



WEEK 3: Sunday, 9 January - Saturday, 15 January 2022 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-01-09	0500	River Cottage Forever	River Cottage Forever Series 1 Ep 1	It's February and while Hugh has survived the winter there's precious little to eat at River Cottage. But thinking of the future he gets busy building a complex of high-rise chicken accommodation.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-09	0530	River Cottage Forever	River Cottage Forever Series 1 Ep 2	Hugh arranges a meeting with Antony Hichens, his landlord from the big house, to discuss the prospect of Hugh acquiring the rights to fish for the huge grass carp that inhabit the muddy estate lake.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-09	0600	River Cottage Forever	River Cottage Forever Series 1 Ep 3	It's late May, the vet calls and it's bad news: Marge the cow is not as pregnant as Hugh once thought, there'll be no more lambs and the first batch of eggs are all addled.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-09	0630	River Cottage Forever	River Cottage Forever Series 1 Ep 4	It's mid-June and it's time to make hay. After last year's disaster, Hugh is determined to get it right and calls in local farmer Paddy Rudd to advise.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-09	0700	River Cottage Forever	River Cottage Forever Series 1 Ep 5	Under the hot summer sun, the animals at River Cottage are giving Hugh considerable grief. Marge's calf, Psycho, will not let Hugh anywhere near him - even for routine veterinary treatment.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-09	0730	River Cottage Forever	River Cottage Forever Series 1 Ep 6	Hugh has set his sights on the Vegetable Cup at the Beaminster Show. There's also an opportunity to get some cash out of Devon's tourists with home-made iced-lollies.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-09	0800	River Cottage Forever	River Cottage Forever Series 1 Ep 7	On his regular morning stock-check, Hugh finds that one of his old ewes has died. It's a sad day at River Cottage as later on he sends off two of his pigs to the abattoir.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-09	0830	River Cottage Forever	River Cottage Forever Series 1 Ep 8	As winter approaches, Hugh has one major money-earner up his sleeve. He's teaming up with chilli pepper guru Michael Michaud, to capitalise on the big profits available at the Borough Farmers' Market.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-09	0900	Cheese Slices	Italy - Cheeses Of The Great Track	Will follows the ancient shepherds trail known as the Traturro Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese.	AUSTRALIA	English-100	RPT	G		
2022-01-09	0930	Taste The Nation With Padma Lakshmi	Don't Mind If I Dosa	Padma asks family, friends, and those she admires how they hold onto Indian culture and pass it to the next generation. Later in New York she cooks the dishes that remind her of her original home.	USA	English-100	RPT	PG		Y
2022-01-09	1005	Taste The Nation With Padma Lakshmi	Gullah Way, The	The Gullah Geechee people of South Carolina are fighting to preserve the traditions passed down from their ancestors. Padma catches and cracks crab with new friends and old.	USA	English-100	RPT	PG		Y
2022-01-09	1040	Ainsley's Food We Love	Sweets And Treats	Ainsley is joined by actor and entertainer John Barrowman and prepares a selection of sweets and treats, starting with his cheesy soufflé Welsh rarebit muffins.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-09	1135	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	RPT	PG		
2022-01-09	1230	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	RPT	PG		
2022-01-09	1325	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	
2022-01-09	1330	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	RPT	G		
2022-01-09	1400	The Cook Up with Adam Liaw	Pizza	Pizza is an Italian classic and a family favourite so host Adam Liaw, television presenter Jessica Rowe and food writer Tristan Lutze are in The Cook Up kitchen to make their favourite versions.	AUSTRALIA	English-100	RPT	PG		
2022-01-09	1430	The Cook Up with Adam Liaw	Texture	Television presenter Jan Fran and Melbourne's Maha Bar owner Shane Delia join host Adam Liaw in The Cook Up kitchen as they create some texture inspired dishes.	AUSTRALIA	English-100	RPT	PG		
2022-01-09	1500	The Cook Up with Adam Liaw	Garlic	Host Adam Liaw, Canton Kitchen's Jason Chan and executive chef at Lilly Mu, Brendan Fong, are in The Cook Up kitchen tonight making dishes using garlic.	AUSTRALIA	English-100	RPT	PG		

2022-01-09	1530	<b>The Cook Up with Adam Liaw</b>	Cooking With Wine	Tonight, host Adam Liaw, Chaco Bar's Keita Abe and Nilgiri's Ajoy Joshi are in The Cook Up kitchen making dishes using wine.	AUSTRALIA	English-100	RPT	PG	
2022-01-09	1600	<b>The Cook Up with Adam Liaw</b>	Raspberries	Universal-Paramount chef Christine Manfield and Bird Cow Fish chef Alex Herbert join host Adam Liaw in The Cook Up kitchen to make dishes using the delicious fruit, the raspberry.	AUSTRALIA	English-100	RPT	PG	
2022-01-09	1630	<b>The Cook And The Chef</b>	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100	RPT	G	
2022-01-09	1700	<b>The Cook And The Chef</b>	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100	RPT	G	
2022-01-09	1730	<b>The Cook And The Chef</b>	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100	RPT	G	
2022-01-09	1800	<b>Taste Of France</b>	Pouliche	Former MasterChef jury member Amandine Chaignot recently opened her first restaurant called Pouliche. Here she demonstrates the extent of her talent, serving refined vegetarian-focused cuisine.	SWEDEN	English-50; French-50		PG	Y
2022-01-09	1830	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 8	Analiase settles in for winter and makes a big decision about her future, as she appreciates everything she's learnt, cooking up a feast to celebrate the year with her new friends and community.	AUSTRALIA	English-100	RPT	PG	
2022-01-09	1900	<b>Cheese Slices</b>	Sweden - Jamtland Cheese	Will travels to the beautiful Jamtland region in central of Sweden to learn about traditional cave ripened goats milk cheese, and an ancient way of preserving long milk.	AUSTRALIA	English-100		G	
2022-01-09	1930	<b>Simply Raymond Blanc</b>	My Favourite Brasserie Dishes	Raymond Blanc shares his archive of recipes and introduces the nation to his favourite dishes which have featured on the menus across his restaurants.	ENGLAND	English-100		PG	
2022-01-09	2025	<b>Poh &amp; Co. Bitesize</b>	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
2022-01-09	2030	<b>Rick Stein: From Venice to Istanbul</b>	Rick Stein's From Venice To Istanbul Series 1 Ep 3	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Symi, Rick cooks traditional Albanian dishes.	UNITED KINGDOM		RPT	PG	
2022-01-09	2140	<b>Anthony Bourdain: Parts Unknown</b>	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	
2022-01-09	2235	<b>Anthony Bourdain: Parts Unknown</b>	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
