



WEEK 3: Sunday, 15 January - Saturday, 21 January 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-01-15	0500	Rachel Khoo's Simple Pleasures	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100		G		
2023-01-15	0530	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG		
2023-01-15	0640	Gordon Ramsay Uncharted	Hawaii	Hawaii makes a big impression on chef Gordon Ramsay with its epic array of Indigenous ingredients and the fascinating effects of trade winds on its culinary traditions.	UNITED KINGDOM	English-100		PG		Y
2023-01-15	0740	Ainsley's Good Mood Food	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100		G		
2023-01-15	0835	Bobby & Giada In Italy	When In Rome	Bobby Flay and Giada De Laurentis arrive in Rome and immediately seek out their favorite foods. For Giada, it's the Pizza Bianca she grew up eating, while for Bobby, it's a gelato shop!	USA	English-100		G		Y
2023-01-15	0930	Tiny Kitchen Cook Off	French Toast With Tori-Teddi	Don't miss the Beverly Hills ladies who brunch as Tori Spelling and Teddi Mellencamp make tiny French toast with homemade strawberry syrup. They come clean on having famous fathers and candy cravings.	USA	English-100		PG		
2023-01-15	1000	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-01-15	1030	Nigella: The Cook Who Made Me	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2023-01-15	1135	Rachel Khoo's Simple Pleasures	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100		G		
2023-01-15	1200	Rachel Khoo's Simple Pleasures	Larder Love	Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canape.	USA	English-100		G		
2023-01-15	1230	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG		
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2023-01-15	1400	The Cook Up with Adam Liaw	Cheese On Top	Aussie home cook hero Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen chatting cheese with host Adam Liaw. They explore the best ways to use cheese on top of anything.	AUSTRALIA	English-100	RPT	PG	Y	

2023-01-15	1430	The Cook Up with Adam Liaw	Shortcrust Pastry	Adam is joined in the kitchen by food writer and TV chef Janelle Bloom and Sydney restaurant China Doll head chef Frank Shek to give their ideas on how to take shortcrust pastry to the next level.	AUSTRALIA	English-100	RPT	G	Y
2023-01-15	1500	The Cook Up with Adam Liaw	Chicken Wings	Adam Liaw is joined in The Cook Up Kitchen by two food loving friends for a half hour of good fun and conversation as they cook up a tonight's special dish - chicken wings.	AUSTRALIA	English-100	RPT	G	Y
2023-01-15	1530	The Cook Up with Adam Liaw	Sweet Potato	Recipe developer Breda Fenn and Maitre d' of Momofuku Seibo, Kylie Javier Ashton, come by the Cook Up kitchen to whip up their favourite sweet potato dishes with Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2023-01-15	1600	The Cook Up with Adam Liaw	On The Bone	Host Adam Liaw is joined in the Cook Up kitchen by executive chef at Mjolner, Joachim Borenius, and comedian Lizzy Hoo as they create their ultimate meat on the bone dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-01-15	1630	Jimmy's Australian Food Adventure	Cowboys And Road Trains	Jimmy Doherty is on the trail of how 20th century innovations transformed Australia's food story. He travels to Mount Bundy cattle station in the Northern Territory, where he turns cowboy for the day.	UNITED KINGDOM	English-100		PG	
2023-01-15	1700	Jimmy's Australian Food Adventure	Dangerous Waters	On the trail of how scientific innovations have transformed Australia's food story, Jimmy Doherty travels to Manjimup in the South West corner of Australia.	UNITED KINGDOM	English-100		PG	Y
2023-01-15	1730	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G	
2023-01-15	1800	Giada At Home	Family Comfort	Giada De Laurentiis is making some of her favourite family recipes, from gnocchi with butter thyme sauce, to gorgeous stuffed tomatoes.	USA	English-100		PG	
2023-01-15	1830	Made In Britain	Made In Britain Series 1 Ep 3	John Prescott visits two factories who have kept the secret recipes of their iconic products closely guarded for centuries - Lea and Perrins Worcestershire sauce, and Soreen's malt loaf.	UNITED KINGDOM	English-100		G	
2023-01-15	1930	World's Most Expensive Foods	White Truffle	Bidders shell out big money for the largest white truffle of the season, in a unique auction that mixes philanthropy with gourmet pursuit. This auction is also critical to the economy of Alba, Italy.	SINGAPORE	English-50; Japanese-50		G	Y
2023-01-15	2030	Rick Stein's Mediterranean Escapes	Sicily And Puglia	Rick Stein continues to enjoy the colours and ambience of Catania's busy fish market. In Puglia, he cooks peas with onions parma ham and olive oil, then gives his take on a fennel sausage recipe.	UNITED KINGDOM	English-99; Italian-1	RPT	PG	Y
