



WEEK 25: Sunday, 12 June - Saturday, 18 June 2022 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-06-12	0500	Simply Raymond Blanc	Wine	Raymond often says 'a French man is never without his wine' - and true to his words, Raymond has dedicated this episode to his favourite tippie - wine.	UNITED KINGDOM	English-100		PG		
2022-06-12	0600	Hairy Bikers Northern Exposure	Sweden Part 2, The South	A trip around the Baltic wouldn't be complete without the bikers tasting the ultimate smorgasbord - it's the very best of Sweden on a plate.	UNITED KINGDOM	English-100		PG		Y
2022-06-12	0710	Plant Delicious	Plant Delicious	Our first episode features Alejandro Cancino, originally from Argentina, his story takes him all around the world with critical acclaim. He now resides in Australia with his family and is changing the way plant based cooking is viewed in the fine dining.	AUSTRALIA	English-100		PG		
2022-06-12	0740	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 2	Ainsley's next stop is the coastal town of Warrnambool in Victoria, where rolling green pastures meet the deep blue sea.	AUSTRALIA	English-100	RPT	G		Y
2022-06-12	0840	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 11	It's the semi finals as the Bellamoors, Piggot, and Masochaseys families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes.	UNITED KINGDOM	English-100		PG		
2022-06-12	0950	Hairy Bikers' Mississippi Adventure	Soul	Everyone knows how much the Hairy Bikers' love food, but their other passion is music, and there's no better place to indulge both than the Deep South of the USA.	UNITED KINGDOM	English-100		G		
2022-06-12	1040	Hairy Bikers' Mississippi Adventure	Blues	Si and Dave's latest Deep South adventure is to seek out the musical and culinary fruits of the Mississippi Delta - this expanse of waterways gave birth to the unique sound that is the blues.	UNITED KINGDOM	English-100		G		
2022-06-12	1135	Martha Bakes	Celebration Cakes	Martha gets party ready with three festive celebration cakes. Hint - one is covered in sprinkles!	USA	English-100		G		
2022-06-12	1205	Martha Bakes	Coffee	Martha shares how to enjoy coffee beyond the mug with her extraordinary coffee-flavoured desserts - a flaky Napoleon, grown-up ice cream sandwiches, and a decadent coffee cream pie.	USA	English-100		G		
2022-06-12	1235	Plant Delicious	Plant Delicious	Our first episode features Alejandro Cancino, originally from Argentina, his story takes him all around the world with critical acclaim. He now resides in Australia with his family and is changing the way plant based cooking is viewed in the fine dining.	AUSTRALIA	English-100		PG		
2022-06-12	1305	Hairy Bikers' Mississippi Adventure	Rock And Roll	Si and Dave's latest Deep South adventure begins in Memphis, Tennessee - the legendary birthplace of rock 'n' roll. Just like the music, the food in Memphis is full of flavour and spice.	UNITED KINGDOM	English-100		G		
2022-06-12	1400	The Cook Up With Adam Liaw	Pastry	Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate pastry inspired dishes in the Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	PG		
2022-06-12	1430	The Cook Up With Adam Liaw	Chopsticks Or Fork	Adam and guests comedian Suren Jayemanne and Jennifer Wong are in the Cook Up kitchen to create dishes that require some skill when eating - dishes for chopsticks or forks.	AUSTRALIA	English-100	RPT	PG		
2022-06-12	1500	The Cook Up With Adam Liaw	Fave Flavour Forever	Adam, actor Matt Okine, and video game critic Steph Bendixen are in the Cook Up kitchen making dishes inspired by their favourite flavours.	AUSTRALIA	English-100	RPT	PG		
2022-06-12	1530	The Cook Up With Adam Liaw	Root Vegetable	Head chef at Sydney restaurant Red Lantern Mark Jensen and author & chef Jason Roberts are in the Cook Up kitchen with Adam creating some easy and simple dishes that make root vegetables the hero.	AUSTRALIA	English-100	RPT	PG		Y
2022-06-12	1600	The Cook Up With Adam Liaw	Weekend Bakes	Pastry chef Lauren Eldridge and food writer Lorraine Elliott create their ultimate weekend sweet treats in the Cook Up kitchen with Adam.	AUSTRALIA	English-100		PG		Y
2022-06-12	1630	Chuck And The First People's Kitchen	Waswanipi	Chuck visits Waswanipi where he fishes and cook walleye.	CANADA	English-100	RPT	PG		Y
2022-06-12	1700	Chuck And The First People's Kitchen	Manawan	Chuck visits Manawan where he learns how to make blueberry paste, and hunt partridge.	CANADA	English-100	RPT	G		Y

2022-06-12	1730	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100		G		
2022-06-12	1800	Flour Power	Live Language	Judging alongside series stalwart Nichola Reith is local baker and cafe owner Calum Bryce. Once all the workmates' creations are revealed, tasted, judged and scored, just who will win.	UNITED KINGDOM	English-100		PG		
2022-06-12	1830	Cook Like An Italian With Silvia Colloca	Salami Making Day	Once a year Silvia's friend Michael and his whole family come together for one of their most cherished family food rituals, Salami Day. In this episode Silvia has been invited to the family gathering to lend a hand and learn how true homemade Italian sausages and salamis are crafted and about how important the tradition is to Michael's whole family. Wait until you see the pasta they make.	AUSTRALIA	English-100		PG		
2022-06-12	1900	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG		
2022-06-12	1930	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG		
2022-06-12	2000	Jack Stein: Inside The Box	Lucca	Lucca is the lucky destination for this comfort food classic and Stefano Terigi, of Giglio restaurant, is the lucky michelin star chef helping him 'italianify' it.	AUSTRALIA	English-100		PG		
2022-06-12	2030	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G		Y
2022-06-12	2135	Anthony Bourdain: Parts Unknown	Laos	The rich sensory experience of Laos with its enchanting scenery, distinctive aromas, and exceptional food are explored in Anthony Bourdain's trip to this Southeast Asian country.	USA	English-100		PG		Y
2022-06-12	2230	Anthony Bourdain: Parts Unknown	Queens	Anthony Bourdain discovers a hub of international cuisines and cultures in the New York City Borough of Queens. Tony imbibes at historic Neirs Tavern (seen in GoodFellas) in Woodhaven.	USA	English-100		PG		Y
2022-06-12	2325	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
2022-06-12	2330	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 1, The Ep 12	It's the grand final as the teams battle it out for the chance to be crowned the UK's best family of home cooks.	UNITED KINGDOM	English-100		G		
2022-06-12	2440	Chuck And The First People's Kitchen	Waswanipi	Chuck visits Waswanipi where he fishes and cook walleye.	CANADA	English-100	RPT	PG		Y
2022-06-12	2505	Chuck And The First People's Kitchen	Manawan	Chuck visits Manawan where he learns how to make blueberry paste, and hunt partridge.	CANADA	English-100	RPT	G		Y
2022-06-12	2530	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100		G		
2022-06-12	2600	Flour Power	Live Language	Judging alongside series stalwart Nichola Reith is local baker and cafe owner Calum Bryce. Once all the workmates' creations are revealed, tasted, judged and scored, just who will win.	UNITED KINGDOM	English-100		PG		
