle 1	This week's competition is in the North East, where first to host is 45 year old, clothes shop owner, Lee.	UNITED KINGDOM	English-100		PG			
2022-04-25	1830	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G			
2022-04-25	1900	The Cook Up With Adam Liaw	Simple But Sensational	Adam is joined in the Cook up Kitchen by newsreader and Indigenous advocate Narelda Jacobs and chef Bridget Folakai Davis to create some simple but sensational meals.	AUSTRALIA	English-100		PG			
2022-04-25	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangurro Clams.	UNITED KINGDOM	English-100		PG			
2022-04-25	2000	School Night Dinners	Food For Thought And The Proof Is In The Pudding	It's no secret that kids are easily distracted, one minute they might be doing their homework, the next minute they're climbing the walls or hunting around the cupboard for biscuits.	USA	English-100		PG			
2022-04-25	2030	Jamie & Jimmy's Food Fight Club	Stephen Fry	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane.	UNITED KINGDOM	English-100		PG			
2022-04-25	2130	Top Chef	Now That's A Lot Of Schnitzel	Padma and Richard Blais inspire the chefs using Tasty online videos and challenge them to transform the most laborious dishes from their own menus into accessible thirty minute dishes for home cooks.	USA	English-100		PG		Y	
2022-04-25	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	
2022-04-25	2230	The Cook Up With Adam Liaw	Simple But Sensational	Adam is joined in the Cook up Kitchen by newsreader and Indigenous advocate Narelda Jacobs and chef Bridget Folakai Davis to create some simple but sensational meals.	AUSTRALIA	English-100		PG			
2022-04-25	2300	Destination Flavour China	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G		Y	Y
2022-04-25	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 11	Paralympian gold medal swimmer Liz Johnson and BBC disability correspondent Peter White are chasing culinary honours in the red and green kitchens.	UNITED KINGDOM	English-100		G			
2022-04-25	2425	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	
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2022-04-25	2800	Africa On A Plate	Ubuntu! We Are One	Host Lentswe Bhengu hits the streets of the townships to experience the spirit of Ubuntu 'we are one' and he'll see firsthand how South Africans share their homebrew feast with street vendor crowds.	USA	English-100	RPT	PG	Y	
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2022-04-26	1300	Lidia's Italy	Lidia's Italy Series 4 Ep 24	Lidia travels to Umbria where she creates two delicious dishes - strangozzi with veal and chicken liver sauce, and pork chops with capers, lemon, and pepperoncino.	USA	English-100		G	Y	
2022-04-26	1330	Africa On A Plate	Upliftment And Empowerment	In South Africa's stunning wine capital, host Lentswe Bhengu is put to the test at his alma mater, and is inspired by the the country's first Black-owned winery.	USA	English-100	RPT	G	Y	

2022-04-26	1400	Africa On A Plate	Jeffrey's Bay	Host and chef Lentswe Bhengu explores the surf culture in 'JBay - voted the second best surf spot in the world, and famous for its seafood.	USA	English-100	RPT	PG		
2022-04-26	1430	Bake With Anna Olson	Caramel	Who doesn't love caramel? Learning to make a basic caramel opens the patisserie door to so many desserts and delights, from classic to creative.	CANADA	English-100		G		
2022-04-26	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 16	Matt kicks things off with his succulent Korean braised beef ribs, while Courtney dishes up chargrilled beans with a twist. Michael serves up prawn tacos with a refreshing pineapple salsa.	AUSTRALIA	English-100		G		
2022-04-26	1530	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100		G		
2022-04-26	1600	Mystery Diners	Cabin Fever	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
2022-04-26	1630	Tastes Like Home	Stockholm, Sweden / Gap Of Dunloe, Killarney	On Tastes Like Home it's a little different this week, as we receive a request from husband and wife Jason & Maire in Kerry - Marie is Swedish but now lives in the Gap of Dunlop and she is about gave birth to twin boys and is keen to learn who to make her dad's Smogsboard with meatballs so she can teach her sons in time.	IRELAND	English-100		PG		
2022-04-26	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 17	On this episode of My Market Kitchen, Elena is in the kitchen with Khanh showing her Spiced Butter-Roasted Cauliflower recipe. Then Khanh makes a quick 15 Min Udon Noodle, perfect for midweek dinners.	AUSTRALIA			PG		
2022-04-26	1730	Come Dine With Me	Newcastle 2	It's the second day of the competition and the turn of Hairdresser Simon. He's hoping a tried and tested, healthy menu will impress the group and help bag him the prize.	UNITED KINGDOM	English-100		PG		
2022-04-26	1800	Come Dine With Me	Newcastle 3	It's the third night of the competition in the North East and nurse Sophie's turn to host. She's hoping her fake-away fast food menu and her kids party theme will let her guests unleash their inner children and win her the prize.	UNITED KINGDOM	English-100		PG		
2022-04-26	1830	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G		
2022-04-26	1900	The Cook Up With Adam Liaw	Flashback	NITV presenter Rae Johnston and Paralympian Ellie Cole join Adam in the Cook Up Kitchen to go back in time and cook food inspired by a flashback.	AUSTRALIA	English-100		PG		