2022-01-09	2330	<b>Flintoff's Great British Road Trip</b>	Scotland	The duo take on Scotland, the spiritual home of all things fried. After tasting their first deep fried mars bar, the boys fish for salmon in the famous River Tay.	UNITED KINGDOM	English-100	RPT	G	
2022-01-09	2425	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
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2022-01-10	1330	<b>Donal's Kitchen Hero</b>	Trim Castle	Donal visits Trim Castle, the largest Anglo-Norman castle in Ireland, which was constructed over a thirty-year period by Hugh de Lacy and his son Walter. He prepares seafood paella and bun cha.	IRELAND	English-100	RPT	G	
2022-01-10	1400	<b>Africa On A Plate</b>	Lagos, Nigeria	Lentswe travels to the most populous city in Africa - Lagos, Nigeria - and takes what he learns from street vendors and restaurant chefs to create a dish of moi moi with pan fried mackerel.	USA	English-100	RPT	G	Y
2022-01-10	1430	<b>Mary's Kitchen Crush</b>	Mary Loves Myra	Mary gives her mum a giant food hug with a fresh and flavourful take on lamb tenderloin, and a strawberry-rhubarb galette for dessert.	CANADA	English-100	RPT	G	
2022-01-10	1455	<b>Poh &amp; Co. Bitesize</b>	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
2022-01-10	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 16	Matt prepares a recipe that was shown to him by his wife - Afghani lamb curry.	AUSTRALIA	English-100	RPT	G	
2022-01-10	1530	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 6	A trip to a red onion farm in Certaldo in the region of Tuscany inspires Michela to prepare a mouth-watering panzanella salad - a local speciality made with fresh onion, tomato, and stale bread.	UNITED KINGDOM	English-100	RPT	G	Y
2022-01-10	1600	<b>Mystery Diners</b>	Cooking The Books	The owners of California's Sisley Italian Kitchen, believe their bookkeeper may be responsible for a revenue discrepancy. Charles sends in Mystery Diners Loree and Mike who discover a bigger problem.	USA	English-100	RPT	PG	Y
2022-01-10	1630	<b>Giada Entertains</b>	Go Green Or Go Home	Giada hosts a St. Patrick's Day party, offering her spin on traditional Irish dishes. Guests will feast on hearty lamb and red wine stew, and smoked salmon crudo with creamy cucumbers.	USA	English-100	RPT	G	
2022-01-10	1700	<b>Food Safari</b>	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G	Y
2022-01-10	1730	<b>Choccywoccydoodah: Extra Slices</b>	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	
2022-01-10	1800	<b>Choccywoccydoodah: Extra Slices</b>	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	
2022-01-10	1830	<b>The Cook And The Chef</b>	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	RPT	G	
2022-01-10	1900	<b>The Cook Up with Adam Liaw</b>	Sour	Cookbook author and wife of Jimmy Barnes, Jane Barnes, and MasterChef judge Jock Zonfrillo are in The Cook Up kitchen with host Adam Liaw to explore dishes using sour ingredients.	AUSTRALIA	English-100		PG	

2022-01-10	1930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Ant & Dec	The kings of Saturday night telly - Ant & Dec - join Jamie and Jimmy on Southend Pier. The multi award-winning presenters swap their 'takeaway' for Jamie's delicious home-cooked feasts.	UNITED KINGDOM	English-100		PG		
2022-01-10	2030	<b>Alex Polizzi's Secret Italy</b>	Islands, The	Alex Polizzi explores Italy's smaller islands, from Capri and Ischia in the Bay of Naples, to the remote Aeolian Islands further south. She'll also be experiencing Capri's glamorous fashion sense.	UNITED KINGDOM	English-100		G	Y	Y
2022-01-10	2125	<b>Destination Flavour Down Under Bitesize</b>	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	
2022-01-10	2130	<b>Poh's Kitchen</b>	Family Favourites With Emmanuel Mollois	French-trained pastry chef Emmanuel Mollois joins Poh Ling Yeow in her kitchen, where they make delicious desserts.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-10	2200	<b>The Cook Up with Adam Liaw</b>	Sour	Cookbook author and wife of Jimmy Barnes, Jane Barnes, and MasterChef judge Jock Zonfrillo are in The Cook Up kitchen with host Adam Liaw to explore dishes using sour ingredients.	AUSTRALIA	English-100	RPT	PG		
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2022-01-10	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 21	Ainsley Harriott hosts the classic 20-minute cooking challenge. His guests today are round-the-world yachtswoman Tracy Edwards and mountaineer Annabelle Bond.	UNITED KINGDOM	English-100	RPT	G		
2022-01-10	2420	<b>Destination Flavour China Bitesize</b>	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
2022-01-10	2430	<b>Giada Entertains</b>	Go Green Or Go Home	Giada hosts a St. Patrick's Day party, offering her spin on traditional Irish dishes. Guests will feast on hearty lamb and red wine stew, and smoked salmon crudo with creamy cucumbers.	USA	English-100	RPT	G		
2022-01-10	2500	<b>Donal's Kitchen Hero</b>	Trim Castle	Donal visits Trim Castle, the largest Anglo-Norman castle in Ireland, which was constructed over a thirty-year period by Hugh de Lacy and his son Walter. He prepares seafood paella and bun cha.	IRELAND	English-100	RPT	G		
2022-01-10	2530	<b>Choccywoccydoodah: Extra Slices</b>	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	RPT	PG		
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2022-01-11	0530	<b>Africa On A Plate</b>	Lagos, Nigeria	Lentswe travels to the most populous city in Africa - Lagos, Nigeria - and takes what he learns from street vendors and restaurant chefs to create a dish of moi moi with pan fried mackerel.	USA	English-100	RPT	G		Y
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2022-01-11	0700	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 6	A trip to a red onion farm in Certaldo in the region of Tuscany inspires Michela to prepare a mouth-watering panzanella salad - a local speciality made with fresh onion, tomato, and stale bread.	UNITED KINGDOM	English-100	RPT	G		Y
2022-01-11	0730	<b>Mystery Diners</b>	Cooking The Books	The owners of California's Sisley Italian Kitchen, believe their bookkeeper may be responsible for a revenue discrepancy. Charles sends in Mystery Diners Loree and Mike who discover a bigger problem.	USA	English-100	RPT	PG		Y

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2022-01-11	1030	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 16	Matt prepares a recipe that was shown to him by his wife - Afghani lamb curry.	AUSTRALIA	English-100	RPT	G		
2022-01-11	1100	<b>The Cook Up with Adam Liaw</b>	Sour	Cookbook author and wife of Jimmy Barnes, Jane Barnes, and MasterChef judge Jock Zonfrillo are in The Cook Up kitchen with host Adam Liaw to explore dishes using sour ingredients.	AUSTRALIA	English-100	RPT	PG		