2023-01-15	2140	Anthony Bourdain: Parts Unknown	Miami	Tony explores a few of the many faces of Miami, a city in constant flux. Chef Michelle Bernstein takes Tony out to an authentic Cuban breakfast and a late-night dinner at a gas station cafe in Doral,	USA	English-100		PG	
2023-01-15	2235	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 5	Rob takes Freddie to his adopted homeland of Wales to see if he can persuade him that it truly is the best place in the British Isles.	UNITED KINGDOM	English-100		PG	
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2023-01-15	2625	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
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2023-01-16	1305	Jimmy's Australian Food Adventure	Dangerous Waters	On the trail of how scientific innovations have transformed Australia's food story, Jimmy Doherty travels to Manjimup in the South West corner of Australia.	UNITED KINGDOM	English-100		PG		Y	
2023-01-16	1330	From Scratch	Istria	David Moscow travels the northern coast of Croatia to dive for clams, hunt for truffles and fish the Adriatic for chef Marina Gasi in Novigrad. He learns about how tied to the sea Croatia is.	UNITED KINGDOM	English-100		PG			
2023-01-16	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 31	Matt makes vegetarian spring rolls that are perfect for getting the kids involved.	AUSTRALIA	English-100		G			
2023-01-16	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT	G		Y	
2023-01-16	1530	Simply Raymond Blanc	Herbs And Spices	Raymond Blanc indulges the nation's senses by transforming classic dishes with herbs and spices fresh from his garden, while special guest Niall Keating will be cooking poached plaice with kohlrabi.	ENGLAND	English-100		G			
2023-01-16	1625	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 1	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100					
2023-01-16	1630	Destination Flavour China	Beijing	Adam Liaw arrives in his Mum's home town of Beijing to begin a culinary, historical and personal journey through the ancient country of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G		Y	Y
2023-01-16	1700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 1	Luke Nguyen embarks on a trip around Vietnam aboard the country's most interconnected railway line. He begins his journey in Ho Chi Minh, and discovers how rapidly it's developed over the years.	AUSTRALIA	English-100	RPT	PG		Y	Y
2023-01-16	1730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin.	AUSTRALIA	English-100		PG		Y	
2023-01-16	1800	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100		G			

2023-01-16	1830	Come Dine With Me Daytime	Swansea Day 11	Kevin is hoping to win his guests over with a Spanish-themed evening from his favourite holiday destination, Benidorm.	UNITED KINGDOM	English-100		PG	
2023-01-16	1900	The Cook Up with Adam Liaw	Native Meats	Indigenous chef and television presenter Mark Olive and New Zealand native chef Marcus Poa join host Adam Liaw in The Cook Up kitchen as they tackle native meats.	AUSTRALIA	English-100	RPT	G	Y
2023-01-16	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.	UNITED KINGDOM	English-100		PG	
2023-01-16	2000	Cooking With Curtis	Trevor	Trevor fancies himself more of a bartender than cook. He hopes to wow his girlfriend, Leah, who he calls the "Queen of Cuisine" with Curtis on his side.	USA	English-100		G	
2023-01-16	2030	Jamie & Jimmy's Food Fight Club	Claudia Winkleman	There's strictly only fun to be had on Southend Pier as Claudia Winkleman joins Jamie and Jimmy for an evening of good food, great chat and celebrity fun and games to kick off your weekend.	UNITED KINGDOM	English-100		G	
2023-01-16	2130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer, Paul hosts a cricket match at RCA to celebrate the start of summer.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-01-16	2230	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 1	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100			
2023-01-16	2235	The Wine Show	Wine Show Series 2, The Ep 3	In the third show in the new series of The Wine Show, James Purefoy and Matthew Goode think they're in for a fabulous lunch at the glamorous Palme D'Or restaurant in Cannes.	UNITED KINGDOM	English-100		PG	Y
2023-01-16	2330	Choccywoccydoodah: Extra Slices	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	
2023-01-16	2400	Choccywoccydoodah: Extra Slices	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	
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2023-01-16	2630	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer, Paul hosts a cricket match at RCA to celebrate the start of summer.	UNITED KINGDOM	English-100	RPT	PG	Y
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2023-01-17	0530	Simply Raymond Blanc	Herbs And Spices	Raymond Blanc indulges the nation's senses by transforming classic dishes with herbs and spices fresh from his garden, while special guest Niall Keating will be cooking poached plaice with kohlrabi.	ENGLAND	English-100			G		