2022-04-26	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100		PG		
2022-04-26	2000	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 3	Silvia meets with some distant cousins living in Australia and they spend the afternoon cooking one of the Abruzzo region's most traditional soups.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2022-04-26	2030	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 4	Silvia pairs pasta with some of her favourite sauces and salads, and shares how to make maccheroni al ferro by hand.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2022-04-26	2100	Lightened Up	All The Chicken	Erwan creates healthier alternatives to two classic comfort foods: Chicken N' Waffles and Buffalo Wings.	USA	English-100		PG		
2022-04-26	2130	Top Chef	Olympic Dreams	On the eve of the Quickfire, one of the chefs has a very special delivery. Padma and Season 14 Winner Brooke Williamson surprise the chefs at their house with breakfast ingredients.	USA	English-100		PG		Y
2022-04-26	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	
2022-04-26	2230	The Cook Up With Adam Liaw	Flashback	NITV presenter Rae Johnston and Paralympian Ellie Cole join Adam in the Cook Up Kitchen to go back in time and cook food inspired by a flashback.	AUSTRALIA	English-100		PG		
2022-04-26	2300	Destination Flavour China	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.		English-70; Mandarin-30	RPT	G	Y	Y
2022-04-26	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 12	Holby Blue meets Gavin and Stacey as husband and wife actors James Thornton and Joanna Page go head to head in the kitchen.	UNITED KINGDOM	English-100		G		

2022-04-26	2425	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-04-26	2430	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G	
2022-04-26	2500	Lidia's Italy	Lidia's Italy Series 4 Ep 24	Lidia travels to Umbria where she creates two delicious dishes - strangozzi with veal and chicken liver sauce, and pork chops with capers, lemon, and pepperoncino.	USA	English-100		G	Y
2022-04-26	2530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 4	Silvia pairs pasta with some of her favourite sauces and salads, and shares how to make maccheroni al ferro by hand.	AUSTRALIA	English-90; Italian-10		G	Y Y
2022-04-26	2600	Lightened Up	All The Chicken	Erwan creates healthier alternatives to two classic comfort foods: Chicken N' Waffles and Buffalo Wings.	USA	English-100		PG	
2022-04-26	2630	Top Chef	Olympic Dreams	On the eve of the Quickfire, one of the chefs has a very special delivery. Padma and Season 14 Winner Brooke Williamson surprise the chefs at their house with breakfast ingredients.	USA	English-100		PG	Y
2022-04-26	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
2022-04-26	2730	Africa On A Plate	Upliftment And Empowerment	In South Africa's stunning wine capital, host Lentswe Bhengu is put to the test at his alma mater, and is inspired by the the country's first Black-owned winery.	USA	English-100	RPT	G	Y
2022-04-26	2800	Africa On A Plate	Jeffrey's Bay	Host and chef Lentswe Bhengu explores the surf culture in 'JBay - voted the second best surf spot in the world, and famous for its seafood.	USA	English-100	RPT	PG	
2022-04-26	2830	Bake With Anna Olson	Caramel	Who doesn't love caramel? Learning to make a basic caramel opens the patisserie door to so many desserts and delights, from classic to creative.	CANADA	English-100		G	
2022-04-27	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 16	Matt kicks things off with his succulent Korean braised beef ribs, while Courtney dishes up chargrilled beans with a twist. Michael serves up prawn tacos with a refreshing pineapple salsa.	AUSTRALIA	English-100		G	
2022-04-27	0530	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100		G	
2022-04-27	0600	Mystery Diners	Cabin Fever	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
2022-04-27	0630	Tastes Like Home	Stockholm, Sweden / Gap Of Dunloe, Killarney	On Tastes Like Home it's a little different this week, as we receive a request from husband and wife Jason & Maire in Kerry - Marie is Swedish but now lives in the Gap of Dunlop and she is about gave birth to twin boys and is keen to learn who to make her dad's Smogsboard with meatballs so she can teach her sons in time.	IRELAND	English-100		PG	
2022-04-27	0700	My Market Kitchen	My Market Kitchen Series 4 Ep 17	On this episode of My Market Kitchen, Elena is in the kitchen with Khanh showing her Spiced Butter-Roasted Cauliflower recipe. Then Khanh makes a quick 15 Min Udon Noodle, perfect for midweek dinners.	AUSTRALIA			PG	
2022-04-27	0730	Come Dine With Me	Newcastle 2	It's the second day of the competition and the turn of Hairdresser Simon. He's hoping a tried and tested, healthy menu will impress the group and help bag him the prize.	UNITED KINGDOM	English-100		PG	
2022-04-27	0800	Come Dine With Me	Newcastle 3	It's the third night of the competition in the North East and nurse Sophie's turn to host. She's hoping her fake-away fast food menu and her kids party theme will let her guests unleash their inner children and win her the prize.	UNITED KINGDOM	English-100		PG	
2022-04-27	0830	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 3	Silvia meets with some distant cousins living in Australia and they spend the afternoon cooking one of the Abruzzo region's most traditional soups.	AUSTRALIA	English-90; Italian-10		G	Y
