



WEEK 2: Sunday, 8 January - Saturday, 14 January 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-01-08	0500	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-01-08	0530	Pacific Island Food Revolution	Grand Finale: Food And Faith	It is the grand finale at Revolution Kitchen, as Team Tonga and Team Fiji battle it out to be the winners of Pacific Island Food Revolution - Season Two.	NEW ZEALAND	English-100	RPT	PG		
2023-01-08	0625	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	
2023-01-08	0630	Taste Of Diversity	Taste Of Diversity Series 1 Ep 9	Chef Douglas Ling shows us how to make classic jerk chicken with a special sauce. Then, we'll visit Karlene and Nadine, two home cooks who prepare a mackerel run down with Jamaican carrot juice.	CANADA	English-100		PG		
2023-01-08	0700	Taste Of Diversity	Taste Of Diversity Series 1 Ep 10	Learn garlic's many secrets in this special episode. Garlic can be used to make hundreds of dishes, including beer and... garlic ice cream. Would you dare to try it?	CANADA	English-100		PG		
2023-01-08	0730	Ainsley's Good Mood Food	Seaside Delights	Ainsley is inspired by the tastes and delights of the seaside - he starts with a taste of Italy making his crab and lemon linguine with pangrattato.	UNITED KINGDOM	English-100		G		
2023-01-08	0830	Gordon Ramsay Uncharted	New Zealand	Chef Gordon Ramsay journeys to the remote corners of southern New Zealand to unlock the secrets of traditional Maori cuisine. From the locals, he learns how to catch eels, free dive, and forage.	UNITED KINGDOM	English-100		PG		Y
2023-01-08	0930	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 1	The first helping of this epic adventure runs from Chicago to St Louis and provides a wholesome bite into the story of America. Dave and Si enjoy a championship winning apple pie.	UNITED KINGDOM	English-100		G		Y
2023-01-08	1040	Top Chef	Little Place Called Aspen, A	In the final Quickfire of the season, the Chefs get a crash course in fly fishing, when they not only have to prepare the catch of the day, but they have to actually catch it too.	USA	English-100		PG		Y
2023-01-08	1130	Rachel Khoo's Simple Pleasures	My Childhood Favorites	Rachel Khoo reimagines some all-time favorite dishes with a modern twist. She conjures up a hearty beef and butternut squash stew that's perfect for a cold day.	USA	English-100		G		
2023-01-08	1200	Rachel Khoo's Simple Pleasures	Tasty Parcels	Sometimes the best things in life come in small packages, and that is certainly the case with the dishes Rachel Khoo creates. Rachel raids her cupboards to create delicious meals from few ingredients.	USA	English-100		G		
2023-01-08	1230	Taste Of Diversity	Taste Of Diversity Series 1 Ep 9	Chef Douglas Ling shows us how to make classic jerk chicken with a special sauce. Then, we'll visit Karlene and Nadine, two home cooks who prepare a mackerel run down with Jamaican carrot juice.	CANADA	English-100		PG		
2023-01-08	1300	Taste Of Diversity	Taste Of Diversity Series 1 Ep 10	Learn garlic's many secrets in this special episode. Garlic can be used to make hundreds of dishes, including beer and... garlic ice cream. Would you dare to try it?	CANADA	English-100		PG		

2023-01-08	1330	Tiny Kitchen Cook Off	Pumpkin Pie With Jennifer-Devon	Jennifer Tilly and Devon Sawa bring in the fall festivities as well as the Halloween horror as they recreate a Tiny Pumpkin Pie. They also get very competitive when it comes to making the perfect pie.	USA	English-100		PG		
2023-01-08	1400	The Cook Up with Adam Liaw	Family Favourite	Refugees Noor Azizah and Rnita Dacho join The Cook Up host Adam Liaw in the kitchen and they create some of the family favourite dishes from their homelands.	AUSTRALIA	English-100	RPT	G		Y
2023-01-08	1430	The Cook Up with Adam Liaw	Cultural Dish	Co-founder of Colombo Social, Shaun Christie-David, and spoken word poet Hani Abdile join Adam Liaw as they create their favourite cultural dishes from their home countries of Sri Lanka and Somalia.	AUSTRALIA	English-100	RPT	G		Y
2023-01-08	1500	The Cook Up with Adam Liaw	Winter Warmer	Fairfield City councillor Dai Le and singer-songwriter Jasna Dolic join host Adam Liaw to create the ultimate winter warmers that their families from Vietnam and Bosnia have passed down to them.	AUSTRALIA	English-100	RPT	G		Y
2023-01-08	1530	The Cook Up with Adam Liaw	Iranian Cuisine	Nomad head chef Jacqui Challinor and cook instructor and Iranian refugee Mahshid Babzartabi join host Adam Liaw in the Cook Up kitchen to explore Iranian cuisine.	AUSTRALIA	English-100	RPT	G		Y
2023-01-08	1600	The Cook Up with Adam Liaw	Syrian Cuisine	Co-owners of Sydney's Syrian restaurant Almond Bar, Carol and Sharon Salloum, join host Adam Liaw as they delve into the culture of Syria. They also share their experiences working with UNICEF.	AUSTRALIA	English-100	RPT	G		Y
2023-01-08	1630	Jimmy's Australian Food Adventure	First Settlers	Jimmy joins food expert Barbara Santich at a grand banquet to celebrate Australia's first cookbook, The Aristologist, while Italian immigrants Pat and Lina offer inspiration with new discoveries.	UNITED KINGDOM	English-100		PG		
2023-01-08	1700	Jimmy's Australian Food Adventure	Australia's Camels	Jimmy Doherty discovers the ghost town of Farina, 370 miles north of Adelaide, whose fortunes were built on wheat, before discovering the story of Australia's Afghan cameleers.	UNITED KINGDOM	English-100		PG		
2023-01-08	1730	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G		
2023-01-08	1800	Giada At Home	Al Fresco	Giada De Laurentiis heads to Palm Springs with her daughter and boyfriend, where she creates a poolside al fresco feast with ppasta, make-your-own flank steak hoagies and almond butter brownies.	USA	English-100		PG		
2023-01-08	1830	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		
2023-01-08	1930	World's Most Expensive Foods	Hanwoo	We see Hanwoo or Korean cattle go under the gavel at two separate auctions. Though Hanwoo is the luxury meat of choice, breeding of the cattle as meat stock is only a recent development.	SINGAPORE	English-50; Japanese-50		PG		Y
2023-01-08	2030	Rick Stein's Mediterranean Escapes	Sardinia And Sicily	Rick Stein watches as the local fishermen catch mullet using methods dating back to the Ancient Romans. In Palermo, he rustles up a vegetarian pasta with tomatoes, capers and mint.	UNITED KINGDOM	English-100	RPT	G		Y
2023-01-08	2140	Anthony Bourdain: Parts Unknown	Glasgow	Tony visits one of his favourite cities in Europe, Glasgow. He makes his first stop at the Old College Bar for a pint and a chat about Glasgow's dark history, followed by a knife defence lesson.	USA	English-100		PG		
2023-01-08	2230	Top Chef	Finale	In an epic showdown in Aspen, the final two chefs cook the meal of their lives in an effort to take home the ultimate title and prize.	USA	English-100		PG		Y
2023-01-08	2325	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y