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2023-01-17	0700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 1	Luke Nguyen embarks on a trip around Vietnam aboard the country's most interconnected railway line. He begins his journey in Ho Chi Minh, and discovers how rapidly it's developed over the years.	AUSTRALIA	English-100	RPT		PG	Y	Y
2023-01-17	0730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin.	AUSTRALIA	English-100			PG	Y	
2023-01-17	0800	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100			G		
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2023-01-17	1330	From Scratch	Peru Part 2	David works in the kitchen of Lima's Central, brainchild of talented chef Virgilio Martinez. He travels from Lima up into the Andes for potatoes and back down to the Amazon to harvest chocolate.	UNITED KINGDOM	English-100		PG		Y
2023-01-17	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 32	Matt and Courtney team up in the kitchen to make a classic Italian recipe - spaghetti puttanesca.	AUSTRALIA	English-100		PG		
2023-01-17	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G		Y
2023-01-17	1530	Simply Raymond Blanc	Raymonds Travels	Raymond Blanc shares his love of travel and embracing the influence of other cultures into his cuisine. He cooks a sensationally fresh flash-fried squid with a fennel and rocket salad.	ENGLAND	English-100		G		
2023-01-17	1625	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 2	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100				
2023-01-17	1630	Destination Flavour China	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2023-01-17	1700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 2	Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-17	1730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 2	Poh is in the wheat belt, visiting the regional WA town of Katanning, while Adam heads to Merimbula with his friend, Malaysian Australian poet and rapper Omar Musa.	AUSTRALIA	English-100		PG		Y
2023-01-17	1800	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G		
2023-01-17	1830	Come Dine With Me Daytime	Swansea Day 12	Cafe bar owner Tino is hoping to wow her guests with an African banquet inspired by her homeland of Zimbabwe.	UNITED KINGDOM	English-100		PG		
2023-01-17	1900	The Cook Up with Adam Liaw	Cafe Favourite	SBS science and technology TV presenter Rae Johnstone and Lilypad cafe's Nyoka Hrabinsky create their cafe favourites with The Cook Up host Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y
2023-01-17	1930	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		
2023-01-17	2000	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 3	Tacos made of ground beef and hard shells will be a thing of the past once you see Dan prepare a classic steak taco with a vibrant salsa verde, before he gives the humble taco a Vietnamese twist.	AUSTRALIA	English-100		G		Y
2023-01-17	2030	Best Of Britain With Ainsley And Grace	Devon	Grace Dent and Ainsley Harriott uncover the south coast of Devon. They take a trip to a hotel on its very own island, eat extraordinary hand-dived scallops in Dartmouth, tuck in to mushy pea fritters on the Exe Estuary and befriend a family of otters.	UNITED KINGDOM	English-100		PG		
2023-01-17	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.	UNITED KINGDOM	English-100	RPT	PG		Y

2023-01-17	2230	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 2	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100					
2023-01-17	2235	The Wine Show	Wine Show Series 2, The Ep 4	In the fourth show in the new series of The Wine Show, James Purefoy and Matthew Goode find themselves in stunning Burgundy on the hunt to each find a wine to match the main course.	UNITED KINGDOM	English-100	PG		Y		
2023-01-17	2330	Choccywoccydoodah: Extra Slices	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				
2023-01-17	2400	Choccywoccydoodah: Extra Slices	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				
2023-01-17	2430	The Cook Up with Adam Liaw	Cafe Favourite	SBS science and technology TV presenter Rae Johnston and Lilypad cafe's Nyoka Hrabinsky create their cafe favourites with The Cook Up host Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	
2023-01-17	2500	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				
2023-01-17	2530	Best Of Britain With Ainsley And Grace	Devon	Grace Dent and Ainsley Harriott uncover the south coast of Devon. They take a trip to a hotel on its very own island, eat extraordinary hand-dived scallops in Dartmouth, tuck in to mushy pea fritters on the Exe Estuary and befriend a family of otters.	UNITED KINGDOM	English-100	PG				
2023-01-17	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.	UNITED KINGDOM	English-100	RPT	PG		Y	
2023-01-17	2730	The Wine Show	Wine Show Series 2, The Ep 4	In the fourth show in the new series of The Wine Show, James Purefoy and Matthew Goode find themselves in stunning Burgundy on the hunt to each find a wine to match the main course.	UNITED KINGDOM	English-100	PG			Y	