2022-04-27	0900	Lightened Up	All The Chicken	Erwan creates healthier alternatives to two classic comfort foods: Chicken N' Waffles and Buffalo Wings.	USA	English-100		PG	
2022-04-27	0930	Top Chef	Olympic Dreams	On the eve of the Quickfire, one of the chefs has a very special delivery. Padma and Season 14 Winner Brooke Williamson surprise the chefs at their house with breakfast ingredients.	USA	English-100		PG	Y

2022-04-27	1025	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	
2022-04-27	1030	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G		
2022-04-27	1100	The Cook Up With Adam Liaw	Flashback	NITV presenter Rae Johnston and Paralympian Ellie Cole join Adam in the Cook Up Kitchen to go back in time and cook food inspired by a flashback.	AUSTRALIA	English-100		PG		
2022-04-27	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100		PG		
2022-04-27	1200	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 4	Silvia pairs pasta with some of her favourite sauces and salads, and shares how to make maccheroni al ferro by hand.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2022-04-27	1230	Destination Flavour China	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.		English-70; Mandarin-30	RPT	G	Y	Y
2022-04-27	1300	Lidia's Italy	Lidia's Italy Series 4 Ep 25	Lidia travels to Emilia Romagna where she creates three wonderful dishes made of vegetables. She begins by making sweet and sour onions, followed by erbazzone with a delicious squash filling.	USA	English-100		G		
2022-04-27	1330	Africa On A Plate	Durban	Host and chef Lentswe Bhengu is at home planning a traditional Indian meal for his sister in Durban after fulfilling his mission to find out how to make the perfect curry.	USA	English-100	RPT	PG		Y
2022-04-27	1400	Africa On A Plate	Zulu Nation	Chef Lentswe Bhengu travels to the outskirts of Durban, where he learns more about his own cultural heritage at PheZulu Safari Park, and the Zulu traditional way of life.	USA	English-100	RPT	PG		
2022-04-27	1430	Bake With Anna Olson	Pate Sucree	Anna shows how to prepare the delicate sugar-based pastry that is pate sucee, and includes tips and tricks to make it even more versatile.	CANADA	English-100		G		
2022-04-27	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 17	Michael shows Matt how to make a classic smash burger, while Courtney serves up her most requested dish of all time - tuna tartare tostadas.	AUSTRALIA	English-100		G		
2022-04-27	1530	Asia Unplated With Diana Chan	Indonesian	Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado.	AUSTRALIA	English-100		G		
2022-04-27	1600	Mystery Diners	Train Robbery	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
2022-04-27	1630	Tastes Like Home	Lusk / Sydney, Nsw, Australia	Our contributors are Mother and Daughter, Kate and Sarah Swetman. Sarah has been living in Sydney for 2 years now with her partner Aaron. We meet parents Noel and Kate in Lusk at the round tower.	IRELAND	English-100		PG		
2022-04-27	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 18	Elena loves healthy takes on classic dishes and today's Caramelised Onion Sausage Rolls is no exception. Then Khanh joins Bel from Wine Selectors for a Roast Chook with figs dish.	AUSTRALIA			PG		
2022-04-27	1730	Come Dine With Me	Newcastle 4	It's the fourth night in the North East and sexual health nurse Jade is throwing a Wild West themed party in a bid to rope her the money.	UNITED KINGDOM	English-100		PG		
2022-04-27	1800	Come Dine With Me	Newcastle 5	It's the final day in the North East and the turn of Emergency Planner James who's hoping to impress the group with a carefully constructed menu.	UNITED KINGDOM	English-100		PG		
2022-04-27	1830	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G		
2022-04-27	1900	The Cook Up With Adam Liaw	Decadent Breakfast	Happyfield owners Jesse Orleans and Chris Theodosi are in the Cook Up kitchen with Adam to create a decadent breakfast that's a little naughty and a little nice.	AUSTRALIA	English-100		PG		
2022-04-27	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 13	On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story.	UNITED KINGDOM	English-100		PG		
2022-04-27	2000	Field Trip With Curtis Stone	Rioja	Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache.	USA	English-100		G		Y

2022-04-27	2030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100		G		
2022-04-27	2125	Just Jen Bitesize	Powerful Breakfast	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		
2022-04-27	2130	Top Chef	Restaurant Wars	The chefs face-off in Restaurant Wars, creating and executing two new restaurant concepts from design to dishes in a matter of days.	USA	English-100		PG		Y
2022-04-27	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	
2022-04-27	2230	The Cook Up With Adam Liaw	Decadent Breakfast	Happyfield owners Jesse Orleans and Chris Theodosi are in the Cook Up kitchen with Adam to create a decadent breakfast that's a little naughty and a little nice.	AUSTRALIA	English-100		PG		
2022-04-27	2300	Destination Flavour China	Hong Kong And Guandong	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city.		English-70; Mandarin-30	RPT	G	Y	Y