2022-06-12	2630	Cook Like An Italian With Silvia Colloca	Salami Making Day	Once a year Silvia's friend Michael and his whole family come together for one of their most cherished family food rituals, Salami Day. In this episode Silvia has been invited to the family gathering to lend a hand and learn how true homemade Italian sausages and salamis are crafted and about how important the tradition is to Michael's whole family. Wait until you see the pasta they make.	AUSTRALIA	English-100		PG		
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2022-06-12	2830	Chuck And The First People's Kitchen	Waswanipi	Chuck visits Waswanipi where he fishes and cook walleye.	CANADA	English-100	RPT	PG		Y

2022-06-13	0500	The Cook Up With Adam Liaw	Pastry	Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate pastry inspired dishes in he Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	PG		
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2022-06-13	0940	Chuck And The First People's Kitchen	Waswanipi	Chuck visits Waswanipi where he fishes and cook walleye.	CANADA	English-100	RPT	PG		Y
2022-06-13	1005	Chuck And The First People's Kitchen	Manawan	Chuck visits Manawan where he learns how to make blueberry paste, and hunt partridge.	CANADA	English-100	RPT	G		Y
2022-06-13	1030	Lorraine Pascale: Home Cooking Made Easy	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100		G		
2022-06-13	1100	Flour Power	Live Language	Judging alongside series stalwart Nichola Reith is local baker and cafe owner Calum Bryce. Once all the workmates' creations are revealed, tasted, judged and scored, just who will win.	UNITED KINGDOM	English-100		PG		
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2022-06-13	1200	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG		
2022-06-13	1230	Jack Stein: Inside The Box	Lucca	Lucca is the lucky destination for this comfort food classic and Stefano Terigi, of Giglio restaurant, is the lucky michelin star chef helping him 'italianify' it.	AUSTRALIA	English-100		PG		
2022-06-13	1300	Indian Food Made Easy	Goan (London)	Anjum is in London, where she meets Jonathan Readman to share with him three gorgeous Goan dishes, including fried eggplant, Goan sausages, and an authentic vindaloo.	UNITED KINGDOM	English-100		G		
2022-06-13	1330	Indian Food Made Easy	Kashmeri (Yorkshire)	Anjum travels to the multicultural town of Bradford in the north of England to meet and share recipes with the locals, including a rogan josh - a rich, hearty, meat and tomato curry.	UNITED KINGDOM	English-100		G		
2022-06-13	1400	David Rocco's Dolce South East Asia	New Saigon	David explores the incredible food scene of Saigon and meets a few Viet-Kieu who have now returned to their ancestral home, looking for new opportunities that are now available in this dynamic city.	CANADA	English-100		PG		
2022-06-13	1430	Bake With Anna Olson	Biscotti	Anna shares her recipes for biscotti, which translates from Italian to mean twice baked. From classic, crunchy biscotti to a more tender version, Anna shares everything you need to know.	CANADA	English-100		G		
2022-06-13	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 50	Courtney makes salmon and fennel tarts, while Michael makes a dish with plenty of history - chicken tikka masala, and for dessert Matt prepares a classic creme caramel.	AUSTRALIA	English-100		G		
2022-06-13	1530	Mary Berry's Foolproof Cooking	Family Days	Mary prepares scrumptious goodies to thrill the family and keep them coming back for more. She enlists the help of her granddaughters to prepare a delicious chicken and bacon lattice pie.	UNITED KINGDOM	English-100		G		
2022-06-13	1600	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 6	Shane Delia arrives in Andalucia, Spain where he finds a rich and complex cuisine that owes much to the 700 years that the Islamic Moors ruled here.	AUSTRALIA	English-100	RPT	G	Y	Y

2022-06-13	1630	Spencer's Big 30	More Chinese Take-Out	Craving Chinese take-out but want it right away? Eat in. Host Spencer Watts has you covered with a dinner that is healthier, tastier, faster and cheaper than you'll find in the average neighbourhood.	CANADA	English-100		PG			
2022-06-13	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 51	On My Market Kitchen Elena shows us how to make a homemade Chia Jam. Then Khanh does an Asian twist on an Aussie classic with his Honey Soy Leg of Lamb.	AUSTRALIA			PG			
2022-06-13	1730	Make This Tonight	Recipes From A Tasty Traveler	Chef Parisa fell in love with the flavors of Mexico City on a recent trip - so tonight she is fusing the flavors of Mexico with her beloved Persian cuisine, creating new and exciting recipes.	USA	English-100		PG			
2022-06-13	1800	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G			
2022-06-13	1830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100		PG			
2022-06-13	1900	The Cook Up With Adam Liaw	Favourite Books	Adam and guests TV Presenter Julia Zemiro and chef Morgan McGlone whip up some delicious dishes in the Cook Up kitchen inspired by their favourite books.	AUSTRALIA	English-100		PG		Y	
2022-06-13	1930	French Food Safari	French Food Safari Series 1	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G		Y	Y
2022-06-13	2000	Taste Of France	Chateau De La Gaude	With the rich heritage of Aix-en-Provence in southern France, Chateau de la Gaude is not only a beautiful castle, it also houses a haute cuisine restaurant which recently got its first Michelin star.	SWEDEN	English-50; French-50		G			Y
2022-06-13	2030	Hairy Bikers Go North	Yorkshire Coast	The plan is simple, riding through this beautiful location and visiting top food producers who not only have amazing products but equally amazing stories to tell.	UNITED KINGDOM	English-100		PG			
2022-06-13	2140	Come Dine With Me UK Couples	Nottingham B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG			
2022-06-13	2235	The Cook Up With Adam Liaw	Favourite Books	Adam and guests TV Presenter Julia Zemiro and chef Morgan McGlone whip up some delicious dishes in the Cook Up kitchen inspired by their favourite books.	AUSTRALIA	English-100		PG		Y	
2022-06-13	2305	Destination Flavour	Destination Flavour Series 1 Episode 6	Lily finds a two-hatted family-run restaurant in Bellingen, Renee gets a taste for real 'nose to tail' eating in Perth, and Adam heads to Kangaroo Island for some 'lamb ham'.	AUSTRALIA	English-100	RPT	G		Y	
2022-06-13	2335	Anthony Bourdain: Parts Unknown	Oman	Anthony Bourdain takes his first journey to the Sultanate of Oman and finds a peaceful land of remarkable beauty that defies expectations.	USA	English-100		PG			Y
2022-06-13	2430	Anthony Bourdain: Parts Unknown	Trinidad	On his trip to the Caribbean, Anthony discovers how the island of Trinidad has turned a history of colonialism and slavery into a non-stop celebration of multicultural food, music, and good times.	USA	English-100		PG			
2022-06-13	2525	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 2	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y	Y