2023-01-17	2825	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 2	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100					
2023-01-17	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 32	Matt and Courtney team up in the kitchen to make a classic Italian recipe - spaghetti puttanesca.	AUSTRALIA	English-100	PG				
2023-01-18	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north QLD, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G		Y	
2023-01-18	0530	Simply Raymond Blanc	Raymonds Travels	Raymond Blanc shares his love of travel and embracing the influence of other cultures into his cuisine. He cooks a sensationally fresh flash-fried squid with a fennel and rocket salad.	ENGLAND	English-100	G				
2023-01-18	0625	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 2	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100					
2023-01-18	0630	Destination Flavour China	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.	AUSTRALIA	English-70; Mandarin-30	RPT	G		Y	Y
2023-01-18	0700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 2	Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere.	AUSTRALIA	English-100	RPT	G		Y	Y

2023-01-18	0730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 2	Poh is in the wheat belt, visiting the regional WA town of Katanning, while Adam heads to Merimbula with his friend, Malaysian Australian poet and rapper Omar Musa.	AUSTRALIA	English-100		PG	Y
2023-01-18	0800	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2023-01-18	0830	Come Dine With Me Daytime	Swansea Day 12	Cafe bar owner Tino is hoping to wow her guests with an African banquet inspired by her homeland of Zimbabwe.	UNITED KINGDOM	English-100		PG	
2023-01-18	0900	The Cook Up with Adam Liaw	Cafe Favourite	SBS science and technology TV presenter Rae Johnston and Lilypad cafe's Nyoka Hrabinsky create their cafe favourites with The Cook Up host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2023-01-18	0930	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	
2023-01-18	1000	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 3	Tacos made of ground beef and hard shells will be a thing of the past once you see Dan prepare a classic steak taco with a vibrant salsa verde, before he gives the humble taco a Vietnamese twist.	AUSTRALIA	English-100		G	Y
2023-01-18	1030	Best Of Britain With Ainsley And Grace	Devon	Grace Dent and Ainsley Harriott uncover the south coast of Devon. They take a trip to a hotel on its very own island, eat extraordinary hand-dived scallops in Dartmouth, tuck in to mushy pea fritters on the Exe Estuary and befriend a family of otters.	UNITED KINGDOM	English-100		PG	
2023-01-18	1130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-01-18	1230	Choccywoccydoodah: Extra Slices	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	
2023-01-18	1300	Choccywoccydoodah: Extra Slices	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	
2023-01-18	1330	For The Love Of Bread	Athens	Athens - one of the world's oldest cities - has a long history of baking. Andrew Connole of Sonoma meets the bakers and tastes their bread and shares stories of Greece's rich history with bread.	AUSTRALIA	English-100		G	Y
2023-01-18	1400	For The Love Of Bread	Malta	Malta is known for its sun, sea and simple way of life. Join Andrew Connole as he finds the best bakers and experiences the very best of local Maltese food.	AUSTRALIA	English-100		G	
2023-01-18	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 33	Matt cooks up a family favourite - lamb kebabs, while Michael serves a vegetarian Sunday roast.	AUSTRALIA	English-100		G	
2023-01-18	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2023-01-18	1530	Simply Raymond Blanc	Seasons	Raymond shares his love of garden-fresh produce and explains why seasonality is important. From his Oxfordshire kitchen, he cooks pan-fried salmon with spinach and chive butter sauce.	ENGLAND	English-100		G	
2023-01-18	1625	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 3	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100			

2023-01-18	1630	Destination Flavour China	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2023-01-18	1700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-18	1730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 3	Adam starts his journey in the NSW Central West visiting a new breed of sheep. There he makes a Malaysian lamb barbecue - whole roast lamb percik, while later, Poh makes her famous beef curry puffs.	AUSTRALIA	English-100		G	Y	
2023-01-18	1800	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G		
2023-01-18	1830	Come Dine With Me Daytime	Swansea Day 13	Beautician Natalie's hoping to win the grand prize as she pulls out all the stops with a George Michael themed evening.	UNITED KINGDOM	English-100		PG		