2022-04-27	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 13	Madhu Singh and Suleiman Mirza, better known as comedy dance act Signature bring a little spice to the kitchen, and even Ainsley can't resist a few dance floor moves.	UNITED KINGDOM	English-100		G		
2022-04-27	2425	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 6	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-27	2430	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G		
2022-04-27	2500	Lidia's Italy	Lidia's Italy Series 4 Ep 25	Lidia travels to Emilia Romagna where she creates three wonderful dishes made of vegetables. She begins by making sweet and sour onions, followed by erbazzone with a delicious squash filling.	USA	English-100		G		
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2022-04-27	2630	Top Chef	Restaurant Wars	The chefs face-off in Restaurant Wars, creating and executing two new restaurant concepts from design to dishes in a matter of days.	USA	English-100		PG		Y
2022-04-27	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	
2022-04-27	2730	Africa On A Plate	Durban	Host and chef Lentswe Bhengu is at home planning a traditional Indian meal for his sister in Durban after fulfilling his mission to find out how to make the perfect curry.	USA	English-100	RPT	PG		Y
2022-04-27	2800	Africa On A Plate	Zulu Nation	Chef Lentswe Bhengu travels to the outskirts of Durban, where he learns more about his own cultural heritage at PheZulu Safari Park, and the Zulu traditional way of life.	USA	English-100	RPT	PG		
2022-04-27	2830	Bake With Anna Olson	Pate Sucrie	Anna shows how to prepare the delicate sugar-based pastry that is pate sucrie, and includes tips and tricks to make it even more versatile.	CANADA	English-100		G		
2022-04-28	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 17	Michael shows Matt how to make a classic smash burger, while Courtney serves up her most requested dish of all time - tuna tartare tostadas.	AUSTRALIA	English-100		G		
2022-04-28	0530	Asia Unplated With Diana Chan	Indonesian	Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado.	AUSTRALIA	English-100		G		
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2022-04-28	0730	Come Dine With Me	Newcastle 4	It's the fourth night in the North East and sexual health nurse Jade is throwing a Wild West themed party in a bid to rope her the money.	UNITED KINGDOM	English-100			PG		
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2022-04-28	0830	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100			G		
2022-04-28	0925	Just Jen Bitesize	Powerful Breakfast	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		
2022-04-28	0930	Top Chef	Restaurant Wars	The chefs face-off in Restaurant Wars, creating and executing two new restaurant concepts from design to dishes in a matter of days.	USA	English-100			PG		Y
2022-04-28	1025	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	
2022-04-28	1030	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100			G		
2022-04-28	1100	The Cook Up With Adam Liaw	Decadent Breakfast	Happyfield owners Jesse Orleans and Chris Theodosi are in the Cook Up kitchen with Adam to create a decadent breakfast that's a little naughty and a little nice.	AUSTRALIA	English-100			PG		
2022-04-28	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 13	On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story.	UNITED KINGDOM	English-100			PG		
2022-04-28	1200	Field Trip With Curtis Stone	Rioja	Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache.	USA	English-100			G		Y
2022-04-28	1230	Destination Flavour China	Hong Kong And Guandong	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city.		English-70; Mandarin-30	RPT		G	Y	Y
2022-04-28	1300	Lidia's Italy	Lidia's Italy Series 4 Ep 26	Lidia travels to Lombardy - a region known for its gorgeous scenery and beautiful fashion. Join Lidia as she shows us the beauty of flavour by creating braised cabbage rolls stuffed with sausage.	USA	English-100			G		
2022-04-28	1330	Africa On A Plate	Tanzania: Dar Es Salaam	Chef Lentswe Bhengu learns how Tanzanians are reinventing their culinary style by visiting Trinity Bar and Restaurant, where he learns how to make a Swahili fusion dish.	USA	English-100	RPT		G		Y
2022-04-28	1400	Africa On A Plate	Cooking Special: Holiday	Lentswe prepares a holiday feast, including a turkey made his way.	USA	English-100	RPT		PG		
2022-04-28	1430	Bake With Anna Olson	Marzipan	Marzipan is made simply from ground almonds mixed with sugar to achieve a paste, but it has so many uses in the dessert world. Anna showcases marzipan from its fundamental creation to its many uses.	CANADA	English-100			G		
2022-04-28	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 18	Matt prepares a French classic with his onion soup, while Courtney shares her version of a Basque cheesecake.	AUSTRALIA	English-100			G		
2022-04-28	1530	Asia Unplated With Diana Chan	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100			G		
2022-04-28	1600	Mystery Diners	Dusting For Prints	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

2022-04-28	1630	Tastes Like Home	Wicklow (Bray) / Anfi Tauro, Gran Canaria	On Tastes Like Home our contributors are sisters Nikki and Jill. Jill has been living abroad since she was 18 and now lives in Gran Canaria with her daughter Carolina.	IRELAND	English-100		PG			