2022-01-11	1130	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Ant & Dec	The kings of Saturday night telly - Ant & Dec - join Jamie and Jimmy on Southend Pier. The multi award-winning presenters swap their 'takeaway' for Jamie's delicious home-cooked feasts.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-11	1230	<b>Alex Polizzi's Secret Italy</b>	Islands, The	Alex Polizzi explores Italy's smaller islands, from Capri and Ischia in the Bay of Naples, to the remote Aeolian Islands further south. She'll also be experiencing Capri's glamorous fashion sense.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-01-11	1325	<b>Destination Flavour Down Under Bitesize</b>	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	
2022-01-11	1330	<b>Donal's Kitchen Hero</b>	Dublin Horse Show	Donal visits the famous Dublin Horse Show and prepares margarita chicken and tomato shellfish soup. In Donal's bakery, he makes a fun coffee swirl cake.	IRELAND	English-100	RPT	G		
2022-01-11	1400	<b>Africa On A Plate</b>	Abuja, Nigeria	Lentswe explores the political capital of Nigeria - Abuja - where he picks up tips for making his own version of Nigerian pepper soup.	USA	English-100	RPT	G		Y
2022-01-11	1430	<b>Mary's Kitchen Crush</b>	Sarah Loves Steak	Mary's friend Sarah is killing it in her career, so Mary is showing pride for her friend's success with the perfect steak-and-potatoes meal.	CANADA	English-100	RPT	G		
2022-01-11	1455	<b>Poh &amp; Co. Bitesize</b>	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	
2022-01-11	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 17	Matt is joined by food writer Melissa Leong and together they prepare a quick gluten free berry crumble.	AUSTRALIA	English-100	RPT	G		
2022-01-11	1530	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100	RPT	G		Y
2022-01-11	1600	<b>Mystery Diners</b>	Chef's Choice	Patrick, owner of Buster's Beach House in Long Beach, California, calls Charles Stiles to investigate rumours that his Executive Chef is showing preferential treatment amongst the wait staff.	USA	English-100	RPT	PG		Y
2022-01-11	1630	<b>Giada Entertains</b>	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100	RPT	G		
2022-01-11	1700	<b>Food Safari</b>	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-11	1730	<b>Choccywoccydoodah: Extra Slices</b>	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100		PG		
2022-01-11	1800	<b>Choccywoccydoodah: Extra Slices</b>	Weird And Wonderful	The chocolatiers create cakes that celebrate both the weird and the wonderful. Tom gets spaced out making a cosmic cake to celebrate a 40-year-old piece of moon rock for the National Space Centre.	UNITED KINGDOM	English-100		PG		
2022-01-11	1830	<b>The Cook And The Chef</b>	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	RPT	G		
2022-01-11	1900	<b>The Cook Up with Adam Liaw</b>	Bitter	Banksia Hotel's chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School, Kelly Eastwood, drop by The Cook Up kitchen to cook and create some bitter-inspired dishes with host Adam Liaw.	AUSTRALIA	English-100		PG		

2022-01-11	1930	<b>Taste Of Italy</b>	Campobasso	Nisha Katona explores the historic city of Campobasso to taste ancient recipes, knit cheese and celebrate the love for pigs and paprika by cooking up breaded paprika pork.	UNITED KINGDOM	English-100		PG		Y
2022-01-11	2000	<b>Anna's Occasions</b>	Weekend Brunch	Whether you want to wow your guests or keep things simple, you can't go wrong with these three brunch classics: banana muffins; giant glazed cinnamon bun; and waffle cake.	CANADA	English-100		PG		
2022-01-11	2030	<b>Weekend Breaks With Gregg Wallace</b>	Berlin	Gregg Wallace heads to the German capital for a three day trip where he gets to the heart of Berlin's food scene, and gets involved in the beer culture.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-01-11	2125	<b>Destination Flavour Singapore Bitesize</b>	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2022-01-11	2130	<b>Poh's Kitchen</b>	A Green Curry With David Thompson	Thai food guru, David Thompson joins Poh in her kitchen, where David makes green beef curry and Poh prepares roti.	AUSTRALIA	English-100	RPT	G		Y
2022-01-11	2200	<b>The Cook Up with Adam Liaw</b>	Bitter	Banksia Hotel's chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School, Kelly Eastwood, drop by The Cook Up kitchen to cook and create some bitter-inspired dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG		
2022-01-11	2230	<b>Food Safari</b>	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G		Y
2022-01-11	2300	<b>The Cook And The Chef</b>	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	RPT	G		
2022-01-11	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 22	Ainsley Harriott welcomes stylist Nicky Hambleton-Jones and hairdresser Andrew Barton alongside Tony Tobin and Lesley Waters as he hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G		
2022-01-11	2420	<b>Destination Flavour China Bitesize</b>	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.	AUSTRALIA	English-100	RPT	G		Y
2022-01-11	2430	<b>Giada Entertains</b>	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100	RPT	G		
2022-01-11	2500	<b>Donal's Kitchen Hero</b>	Dublin Horse Show	Donal visits the famous Dublin Horse Show and prepares margarita chicken and tomato shellfish soup. In Donal's bakery, he makes a fun coffee swirl cake.	IRELAND	English-100	RPT	G		
2022-01-11	2530	<b>Choccywoccydoodah: Extra Slices</b>	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-11	2600	<b>Choccywoccydoodah: Extra Slices</b>	Weird And Wonderful	The chocolatiers create cakes that celebrate both the weird and the wonderful. Tom gets spaced out making a cosmic cake to celebrate a 40-year-old piece of moon rock for the National Space Centre.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-11	2630	<b>Taste Of Italy</b>	Campobasso	Nisha Katona explores the historic city of Campobasso to taste ancient recipes, knit cheese and celebrate the love for pigs and paprika by cooking up breaded paprika pork.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-01-11	2700	<b>Anna's Occasions</b>	Weekend Brunch	Whether you want to wow your guests or keep things simple, you can't go wrong with these three brunch classics: banana muffins; giant glazed cinnamon bun; and waffle cake.	CANADA	English-100	RPT	PG		
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2022-01-11	2825	<b>Destination Flavour Singapore Bitesize</b>	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2022-01-11	2830	<b>Poh's Kitchen</b>	A Green Curry With David Thompson	Thai food guru, David Thompson joins Poh in her kitchen, where David makes green beef curry and Poh prepares roti.	AUSTRALIA	English-100	RPT	G		Y
2022-01-12	0500	<b>Donal's Kitchen Hero</b>	Dublin Horse Show	Donal visits the famous Dublin Horse Show and prepares margarita chicken and tomato shellfish soup. In Donal's bakery, he makes a fun coffee swirl cake.	IRELAND	English-100	RPT	G		
2022-01-12	0530	<b>Africa On A Plate</b>	Abuja, Nigeria	Lentswe explores the political capital of Nigeria - Abuja - where he picks up tips for making his own version of Nigerian pepper soup.	USA	English-100	RPT	G		Y