2023-01-18	1900	The Cook Up with Adam Liaw	Feed The Family	Tik Tok sensation Nathon Lyon and NITV Executive Producer Jordan Perry stop by the Cook Up kitchen and join host Adam Liaw to create their family's favourite meals.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-18	1930	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		
2023-01-18	2000	Earth Cycle	Earth Cycle Series 1 Ep 3	Continuing on his journey south through the mesmerising landscapes of Sweden, Simon camps in huge and isolated forests before then meeting two men who have been fishing for lamprey.	UNITED KINGDOM	English-100		G		
2023-01-18	2030	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-01-18	2100	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-01-18	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-18	2230	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 3	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100				
2023-01-18	2235	The Wine Show	Wine Show Series 2, The Ep 5	In the fifth show in the new series of The Wine Show, James Purefoy and Matthew Goode are in the Camargue on the hunt for wines to match the cheese course in the epic French lunch.	UNITED KINGDOM	English-100		PG	Y	
2023-01-18	2330	Choccywoccydoodah: Starstruck	Wesley Snipes	The chocolatiers are back with a bang as this time Hollywood great Wesley Snipes challenges them to come up with their most explosive cake to date. He wants an action hero cake for his A-list friends.	UNITED KINGDOM	English-100		PG		
2023-01-18	2430	The Cook Up with Adam Liaw	Feed The Family	Tik Tok sensation Nathon Lyon and NITV Executive Producer Jordan Perry stop by the Cook Up kitchen and join host Adam Liaw to create their family's favourite meals.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-18	2500	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		

2023-01-18	2530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-01-18	2600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-01-18	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-18	2730	The Wine Show	Wine Show Series 2, The Ep 5	In the fifth show in the new series of The Wine Show, James Purefoy and Matthew Goode are in the Camargue on the hunt for wines to match the cheese course in the epic French lunch.	UNITED KINGDOM	English-100		PG	Y	
2023-01-18	2825	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 3	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100				
2023-01-18	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 33	Matt cooks up a family favourite - lamb kebabs, while Michael serves a vegetarian Sunday roast.	AUSTRALIA	English-100		G		
2023-01-19	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-19	0530	Simply Raymond Blanc	Seasons	Raymond shares his love of garden-fresh produce and explains why seasonality is important. From his Oxfordshire kitchen, he cooks pan-fried salmon with spinach and chive butter sauce.	ENGLAND	English-100		G		
2023-01-19	0625	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 3	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100				
2023-01-19	0630	Destination Flavour China	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2023-01-19	0700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-19	0730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 3	Adam starts his journey in the NSW Central West visiting a new breed of sheep. There he makes a Malaysian lamb barbecue - whole roast lamb percik, while later, Poh makes her famous beef curry puffs.	AUSTRALIA	English-100		G	Y	
2023-01-19	0800	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G		
2023-01-19	0830	Come Dine With Me Daytime	Swansea Day 13	Beautician Natalie's hoping to win the grand prize as she pulls out all the stops with a George Michael themed evening.	UNITED KINGDOM	English-100		PG		
2023-01-19	0900	The Cook Up with Adam Liaw	Feed The Family	Tik Tok sensation Nathan Lyon and NITV Executive Producer Jordan Perry stop by the Cook Up kitchen and join host Adam Liaw to create their family's favourite meals.	AUSTRALIA	English-100	RPT	G	Y	

2023-01-19	0930	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		
2023-01-19	1000	Earth Cycle	Earth Cycle Series 1 Ep 3	Continuing on his journey south through the mesmerising landscapes of Sweden, Simon camps in huge and isolated forests before then meeting two men who have been fishing for lamprey.	UNITED KINGDOM	English-100		G		
2023-01-19	1030	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-01-19	1100	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-01-19	1130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-19	1230	Choccywoccydoodah: Starstruck	Wesley Snipes	The chocolatiers are back with a bang as this time Hollywood great Wesley Snipes challenges them to come up with their most explosive cake to date. He wants an action hero cake for his A-list friends.	UNITED KINGDOM	English-100		PG		