2022-04-28	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 19	On this episode of My Market Kitchen, Khanh serves up his delicious Melon and Prosciutto Salad for Elena. He then cooks his take on a childhood classic with a Coconut Rough Tart. Lastly we get taken on a journey to France with Elena's Normandy Mussels.	AUSTRALIA	English-100		PG			
2022-04-28	1730	Come Dine With Me	Durham 1	This week's competition is in and around Durham, where the first to host is 41 year old, receptionist, Linzey.	UNITED KINGDOM	English-100		PG			
2022-04-28	1800	Come Dine With Me	Durham 2	This week's competition is in and around Durham, where the second to host is 48 year old teacher, Rob.	UNITED KINGDOM	English-100		PG			
2022-04-28	1830	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G			
2022-04-28	1900	The Cook Up With Adam Liaw	Hearty But Healthy	Sustainability King Tim Flannery and chef Tom Walton join Adam in the Cook Up Kitchen to create some hearty but nourishing dishes.	AUSTRALIA	English-100		PG		Y	
2022-04-28	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 14	In the town of Looe, Rick discovers a time when the Cornish were taken as slaves by Barbary Pirates. He joins one of the last fishing boats in St Mawes and uses the catch of Lemon Sole to make a delicious warm salad. In Newlyn he meets with two entrepreneur chefs who are cooking mackerel to perfection.	UNITED KINGDOM	English-100		PG			
2022-04-28	2000	Nigellissima	Nigellissima Series 1 Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-04-28	2030	Gordon Ramsay Uncharted	India's Spice Hub	From the coast to the mountains of Southern India, Chef Ramsay unlocks the complex flavors of the region known as the spice trade capital of the world.	UNITED KINGDOM	English-100		PG			
2022-04-28	2130	Top Chef	Bronco Brouhala	Cooking for Michelin-starred Chef David Kinch adds pressure to an already stressful Sudden Death Quickfire based on edible flowers.	USA	English-100		PG			
2022-04-28	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	
2022-04-28	2230	The Cook Up With Adam Liaw	Hearty But Healthy	Sustainability King Tim Flannery and chef Tom Walton join Adam in the Cook Up Kitchen to create some hearty but nourishing dishes.	AUSTRALIA	English-100		PG		Y	
2022-04-28	2300	Destination Flavour China	Hainan Island	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion.		English-70; Mandarin-30	RPT	G		Y	Y
2022-04-28	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 14	Actors Charles Dale and Tony Marshall swap their Casualty uniforms for red and green aprons, but who will stitch up the opposition?	UNITED KINGDOM	English-100		G			
2022-04-28	2425	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 7	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y	
2022-04-28	2430	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G			
2022-04-28	2500	Lidia's Italy	Lidia's Italy Series 4 Ep 26	Lidia travels to Lombardy - a region known for its gorgeous scenery and beautiful fashion. Join Lidia as she shows us the beauty of flavour by creating braised cabbage rolls stuffed with sausage.	USA	English-100		G			
2022-04-28	2530	Gordon Ramsay Uncharted	India's Spice Hub	From the coast to the mountains of Southern India, Chef Ramsay unlocks the complex flavors of the region known as the spice trade capital of the world.	UNITED KINGDOM	English-100		PG			
2022-04-28	2630	Top Chef	Bronco Brouhala	Cooking for Michelin-starred Chef David Kinch adds pressure to an already stressful Sudden Death Quickfire based on edible flowers.	USA	English-100		PG			

2022-04-28	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
2022-04-28	2730	Africa On A Plate	Tanzania: Dar Es Salaam	Chef Lentswe Bhengu learns how Tanzanians are reinventing their culinary style by visiting Trinity Bar and Restaurant, where he learns how to make a Swahili fusion dish.	USA	English-100	RPT	G	Y
2022-04-28	2800	Africa On A Plate	Cooking Special: Holiday	Lentswe prepares a holiday feast, including a turkey made his way.	USA	English-100	RPT	PG	
2022-04-28	2830	Bake With Anna Olson	Marzipan	Marzipan is made simply from ground almonds mixed with sugar to achieve a paste, but it has so many uses in the dessert world. Anna showcases marzipan from its fundamental creation to its many uses.	CANADA	English-100		G	
2022-04-29	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 18	Matt prepares a French classic with his onion soup, while Courtney shares her version of a Basque cheesecake.	AUSTRALIA	English-100		G	
2022-04-29	0530	Asia Unplated With Diana Chan	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100		G	
2022-04-29	0600	Mystery Diners	Dusting For Prints	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
2022-04-29	0630	Tastes Like Home	Wicklow (Bray) / Anfi Tauro, Gran Canaria	On Tastes Like Home our contributors are sisters Nikki and Jill. Jill has been living abroad since she was 18 and now lives in Gran Canaria with her daughter Carolina.	IRELAND	English-100		PG	
2022-04-29	0700	My Market Kitchen	My Market Kitchen Series 4 Ep 19	On this episode of My Market Kitchen, Khanh serves up his delicious Melon and Prosciutto Salad for Elena. He then cooks his take on a childhood classic with a Coconut Rough Tart. Lastly we get taken on a journey to France with Elena's Normandy Mussels.	AUSTRALIA	English-100		PG	
2022-04-29	0730	Come Dine With Me	Durham 1	This week's competition is in and around Durham, where the first to host is 41 year old, receptionist, Linzey.	UNITED KINGDOM	English-100		PG	