2022-06-13	2530	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 6	Harry Potter star Warwick Davis and comedian Ninia Benjamin conjure up some magic in the kitchen with chefs Brian Turner and Paul Rankin.	UNITED KINGDOM	English-100		G			
2022-06-13	2620	Just Jen Bitesize	Chai Creme Brulee Cake	From her Just Jen series, Jen Phanomrat makes a chai creme brulee cake.	USA	English-100		PG			
2022-06-13	2630	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G			
2022-06-13	2700	Mary's Kitchen Crush	Birthday Dish	Mary goes big for her sister-in-law Jenna's birthday, as she puts a twist on some classic, kid-centric birthday party favourites.	CANADA	English-100		PG			
2022-06-13	2730	Indian Food Made Easy	Goan (London)	Anjum is in London, where she meets Jonathan Readman to share with him three gorgeous Goan dishes, including fried eggplant, Goan sausages, and an authentic vindaloo.	UNITED KINGDOM	English-100		G			
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2022-06-14	0600	Mary Berry's Foolproof Cooking	Family Days	Mary prepares scrumptious goodies to thrill the family and keep them coming back for more. She enlists the help of her granddaughters to prepare a delicious chicken and bacon lattice pie.	UNITED KINGDOM	English-100		G		
2022-06-14	0630	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 6	Shane Delia arrives in Andalucia, Spain where he finds a rich and complex cuisine that owes much to the 700 years that the Islamic Moors ruled here.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-06-14	0700	Spencer's Big 30	More Chinese Take-Out	Craving Chinese take-out but want it right away? Eat in. Host Spencer Watts has you covered with a dinner that is healthier, tastier, faster and cheaper than you'll find in the average neighbourhood.	CANADA	English-100		PG		
2022-06-14	0730	My Market Kitchen	My Market Kitchen Series 4 Ep 51	On My Market Kitchen Elena shows us how to make a homemade Chia Jam. Then Khanh does an Asian twist on an Aussie classic with his Honey Soy Leg of Lamb.	AUSTRALIA			PG		
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2022-06-14	1105	The Cook Up With Adam Liaw	Favourite Books	Adam and guests TV Presenter Julia Zemiro and chef Morgan McGlone whip up some delicious dishes in the Cook Up kitchen inspired by their favourite books.	AUSTRALIA	English-100		PG	Y	
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2022-06-14	1235	Taste Of France	Chateau De La Gaude	With the rich heritage of Aix-en-Provence in southern France, Chateau de la Gaude is not only a beautiful castle, it also houses a haute cuisine restaurant which recently got its first Michelin star.	SWEDEN	English-50; French-50		G		Y
2022-06-14	1300	Ainsley's Mediterranean Cookbook	Corsica: Ajaccio	Ainsley's kicking off his journey across the Mediterranean in style on board a 44 ft catamaran, visiting the stunning island of Corsica.	UNITED KINGDOM	English-100		G		
2022-06-14	1355	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	
2022-06-14	1400	David Rocco's Dolce South East Asia	Phnom Penh, A New Start	In the 1970s Cambodia was a blossoming country until the Civil War. David meets a few locals who through music, dance, and the culinary arts are helping to heal a nation and reconnect with its past.	CANADA	English-100		PG		
2022-06-14	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		
2022-06-14	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 51	Michael kicks things off with guest MasterChef contestant Sashi Cheliah, who shares how to cook Bang Bang chicken. Matt is joined by guest Sarah Todd who cooks a family favourite - sausage rolls.	AUSTRALIA	English-100		G		
2022-06-14	1530	Mary Berry's Foolproof Cooking	Busy Days	Mary shares her foolproof recipes for those days when you are simply run off your feet. There's tomato soup made from store cupboard ingredients, and express bacon and pesto pasta.	UNITED KINGDOM	English-100		G		
2022-06-14	1600	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 7	Shane Delia meets his match, when he visits the Michelin star restaurant of one of Europe's top chefs, Angel Leon.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-06-14	1630	Spencer's Big 30	Pizza Take-Out	It's everyone's favourite night: Pizza Night. But why settle for overpriced ho-hum pizza when you can make it a tastier, healthier, faster AND cheaper pizza right at home.	CANADA	English-100		PG		
2022-06-14	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 52	On today's episode Khanh and Elena are in the kitchen cooking a Chinese Chicken and Corn Egg Drop Soup, Sausage & Egg breakfast wrap and a quick and easy Grilled Peaches with Yoghurt for dessert.	AUSTRALIA			PG		

2022-06-14	1730	Make This Tonight	Chicken Casserole For The Soul	Chef Royce shares his love of casserole by making us a Honey Curried Chicken Casserole with Cheese Chili Rice and a healthy serving of greens to round it out.	USA	English-100		PG		
2022-06-14	1800	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G		
2022-06-14	1830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100		PG		
2022-06-14	1900	The Cook Up With Adam Liaw	Will It Blend?	The first winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up their favourite soup recipes.	AUSTRALIA	English-100		PG	Y	
2022-06-14	1930	French Food Safari	French Food Safari Series 1	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-06-14	2000	Cook Like An Italian With Silvia Colloca	Sunday Lunch	The Sunday lunch in Italy is a truly special family food ritual, its respected and celebrated across the whole country and when friends are invited itcreates a very special sense of belonging.	AUSTRALIA	English-100		PG		
2022-06-14	2030	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-06-14	2140	Come Dine With Me UK Couples	Belfast B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
2022-06-14	2235	The Cook Up With Adam Liaw	Will It Blend?	The first winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up their favourite soup recipes.	AUSTRALIA	English-100		PG	Y	
2022-06-14	2305	Destination Flavour	Destination Flavour Series 1 Episode 7	Renee finds prime free-range pork and wild fallow deer in central western NSW, Lily has lunch with two of Brisbane's best Spanish chefs, and Adam meets a renowned Turkish chef.	AUSTRALIA	English-100	RPT	G	Y	
2022-06-14	2335	Anthony Bourdain: Parts Unknown	Antarctica	Anthony Bourdain travels to the bottom of the world to experience the serene beauty and mystery of the driest, coldest, and windiest place on Earth.	USA	English-100		PG		
2022-06-14	2430	Anthony Bourdain: Parts Unknown	Porto, Portugal	Food takes centre stage in this tour of the northern Portugal city by Anthony Bourdain, whose local travel companions include his former Les Halles boss Jose Meirelles.	USA	English-100		PG		Y
2022-06-14	2525	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
2022-06-14	2530	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 7	Ainsley Harriott hosts the classic 20-minute cooking challenge with Big Brother twins Sam and Amanda Merchant.	UNITED KINGDOM	English-100		G		