2022-01-12	0600	<b>Mary's Kitchen Crush</b>	Sarah Loves Steak	Mary's friend Sarah is killing it in her career, so Mary is showing pride for her friend's success with the perfect steak-and-potatoes meal.	CANADA	English-100	RPT	G		
2022-01-12	0625	<b>Poh &amp; Co. Bitesize</b>	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

2022-01-12	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 17	Matt is joined by food writer Melissa Leong and together they prepare a quick gluten free berry crumble.	AUSTRALIA	English-100	RPT	G	
2022-01-12	0700	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100	RPT	G	Y
2022-01-12	0730	<b>Mystery Diners</b>	Chef's Choice	Patrick, owner of Buster's Beach House in Long Beach, California, calls Charles Stiles to investigate rumours that his Executive Chef is showing preferential treatment amongst the wait staff.	USA	English-100	RPT	PG	Y
2022-01-12	0800	<b>Giada Entertains</b>	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100	RPT	G	
2022-01-12	0830	<b>Food Safari</b>	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y
2022-01-12	0900	<b>Donal's Kitchen Hero</b>	Dublin Horse Show	Donal visits the famous Dublin Horse Show and prepares margarita chicken and tomato shellfish soup. In Donal's bakery, he makes a fun coffee swirl cake.	IRELAND	English-100	RPT	G	
2022-01-12	0930	<b>Choccywoccydoodah: Extra Slices</b>	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100	RPT	PG	
2022-01-12	1000	<b>Choccywoccydoodah: Extra Slices</b>	Weird And Wonderful	The chocolatiers create cakes that celebrate both the weird and the wonderful. Tom gets spaced out making a cosmic cake to celebrate a 40-year-old piece of moon rock for the National Space Centre.	UNITED KINGDOM	English-100	RPT	PG	
2022-01-12	1030	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 17	Matt is joined by food writer Melissa Leong and together they prepare a quick gluten free berry crumble.	AUSTRALIA	English-100	RPT	G	
2022-01-12	1100	<b>The Cook Up with Adam Liaw</b>	Bitter	Banksia Hotel's chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School, Kelly Eastwood, drop by The Cook Up kitchen to cook and create some bitter-inspired dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
2022-01-12	1130	<b>Taste Of Italy</b>	Campobasso	Nisha Katona explores the historic city of Campobasso to taste ancient recipes, knit cheese and celebrate the love for pigs and paprika by cooking up breaded paprika pork.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-12	1200	<b>Anna's Occasions</b>	Weekend Brunch	Whether you want to wow your guests or keep things simple, you can't go wrong with these three brunch classics: banana muffins; giant glazed cinnamon bun; and waffle cake.	CANADA	English-100	RPT	PG	
2022-01-12	1230	<b>Weekend Breaks With Gregg Wallace</b>	Berlin	Gregg Wallace heads to the German capital for a three day trip where he gets to the heart of Berlin's food scene, and gets involved in the beer culture.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-12	1325	<b>Destination Flavour Singapore Bitesize</b>	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2022-01-12	1330	<b>Donal's Kitchen Hero</b>	Hook Lighthouse	Donal takes refuge from some appalling weather at the Hook Lighthouse to cook for the windswept visitors, preparing a chorizo and chicken bean stew, and a warming chilli and tomato crab pasta.	IRELAND	English-100	RPT	G	
2022-01-12	1400	<b>Africa On A Plate</b>	Nigeria Fusion	Lentswe shares the best of both cities he's visited in Nigeria, picking up tips for a savoury and spicy version of the country's favourite - jollof rice with a seafood twist.	USA	English-100	RPT	PG	Y
2022-01-12	1430	<b>Mary's Kitchen Crush</b>	Myra The Entertainer	It's a girl's night in as Mary hosts her mum and her friends for some beer braised short ribs and a crowd-pleasing carrot cake.	CANADA	English-100	RPT	G	
2022-01-12	1455	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-12	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 18	Matt shares his recipe for simple, tasty sticky chicken wings, while Courtney and Michael dish up spiced falafels with pickled slaw.	AUSTRALIA	English-100	RPT	G	
2022-01-12	1530	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 8	Michela is back in Tuscany where she explores an olive estate during the annual olive harvest in the south of the region. Back in her kitchen she prepares rainbow ricotta gnocchi.	UNITED KINGDOM	English-100	RPT	G	Y
2022-01-12	1600	<b>Mystery Diners</b>	Strange Brew	Charles Stiles finds more than one problem brewing at Newport Beach Brewing when he is called in by the owner to investigate.	USA	English-100	RPT	PG	Y
2022-01-12	1630	<b>Giada Entertains</b>	Art Of Surprise, The	Giada pulls off the ultimate surprise birthday party as guests enjoy delicious finger foods, including lamb chops with mint and pistachio salsa verde, eggplant parmesan bites, and salami crostini.	USA	English-100	RPT	G	
2022-01-12	1700	<b>Food Safari</b>	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y
2022-01-12	1730	<b>Choccywoccydoodah: Extra Slices</b>	Every Cake Tells A Story	This time the chocolatiers pay tribute to stories of love and bravery. Tom makes a train-spotter's day, re-creating the Golden Arrow Engine for the wedding anniversary cake.	UNITED KINGDOM	English-100		PG	

2022-01-12	1800	<b>Choccywoccydoodah: Extra Slices</b>	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100		PG		
2022-01-12	1830	<b>The Cook And The Chef</b>	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	RPT	G		
2022-01-12	1900	<b>The Cook Up with Adam Liaw</b>	Salty	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and dessert queen Anna Polyviou into The Cook Up kitchen to create some salt-inspired dishes.	AUSTRALIA	English-100		PG		
2022-01-12	1930	<b>Restaurants On The Edge</b>	Okanagan	Father and daughter business partners Campbell and Ann learn that the key to saving their lakefront pub is embracing what the Okanagan Valley in British Columbia has to offer their guests.	CANADA	English-100				
2022-01-12	2030	<b>James Martin's American Adventure</b>	San Antonio	James Martin begins the Texan leg of his American Adventure by visiting a place with more than a hint of Mexican spice. San Antonio was once a part of Mexico - and its influence is all around.	UNITED KINGDOM	English-100		PG		
2022-01-12	2125	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-12	2130	<b>Poh's Kitchen</b>	Almonds With Emmanuel Mollois	It's all about almonds. Poh and French chef Emmanuel Mollois do some culinary experimentation using almonds to get some very surprising and delicious results.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-12	2200	<b>The Cook Up with Adam Liaw</b>	Salty	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and dessert queen Anna Polyviou into The Cook Up kitchen to create some salt-inspired dishes.	AUSTRALIA	English-100	RPT	PG		
2022-01-12	2230	<b>Food Safari</b>	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y	