2023-01-19	1330	For The Love Of Bread	Germany	Andrew Connole explores Berlin's bustling baking community, where many artisan bakers are carving their own niche in this competitive and growing market.	AUSTRALIA	English-100		G		
2023-01-19	1400	For The Love Of Bread	Paris	Andrew is in Paris where he visits Sucre for pain au chocolat and Stohrer - one of the oldest patisseries in Paris founded in 1730 with impeccable presentation.	AUSTRALIA	English-100		G		
2023-01-19	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 34	Matt and Courtney combine their skills to make a delicious Persian salad, while Michael is out and about on a farm in South Gippsland where he serves up twice-cooked beef ribs.	AUSTRALIA	English-100		G		
2023-01-19	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-19	1530	Simply Raymond Blanc	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		G		
2023-01-19	1625	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 4	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100				
2023-01-19	1630	Destination Flavour China	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y	Y
2023-01-19	1700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-19	1730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 4	Adam and Poh are on Bruny Island - one of the best food destinations in Australia. They try local beers with brewer Nick Haddow, before they take the local oysters in two different directions.	AUSTRALIA	English-100		G	Y	

2023-01-19	1800	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G	
2023-01-19	1830	Come Dine With Me Daytime	Swansea Day 14	Will sales manager and bodybuilder Rob's 'simple but tasty' Thai inspired menu win him the 1000 pound prize?	UNITED KINGDOM	English-100		PG	
2023-01-19	1900	The Cook Up with Adam Liaw	Bush Food	Adam Liaw and The Cook Up kitchen are joined by Rockpool's Jayde Harris and indigenous TV presenter and chef Mark Olive as they cook and talk through native bush food.	AUSTRALIA	English-100	RPT	G	Y
2023-01-19	1930	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	
2023-01-19	2000	Strait To The Plate	Saibai Island	Aaron completes his culinary expedition of the Top Western Cluster group by visiting Saibai Island, the most northern island in the Torres Strait.	AUSTRALIA	English-100		G	
2023-01-19	2030	Nadiya's Time To Eat	Easy End Of Days	Nadiya shares her favourite time-saving recipes to ensure an easy end to a hectic day, starting with a bright and zingy beetroot pasta, cooked in under fifteen minutes!	UNITED KINGDOM	English-100		PG	
2023-01-19	2100	Gok Wan's Easy Asian	Timeless Favourites	No matter how vast the menu, Gok knows there are some dishes you just can't beat; Gok perfects sweet and sour sauce with battered veg, a mouth-watering char siu pork and a roulade with an Asian twist!	UNITED KINGDOM	English-100		PG	
2023-01-19	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-01-19	2230	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 4	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100			
2023-01-19	2235	The Wine Show	Wine Show Series 2, The Ep 6	In the sixth show in the current series of The Wine Show James Purefoy and Matthew Goode are in the belly of France - the food-obsessed city of Lyon to find a wine for the dessert course.	UNITED KINGDOM	English-100		PG	Y
2023-01-19	2330	Choccywoccydoodah: Starstruck	Richard Branson	The chocolatiers are in high spirits as entrepreneurial business legend Sir Richard Branson sets them a cake challenge that will have them reaching for the skies and beyond.	UNITED KINGDOM	English-100		PG	
2023-01-19	2430	The Cook Up with Adam Liaw	Bush Food	Adam Liaw and The Cook Up kitchen are joined by Rockpool's Jayde Harris and indigenous TV presenter and chef Mark Olive as they cook and talk through native bush food.	AUSTRALIA	English-100	RPT	G	Y
2023-01-19	2500	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	
2023-01-19	2530	Nadiya's Time To Eat	Easy End Of Days	Nadiya shares her favourite time-saving recipes to ensure an easy end to a hectic day, starting with a bright and zingy beetroot pasta, cooked in under fifteen minutes!	UNITED KINGDOM	English-100		PG	
2023-01-19	2600	Gok Wan's Easy Asian	Timeless Favourites	No matter how vast the menu, Gok knows there are some dishes you just can't beat; Gok perfects sweet and sour sauce with battered veg, a mouth-watering char siu pork and a roulade with an Asian twist!	UNITED KINGDOM	English-100		PG	

2023-01-19	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-19	2730	The Wine Show	Wine Show Series 2, The Ep 6	In the sixth show in the current series of The Wine Show James Purefoy and Matthew Goode are in the belly of France - the food-obsessed city of Lyon to find a wine for the dessert course.	UNITED KINGDOM	English-100		PG	Y	
2023-01-19	2825	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 4	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100				