2022-04-29	0800	Come Dine With Me	Durham 2	This week's competition is in and around Durham, where the second to host is 48 year old teacher, Rob.	UNITED KINGDOM	English-100		PG	
2022-04-29	0830	Gordon Ramsay Uncharted	India's Spice Hub	From the coast to the mountains of Southern India, Chef Ramsay unlocks the complex flavors of the region known as the spice trade capital of the world.	UNITED KINGDOM	English-100		PG	
2022-04-29	0930	Top Chef	Bronco Brouhala	Cooking for Michelin-starred Chef David Kinch adds pressure to an already stressful Sudden Death Quickfire based on edible flowers.	USA	English-100		PG	
2022-04-29	1025	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
2022-04-29	1030	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G	
2022-04-29	1100	The Cook Up With Adam Liaw	Hearty But Healthy	Sustainability King Tim Flannery and chef Tom Walton join Adam in the Cook Up Kitchen to create some hearty but nourishing dishes.	AUSTRALIA	English-100		PG	Y
2022-04-29	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 14	In the town of Looe, Rick discovers a time when the Cornish were taken as slaves by Barbary Pirates. He joins one of the last fishing boats in St Mawes and uses the catch of Lemon Sole to make a delicious warm salad. In Newlyn he meets with two entrepreneur chefs who are cooking mackerel to perfection.	UNITED KINGDOM	English-100		PG	
2022-04-29	1200	Nigellissima	Nigellissima Series 1 Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G	Y

2022-04-29	1230	Destination Flavour China	Hainan Island	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion.		English-70; Mandarin-30	RPT	G	Y	Y
2022-04-29	1300	Lidia's Kitchen	Layering Italian Flavours	Lidia prepares a light version of chicken parmigiana, and a simple steamed broccoli dish with red wine vinegar and hard boiled eggs.	USA	English-100		G		
2022-04-29	1330	Africa On A Plate	Tanzania: Stone Town	Chef Lentswe Bhengu continues to explore the seaside enclave of Stone Town and its infusion of exotic spices and cuisine.	USA	English-100	RPT	PG		Y
2022-04-29	1400	Africa On A Plate	Honoring Elders: M'hudi Wine's Diale Rangaka	Chef Lentswe Bhengu has been inspired by people from all walks of life and will share those stories and a meal during this Elders Month special.	USA	English-100	RPT	PG		
2022-04-29	1430	Bake With Anna Olson	Italian Meringue	Italian meringue is made from whipping egg whites and pouring in boiled sugar, giving the meringue strength and structure to be used in many ways.	CANADA	English-100		G		
2022-04-29	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 19	Matt kicks things off with one of Australia's most iconic dishes - salt and pepper squid, while Courtney cooks up a delicious butter chicken, making the sauce from scratch.	AUSTRALIA	English-100		G		
2022-04-29	1530	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	AUSTRALIA	English-100		G		
2022-04-29	1600	Mystery Diners	Partner Problems	Former client Jaime contacts Charles to help determine if he should invest in a failing California restaurant. Mystery Diners Kendall and Kiel discover the current owner is't being honest.	USA	English-100		PG		Y
2022-04-29	1630	Tastes Like Home	Mayo (Castlebar) / Larnaka, Cyprus	In this tastes like home episode, our contributors are parents and daughter, Lorcan, Betty and Correen. Correen has been living in Larnaka for 4 years now. She lives there with her husband Julian and their twin daughters, we first meet Betty and her husband Lorcan cycling on the Greenway route to find out who is the family member living away from home.	IRELAND	English-100		PG		
2022-04-29	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 20	You can now make your own Beetroot Relish at home with Elena's recipe! After that Khanh shows us his Sweet and Sticky Roast Pork followed by Tuna Nicoise Salad from Elena.	AUSTRALIA			PG		
2022-04-29	1730	Come Dine With Me	Durham 3	This week's competition is in and around Durham, where the third to host is 44 year old event planner and staunch vegan, Kate.	UNITED KINGDOM	English-100		PG		
2022-04-29	1800	Come Dine With Me	Durham 4	This week's competition is in and around Durham, where the fourth host is 25 year old recruitment consultant and ex-trampolining pro Matthew, or Matty to his friends.	UNITED KINGDOM	English-100		PG		
2022-04-29	1830	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2022-04-29	1900	The Cook Up With Adam Liaw	Lazy Sunday	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up Kitchen with Adam to create their Lazy Sunday inspired dishes.	AUSTRALIA	English-100		PG	Y	
2022-04-29	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 15	In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches. It's also where he meets a beachcomber who has found some remarkable objects washed up on the shore. In mining country, Rick explores the history of the Cornish pasty and shows us how to cook them in the proper Cornish way.	UNITED KINGDOM	English-100		PG		
2022-04-29	2000	Eating Plants	Australia	Vegan life has fueled some of Australia's top athletes and our Aussie international celebrity host Martin Dingle Wall gets advice on the benefits of maintaining peak condition through plants.	AUSTRALIA	English-100		PG		