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2022-01-12	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 23	In this special Sport Relief edition, comedian and TV presenter Nick Hancock joins forces with former England cricket captain Allan Lamb and chefs Lesley Waters and Richard Phillips.	UNITED KINGDOM	English-100	RPT	G		
2022-01-12	2420	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 9	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
2022-01-12	2430	<b>Giada Entertains</b>	Art Of Surprise, The	Giada pulls off the ultimate surprise birthday party as guests enjoy delicious finger foods, including lamb chops with mint and pistachio salsa verde, eggplant parmesan bites, and salami crostini.	USA	English-100	RPT	G		
2022-01-12	2500	<b>Donal's Kitchen Hero</b>	Hook Lighthouse	Donal takes refuge from some appalling weather at the Hook Lighthouse to cook for the windswept visitors, preparing a chorizo and chicken bean stew, and a warming chilli and tomato crab pasta.	IRELAND	English-100	RPT	G		
2022-01-12	2530	<b>Choccywoccydoodah: Extra Slices</b>	Every Cake Tells A Story	This time the chocolatiers pay tribute to stories of love and bravery. Tom makes a train-spotter's day, re-creating the Golden Arrow Engine for the wedding anniversary cake.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-12	2600	<b>Choccywoccydoodah: Extra Slices</b>	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100	RPT	PG		
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2022-01-12	2730	<b>James Martin's American Adventure</b>	San Antonio	James Martin begins the Texan leg of his American Adventure by visiting a place with more than a hint of Mexican spice. San Antonio was once a part of Mexico - and its influence is all around.	UNITED KINGDOM	English-100	RPT	PG		
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2022-01-12	2830	<b>Poh's Kitchen</b>	Almonds With Emmanuel Mollois	It's all about almonds. Poh and French chef Emmanuel Mollois do some culinary experimentation using almonds to get some very surprising and delicious results.	AUSTRALIA	English-100	RPT	G	Y	
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2022-01-13	0530	<b>Africa On A Plate</b>	Nigeria Fusion	Lentswe shares the best of both cities he's visited in Nigeria, picking up tips for a savoury and spicy version of the country's favourite - jollof rice with a seafood twist.	USA	English-100	RPT	PG		Y
2022-01-13	0600	<b>Mary's Kitchen Crush</b>	Myra The Entertainer	It's a girl's night in as Mary hosts her mum and her friends for some beer braised short ribs and a crowd-pleasing carrot cake.	CANADA	English-100	RPT	G		
2022-01-13	0625	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	



2022-01-13	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 18	Matt shares his recipe for simple, tasty sticky chicken wings, while Courtney and Michael dish up spiced falafels with pickled slaw.	AUSTRALIA	English-100	RPT	G			
2022-01-13	0700	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 8	Michela is back in Tuscany where she explores an olive estate during the annual olive harvest in the south of the region. Back in her kitchen she prepares rainbow ricotta gnocchi.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-01-13	0730	<b>Mystery Diners</b>	Strange Brew	Charles Stiles finds more than one problem brewing at Newport Beach Brewing when he is called in by the owner to investigate.	USA	English-100	RPT	PG		Y	
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2022-01-13	1000	<b>Choccywoccydoodah: Extra Slices</b>	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100	RPT	PG			
2022-01-13	1030	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 18	Matt shares his recipe for simple, tasty sticky chicken wings, while Courtney and Michael dish up spiced falafels with pickled slaw.	AUSTRALIA	English-100	RPT	G			
2022-01-13	1100	<b>The Cook Up with Adam Liaw</b>	Salty	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and dessert queen Anna Polyviou into The Cook Up kitchen to create some salt-inspired dishes.	AUSTRALIA	English-100	RPT	PG			
2022-01-13	1130	<b>Restaurants On The Edge</b>	Okanagan	Father and daughter business partners Campbell and Ann learn that the key to saving their lakefront pub is embracing what the Okanagan Valley in British Columbia has to offer their guests.	CANADA	English-100	RPT				
2022-01-13	1230	<b>James Martin's American Adventure</b>	San Antonio	James Martin begins the Texan leg of his American Adventure by visiting a place with more than a hint of Mexican spice. San Antonio was once a part of Mexico - and its influence is all around.	UNITED KINGDOM	English-100	RPT	PG			
2022-01-13	1325	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y	
2022-01-13	1330	<b>Donal's Kitchen Hero</b>	Dublin Zoo	Donal visits the Dublin Zoo - one of Ireland's most popular attractions, which opened in 1831. Feeding time at the zoo is always a popular event, and Donal sets out to feed some of the visitors.	IRELAND	English-100	RPT	G			
2022-01-13	1400	<b>Africa On A Plate</b>	Cooking With Lentswe: Nigeria	Back in his cozy seaside kitchen in Cape Town, Chef Lentswe Bhengu shares recipes for the delicious dishes gathered during his journey through Abuja and Lagos.	USA	English-100	RPT	G		Y	
2022-01-13	1430	<b>Mary's Kitchen Crush</b>	Breakfast For Dinner	Mary wakes up the taste buds with a kid-friendly breakfast for dinner featuring peanut butter and banana stuffed French toast.	CANADA	English-100	RPT	G			
2022-01-13	1455	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y	
2022-01-13	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 19	Courtney and Matt get creative with leftovers to bake a pumpkin frittata. Matt cooks a dish he also serves at his restaurant - moo ping skewers.	AUSTRALIA	English-100	RPT	G			
2022-01-13	1530	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 9	Michela uncovers the best seasonal, locally grown fruit and vegetables, and the creamiest of ricottas, and uses them to dish up a twist on an old favourite with a wonderful porcini mushroom lasagne.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-01-13	1600	<b>Mystery Diners</b>	Employee Of The Month	Charles uncovers that the title 'Employee of the Month', used to boost morale at Colombo's Italian Steakhouse in Eagle Rock, California, has created a cutthroat competition amongst the staff.	USA	English-100	RPT	PG		Y	
2022-01-13	1630	<b>Giada Entertains</b>	Jade Feel Good Party	Giada serves a healthy, kid-friendly lunch for her daughter Jade and friends after a yoga and stretching class. The young guests are treated to lemon chicken and cheddar-stuffed cauliflower.	USA	English-100	RPT	G			
2022-01-13	1700	<b>Food Safari</b>	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G		Y	
2022-01-13	1730	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G		Y	Y

2022-01-13	1830	<b>The Cook And The Chef</b>	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	RPT	PG		
2022-01-13	1900	<b>The Cook Up with Adam Liaw</b>	Sweet	Cookbook author Analiese Gregory and Monday Morning Cooking Club's Natanya Eskin join host Adam Liaw in The Cook Up kitchen to recreate their favourite sweet dishes.	AUSTRALIA	English-100		PG		