2023-01-08	2330	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 4	Freddie and Rob continue their road trip in a new vehicle, and it's a beast. Their West Country adventure sees them, rather inadvisably, challenging a family of champion Cornish wrestlers.	UNITED KINGDOM	English-100		PG		Y
2023-01-08	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 11, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-01-08	2430	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		
2023-01-08	2525	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		
2023-01-08	2530	World's Most Expensive Foods	Hanwoo	We see Hanwoo or Korean cattle go under the gavel at two separate auctions. Though Hanwoo is the luxury meat of choice, breeding of the cattle as meat stock is only a recent development.	SINGAPORE	English-50; Japanese-50		PG		Y
2023-01-08	2630	Rick Stein's Mediterranean Escapes	Sardinia And Sicily	Rick Stein watches as the local fishermen catch mullet using methods dating back to the Ancient Romans. In Palermo, he rustles up a vegetarian pasta with tomatoes, capers and mint.	UNITED KINGDOM	English-100	RPT	G		Y
2023-01-08	2740	Jimmy's Australian Food Adventure	First Settlers	Jimmy joins food expert Barbara Santich at a grand banquet to celebrate Australia's first cookbook, The Aristologist, while Italian immigrants Pat and Lina offer inspiration with new discoveries.	UNITED KINGDOM	English-100		PG		
2023-01-08	2810	Jimmy's Australian Food Adventure	Australia's Camels	Jimmy Doherty discovers the ghost town of Farina, 370 miles north of Adelaide, whose fortunes were built on wheat, before discovering the story of Australia's Afghan cameleers.	UNITED KINGDOM	English-100		PG		
2023-01-08	2835	Giada At Home	Al Fresco	Giada De Laurentiis heads to Palm Springs with her daughter and boyfriend, where she creates a poolside al fresco feast with ppasta, make-your-own flank steak hoagies and almond butter brownies.	USA	English-100		PG		
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2023-01-09	1135	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G			
2023-01-09	1205	Giada At Home	Al Fresco	Giada De Laurentiis heads to Palm Springs with her daughter and boyfriend, where she creates a poolside al fresco feast with ppasta, make-your-own flank steak hoagies and almond butter brownies.	USA	English-100		PG			
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2023-01-09	1330	From Scratch	Malta	Arriving in Malta, David planned to make a meal with chef Stefan Hogan of Corinthia Palace. But as he srambles to find ingredients, the meal soon becomes whatever he can harvest locally.	UNITED KINGDOM	English-100		PG			
2023-01-09	1425	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	English-100	RPT	G		Y	Y
2023-01-09	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 26	Matt makes a versatile banana bread recipe, ideal for all occasions. Courtney goes on location to a broccoli farm and cooks the farmer a special broccoli tabbouleh with lamb meatballs.	AUSTRALIA	English-100		G			
2023-01-09	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Shum Chun Kong demonstrates the art of Yum Cha preparation.	AUSTRALIA	English-100	RPT			Y	Y
2023-01-09	1530	Simply Raymond Blanc	Little Le Manoir Magic, A	Join Raymond Blanc and enjoy some Le Manoir Magic as he rustles up simple yet delicious dishes from the heart of his Oxfordshire kitchen.	ENGLAND	English-100		G			
2023-01-09	1625	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	
2023-01-09	1630	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 1	Hairy Biker duo Si King and Dave Myers are giving seven creative chocolate fans the chance of a lifetime - the opportunity to create their very own chocolate bar that will be manufactured and sold.	UNITED KINGDOM	English-100		G			
2023-01-09	1730	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G			