2022-04-29	2030	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-04-29	2135	Top Chef	Red Rum And Then Some	With their Quickfire set at the iconic Stanley Hotel, the inspiration site for Stephen King's "The Shining," the chefs must put their scariest nightmares on a plate ... in dessert form.	USA	English-100		PG		
2022-04-29	2230	The Cook Up With Adam Liaw	Lazy Sunday	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up Kitchen with Adam to create their Lazy Sunday inspired dishes.	AUSTRALIA	English-100		PG	Y	

2022-04-29	2300	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 1	Adam Liaw is taking food lovers on a journey of culinary discovery through Japan. First stop - Hokkaido - known by Australians for its snow, but to the Japanese it is a gourmet paradise.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2022-04-29	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 15	Comic actors Jan Ravens and Phil Cornwell battle it out to see who can make the best impression on our studio audience in the red and green kitchens.	UNITED KINGDOM	English-100		G		
2022-04-29	2425	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-29	2430	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2022-04-29	2500	Lidia's Kitchen	Layering Italian Flavours	Lidia prepares a light version of chicken parmigiana, and a simple steamed broccoli dish with red wine vinegar and hard boiled eggs.	USA	English-100		G		
2022-04-29	2530	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
2022-04-29	2635	Top Chef	Red Rum And Then Some	With their Quickfire set at the iconic Stanley Hotel, the inspiration site for Stephen King's "The Shining," the chefs must put their scariest nightmares on a plate ... in dessert form.	USA	English-100		PG		
2022-04-29	2730	Africa On A Plate	Tanzania: Stone Town	Chef Lentswe Bhengu continues to explore the seaside enclave of Stone Town and its infusion of exotic spices and cuisine.	USA	English-100	RPT	PG		Y
2022-04-29	2800	Africa On A Plate	Honoring Elders: M'hudi Wine's Diale Rangaka	Chef Lentswe Bhengu has been inspired by people from all walks of life and will share those stories and a meal during this Elders Month special.	USA	English-100	RPT	PG		
2022-04-29	2830	Bake With Anna Olson	Italian Meringue	Italian meringue is made from whipping egg whites and pouring in boiled sugar, giving the meringue strength and structure to be used in many ways.	CANADA	English-100		G		
2022-04-30	0500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 19	Matt kicks things off with one of Australia's most iconic dishes - salt and pepper squid, while Courtney cooks up a delicious butter chicken, making the sauce from scratch.	AUSTRALIA	English-100		G		
2022-04-30	0530	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	AUSTRALIA	English-100		G		
2022-04-30	0600	Mystery Diners	Partner Problems	Former client Jaime contacts Charles to help determine if he should invest in a failing California restaurant. Mystery Diners Kendall and Kiel discover the current owner is't being honest.	USA	English-100		PG		Y
2022-04-30	0630	Tastes Like Home	Mayo (Castlebar) / Larnaka, Cyprus	In this Tastes Like Home episode, our contributors are Parents and Daughter, Lorcan, Betty and Colleen. Colleen has been living in Larnaka for 4 years now. She lives there with her husband Julian and their twin daughters, we first meet Betty and her husband Lorcan cycling on the Greenway route to find out who is the family member living away from home.	IRELAND	English-100		PG		
2022-04-30	0700	My Market Kitchen	My Market Kitchen Series 4 Ep 20	You can now make your own Beetroot Relish at home with Elena's recipe! After that Khanh shows us his Sweet and Sticky Roast Pork followed by Tuna Nicoise Salad from Elena.	AUSTRALIA	English-100		PG		
2022-04-30	0730	Come Dine With Me	Durham 3	This week's competition is in and around Durham, where the third to host is 44 year old event planner and staunch vegan, Kate.	UNITED KINGDOM	English-100		PG		
2022-04-30	0800	Come Dine With Me	Durham 4	This week's competition is in and around Durham, where the fourth host is 25 year old recruitment consultant and ex-trampolining pro Matthew, or Matty to his friends.	UNITED KINGDOM	English-100		PG		
2022-04-30	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

2022-04-30	0935	Top Chef	Red Rum And Then Some	With their Quickfire set at the iconic Stanley Hotel, the inspiration site for Stephen King's "The Shining," the chefs must put their scariest nightmares on a plate ... in dessert form.	USA	English-100		PG		
2022-04-30	1030	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2022-04-30	1100	The Cook Up With Adam Liaw	Lazy Sunday	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up Kitchen with Adam to create their Lazy Sunday inspired dishes.	AUSTRALIA	English-100		PG	Y	
2022-04-30	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 15	In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches. It's also where he meets a beachcomber who has found some remarkable objects washed up on the shore. In mining country, Rick explores the history of the Cornish pasty and shows us how to cook them in the proper Cornish way.	UNITED KINGDOM	English-100		PG		
2022-04-30	1200	Eating Plants	Australia	Vegan life has fueled some of Australia's top athletes and our Aussie international celebrity host Martin Dingle Wall gets advice on the benefits of maintaining peak condition through plants.	AUSTRALIA	English-100		PG		