2022-01-13	1930	<b>Field Trip With Curtis Stone</b>	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100				
2022-01-13	2000	<b>Food Safari Water</b>	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the worlds most prized queen scallops off Kangaroo Island, adored for their purple roe.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-13	2030	<b>Rick Stein's India</b>	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
2022-01-13	2140	<b>Poh's Kitchen</b>	Woking With Neil Perry	Renowned Sydney chef, Neil Perry joins Poh in her kitchen, where he demonstrates his wondrous wok skills as he prepares a velvety John Dory.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-13	2210	<b>The Cook Up with Adam Liaw</b>	Sweet	Cookbook author Analiese Gregory and Monday Morning Cooking Club's Natanya Eskin join host Adam Liaw in The Cook Up kitchen to recreate their favourite sweet dishes.	AUSTRALIA	English-100	RPT	PG		
2022-01-13	2240	<b>Food Safari</b>	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-13	2310	<b>The Cook And The Chef</b>	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	RPT	PG		
2022-01-13	2340	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 24	The jokes are flying thick and fast, as Bradley Walsh and Joe Pasquale join chefs Gino D'Acampo and Lesley Waters for today's classic 20-minute cooking challenge, with host Ainsley Harriott.	UNITED KINGDOM	English-100	RPT	G		
2022-01-13	2425	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 7	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-13	2430	<b>Giada Entertains</b>	Jade Feel Good Party	Giada serves a healthy, kid-friendly lunch for her daughter Jade and friends after a yoga and stretching class. The young guests are treated to lemon chicken and cheddar-stuffed cauliflower.	USA	English-100	RPT	G		
2022-01-13	2500	<b>Donal's Kitchen Hero</b>	Dublin Zoo	Donal visits the Dublin Zoo - one of Ireland's most popular attractions, which opened in 1831. Feeding time at the zoo is always a popular event, and Donal sets out to feed some of the visitors.	IRELAND	English-100	RPT	G		
2022-01-13	2530	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-13	2630	<b>Field Trip With Curtis Stone</b>	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100	RPT			
2022-01-13	2700	<b>Food Safari Water</b>	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the worlds most prized queen scallops off Kangaroo Island, adored for their purple roe.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-13	2730	<b>Rick Stein's India</b>	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
2022-01-13	2835	<b>Poh's Kitchen</b>	Woking With Neil Perry	Renowned Sydney chef, Neil Perry joins Poh in her kitchen, where he demonstrates his wondrous wok skills as he prepares a velvety John Dory.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-14	0500	<b>Donal's Kitchen Hero</b>	Dublin Zoo	Donal visits the Dublin Zoo - one of Ireland's most popular attractions, which opened in 1831. Feeding time at the zoo is always a popular event, and Donal sets out to feed some of the visitors.	IRELAND	English-100	RPT	G		
2022-01-14	0530	<b>Africa On A Plate</b>	Cooking With Lentswe: Nigeria	Back in his cozy seaside kitchen in Cape Town, Chef Lentswe Bhengu shares recipes for the delicious dishes gathered during his journey through Abuja and Lagos.	USA	English-100	RPT	G		Y
2022-01-14	0600	<b>Mary's Kitchen Crush</b>	Breakfast For Dinner	Mary wakes up the taste buds with a kid-friendly breakfast for dinner featuring peanut butter and banana stuffed French toast.	CANADA	English-100	RPT	G		
2022-01-14	0625	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-14	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 19	Courtney and Matt get creative with leftovers to bake a pumpkin frittata. Matt cooks a dish he also serves at his restaurant - moo ping skewers.	AUSTRALIA	English-100	RPT	G		
2022-01-14	0700	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 9	Michela uncovers the best seasonal, locally grown fruit and vegetables, and the creamiest of ricottas, and uses them to dish up a twist on an old favourite with a wonderful porcini mushroom lasagne.	UNITED KINGDOM	English-100	RPT	G		Y

2022-01-14	0730	<b>Mystery Diners</b>	Employee Of The Month	Charles uncovers that the title 'Employee of the Month', used to boost morale at Colombo's Italian Steakhouse in Eagle Rock, California, has created a cutthroat competition amongst the staff.	USA	English-100	RPT	PG		Y
2022-01-14	0800	<b>Giada Entertains</b>	Jade Feel Good Party	Giada serves a healthy, kid-friendly lunch for her daughter Jade and friends after a yoga and stretching class. The young guests are treated to lemon chicken and cheddar-stuffed cauliflower.	USA	English-100	RPT	G		
2022-01-14	0830	<b>Food Safari</b>	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-14	0900	<b>Donal's Kitchen Hero</b>	Dublin Zoo	Donal visits the Dublin Zoo - one of Ireland's most popular attractions, which opened in 1831. Feeding time at the zoo is always a popular event, and Donal sets out to feed some of the visitors.	IRELAND	English-100	RPT	G		
2022-01-14	0930	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-14	1030	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 19	Courtney and Matt get creative with leftovers to bake a pumpkin frittata. Matt cooks a dish he also serves at his restaurant - moo ping skewers.	AUSTRALIA	English-100	RPT	G		
2022-01-14	1100	<b>The Cook Up with Adam Liaw</b>	Sweet	Cookbook author Analiese Gregory and Monday Morning Cooking Club's Natanya Eskin join host Adam Liaw in The Cook Up kitchen to recreate their favourite sweet dishes.	AUSTRALIA	English-100	RPT	PG		
2022-01-14	1130	<b>Field Trip With Curtis Stone</b>	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100	RPT			
2022-01-14	1200	<b>Food Safari Water</b>	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the worlds most prized queen scallops off Kangaroo Island, adored for their purple roe.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-14	1230	<b>Rick Stein's India</b>	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
2022-01-14	1340	<b>Donal's Kitchen Hero</b>	Waterford And Suir Valley Railway	Donal cooks Toulouse sausage and puy lentil stew, and salt baked salmon for the passengers waiting for the next train on the Waterford to Dungarvan line.	IRELAND	English-100	RPT	G		
2022-01-14	1405	<b>Africa On A Plate</b>	Marrakech, Morocco	Chef Zama Memela travels to Marrakech, Morocco, where she explores the ancient souks and market of this mystical and vibrant city, then cooks up her version of Marrakech on a plate.	USA	English-100	RPT	G		
2022-01-14	1435	<b>Mary's Kitchen Crush</b>	When Mary Met Aaron	Mary celebrates her anniversary with a re-do of the first meal she ever made for her husband, Aaron, including an elevated Italian classic.	CANADA	English-100	RPT	G		