2022-06-14	2620	Just Jen Bitesize	Duck Prosciutto	Feeling artsy, anxious or just plain hungry? Join Jen Phanomrat in the kitchen as she makes tasty recipes for the body and the home, that are great for all the feels.	USA	English-100		PG		
2022-06-14	2630	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G		
2022-06-14	2700	Mary's Kitchen Crush	Charity Dinner	Mary serves up some tasty ratatouille for her friend Kallie as they chat about charitable causes for Mary to support.	CANADA	English-100		G		
2022-06-14	2730	Ainsley's Mediterranean Cookbook	Corsica: Ajaccio	Ainsley's kicking off his journey across the Mediterranean in style on board a 44 ft catamaran, visiting the stunning island of Corsica.	UNITED KINGDOM	English-100		G		
2022-06-14	2825	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	
2022-06-14	2830	David Rocco's Dolce South East Asia	Phnom Penh, A New Start	In the 1970s Cambodia was a blossoming country until the Civil War. David meets a few locals who through music, dance, and the culinary arts are helping to heal a nation and reconnect with its past.	CANADA	English-100		PG		
2022-06-15	0500	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		
2022-06-15	0530	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 51	Michael kicks things off with guest MasterChef contestant Sashi Cheliah, who shares how to cook Bang Bang chicken. Matt is joined by guest Sarah Todd who cooks a family favourite - sausage rolls.	AUSTRALIA	English-100		G		

2022-06-15	0600	Mary Berry's Foolproof Cooking	Busy Days	Mary shares her foolproof recipes for those days when you are simply run off your feet. There's tomato soup made from store cupboard ingredients, and express bacon and pesto pasta.	UNITED KINGDOM	English-100		G			
2022-06-15	0630	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 7	Shane Delia meets his match, when he visits the Michelin star restaurant of one of Europe's top chefs, Angel Leon.	AUSTRALIA	English-100	RPT	G	Y	Y	
2022-06-15	0700	Spencer's Big 30	Pizza Take-Out	It's everyone's favourite night: Pizza Night. But why settle for overpriced ho-hum pizza when you can make it a tastier, healthier, faster AND cheaper pizza right at home.	CANADA	English-100		PG			
2022-06-15	0730	My Market Kitchen	My Market Kitchen Series 4 Ep 52	On today's episode Khanh and Elena are in the kitchen cooking a Chinese Chicken and Corn Egg Drop Soup, Sausage & Egg breakfast wrap and a quick and easy Grilled Peaches with Yoghurt for dessert.	AUSTRALIA			PG			
2022-06-15	0800	Make This Tonight	Chicken Casserole For The Soul	Chef Royce shares his love of casserole by making us a Honey Curried Chicken Casserole with Cheese Chili Rice and a healthy serving of greens to round it out.	USA	English-100		PG			
2022-06-15	0830	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y	Y	
2022-06-15	0940	Come Dine With Me UK Couples	Belfast B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG			
2022-06-15	1035	French Food Safari	French Food Safari Series 1	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G	Y	Y	
2022-06-15	1105	The Cook Up With Adam Liaw	Will It Blend?	The first winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up their favourite soup recipes.	AUSTRALIA	English-100		PG	Y		
2022-06-15	1135	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100		PG			
2022-06-15	1205	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G			
2022-06-15	1235	Cook Like An Italian With Silvia Colloca	Sunday Lunch	The Sunday lunch in Italy is a truly special family food ritual, its respected and celebrated across the whole country and when friends are invited it creates a very special sense of belonging.	AUSTRALIA	English-100		PG			
2022-06-15	1305	Ainsley's Mediterranean Cookbook	Corsica: Bonifacio	Ainsley is exploring Corsica, and his travels have brought him to the medieval fortress town of Bonifacio where he learns about the history of this incredible place.	UNITED KINGDOM	English-100		G			
2022-06-15	1400	David Rocco's Dolce South East Asia	Siem Reap Art Will Save Cambodia	The famed temples of Angkor Wat withstood the civil war of the 1970s and today the town of Siem Reap and the temples have become a tourist destination and a bustling centre for arts, culture and food.	CANADA	English-100		PG			
2022-06-15	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			
2022-06-15	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 52	Matt makes a breakfast favourite with a twist - chia and quinoa chai-spiced porridge, while Courtney shares a simple and healthy vegetarian dish with her stuffed tomatoes.	AUSTRALIA	English-100		G			
2022-06-15	1530	Mary Berry's Foolproof Cooking	Party Days	Mary showcases her dishes that are perfect for a party. Sometimes cooking for a crowd can be very daunting, but Mary loves sharing her ideas that are fun, different, and don't take forever to prepare.	UNITED KINGDOM	English-100		G			
2022-06-15	1600	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 8	Shane Delia finds himself in heaven, when he visits a free-range pig farm in Spain to see for himself how the world's best ham is raised and produced.	AUSTRALIA	English-100	RPT	G	Y	Y	
2022-06-15	1630	Spencer's Big 30	Thai Take-Out	Tom Yum Soup with lemongrass, ginger, and chili. Next up: salty, sweet and nutty Panang Curry with seared tofu and flowery jasmine rice. Walk on the wild side with his unique and delicious Fried Egg Salad topped with crunchy peanuts.	CANADA	English-100		PG			
2022-06-15	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 53	Today on My Market Kitchen Elena is making an XO Sauce from scratch, before showing how it can be used in a Pipis dish.	AUSTRALIA			PG			
2022-06-15	1730	Make This Tonight	Sicilian-Style Pesto Pasta, Eggplant Parm And Fennel Salad	Chef Akira and Chef Nick turn classic pesto on it's head with a tomato and almond flecked Sicilian twist. To go with their southern masterpiece - Eggplant Parmesan and fresh fennel salad.	USA	English-100		PG			
2022-06-15	1800	The Cook And The Chef	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G			
2022-06-15	1830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers. Thomas Hardy, and his little-known love.	UNITED KINGDOM	English-100		PG			

2022-06-15	1900	The Cook Up With Adam Liaw	Modern Indian	Adam, Nilgiris chef Ajoy Joshi and head chef at Foreign Return Siddarth Kalyanaraman join Adam in the Cook Up kitchen to create Indian dishes with a modern twist.	AUSTRALIA	English-100		PG		
2022-06-15	1930	French Food Safari	French Food Safari Series 1	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	PG	Y	Y
2022-06-15	2000	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100		PG		
2022-06-15	2030	Food In Our Time	Legacy	In the 21st century, the role of the chef has evolved. Andre meets three visionaries who are changing the way we eat and think about food.	SINGAPORE	English-100		PG		
2022-06-15	2125	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2022-06-15	2130	Come Dine With Me UK Couples	Newcastle B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
2022-06-15	2225	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y