2023-01-09	1800	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G		
2023-01-09	1830	Come Dine With Me Daytime	Newcastle Day 6	This dinner party shapes up to be an unusual evening with strange food, shocking name reveals and an unexpected dessert. But will it be enough to secure Delphinium a thousand pound prize?	UNITED KINGDOM	English-100				
2023-01-09	1900	The Cook Up with Adam Liaw	Cheese On Top	Aussie home cook hero Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen chatting cheese with host Adam Liaw. They explore the best ways to use cheese on top of anything.	AUSTRALIA	English-100	RPT	PG		Y
2023-01-09	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 12	Rick is on the beautiful Roseland Peninsula. At one of the county's oldest butchers, Rick looks into the ancient practice of ageing meat, before demonstrating how to properly cook a steak.	UNITED KINGDOM	English-100		PG		
2023-01-09	2000	Cooking With Curtis	Sandra	Sandra is confident with her abilities in the kitchen but wants to surprise her sister Kendra, who is the consummate host, with pro tips from Curtis.	USA	English-100		G		
2023-01-09	2030	Jamie & Jimmy's Food Fight Club	Mel B	Things are heating up on the pier as Mel B joins Jamie and Jimmy for some spicy Caribbean cooking. Together they recreate the most incredible curry chicken, rice and peas from Mel's grandma's recipe.	UNITED KINGDOM	English-100		G		
2023-01-09	2130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-01-09	2230	The Wine Show	Wine Show Series 1 Ep 11, The	In their villa HQ in the Italian hills, the boys turn the tables on wine expert Joe Fattorini and send him off to find a wine that breaks all the rules.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2023-01-09	2330	Choccywoccydoodah	Particular Passion, A	The chocolatiers get into action by making two original and jaw-dropping wedding cakes. The first is modelled on a couple's beloved pet ginger pigs, and the second is plastered in bespoke teddy bears.	UNITED KINGDOM	English-100		PG		
2023-01-09	2400	Choccywoccydoodah	Sight To Be Seen, A	The intrepid chocolatiers head to London with a cake that celebrates ten years of the Trafalgar Hotel, a favourite celebrity haunt. Napoleon is immortalised in chocolate for a surprise birthday treat.	UNITED KINGDOM	English-100		PG		
2023-01-09	2430	The Cook Up with Adam Liaw	Cheese On Top	Aussie home cook hero Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen chatting cheese with host Adam Liaw. They explore the best ways to use cheese on top of anything.	AUSTRALIA	English-100	RPT	PG		Y
2023-01-09	2500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 12	Rick is on the beautiful Roseland Peninsula. At one of the county's oldest butchers, Rick looks into the ancient practice of ageing meat, before demonstrating how to properly cook a steak.	UNITED KINGDOM	English-100		PG		
2023-01-09	2530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG		Y
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2023-01-09	2800	Choccywoccydoodah	Sight To Be Seen, A	The intrepid chocolatiers head to London with a cake that celebrates ten years of the Trafalgar Hotel, a favourite celebrity haunt. Napoleon is immortalised in chocolate for a surprise birthday treat.	UNITED KINGDOM	English-100		PG		
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2023-01-10	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Shum Chun Kong demonstrates the art of Yum Cha preparation.	AUSTRALIA	English-100	RPT		Y	Y
2023-01-10	0530	From Scratch	Malta	Arriving in Malta, David planned to make a meal with chef Stefan Hogan of Corinthia Palace. But as he scrambles to find ingredients, the meal soon becomes whatever he can harvest locally.	UNITED KINGDOM	English-100		PG		
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2023-01-10	0630	Simply Raymond Blanc	Little Le Manoir Magic, A	Join Raymond Blanc and enjoy some Le Manoir Magic as he rustles up simple yet delicious dishes from the heart of his Oxfordshire kitchen.	ENGLAND	English-100		G		
2023-01-10	0725	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	
2023-01-10	0730	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 1	Hairy Biker duo Si King and Dave Myers are giving seven creative chocolate fans the chance of a lifetime - the opportunity to create their very own chocolate bar that will be manufactured and sold.	UNITED KINGDOM	English-100		G		
2023-01-10	0830	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G		
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2023-01-10	0930	Come Dine With Me Daytime	Newcastle Day 6	This dinner party shapes up to be an unusual evening with strange food, shocking name reveals and an unexpected dessert. But will it be enough to secure Delphinium a thousand pound prize?	UNITED KINGDOM	English-100				
2023-01-10	1000	The Cook Up with Adam Liaw	Cheese On Top	Aussie home cook hero Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen chatting cheese with host Adam Liaw. They explore the best ways to use cheese on top of anything.	AUSTRALIA	English-100	RPT	PG	Y	
2023-01-10	1030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 12	Rick is on the beautiful Roseland Peninsula. At one of the county's oldest butchers, Rick looks into the ancient practice of ageing meat, before demonstrating how to properly cook a steak.	UNITED KINGDOM	English-100		PG		
2023-01-10	1100	Cooking With Curtis	Sandra	Sandra is confident with her abilities in the kitchen but wants to surprise her sister Kendra, who is the consummate host, with pro tips from Curtis.	USA	English-100		G		
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2023-01-10	1330	From Scratch	Zagreb	David meets with the 2019 Top Chef Croatia winner Tvrtko Sakota. Driving across the country making sugar from beets, and harvesting pork, he understands how Croatia is finding its culinary feet.	UNITED KINGDOM	English-100		PG		
2023-01-10	1425	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	English-100	RPT	G	Y	Y
2023-01-10	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 27	Matt is back on the beach at Noosa making delicious piadina, inspired by his trip to the Italian Amalfi Coast.	AUSTRALIA	English-100		G		
2023-01-10	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Danni Murray cooks with crocodile meat, and a beach BBQ of Qld mud crabs.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-10	1530	Simply Raymond Blanc	Cooking For Friends	With cheese fondue, celeriac remoulade and a delicate but divine martini on Raymond Blanc's menu, it's no wonder that his old friend Nathan Outlaw has also popped round for supper.	ENGLAND	English-100		PG		
2023-01-10	1625	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	
2023-01-10	1630	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 2	This week the first-time confectioners turn their hand to beautiful bon bons as master chocolatier and judge Ruth Hinks pushes their chocolate capabilities to the limit.	UNITED KINGDOM	English-100		G		
2023-01-10	1730	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		
2023-01-10	1800	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G		
2023-01-10	1830	Come Dine With Me Daytime	Newcastle Day 7	It's art teacher Karen's turn to host and she's looking to impress her guests with a ginger themed menu. Each course will include her favourite spice!	UNITED KINGDOM	English-100				
2023-01-10	1900	The Cook Up with Adam Liaw	Shortcrust Pastry	Adam is joined in the kitchen by food writer and TV chef Janelle Bloom and Sydney restaurant China Doll head chef Frank Shek to give their ideas on how to take shortcrust pastry to the next level.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-10	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur.	UNITED KINGDOM	English-100		PG		
2023-01-10	2000	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 2	Dan shows us how easy it is to make the Hong Kong favourite, Siu Mai, delicious dumplings made with yellow wrappers topped with orange crab roe.	AUSTRALIA	English-100		G	Y	
2023-01-10	2030	Best Of Britain With Ainsley And Grace	Best Of Britain By The Sea Series 1 Ep 1	Grace and Ainsley explore Carmarthenshire in Wales, then tuck into cockles, steak and traditional cawl.	UNITED KINGDOM	English-100				
2023-01-10	2130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG	Y	