2022-01-14	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 20	Matt's on location at his restaurant in Noosa - Sum Yung Guys - where he shares his recipes for one of the restaurant's most requested desserts - salted coconut panna cotta.	AUSTRALIA	English-100	RPT	PG		
2022-01-14	1530	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 10	Michela puts twist on fish and chips with seabass in a bag - a steamed parcel of fish and vegetables, and after visiting an artisan bakery in Siena makes a classic Italian cake.	UNITED KINGDOM	English-100	RPT	G		Y
2022-01-14	1600	<b>Mystery Diners</b>	While The Cat's Away...	Charles finds employees of Gauchos Village in Glendale, California, are taking advantage while the owner is away in hospital recovering from a serious accident.	USA	English-100	RPT	PG		Y
2022-01-14	1630	<b>Giada Entertains</b>	Spring Supper	Giada draws on the fresh flavours of spring as she celebrates Easter in Italian style with a fabulous family feast. The holiday menu includes spicy lamb Bolognese and creamy polenta with spinach.	USA	English-100	RPT	G		
2022-01-14	1700	<b>Food Safari</b>	English	Maeve O'Meara explores the intricacies and etiquette of English food from a perfect afternoon tea to good old fish and chips. Maeve also talks to top Sydney chef Matthew Kemp.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-14	1730	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-14	1830	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100	RPT	G		
2022-01-14	1900	<b>The Cook Up with Adam Liaw</b>	Umami	Insight's Kumi Taguchi and Sokyos Chase Kojima take over The Cook Up kitchen as they chat and create some umami tasting dishes with host Adam Liaw.	AUSTRALIA	English-100		PG		
2022-01-14	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-14	2030	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100	RPT	G		

2022-01-14	2125	<b>Gamer Snacks Bitesize</b>	Pizza Bombs	Featuring some of the best snacks that gamers can eat when playing video games. This episode: pizza bombs.	USA	English-100				
2022-01-14	2130	<b>Poh's Kitchen</b>	Meringues And Eclairs With Emmanuel Mollois	Emmanuel Mollois shows Poh how to make 'French-sized' chocolate eclairs, and she surprises him by producing some amazing fried meringues accompanied by pandan creme patissiere.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-14	2200	<b>The Cook Up with Adam Liaw</b>	Umami	Insight's Kumi Taguchi and Sokyo's Chase Kojima take over The Cook Up kitchen as they chat and create some umami tasting dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG		
2022-01-14	2230	<b>Food Safari</b>	English	Maeve O'Meara explores the intricacies and etiquette of English food from a perfect afternoon tea to good old fish and chips. Maeve also talks to top Sydney chef Matthew Kemp.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-14	2300	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100	RPT	G		
2022-01-14	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 25	No blue flashing lights but plenty of action as Casualty stars Jane Hazlegrove and Marr Bardock join chefs James Tanner and Lesley Waters for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G		
2022-01-14	2420	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 10	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
2022-01-14	2430	<b>Giada Entertains</b>	Spring Supper	Giada draws on the fresh flavours of spring as she celebrates Easter in Italian style with a fabulous family feast. The holiday menu includes spicy lamb Bolognese and creamy polenta with spinach.	USA	English-100	RPT	G		
2022-01-14	2500	<b>Donal's Kitchen Hero</b>	Waterford And Suir Valley Railway	Donal cooks Toulouse sausage and puy lentil stew, and salt baked salmon for the passengers waiting for the next train on the Waterford to Dungarvan line.	IRELAND	English-100	RPT	G		
2022-01-14	2530	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-14	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-14	2730	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100	RPT	G		
2022-01-14	2825	<b>Gamer Snacks Bitesize</b>	Pizza Bombs	Featuring some of the best snacks that gamers can eat when playing video games. This episode: pizza bombs.	USA	English-100	RPT			
2022-01-14	2830	<b>Poh's Kitchen</b>	Meringues And Eclairs With Emmanuel Mollois	Emmanuel Mollois shows Poh how to make 'French-sized' chocolate eclairs, and she surprises him by producing some amazing fried meringues accompanied by pandan creme patissiere.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-15	0500	<b>Donal's Kitchen Hero</b>	Waterford And Suir Valley Railway	Donal cooks Toulouse sausage and puy lentil stew, and salt baked salmon for the passengers waiting for the next train on the Waterford to Dungarvan line.	IRELAND	English-100	RPT	G		
2022-01-15	0530	<b>Africa On A Plate</b>	Marrakech, Morocco	Chef Zama Memela travels to Marrakech, Morocco, where she explores the ancient souks and market of this mystical and vibrant city, then cooks up her version of Marrakech on a plate.	USA	English-100	RPT	G		
2022-01-15	0600	<b>Mary's Kitchen Crush</b>	When Mary Met Aaron	Mary celebrates her anniversary with a re-do of the first meal she ever made for her husband, Aaron, including an elevated Italian classic.	CANADA	English-100	RPT	G		
2022-01-15	0625	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-15	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 20	Matt's on location at his restaurant in Noosa - Sum Yung Guys - where he shares his recipes for one of the restaurant's most requested desserts - salted coconut panna cotta.	AUSTRALIA	English-100	RPT	PG		
2022-01-15	0700	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 10	Michela puts twist on fish and chips with seabass in a bag - a steamed parcel of fish and vegetables, and after visiting an artisan bakery in Siena makes a classic Italian cake.	UNITED KINGDOM	English-100	RPT	G		Y
2022-01-15	0730	<b>Mystery Diners</b>	While The Cat's Away...	Charles finds employees of Gauchos Village in Glendale, California, are taking advantage while the owner is away in hospital recovering from a serious accident.	USA	English-100	RPT	PG		Y
2022-01-15	0800	<b>Giada Entertains</b>	Spring Supper	Giada draws on the fresh flavours of spring as she celebrates Easter in Italian style with a fabulous family feast. The holiday menu includes spicy lamb Bolognese and creamy polenta with spinach.	USA	English-100	RPT	G		
2022-01-15	0830	<b>Food Safari</b>	English	Maeve O'Meara explores the intricacies and etiquette of English food from a perfect afternoon tea to good old fish and chips. Maeve also talks to top Sydney chef Matthew Kemp.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-15	0900	<b>Donal's Kitchen Hero</b>	Waterford And Suir Valley Railway	Donal cooks Toulouse sausage and puy lentil stew, and salt baked salmon for the passengers waiting for the next train on the Waterford to Dungarvan line.	IRELAND	English-100	RPT	G		