2022-06-15	2230	The Cook Up With Adam Liaw	Modern Indian	Adam, Nilgiris chef Ajoy Joshi and head chef at Foreign Return Siddarth Kalyanaraman join Adam in the Cook Up kitchen to create Indian dishes with a modern twist.	AUSTRALIA	English-100		PG		
2022-06-15	2300	Destination Flavour	Destination Flavour Series 1 Episode 8	This week, Adam finds premium wagyu beef, Renee meets a Michelin star chef who's set up shop in Port Douglas, and Lily hangs out with Luke Nguyen at the opening of his new restaurant.	AUSTRALIA	English-100	RPT	G	Y	
2022-06-15	2330	Anthony Bourdain: Parts Unknown	French Alps	The gloves are off and the rivalry continues as Anthony Bourdain and his long-time friend, three-Michelin-starred chef Eric Ripert, embark on a ski-and-cheese-filled journey through the French Alps.	USA	English-100		PG		
2022-06-15	2425	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
2022-06-15	2430	Anthony Bourdain: Parts Unknown	Singapore	Anthony Bourdain tours the historically rich streets of Singapore and immerses himself in the vast array of multicultural foods found throughout this island city-state.	USA	English-100		PG		
2022-06-15	2525	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	
2022-06-15	2530	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 8	Ainsley Harriott returns to host the classic 20-minute cooking challenge. In the Red and Green kitchens today are TV and stage stars Lorraine Chase and Lionel Blair.	UNITED KINGDOM	English-100		G		
2022-06-15	2620	Just Jen Bitesize	Filipino Spring Roll	Feeling artsy, anxious or just plain hungry? Join Jen Phanomrat in the kitchen as she makes tasty recipes for the body and the home, that are great for all the feels.	USA	English-100		G		
2022-06-15	2630	The Cook And The Chef	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G		
2022-06-15	2700	Mary's Kitchen Crush	Very Mary Holiday, A	Roasted pork and parmesan potatoes are on the menu as Mary makes a festive feast by repurposing holiday leftovers for her favourite cousins.	CANADA	English-100		G		
2022-06-15	2730	Ainsley's Mediterranean Cookbook	Corsica: Bonifacio	Ainsley is exploring Corsica, and his travels have brought him to the medieval fortress town of Bonifacio where he learns about the history of this incredible place.	UNITED KINGDOM	English-100		G		
2022-06-15	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2022-06-15	2830	David Rocco's Dolce South East Asia	Siem Reap Art Will Save Cambodia	The famed temples of Angkor Wat withstood the civil war of the 1970s and today the town of Siem Reap and the temples have become a tourist destination and a bustling centre for arts, culture and food.	CANADA	English-100		PG		
2022-06-16	0500	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		

2022-06-16	0530	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 52	Matt makes a breakfast favourite with a twist - chia and quinoa chai-spiced porridge, while Courtney shares a simple and healthy vegetarian dish with her stuffed tomatoes.	AUSTRALIA	English-100		G			
2022-06-16	0600	Mary Berry's Foolproof Cooking	Party Days	Mary showcases her dishes that are perfect for a party. Sometimes cooking for a crowd can be very daunting, but Mary loves sharing her ideas that are fun, different, and don't take forever to prepare.	UNITED KINGDOM	English-100		G			
2022-06-16	0630	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 8	Shane Delia finds himself in heaven, when he visits a free-range pig farm in Spain to see for himself how the world's best ham is raised and produced.	AUSTRALIA	English-100	RPT	G	Y	Y	
2022-06-16	0700	Spencer's Big 30	Thai Take-Out	Tom Yum Soup with lemongrass, ginger, and chili. Next up: salty, sweet and nutty Panang Curry with seared tofu and flowery jasmine rice. Walk on the wild side with his unique and delicious Fried Egg Salad topped with crunchy peanuts.	CANADA	English-100		PG			
2022-06-16	0730	My Market Kitchen	My Market Kitchen Series 4 Ep 53	Today on My Market Kitchen Elena is making an XO Sauce from scratch, before showing how it can be used in a Pipis dish.	AUSTRALIA			PG			
2022-06-16	0800	Make This Tonight	Sicilian-Style Pesto Pasta, Eggplant Parm And Fennel Salad	Chef Akira and Chef Nick turn classic pesto on it's head with a tomato and almond flecked Sicilian twist. To go with their southern masterpiece - Eggplant Parmesan and fresh fennel salad.	USA	English-100		PG			
2022-06-16	0830	Food In Our Time	Legacy	In the 21st century, the role of the chef has evolved. Andre meets three visionaries who are changing the way we eat and think about food.	SINGAPORE	English-100		PG			
2022-06-16	0925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y		
2022-06-16	0930	Come Dine With Me UK Couples	Newcastle B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G			
2022-06-16	1025	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y	
2022-06-16	1030	French Food Safari	French Food Safari Series 1	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	PG	Y	Y	
2022-06-16	1100	The Cook Up With Adam Liaw	Modern Indian	Adam, Nilgiris chef Ajoy Joshi and head chef at Foreign Return Siddarth Kalyanaraman join Adam in the Cook Up kitchen to create Indian dishes with a modern twist.	AUSTRALIA	English-100		PG			
2022-06-16	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers. Thomas Hardy, and his little-known love.	UNITED KINGDOM	English-100		PG			
2022-06-16	1200	The Cook And The Chef	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G			
2022-06-16	1230	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100		PG			
2022-06-16	1300	Ainsley's Mediterranean Cookbook	Sardinia: Olbia	Ainsley's Mediterranean exploration continues on the Italian island of Sardinia where he gets immersed in a truly classic Sardinian culinary experience - cooking suckling pig over an open fire.	UNITED KINGDOM	English-100		G			
2022-06-16	1355	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y		
2022-06-16	1400	David Rocco's Dolce South East Asia	Simple Life, The	In the busy city of Bangkok, David meets a few locals who through food and architecture are champions and activists for a simpler and perhaps a better way of living.	CANADA	English-100		PG			
2022-06-16	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			
2022-06-16	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 53	Matt uses one of Australia's favourite cookies - the Anzac biscuit - to prepare Anzac ice cream sandwiches. Courtney shares her speedy paella recipe, and Michael makes a Mexican-style fondue.	AUSTRALIA	English-100		G			
2022-06-16	1530	Pati's Mexican Table	Tucson: Gateway To Sonora	Pati heads to Tucson, Arizona to meet one of the best bakers in America, Don Guerra of Barrio Bakery.	USA	English-100		G		Y	

2022-06-16	1600	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 9	Shane seeks culinary inspiration in one of Moorish Spain's most advanced and cultured cities, Cordoba where the locals are passionate about cold soups.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-06-16	1630	Spencer's Big 30	Japanese Take-Out	Craving Japanese take-out but only have \$30 dollars to spend? Chef Spencer Watts has you covered with his hearty and healthy Japanese Take-Out dinner and it'll only take 30 minutes to make.	CANADA	English-100		PG		