2023-01-10	2230	The Wine Show	Wine Show Series 1 Ep 12, The	From their villa HQ in the Italian hills, the two head to Venice to meet Francesco da Mosta and find out about the Venetian love of the 'aperitivo', the opening drink of the evening.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-10	2330	Choccywoccydoodah	Hitting The High Notes	Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards.	UNITED KINGDOM	English-100		G		
2023-01-10	2400	Choccywoccydoodah	Really, Really Wicked	All Hallows-Eve is casting a shadow over our favourite band of chocolatiers as Dave races to make a haunting new window display for the shop. Meanwhile, Tom makes a cake for the musical, 'Wicked'.	UNITED KINGDOM	English-100		PG		
2023-01-10	2430	The Cook Up with Adam Liaw	Shortcrust Pastry	Adam is joined in the kitchen by food writer and TV chef Janelle Bloom and Sydney restaurant China Doll head chef Frank Shek to give their ideas on how to take shortcrust pastry to the next level.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-10	2500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur.	UNITED KINGDOM	English-100		PG		
2023-01-10	2530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-10	2630	The Wine Show	Wine Show Series 1 Ep 12, The	From their villa HQ in the Italian hills, the two head to Venice to meet Francesco da Mosta and find out about the Venetian love of the 'aperitivo', the opening drink of the evening.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-10	2730	Choccywoccydoodah	Hitting The High Notes	Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards.	UNITED KINGDOM	English-100		G		
2023-01-10	2800	Choccywoccydoodah	Really, Really Wicked	All Hallows-Eve is casting a shadow over our favourite band of chocolatiers as Dave races to make a haunting new window display for the shop. Meanwhile, Tom makes a cake for the musical, 'Wicked'.	UNITED KINGDOM	English-100		PG		
2023-01-10	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 27	Matt is back on the beach at Noosa making delicious piadina, inspired by his trip to the Italian Amalfi Coast.	AUSTRALIA	English-100		G		
2023-01-11	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Danni Murray cooks with crocodile meat, and a beach BBQ of Qld mud crabs.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-11	0530	From Scratch	Zagreb	David meets with the 2019 Top Chef Croatia winner Tvrtko Sakota. Driving across the country making sugar from beets, and harvesting pork, he understands how Croatia is finding its culinary feet.	UNITED KINGDOM	English-100		PG		
2023-01-11	0625	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	English-100	RPT	G	Y	Y
2023-01-11	0630	Simply Raymond Blanc	Cooking For Friends	With cheese fondue, celeriac remoulade and a delicate but divine martini on Raymond Blanc's menu, it's no wonder that his old friend Nathan Outlaw has also popped round for supper.	ENGLAND	English-100		PG		
2023-01-11	0725	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	
2023-01-11	0730	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 2	This week the first-time confectioners turn their hand to beautiful bon bons as master chocolatier and judge Ruth Hinks pushes their chocolate capabilities to the limit.	UNITED KINGDOM	English-100		G		

2023-01-11	0830	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		
2023-01-11	0900	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G		
2023-01-11	0930	Come Dine With Me Daytime	Newcastle Day 7	It's art teacher Karen's turn to host and she's looking to impress her guests with a ginger themed menu. Each course will include her favourite spice!	UNITED KINGDOM	English-100				
2023-01-11	1000	The Cook Up with Adam Liaw	Shortcrust Pastry	Adam is joined in the kitchen by food writer and TV chef Janelle Bloom and Sydney restaurant China Doll head chef Frank Shek to give their ideas on how to take shortcrust pastry to the next level.	AUSTRALIA	English-100	RPT	G		Y
2023-01-11	1030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur.	UNITED KINGDOM	English-100				PG
2023-01-11	1100	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 2	Dan shows us how easy it is to make the Hong Kong favourite, Siu Mai, delicious dumplings made with yellow wrappers topped with orange crab roe.	AUSTRALIA	English-100		G		Y
2023-01-11	1130	Best Of Britain With Ainsley And Grace	Best Of Britain By The Sea Series 1 Ep 1	Grace and Ainsley explore Carmarthenshire in Wales, then tuck into cockles, steak and traditional cawl.	UNITED KINGDOM	English-100				
2023-01-11	1230	Choccywoccydoodah	Hitting The High Notes	Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards.	UNITED KINGDOM	English-100				G
2023-01-11	1300	Choccywoccydoodah	Really, Really Wicked	All Hallows-Eve is casting a shadow over our favourite band of chocolatiers as Dave races to make a haunting new window display for the shop. Meanwhile, Tom makes a cake for the musical, 'Wicked'.	UNITED KINGDOM	English-100				PG
2023-01-11	1330	From Scratch	Costa Rica	In Costa Rica, David barely survives a horse ride, a fishing trip, falling trees, and gardening in a rainstorm. But he manages to replicate an amazing Tico meal with chef Manuel Badilla at Origins.	UNITED KINGDOM	English-100				PG
2023-01-11	1425	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	English-100	RPT	G	Y	Y
2023-01-11	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 28	Matt prepares a speedy Sri Lankan white curry with mussels, while Courtney is inspired by childhood memories with her black pepper crab.	AUSTRALIA	English-100				G
2023-01-11	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a look at Chinese cooking with Kylie Kwong, and an authentic Thai green curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-11	1530	Simply Raymond Blanc	British Food Revolution	Raymond Blanc prepares an ingenious pea soup, a tasty stuffed pepper, and a new take on that old British classic, brown sauce. Meanwhile, Paul Ainsworth presents an alternative cheese board.	ENGLAND	English-100				PG
2023-01-11	1625	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
2023-01-11	1630	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 3	This week the confectioners are tasked with creating a supersize bar and mini bite-sized pieces full of bubbles, flakes and textures galore. With a place in the semi-final at stake the pressure is on.	UNITED KINGDOM	English-100				G