2022-01-15	0930	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-15	1030	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 20	Matt's on location at his restaurant in Noosa - Sum Yung Guys - where he shares his recipes for one of the restaurant's most requested desserts - salted coconut panna cotta.	AUSTRALIA	English-100	RPT	PG		
2022-01-15	1100	<b>The Cook Up with Adam Liaw</b>	Umami	Insight's Kumi Taguchi and Sokyo's Chase Kojima take over The Cook Up kitchen as they chat and create some umami tasting dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG		
2022-01-15	1130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-15	1230	<b>Donal's Kitchen Hero</b>	Christmas Special	Donal visits Rovaniemi in Finland, the official home of Santa Claus to make some homemade edible gifts - fudge, Florentines, gingerbread - and gives them to Santa Claus to deliver.	IRELAND	English-100	RPT	G		
2022-01-15	1300	<b>Giada Entertains</b>	Earth Day Party	In honour of the 50th anniversary of Earth Day, Giada shares a menu sourced completely from the garden and throws an eco-friendly party with all recycled products.	USA	English-100	RPT	G		
2022-01-15	1330	<b>Donal's Cook, Eat, Burn</b>	Climbing Carrauntoohil	Donal tackles Carrauntoohil, the highest mountain in Ireland. To help him reach the top, he cooks recipes specially designed to sustain energy on a challenging day of mountaineering.	IRELAND	English-100	RPT	G		
2022-01-15	1400	<b>Donal's Cook, Eat, Burn</b>	Rock Climbing	Donal goes rock climbing on the beautiful but challenging North Antrim Coast. He prepares new recipes, specially selected to help the body recover after day of activity and exertion,	IRELAND	English-100	RPT	G		
2022-01-15	1430	<b>Donal's Cook, Eat, Burn</b>	Bootcamp	Donal cooks recipes specially picked to help him fuel up and prepare for a tough boot camp work out, including squash tagine with quinoa, a selection of smoothies, and sweet potato 'shepherdless' pie.	IRELAND	English-100	RPT	G		
2022-01-15	1500	<b>Donal's Cook, Eat, Burn</b>	Greenway, The	It's all about eating on-the-go as Donal heads to the Atlantic Coast to cycle the stunning Greenway in Mayo. He prepares food perfect for eating on a day of exercise and activity.	IRELAND	English-100	RPT	G		
2022-01-15	1530	<b>Donal's Cook, Eat, Burn</b>	Coasteering	Donal prepares food designed to enhance his day of healthy activity, including fudge, coriander fishcakes with a spiralised-veggie Thai salad, spiced Indian dahl, and filo pastry pie.	IRELAND	English-100	RPT	G		
2022-01-15	1600	<b>Donal's Cook, Eat, Burn</b>	Kayaking	Donal travels to Antrim to go kayaking on the River Bann. He prepares dishes specially picked to keep him going on the long day ahead, including homemade granola, and blueberry and chia muffins.	IRELAND	English-100	RPT	G		
2022-01-15	1630	<b>Cook Like A Chef</b>	Eggs	Eggs are a perfect beginning for so many recipes and meals, and chef-host Katie Ardington is happy to 'whisk' us along through a few of her favourites.	CANADA	English-100				
2022-01-15	1700	<b>Cook Like A Chef</b>	Tomatoes	Join our host, chef Natalia Machado as she introduces us to her favourite techniques for using a wide variety of versatile, savoury tomatoes.	CANADA	English-100				
2022-01-15	1730	<b>Cheese Slices</b>	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100		G		
2022-01-15	1800	<b>Cheese Slices</b>	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100		G		
2022-01-15	1830	<b>Taste The Nation With Padma Lakshmi</b>	What Is Chop Suey Anyway?	In San Francisco, Padma explores how Chinese immigrants and Chinese-Americans are broadening the understanding of the diversity and complexity of Chinese cuisine.	USA	English-100	RPT	PG		Y
2022-01-15	1905	<b>Taste The Nation With Padma Lakshmi</b>	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100	RPT	PG		Y
2022-01-15	1940	<b>Ainsley's Food We Love</b>	Al Fresco Dining	Ainsley prepares a selection of dishes perfect for al fresco dining, including Cypriot lamb chops, cherry tomato skewers and potato salad. Supper Club's Joseph Denison Carey serves up a tagliatelle.	UNITED KINGDOM	English-100		PG		
2022-01-15	2035	<b>Kylie Kwong: Heart And Soul</b>	Noodles	The Chinese are inventive cooks, making delicious meals from basic ingredients. Kylie tries out her cheap cut recipes on the staff at a famous Chinese restaurant.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-15	2105	<b>Kylie Kwong: Heart And Soul</b>	Mushroom	There's a party for the opening of an art exhibition and Kylie is doing the catering.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-15	2135	<b>Anthony Bourdain: Parts Unknown</b>	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		
2022-01-15	2225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 9	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
2022-01-15	2230	<b>Anthony Bourdain: Parts Unknown</b>	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

2022-01-15	2325	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 10	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
2022-01-15	2330	<b>Flintoff's Great British Road Trip</b>	South East, The	The boy's chip van rocks up in the South East, kicking off in London. They get muddy on the banks of the river Thames in search of buried treasure, and cook fish and chips for their fellow diggers.	UNITED KINGDOM	English-100	RPT	G		
2022-01-15	2425	<b>Destination Flavour Down Under Bitesize</b>	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	
2022-01-15	2430	<b>Ainsley's Food We Love</b>	Al Fresco Dining	Ainsley prepares a selection of dishes perfect for al fresco dining, including Cypriot lamb chops, cherry tomato skewers and potato salad. Supper Club's Joseph Denison Carey serves up a tagliatelle.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-15	2525	<b>Destination Flavour Down Under Bitesize</b>	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	
2022-01-15	2530	<b>Kylie Kwong: Heart And Soul</b>	Noodles	The Chinese are inventive cooks, making delicious meals from basic ingredients. Kylie tries out her cheap cut recipes on the staff at a famous Chinese restaurant.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-15	2600	<b>Kylie Kwong: Heart And Soul</b>	Mushroom	There's a party for the opening of an art exhibition and Kylie is doing the catering.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-15	2630	<b>Anthony Bourdain: Parts Unknown</b>	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	RPT	PG		
2022-01-15	2720	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 9	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
2022-01-15	2730	<b>Anthony Bourdain: Parts Unknown</b>	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	RPT	PG		Y
2022-01-15	2825	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 10	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
2022-01-15	2830	<b>Cook Like A Chef</b>	Eggs	Eggs are a perfect beginning for so many recipes and meals, and chef-host Katie Ardington is happy to 'whisk' us along through a few of her favourites.	CANADA	English-100	RPT			