2022-06-16	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 54	Elena and Khanh are in the kitchen today cooking a Summer Sweet and Spicy Salad. Khanh is on the road with David Mann showing him a Charred Corn on the cob, perfect for camping. Elena then shows us how to use healthy ingredients to make her Seed Crackers.	AUSTRALIA			PG		
2022-06-16	1730	Make This Tonight	Shabbat, Shalom!	Chef Einat dishes out her tasty recipe for Spicy Fish in Harissa Sauce, Classic Tahini Sauce and Israeli Salad and serves it with some fresh Challah bread to soak up all that tasty goodness! Looking to impress at your next Shabbat dinner - here's your answer!	USA	English-100		PG		
2022-06-16	1800	The Cook And The Chef	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G		
2022-06-16	1830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100		PG		
2022-06-16	1900	The Cook Up With Adam Liaw	Pantry Dinners	Adam and delicious curators Phoebe Wood and Warren Mendes are in the Cook Up kitchen to create dishes inspired by items they have in their pantries.	AUSTRALIA	English-100		PG	Y	
2022-06-16	1930	French Food Safari	French Food Safari Series 1	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-06-16	2000	Nigella Feasts	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-06-16	2030	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 6	Michel Roux is in search of the perfect honey to create a delicious sauce for a dish of new season duck. He'll show us how to make an elegant ratatouille with a twist to eat either hot or cold.	UNITED KINGDOM	English-100		PG		
2022-06-16	2125	Poh & Co. Bitesize	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-06-16	2130	Come Dine With Me UK Couples	Aberdeen B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
2022-06-16	2225	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
2022-06-16	2230	The Cook Up With Adam Liaw	Pantry Dinners	Adam and delicious curators Phoebe Wood and Warren Mendes are in the Cook Up kitchen to create dishes inspired by items they have in their pantries.	AUSTRALIA	English-100		PG	Y	
2022-06-16	2300	Destination Flavour	Destination Flavour Series 1 Episode 1	Renee meets winemaker turned sheep farmer David Hohnen, Adam learns about the new craze for hot and cold smoking in Melbourne, while Lily catches up with leading providore Simon Johnson.	AUSTRALIA	English-100	RPT	G	Y	
2022-06-16	2330	Anthony Bourdain: Parts Unknown	Puerto Rico	When Anthony Bourdain heads to Puerto Rico to check out the reality behind the pina coladas and fancy resorts, he finds natural splendour, delicious food and warm people.	USA	English-100		PG		
2022-06-16	2425	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	
2022-06-16	2430	Anthony Bourdain: Parts Unknown	Lagos, Nigeria	The ingenuity of the Nigerian people is the focus of Anthony Bourdain's travels as he explores its food, music, and rich cultural diversity.	USA	English-100		PG		Y
2022-06-16	2525	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	
2022-06-16	2530	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 9	Rolling up their sleeves in the kitchen today are TV presenters Tim Vincent and Diane Louise Jordan, as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
2022-06-16	2620	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		G		
2022-06-16	2630	The Cook And The Chef	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G		

2022-06-16	2700	Mary's Kitchen Crush	Swipe Bite	Mary inspires her mum to dive into dating with a delicious squash carbonara designed to get her in the mood for love.	CANADA	English-100		G		
2022-06-16	2730	Ainsley's Mediterranean Cookbook	Sardinia: Olbia	Ainsley's Mediterranean exploration continues on the Italian island of Sardinia where he gets immersed in a truly classic Sardinian culinary experience - cooking suckling pig over an open fire.	UNITED KINGDOM	English-100		G		
2022-06-16	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2022-06-16	2830	David Rocco's Dolce South East Asia	Simple Life, The	In the busy city of Bangkok, David meets a few locals who through food and architecture are champions and activists for a simpler and perhaps a better way of living.	CANADA	English-100		PG		
2022-06-17	0500	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		
2022-06-17	0530	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 53	Matt uses one of Australia's favourite cookies - the Anzac biscuit - to prepare Anzac ice cream sandwiches. Courtney shares her speedy paella recipe, and Michael makes a Mexican-style fondue.	AUSTRALIA	English-100		G		
2022-06-17	0600	Pati's Mexican Table	Tucson: Gateway To Sonora	Pati heads to Tucson, Arizona to meet one of the best bakers in America, Don Guerra of Barrio Bakery.	USA	English-100		G		Y
2022-06-17	0630	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 9	Shane seeks culinary inspiration in one of Moorish Spain's most advanced and cultured cities, Cordoba where the locals are passionate about cold soups.	AUSTRALIA	English-100	RPT	G		Y
2022-06-17	0700	Spencer's Big 30	Japanese Take-Out	Craving Japanese take-out but only have \$30 dollars to spend? Chef Spencer Watts has you covered with his hearty and healthy Japanese Take-Out dinner and it'll only take 30 minutes to make.	CANADA	English-100		PG		
2022-06-17	0730	My Market Kitchen	My Market Kitchen Series 4 Ep 54	Elena and Khanh are in the kitchen today cooking a Summer Sweet and Spicy Salad. Khanh is on the road with David Mann showing him a Charred Corn on the cob, perfect for camping. Elena then shows us how to use healthy ingredients to make her Seed Crackers.	AUSTRALIA			PG		
2022-06-17	0800	Make This Tonight	Shabbat, Shalom!	Chef Einat dishes out her tasty recipe for Spicy Fish in Harissa Sauce, Classic Tahini Sauce and Israeli Salad and serves it with some fresh Challah bread to soak up all that tasty goodness! Looking to impress at your next Shabbat dinner - here's your answer!	USA	English-100		PG		
2022-06-17	0830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 6	Michel Roux is in search of the perfect honey to create a delicious sauce for a dish of new season duck. He'll show us how to make an elegant ratatouille with a twist to eat either hot or cold.	UNITED KINGDOM	English-100		PG		
2022-06-17	0925	Poh & Co. Bitesize	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-06-17	0930	Come Dine With Me UK Couples	Aberdeen B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
2022-06-17	1025	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
2022-06-17	1030	French Food Safari	French Food Safari Series 1	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G		Y
2022-06-17	1100	The Cook Up With Adam Liaw	Pantry Dinners	Adam and delicious curators Phoebe Wood and Warren Mendes are in the Cook Up kitchen to create dishes inspired by items they have in their pantries.	AUSTRALIA	English-100		PG		Y
2022-06-17	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100		PG		
2022-06-17	1200	The Cook And The Chef	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G		