2023-01-11	1730	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G			
2023-01-11	1800	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			
2023-01-11	1830	Come Dine With Me Daytime	Newcastle Day 8	Tonight will be one for the guests to remember; there's a shock in store for Karen, lots of humble pie for Mark and some very unusual dumplings for Delph and David.	UNITED KINGDOM	English-100					
2023-01-11	1900	The Cook Up with Adam Liaw	Chicken Wings	Adam Liaw is joined in The Cook Up Kitchen by two food loving friends for a half hour of good fun and conversation as they cook up a tonight's special dish - chicken wings.	AUSTRALIA	English-100	RPT	G		Y	
2023-01-11	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 14	West Penwith is as far west as it possible to go on mainland Britain. Rick explores its rich and diverse history, from Lamorna Cove to the UNESCO protected tin and copper mining area of Botallack.	UNITED KINGDOM	English-100			PG		
2023-01-11	2000	Earth Cycle	Earth Cycle Series 1 Ep 2	In Swedish Lapland, Simon witnesses early season northern lights with the help of a Sami guide. Together they discuss the natural world as the aurora swirls overhead, accompanied by Arctic Char soup.	UNITED KINGDOM	English-100			G		
2023-01-11	2030	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 5	Silvia shares delicious gluten-free alternatives to some of Italy's most classic and authentic meals including red lentil penne with ragout and risotto with beetroot and stracciatella.	AUSTRALIA	English-90; Italian-10		G		Y	
2023-01-11	2100	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza frita, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-90; Italian-10		G		Y	Y
2023-01-11	2130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.	UNITED KINGDOM	English-100	RPT	PG		Y	
2023-01-11	2230	The Wine Show	Wine Show Series 1 Ep 13, The	In the final episode, we revisit some of the highlights of this series of The Wine Show. Joe Fattorini heads to South Africa for a taste of historic Vin de Constance.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2023-01-11	2330	Choccywoccydoodah	Noble Cause, A	Boss Christine loves a deserving cause to support so she's in her element when she gets an order to make a spectacular cake for the Mercury Phoenix awards - a London event to honour Freddie Mercury.	UNITED KINGDOM	English-100			PG		
2023-01-11	2400	Choccywoccydoodah	Pink Pants And Poodles	Hollywood swaps places with Halloween as the Christmas window makes its grand entrance. Dave celebrates the male form with a cake for the Wild Boyz press launch - a male-strippers comedy.	UNITED KINGDOM	English-100			PG		
2023-01-11	2430	The Cook Up with Adam Liaw	Chicken Wings	Adam Liaw is joined in The Cook Up Kitchen by two food loving friends for a half hour of good fun and conversation as they cook up a tonight's special dish - chicken wings.	AUSTRALIA	English-100	RPT	G		Y	
2023-01-11	2500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 14	West Penwith is as far west as it possible to go on mainland Britain. Rick explores its rich and diverse history, from Lamorna Cove to the UNESCO protected tin and copper mining area of Botallack.	UNITED KINGDOM	English-100			PG		
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2023-01-11	2630	The Wine Show	Wine Show Series 1 Ep 13, The	In the final episode, we revisit some of the highlights of this series of The Wine Show. Joe Fattorini heads to South Africa for a taste of historic Vin de Constance.	UNITED KINGDOM	English-100	RPT	PG		Y	Y

2023-01-11	2730	Choccywoccydoodah	Noble Cause, A	Boss Christine loves a deserving cause to support so she's in her element when she gets an order to make a spectacular cake for the Mercury Phoenix awards - a London event to honour Freddie Mercury.	UNITED KINGDOM	English-100		PG		
2023-01-11	2800	Choccywoccydoodah	Pink Pants And Poodles	Hollywood swaps places with Halloween as the Christmas window makes its grand entrance. Dave celebrates the male form with a cake for the Wild Boyz press launch - a male-strippers comedy.	UNITED KINGDOM	English-100		PG		
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2023-01-12	0530	From Scratch	Costa Rica	In Costa Rica, David barely survives a horse ride, a fishing trip, falling trees, and gardening in a rainstorm. But he manages to replicate an amazing Tico meal with chef Manuel Badilla at Origins.	UNITED KINGDOM	English-100		PG		
2023-01-12	0625	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	English-100	RPT	G	Y	Y
2023-01-12	0630	Simply Raymond Blanc	British Food Revolution	Raymond Blanc prepares an ingenious pea soup, a tasty stuffed pepper, and a new take on that old British classic, brown sauce. Meanwhile, Paul Ainsworth presents an alternative cheese board.	ENGLAND	English-100		PG		
2023-01-12	0725	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	
2023-01-12	0730	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 3	This week the confectioners are tasked with creating a supersize bar and mini bite-sized pieces full of bubbles, flakes and textures galore. With a place in the semi-final at stake the pressure is on.	UNITED KINGDOM	English-100		G		
2023-01-12	0830	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G		
2023-01-12	0900	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		
2023-01-12	0930	Come Dine With Me Daytime	Newcastle Day 8	Tonight will be one for the guests to remember; there's a shock in store for Karen, lots of humble pie for Mark and some very unusual dumplings for Delph and David.	UNITED KINGDOM	English-100				
2023-01-12	1000	The Cook Up with Adam Liaw	Chicken Wings	Adam Liaw is joined in The Cook Up Kitchen by two food loving friends for a half hour of good fun and conversation as they cook up a tonight's special dish - chicken wings.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-12	1030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 14	West Penwith is as far west as it possible to go on mainland Britain. Rick explores its rich and diverse history, from Lamorna Cove to the UNESCO protected tin and copper mining area of Botallack.	UNITED KINGDOM	English-100		PG		
2023-01-12	1100	Earth Cycle	Earth Cycle Series 1 Ep 2	In Swedish Lapland, Simon witnesses early season northern lights with the help of a Sami guide. Together they discuss the natural world as the aurora swirls overhead, accompanied by Arctic Char soup.	UNITED KINGDOM	English-100		G		