2022-04-30	1230	No Passport Required	Seattle	Marcus Samuelsson goes to Seattle, where he spends time with immigrant and second-generation Filipinos who are taking charge of their city's food scene.	USA	English-100		PG		
2022-04-30	1330	No Passport Required	Los Angeles	Marcus Samuelsson arrives in sunny Los Angeles to meet with Armenians influencing the city's food scene.	USA	English-100		PG		Y
2022-04-30	1430	No Passport Required	Philadelphia	Marcus Samuelsson heads to Philadelphia, where he meets new friends and old, and learns more about the city's Italian food scene.	USA	English-100		PG		Y
2022-04-30	1535	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 1	Adam Liaw is taking food lovers on a journey of culinary discovery through Japan. First stop - Hokkaido - known by Australians for its snow, but to the Japanese it is a gourmet paradise.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2022-04-30	1605	Amazon Taste	Pirarucu	One of the largest freshwater fish in Brazil, the remarkable flavour of the Pirarucu makes it one of the most consumed ingredients in the north. Chef Thiago Castanho goes in search of this giant.	BRAZIL	English-50; Portuguese-50		PG		Y
2022-04-30	1635	Amazon Taste	Maniva	Chef Thiago Castanho travels to Santo Antonio do Taua to learn about the ground manioc leaf called maniva, the main ingredient in a dish of indigenous origin, manicoba.	BRAZIL	English-50; Portuguese-50		G		Y
2022-04-30	1705	Amazon Taste	Acari	Despite its frightening appearance and hard shell, the Acari is a delicious fish. Thiago Castanho learns more about this Amazonian delicacy on a trip to the cities of Santarem and Prainha.	BRAZIL	English-50; Portuguese-50		PG		Y
2022-04-30	1735	Cheese Slices	Compte	Compte is one of the most popular cheeses in France and the most important of all those made under the strict French appellation system. Will traces the links between farmer, cheese maker and affineur.	AUSTRALIA	English-100		G		
2022-04-30	1805	Cheese Slices	Ireland	Ireland's history of making cheese dates back to ancient Celtic times. Will explores the spectacularly rugged west coast of Ireland to try some of the more unusual cheese varieties.	AUSTRALIA	English-100		G		
2022-04-30	1835	Hairy Bikers' Mississippi Adventure	Best Of	Experience some of the best bits of the bikers' journey through the Mississippi regions, as they relive some of the most memorable stories, food, and music.	UNITED KINGDOM	English-100		PG		
2022-04-30	1930	Made In Britain	Made In Britain Series 1 Ep 3	John Prescott visits two factories who have kept the secret recipes of their iconic products closely guarded for centuries - Lea and Perrins Worcestershire sauce, and Soreen's malt loaf.	UNITED KINGDOM	English-100		G		
2022-04-30	2025	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		
2022-04-30	2030	Simply Raymond Blanc	Rb Favourites	What could be nicer than using the freshest and tastiest ingredients and creating something truly delicious for your nearest and dearest?	UNITED KINGDOM	English-100		PG		
2022-04-30	2125	Lightened Up Bitesize	Mac And Cheese (Cauliflower)	A healthy spin on the classic Mac and Cheese.	USA	English-100		PG		

2022-04-30	2140	Anthony Bourdain: Parts Unknown	Addis Ababa	Tony travels to Addis Adaba, the capital of Ethiopia, to sample injera bread, beyaynetu platters, coffee and traditional music with acclaimed chef Marcus Samuelsson and his wife Maya.	USA	English-100	PG	Y
2022-04-30	2235	Anthony Bourdain: Parts Unknown	Okinawa	The alluring island of Okinawa, which endures tragic memories from World War II battles, is explored by Tony from historical, political, cultural and culinary perspectives.	USA	English-100	PG	Y
2022-04-30	2330	No Passport Required	Seattle	Marcus Samuelsson goes to Seattle, where he spends time with immigrant and second-generation Filipinos who are taking charge of their city's food scene.	USA	English-100	PG	
2022-04-30	2430	No Passport Required	Los Angeles	Marcus Samuelsson arrives in sunny Los Angeles to meet with Armenians influencing the city's food scene.	USA	English-100	PG	Y
2022-04-30	2530	No Passport Required	Philadelphia	Marcus Samuelsson heads to Philadelphia, where he meets new friends and old, and learns more about the city's Italian food scene.	USA	English-100	PG	Y
2022-04-30	2635	Hairy Bikers' Mississippi Adventure	Best Of	Experience some of the best bits of the bikers' journey through the Mississippi regions, as they relive some of the most memorable stories, food, and music.	UNITED KINGDOM	English-100	PG	
2022-04-30	2730	Amazon Taste	Pirarucu	One of the largest freshwater fish in Brazil, the remarkable flavour of the Pirarucu makes it one of the most consumed ingredients in the north. Chef Thiago Castanho goes in search of this giant.	BRAZIL	English-50; Portuguese-50	PG	Y
2022-04-30	2800	Amazon Taste	Maniva	Chef Thiago Castanho travels to Santo Antonio do Taua to learn about the ground manioc leaf called maniva, the main ingredient in a dish of indigenous origin, manicoba.	BRAZIL	English-50; Portuguese-50	G	Y
2022-04-30	2830	Amazon Taste	Acari	Despite its frightening appearance and hard shell, the Acari is a delicious fish. Thiago Castanho learns more about this Amazonian delicacy on a trip to the cities of Santarem and Prainha.	BRAZIL	English-50; Portuguese-50	PG	Y