2022-06-17	1230	Nigella Feasts	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G		Y
2022-06-17	1300	Ainsley's Mediterranean Cookbook	Sardinia: Siniscola And Oliena	Ainsley is on a foodie voyage across the Mediterranean and finds himself exploring the mountains and countryside of Sardinia, tasting marvellous local produce, and trying a mountain lamb stew.	UNITED KINGDOM	English-100		G		
2022-06-17	1355	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y

2022-06-17	1400	David Rocco's Dolce South East Asia	Women Of Bangkok	David heads to Bangkok, the capital and cultural hub of Thailand, where he meets three generations of women who are contributing to its success, including a young climate change activist.	CANADA	English-100		PG			
2022-06-17	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			
2022-06-17	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 54	Matt is joined by guest Steve Flood who cooks up a crumble with a twist he calls the Apple Rumble. Courtney shares a quick and easy dinner idea - peach and prosciutto pizza.	AUSTRALIA	English-100		G			
2022-06-17	1530	Pati's Mexican Table	Hermosillo Food Crawl	Pati spends a day in Sonora's capital, Hermosillo, visiting some of the city's best culinary destinations. Pati experiences the full spectrum of the Hermosillo's food scene.	USA	English-100		G			Y
2022-06-17	1600	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 10	The spice journey comes to an end when Shane Delia arrives in one of Andalucia's best-kept secrets, the seafood crazy Mediterranean city of Malaga.	AUSTRALIA	English-100	RPT	G		Y	Y
2022-06-17	1630	Spencer's Big 30	Vietnamese Take-Out	This Vietnamese Take-Out dinner is a great way to feed your whole crew and it won't break the bank! Chef Spencer Watts kicks off this zippy meal with Vietnamese Chicken Wings that are tossed with a blend of sweet, sour, and savoury sauces and spices, charred in the oven, before it's topped with peanuts and cilantro.	CANADA	English-100		PG			
2022-06-17	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 55	On this episode of My Market Kitchen, Elena shows us a family favourite Roasted Lamb Rack. Then we head to the wineries to learn about the perfect wine to pair with Khanh Olive and Ricotta Puffs, with Bel from Wine Selectors. Back in the kitchen Elena shows us a medditeranian Octopus, Mandarins, Oregano and Olives dish.	AUSTRALIA			PG			
2022-06-17	1730	Make This Tonight	Real Salad 101	Chef Jason schools us in the art of making a "real salad" with seared heirloom tomatoes, avocado vinaigrette, house-made croutons and tops it off with the perfect egg. Class is in session.	USA	English-100		PG			
2022-06-17	1800	The Cook And The Chef	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG			
2022-06-17	1830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG			
2022-06-17	1900	The Cook Up With Adam Liaw	Secondary Cuts	Adam, comedian Gen Fricker and chef at The Old Fitz Anna Ugarte-Carral are in the Cook Up kitchen to create some delicious meals using secondary cuts.	AUSTRALIA	English-100		PG		Y	
2022-06-17	1930	French Food Safari	French Food Safari Series 1	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT	G		Y	Y
2022-06-17	2000	Heston's In Search Of Perfection	Spaghetti Bolognese	Heston travels to Italy to break down and dissect the humble but delicious spaghetti bolognese, with versions from the traditional to the radical being tried and tested.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-06-17	2030	Royal Recipes	Childhood	On Royal Recipes presenter Michael Buerk is joined by chef Paul Ainsworth in the kitchens of one of Britain's finest stately homes to celebrate food served to Royal children.	UNITED KINGDOM	English-100		PG			
2022-06-17	2125	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	
2022-06-17	2130	Come Dine With Me UK Couples	Somerset A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G			
2022-06-17	2225	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y	
2022-06-17	2230	The Cook Up With Adam Liaw	Secondary Cuts	Adam, comedian Gen Fricker and chef at The Old Fitz Anna Ugarte-Carral are in the Cook Up kitchen to create some delicious meals using secondary cuts.	AUSTRALIA	English-100		PG		Y	
2022-06-17	2300	Destination Flavour	Destination Flavour Series 1 Episode 10	Adam meets the chefs behind two of Melbourne's top restaurants, Lily finds out why some of our favourite foods are fermented, and Renee discovers two food pioneers in Queensland.	AUSTRALIA	English-100	RPT	G		Y	
2022-06-17	2330	Anthony Bourdain: Parts Unknown	Seattle	Anthony Bourdain immerses himself in the 'boom or bust' city of Seattle. Two industries are reshaping the city and its culture - tech and the newly legalised cannabis industry.	USA	English-100		PG			
2022-06-17	2425	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	

2022-06-17	2430	Anthony Bourdain: Parts Unknown	Sri Lanka	As peace and hope spread throughout Sri Lanka following the end of its brutal civil war, Anthony Bourdain travels to the once divided regions to experience the reinvigorated people, and savoury food.	USA	English-100		PG		Y
2022-06-17	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2022-06-17	2530	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 10	Local produce is on the menu today as Ainsley Harriott hosts the classic 20-minute cooking challenge with TV presenters Alice Roberts and Mark Horton.	UNITED KINGDOM	English-100		G		
2022-06-17	2620	Just Jen Bitesize	Lemon Pepper Salmon	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		
2022-06-17	2630	The Cook And The Chef	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG		
2022-06-17	2700	Mary's Kitchen Crush	Appy To Be Nominated	Mary transports her guests to Old Hollywood with retro-themed crab cakes and fondue at her annual award show screening party.	CANADA	English-100		G		
2022-06-17	2730	Ainsley's Mediterranean Cookbook	Sardinia: Siniscola And Oliena	Ainsley is on a foodie voyage across the Mediterranean and finds himself exploring the mountains and countryside of Sardinia, tasting marvellous local produce, and trying a mountain lamb stew.	UNITED KINGDOM	English-100		G		
2022-06-17	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2022-06-17	2830	David Rocco's Dolce South East Asia	Women Of Bangkok	David heads to Bangkok, the capital and cultural hub of Thailand, where he meets three generations of women who are contributing to its success, including a young climate change activist.	CANADA	English-100		PG		
2022-06-18	0500	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		
2022-06-18	0530	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 54	Matt is joined by guest Steve Flood who cooks up a crumble with a twist he calls the Apple Rumble. Courtney shares a quick and easy dinner idea - peach and prosciutto pizza.	AUSTRALIA	English-100		G		
2022-06-18	0600	Pati's Mexican Table	Hermosillo Food Crawl	Pati spends a day in Sonora's capital, Hermosillo, visiting some of the city's best culinary destinations. Pati experiences the full spectrum of the Hermosillo's food scene.	USA	English-100		G		Y