2023-01-12	1130	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 5	Silvia shares delicious gluten-free alternatives to some of Italy's most classic and authentic meals including red lentil penne with ragout and risotto with beetroot and stracciatella.	AUSTRALIA	English-90; Italian-10		G	Y	
2023-01-12	1200	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza fritta, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-01-12	1230	Choccywoccydoodah	Noble Cause, A	Boss Christine loves a deserving cause to support so she's in her element when she gets an order to make a spectacular cake for the Mercury Phoenix awards - a London event to honour Freddie Mercury.	UNITED KINGDOM	English-100		PG		
2023-01-12	1300	Choccywoccydoodah	Pink Pants And Poodles	Hollywood swaps places with Halloween as the Christmas window makes its grand entrance. Dave celebrates the male form with a cake for the Wild Boyz press launch - a male-strippers comedy.	UNITED KINGDOM	English-100		PG		
2023-01-12	1330	From Scratch	Peru Part 1	David meets with chef Marilu Madueno of La Huaca Pucclanai, one of the best restaurants in Lima, and learns how Peruvian ingredients have shaped the world's food.	UNITED KINGDOM	English-100		PG		
2023-01-12	1425	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.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-12	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 29	Matt is joined in the kitchen with the 2017 Masterchef Winner - Diana Chan - who cooks her favourite dish of steamed fish with soy bean sauce.	AUSTRALIA	English-100		G		
2023-01-12	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, award-winning chef Tetsuya Wakuda, and on the African tucker trail with Dorinda Hafner.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-12	1530	Simply Raymond Blanc	French Classics With A Twist	From his Oxfordshire kitchen, Raymond Blanc shares his favourite French classics, with a twist. From his maman blanc's steak and red wine jus, to a heritage salad with tomatoes and mozzarella.	ENGLAND	English-100		G		
2023-01-12	1625	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-12	1630	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 4	The semi-final gets underway as the four remaining chocolatiers have to create a scrumptious Easter egg, choc-a-block full of treats. This is the first time that many of them have made an Easter egg!	UNITED KINGDOM	English-100		PG		
2023-01-12	1730	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		
2023-01-12	1800	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		
2023-01-12	1830	Come Dine With Me Daytime	Newcastle Day 9	David's grand plan to throw the best dinner party is to serve an elaborate Ibizan style menu of tapas and paella, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100				
2023-01-12	1900	The Cook Up with Adam Liaw	Sweet Potato	Recipe developer Breda Fenn and Maitre d' of Momofuku Seibo, Kylie Javier Ashton, come by the Cook Up kitchen to whip up their favourite sweet potato dishes with Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	

2023-01-12	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 15	As Rick's Cornish odyssey comes to an end he takes a city break in Truro, where he tours the magnificent cathedral and later dines with a family who are passionate about offal.	UNITED KINGDOM	English-100		PG	
2023-01-12	2000	Strait To The Plate	Dauan Island	Aaron visits Dauan Island and meets Uncle Tenny, who takes the group out to gather root vegetables and gowrie to make his rustic Pumpkin Sop dish on an amay pit, along with roast vegetables and turtle.	AUSTRALIA	English-100		PG	
2023-01-12	2030	Nadiya's Time To Eat	Baking Made Easy	Nadiya shares her best quick and easy bakes: a delicious banana tarte-tatin, a massive meatloaf wellington, and an effortless fruity soda bread with a zippy homemade butter.	UNITED KINGDOM	English-100			
2023-01-12	2100	Gok Wan's Easy Asian	Retro Revolution	Gok's throwing out the rule book and giving three retro dishes an Asian makeover: a chinese chicken curry pie that'll be talk of the town, Gok's twist on a classic fish finger sandwich and a cardamom and white chocolate ice cream!	UNITED KINGDOM	English-100		PG	
2023-01-12	2130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-01-12	2230	The Wine Show	Wine Show Series 2, The Ep 1	In the first show in the new series of The Wine Show, Matthew Goode welcomes new face James Purefoy to their beautiful new villa in France.	UNITED KINGDOM	English-100		PG	Y
2023-01-12	2330	Choccywoccydoodah	Full Of Eastern Promise	When chief chocolatier Dave returns from his holiday in Japan, full of Eastern promise, he delivers a cake to eclipse all others in the shape of the Rising Sun.	UNITED KINGDOM	English-100		PG	
2023-01-12	2400	Choccywoccydoodah	Onwards And Upwards	It's all change at this little shop of dreams as boss Christine's ambition is unleashed. She wants her chocolate empire to expand to London and doesn't care if she blows the budget along the way.	UNITED KINGDOM	English-100		PG	
2023-01-12	2430	The Cook Up with Adam Liaw	Sweet Potato	Recipe developer Breda Fenn and Maitre d' of Momofuku Seibo, Kylie Javier Ashton, come by the Cook Up kitchen to whip up their favourite sweet potato dishes with Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
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2023-01-12	2530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-01-12	2630	The Wine Show	Wine Show Series 2, The Ep 1	In the first show in the new series of The Wine Show, Matthew Goode welcomes new face James Purefoy to their beautiful new villa in France.	UNITED KINGDOM	English-100		PG	Y
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2023-01-12	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 29	Matt is joined in the kitchen with the 2017 Masterchef Winner - Diana Chan - who cooks her favourite dish of steamed fish with soy bean sauce.	AUSTRALIA	English-100		G	

2023-01-13	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, award-winning chef Tetsuya Wakuda, and on the African tucker trail with Dorinda Hafner.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-13	0530	From Scratch	Peru Part 1	David meets with chef Marilu Madoeno of La Huaca Pucclanai, one of the best restaurants in Lima, and learns how Peruvian ingredients have shaped the world's food.	UNITED KINGDOM	English-100		PG		
2023-01-13	0625	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.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-13	0630	Simply Raymond Blanc	French Classics With A Twist	From his Oxfordshire kitchen, Raymond Blanc shares his favourite French classics, with a twist. From his maman blanc's steak and red wine jus, to a heritage salad with tomatoes and mozzarella.	ENGLAND	English-100		G		
2023-01-13	0725	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-13	0730	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 4	The semi-final gets underway as the four remaining chocolatiers have to create a scrumptious Easter egg, choc-a-block full of treats. This is the first time that many of them have made an Easter egg!	UNITED KINGDOM	English-100		PG		
2023-01-13	0830	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		
2023-01-13	0900	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		
2023-01-13	0930	Come Dine With Me Daytime	Newcastle Day 9	David's grand plan to throw the best dinner party is to serve an elaborate Ibizan style menu of tapas and paella, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100				
2023-01-13	1000	The Cook Up with Adam Liaw	Sweet Potato	Recipe developer Breda Fenn and Maitre d' of Momofuku Seibo, Kylie Javier Ashton, come by the Cook Up kitchen to whip up their favourite sweet potato dishes with Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-13	1030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 15	As Rick's Cornish odyssey comes to an end he takes a city break in Truro, where he tours the magnificent cathedral and later dines with a family who are passionate about offal.	UNITED KINGDOM	English-100		PG		
2023-01-13	1100	Strait To The Plate	Dauan Island	To continue his journey in the Northwestern region, Aaron visits Dauan Island. Dauan is a rocky granite island, a complete contrast to low laying Saibai and Boigu that are made up of marshlands.	AUSTRALIA	English-100	RPT	PG		
2023-01-13	1130	Nadiya's Time To Eat	Baking Made Easy	Nadiya shares her best quick and easy bakes: a delicious banana tarte-tatin, a massive meatloaf wellington, and an effortless fruity soda bread with a zippy homemade butter.	UNITED KINGDOM	English-100				
2023-01-13	1200	Gok Wan's Easy Asian	Retro Revolution	Gok's throwing out the rule book and giving three retro dishes an Asian makeover: a chinese chicken curry pie that'll be talk of the town, Gok's twist on a classic fish finger sandwich and a cardamom and white chocolate ice cream!	UNITED KINGDOM	English-100		PG		
2023-01-13	1230	Choccywoccydoodah	Full Of Eastern Promise	When chief chocolatier Dave returns from his holiday in Japan, full of Eastern promise, he delivers a cake to eclipse all others in the shape of the Rising Sun.	UNITED KINGDOM	English-100		PG		
2023-01-13	1300	Choccywoccydoodah	Onwards And Upwards	It's all change at this little shop of dreams as boss Christine's ambition is unleashed. She wants her chocolate empire to expand to London and doesn't care if she blows the budget along the way.	UNITED KINGDOM	English-100		PG		

2023-01-13	1330	From Scratch	Seattle	North of Seattle, David meets up with chef Matt Costello. Whether it's mushrooms in the rain, clams in the sand, or crabs in the San Juans, David gets a taste of how great the Pacific Northwest is.	UNITED KINGDOM	English-100		PG		Y
2023-01-13	1425	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-13	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 30	Matt makes one of his favourites - pumpkin cannelloni, while Michael and Courtney team up in the kitchen to cook a Balinese-inspired dish - gado-gado.	AUSTRALIA	English-100		G		
2023-01-13	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an oyster harvest off the Tasmanian coast, and a look at Pesach - Jewish Passover.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-13	1530	Simply Raymond Blanc	Maman Blanc	Raymond Blanc pays culinary homage to his Maman Blanc by sharing nostalgic dishes from his childhood - vegetable soup three ways, and a special assiette of salads made with fresh produce.	ENGLAND	English-100		PG		
2023-01-13	1625	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-13	1630	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 5	The final three chocolatiers embark on the ultimate chocolate challenge. First, they face a brutal knock out round where they have to create three different versions of their signature chocolate bar.	UNITED KINGDOM	English-100		G		
2023-01-13	1730	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		
2023-01-13	1800	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		
2023-01-13	1830	Come Dine With Me Daytime	Newcastle Day 10	It's Mark turn to impress his new dinner party guests with a menu of deep fried brie, slow cooked lamb and a passion fruit pavlova.	UNITED KINGDOM	English-100				
2023-01-13	1900	The Cook Up with Adam Liaw	On The Bone	Host Adam Liaw is joined in the Cook Up kitchen by executive chef at Mjolner, Joachim Borenius, and comedian Lizzy Hoo as they create their ultimate meat on the bone dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-13	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG		
2023-01-13	2000	This Is Mexico	This Is Mexico Series 1 Ep 3	Take a tour of the real Mexico; explore the traditional hacienda in Jalisco leading the way in sustainability, and explore the heart and soul of its markets.	AUSTRALIA	English-100				
2023-01-13	2030	Heston's Feasts	Tudor	Top chef Heston Blumenthal pushes his own crazy creations to the limit, serving Tudor splendour to celebrity guests including Alex Zane, Sophie Ellis Bextor and Cilla Black.	UNITED KINGDOM	English-100	RPT	PG	Y	

2023-01-13	2130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-13	2230	The Wine Show	Wine Show Series 2, The Ep 2	In the second show in the new series of The Wine Show, Matthew Goode and James Purefoy are in search of a wine to match the starter in their epic six course lunch.	UNITED KINGDOM	English-100		PG	Y	Y
2023-01-13	2330	Choccywoccydoodah: Extra Slices	Animal Magic	There's animal magic as the team put together a chocolate menagerie. The chocolatiers join forces and go ape to create a nine-monkey cake for the charity, Monkey World.	UNITED KINGDOM	English-100		PG		
2023-01-13	2400	Choccywoccydoodah: Extra Slices	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100		PG		
2023-01-13	2430	The Cook Up with Adam Liaw	On The Bone	Host Adam Liaw is joined in the Cook Up kitchen by executive chef at Mjolner, Joachim Borenienus, and comedian Lizzy Hoo as they create their ultimate meat on the bone dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-13	2500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG		
2023-01-13	2530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-13	2630	The Wine Show	Wine Show Series 2, The Ep 2	In the second show in the new series of The Wine Show, Matthew Goode and James Purefoy are in search of a wine to match the starter in their epic six course lunch.	UNITED KINGDOM	English-100		PG	Y	Y
2023-01-13	2730	Choccywoccydoodah: Extra Slices	Animal Magic	There's animal magic as the team put together a chocolate menagerie. The chocolatiers join forces and go ape to create a nine-monkey cake for the charity, Monkey World.	UNITED KINGDOM	English-100		PG		
2023-01-13	2800	Choccywoccydoodah: Extra Slices	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100		PG		
2023-01-13	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 30	Matt makes one of his favourites - pumpkin cannelloni, while Michael and Courtney team up in the kitchen to cook a Balinese-inspired dish - gado-gado.	AUSTRALIA	English-100		G		
2023-01-14	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an oyster harvest off the Tasmanian coast, and a look at Pesach - Jewish Passover.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-14	0530	From Scratch	Seattle	North of Seattle, David meets up with chef Matt Costello. Whether it's mushrooms in the rain, clams in the sand, or crabs in the San Juans, David gets a taste of how great the Pacific Northwest is.	UNITED KINGDOM	English-100		PG		Y
2023-01-14	0625	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-14	0630	Simply Raymond Blanc	Maman Blanc	Raymond Blanc pays culinary homage to his Maman Blanc by sharing nostalgic dishes from his childhood - vegetable soup three ways, and a special assiette of salads made with fresh produce.	ENGLAND	English-100		PG		