2022-06-18	0630	Shane Delia's Moorish Spice Journey	Shane Delia's Moorish Spice Journey Series 1 Ep 10	The spice journey comes to an end when Shane Delia arrives in one of Andalucia's best-kept secrets, the seafood crazy Mediterranean city of Malaga.	AUSTRALIA	English-100	RPT	G		Y
2022-06-18	0700	Spencer's Big 30	Vietnamese Take-Out	This Vietnamese Take-Out dinner is a great way to feed your whole crew and it won't break the bank! Chef Spencer Watts kicks off this zippy meal with Vietnamese Chicken Wings that are tossed with a blend of sweet, sour, and savoury sauces and spices, charred in the oven, before it's topped with peanuts and cilantro.	CANADA	English-100		PG		
2022-06-18	0730	My Market Kitchen	My Market Kitchen Series 4 Ep 55	On this episode of My Market Kitchen, Elena shows us a family favourite Roasted Lamb Rack. Then we head to the wineries to learn about the perfect wine to pair with Khanhs Olive and Ricotta Puffs, with Bel from Wine Selectors. Back in the kitchen Elena shows us a medditeranian Octopus, Mandarins, Oregano and Olives dish.	AUSTRALIA			PG		
2022-06-18	0800	Make This Tonight	Real Salad 101	Chef Jason schools us in the art of making a "real salad" with seared heirloom tomatoes, avocado vinaigrette, house-made croutons and tops it off with the perfect egg. Class is in session.	USA	English-100		PG		
2022-06-18	0830	Royal Recipes	Childhood	On Royal Recipes presenter Michael Buerk is joined by chef Paul Ainsworth in the kitchens of one of Britain's finest stately homes to celebrate food served to Royal children.	UNITED KINGDOM	English-100		PG		
2022-06-18	0925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2022-06-18	0930	Come Dine With Me UK Couples	Somerset A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
2022-06-18	1025	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y
2022-06-18	1030	French Food Safari	French Food Safari Series 1	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT	G		Y
2022-06-18	1100	The Cook Up With Adam Liaw	Secondary Cuts	Adam, comedian Gen Fricker and chef at The Old Fitz Anna Ugarte-Carral are in the Cook Up kitchen to create some delicious meals using secondary cuts.	AUSTRALIA	English-100		PG		Y

2022-06-18	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG			
2022-06-18	1200	The Cook And The Chef	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG			
2022-06-18	1230	Heston's In Search Of Perfection	Spaghetti Bolognese	Heston travels to Italy to break down and dissect the humble but delicious spaghetti bolognese, with versions from the traditional to the radical being tried and tested.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-06-18	1300	Hairy Bikers' Mississippi Adventure	Cajun	Si and Dave visit the epicentre of Cajun culture, experiencing great food and great people in Lafayette. They tuck in to crawfish, and groove at a jam session.	UNITED KINGDOM	English-100		PG			
2022-06-18	1355	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	
2022-06-18	1400	David Rocco's Dolce South East Asia	Art In The Gallery	In Thailand, art and food offers a sense of hope and plays an important role in revitalising towns and villages, inspiring a new connection with the locals, who may have left for the city in the past.	CANADA	English-100		G			
2022-06-18	1430	Bake With Anna Olson	Petite Fours	French petit fours, or 'little cakes' are truly something special. These individual, two-bite sweets are each baked in a particular pan, and have a very interesting story behind them.	CANADA	English-100		G			
2022-06-18	1500	Bake With Anna Olson	Sponge Cakes	Light and airy, sponge cakes embody that great balance of technique and creativity and this lesson shows how limitless the options are.	CANADA	English-100		G			
2022-06-18	1530	Martha Bakes	Homemade Doughnuts	Make the fryer your friend and delve into the depths of the donut to master crave-worthy classics like the jelly-filled doughnut, apple fritter, and sugary beignet.	USA	English-100		G			
2022-06-18	1600	Martha Bakes	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G			
2022-06-18	1630	Hairy Bikers' Mississippi Adventure	Jazz	The bikers are back in New Orleans, where Si tries to convince Dave to enjoy jazz. They also cook some classic local dishes such as jambalaya, and gumbo.	UNITED KINGDOM	English-100		PG			
2022-06-18	1725	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	
2022-06-18	1730	Cheese Slices	Farmstead Cheeses Of Northern California	Artisan and hand made farmhouse cheeses have been at the forefront of a growing consumer backlash against mass produced foods in the USA. Will travels to Northern California to find out more.	AUSTRALIA	English-100		G			
2022-06-18	1800	Cheese Slices	Champion Of English Cheese, The	Will visits influential cheese retailer Neal's Yard Dairy in London, where cheese champion Randolph Hodgson explains how English traditional farmhouse country cheese was saved from extinction.	AUSTRALIA	English-100		G			
2022-06-18	1830	Heston's Great British Food	Fish And Chips	Celebrity chef Heston Blumenthal is back with a brand new series where he explores the stories behind Britain's favourite dishes.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-06-18	1925	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y	
2022-06-18	1930	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 3	Ainsley is headed up north to the 'Global Food Market' in Logan to experience one of the world's most culturally diverse markets.	AUSTRALIA	English-100	RPT	G		Y	Y
2022-06-18	2030	Simply Raymond Blanc	Salads, Soups & Sides	Raymond often feels that the smaller dishes in our dining repertoire also deserve a place as a showstopper on the dinner table. With his take on Salads, Soups and Sides.	UNITED KINGDOM	English-100		PG			
2022-06-18	2130	Anthony Bourdain: Parts Unknown	Pittsburgh	Anthony delves into a dining scene at a crossroads - part iconic steel city defined by blue collar, working class comfort food; steak and potatoes, sausage and sauerkraut - and part foodie boom town.	USA	English-100		PG			
2022-06-18	2225	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	
2022-06-18	2230	Anthony Bourdain: Parts Unknown	Southern Italy	The 'heel of the boot' draws Anthony Bourdain back in time as he visits the largely untouched landscapes and colourful locals of Southern Italy.	USA	English-100		PG		Y	
2022-06-18	2325	Poh & Co. Bitesize	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y	
2022-06-18	2330	Remarkable Places To Eat	Venice	Chef Angela Hartnett takes Fred to Venice to enjoy the simple but stunning food at her favourite restaurant, and to experience unforgettable service at Italy's oldest cafe.	UNITED KINGDOM	English-100	RPT	PG		Y	Y

2022-06-18	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 11	Chat and chopping from Blue Peter presenter Gethin Jones and England rugby player Dan Scarborough, as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G	
2022-06-18	2520	Just Jen Bitesize	Green Mango And Papaya Salad	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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2022-06-18	2830	Martha Bakes	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G	