2023-01-14	0725	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2023-01-14	0730	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 5	The final three chocolatiers embark on the ultimate chocolate challenge. First, they face a brutal knock out round where they have to create three different versions of their signature chocolate bar.	UNITED KINGDOM	English-100		G	
2023-01-14	0830	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	
2023-01-14	0900	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	
2023-01-14	0930	Come Dine With Me Daytime	Newcastle Day 10	It's Mark turn to impress his new dinner party guests with a menu of deep fried brie, slow cooked lamb and a passion fruit pavlova.	UNITED KINGDOM	English-100			
2023-01-14	1000	The Cook Up with Adam Liaw	On The Bone	Host Adam Liaw is joined in the Cook Up kitchen by executive chef at Mjolner, Joachim Borenien, and comedian Lizzy Hoo as they create their ultimate meat on the bone dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-01-14	1030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG	
2023-01-14	1100	This Is Mexico	This Is Mexico Series 1 Ep 3	Take a tour of the real Mexico; explore the traditional hacienda in Jalisco leading the way in sustainability, and explore the heart and soul of its markets.	AUSTRALIA	English-100			
2023-01-14	1130	Heston's Feasts	Tudor	Top chef Heston Blumenthal pushes his own crazy creations to the limit, serving Tudor splendour to celebrity guests including Alex Zane, Sophie Ellis Bextor and Cilla Black.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-01-14	1230	Choccywoccydoodah: Extra Slices	Animal Magic	There's animal magic as the team put together a chocolate menagerie. The chocolatiers join forces and go ape to create a nine-monkey cake for the charity, Monkey World.	UNITED KINGDOM	English-100		PG	
2023-01-14	1300	Choccywoccydoodah: Extra Slices	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100		PG	
2023-01-14	1330	Simply Raymond Blanc	Maman Blanc	Raymond Blanc pays culinary homage to his Maman Blanc by sharing nostalgic dishes from his childhood - vegetable soup three ways, and a special assiette of salads made with fresh produce.	ENGLAND	English-100		PG	
2023-01-14	1425	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2023-01-14	1430	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 1	Cricketing legend Freddie Flintoff and writer and adventurer Rob Penn leave the world of fish and chips behind as they take on a brand-new challenge.	UNITED KINGDOM	English-100		PG	
2023-01-14	1525	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y

2023-01-14	1530	Gordon Ramsay Uncharted	Hawaii	Hawaii makes a big impression on chef Gordon Ramsay with its epic array of Indigenous ingredients and the fascinating effects of trade winds on its culinary traditions.	UNITED KINGDOM	English-100		PG		Y
2023-01-14	1630	Ainsley's Good Mood Food	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100		G		
2023-01-14	1725	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 1	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
2023-01-14	1730	Bobby & Giada In Italy	When In Rome	Bobby Flay and Giada De Laurentis arrive in Rome and immediately seek out their favorite foods. For Giada, it's the Pizza Bianca she grew up eating, while for Bobby, it's a gelato shop!	USA	English-100		G		Y
2023-01-14	1830	Tiny Kitchen Cook Off	French Toast With Tori-Teddi	Don't miss the Beverly Hills ladies who brunch as Tori Spelling and Teddi Mellencamp make tiny French toast with homemade strawberry syrup. They come clean on having famous fathers and candy cravings.	USA	English-100		PG		
2023-01-14	1900	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-01-14	1930	Rachel Khoo's Simple Pleasures	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100		G		
2023-01-14	2000	Rachel Khoo's Simple Pleasures	Larder Love	Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canape.	USA	English-100		G		
2023-01-14	2030	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG		
2023-01-14	2140	Anthony Bourdain: Parts Unknown	South Korea	Following a long absence, Tony travels to South Korea. In the ten years that have passed a lot has changed, the country is experiencing a stratospheric rise. He tries Kimchi and Korean fried chicken.	USA	English-100		PG		Y
2023-01-14	2235	Nigella: The Cook Who Made Me	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2023-01-14	2340	Rachel Khoo's Simple Pleasures	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100		G		
2023-01-14	2405	Tiny Kitchen Cook Off	French Toast With Tori-Teddi	Don't miss the Beverly Hills ladies who brunch as Tori Spelling and Teddi Mellencamp make tiny French toast with homemade strawberry syrup. They come clean on having famous fathers and candy cravings.	USA	English-100		PG		
2023-01-14	2435	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 1	Cricketing legend Freddie Flintoff and writer and adventurer Rob Penn leave the world of fish and chips behind as they take on a brand-new challenge.	UNITED KINGDOM	English-100		PG		
2023-01-14	2530	Gordon Ramsay Uncharted	Hawaii	Hawaii makes a big impression on chef Gordon Ramsay with its epic array of Indigenous ingredients and the fascinating effects of trade winds on its culinary traditions.	UNITED KINGDOM	English-100		PG		Y
2023-01-14	2630	Ainsley's Good Mood Food	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100		G		
2023-01-14	2725	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 2	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	

2023-01-14	2730	Bobby & Giada In Italy	When In Rome	Bobby Flay and Giada De Laurentis arrive in Rome and immediately seek out their favorite foods. For Giada, it's the Pizza Bianca she grew up eating, while for Bobby, it's a gelato shop!	USA	English-100		G		Y
2023-01-14	2825	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 2	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
2023-01-14	2830	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G		Y