2023-01-19	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 34	Matt and Courtney combine their skills to make a delicious Persian salad, while Michael is out and about on a farm in South Gippsland where he serves up twice-cooked beef ribs.	AUSTRALIA	English-100		G		
2023-01-20	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-20	0530	Simply Raymond Blanc	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		G		
2023-01-20	0625	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 4	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100				
2023-01-20	0630	Destination Flavour China	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y	Y
2023-01-20	0700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-20	0730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 4	Adam and Poh are on Bruny Island - one of the best food destinations in Australia. They try local beers with brewer Nick Haddow, before they take the local oysters in two different directions.	AUSTRALIA	English-100		G	Y	
2023-01-20	0800	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G		
2023-01-20	0830	Come Dine With Me Daytime	Swansea Day 14	Will sales manager and bodybuilder Rob's 'simple but tasty' Thai inspired menu win him the 1000 pound prize?	UNITED KINGDOM	English-100		PG		
2023-01-20	0900	The Cook Up with Adam Liaw	Bush Food	Adam Liaw and The Cook Up kitchen are joined by Rockpool's Jayde Harris and indigenous TV presenter and chef Mark Olive as they cook and talk through native bush food.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-20	0930	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		
2023-01-20	1000	Strait To The Plate	Saibai Island	Aaron completes his culinary expedition of the Top Western Cluster group by visiting Saibai Island, the most northern island in the Torres Strait.	AUSTRALIA	English-100	RPT	G		
2023-01-20	1030	Nadiya's Time To Eat	Easy End Of Days	No matter how vast the menu, Gok knows there are some dishes you just can't beat; Gok perfects sweet and sour sauce with battered veg, a mouth-watering char siu pork and a roulade with an Asian twist!	UNITED KINGDOM	English-100		PG		

2023-01-20	1100	Gok Wan's Easy Asian	Timeless Favourites	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100		PG			
2023-01-20	1130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG		Y	
2023-01-20	1230	Choccywoccydoodah: Starstruck	Richard Branson	The chocolatiers are in high spirits as entrepreneurial business legend Sir Richard Branson sets them a cake challenge that will have them reaching for the skies and beyond.	UNITED KINGDOM	English-100		PG			
2023-01-20	1330	For The Love Of Bread	London	Andrew heads to London where he visits the 2000 year old Borough Market. He also meets with the team behind the iconic St. John restaurant - Fergus Henderson and Trevor Gulliver.	AUSTRALIA	English-100		G			
2023-01-20	1400	For The Love Of Bread	Austria	Andrew heads to Vienna where he visits the Crust and Crumb Bread Festival. This annual festival brings together bakers from across Austria with live demonstrations, competitions, and a marketplace.	AUSTRALIA	English-100		G			
2023-01-20	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 35	Matt is back in his home town of Noosa cooking fish tacos overlooking the beautiful Noosa National Park, while Michael's back in the kitchen cooking one of his favourite dishes.	AUSTRALIA	English-100		G			
2023-01-20	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia.	AUSTRALIA	English-100	RPT	G		Y	
2023-01-20	1530	Simply Raymond Blanc	Just The Two Of Us	Raymond shares his favourite romantic meals to treat the nation's couples. He starts with a dish of broad beans with parmesan and pan-fried sole, and ends with an exotic fruit panna cotta for dessert.	ENGLAND	English-100		PG			
2023-01-20	1625	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer!	AUSTRALIA	English-100					
2023-01-20	1630	Destination Flavour China	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.	AUSTRALIA	English-70; Mandarin-30	RPT	PG		Y	Y
2023-01-20	1700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 5	Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Han River. First up, Luke visits the spectacular Dragon Bridge.	AUSTRALIA	English-100	RPT	PG		Y	Y
2023-01-20	1730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 5	Adam and Poh head to Tasmania to meet Joe and Hawa Hartley, agricultural scientists with an interesting hobby. Joe is trying to grow rice from Hawa's homeland of Malaysia, in Tasmania.	AUSTRALIA	English-100		G		Y	
2023-01-20	1800	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G			
2023-01-20	1830	Come Dine With Me Daytime	Swansea Day 15	Keen tennis player Janine hopes to serve up an ace with a tennis themed evening, but will her courses be too spicy?	UNITED KINGDOM	English-100		PG			

2023-01-20	1900	The Cook Up with Adam Liaw	Classic Dish, A	Adam Liaw is joined by Wagyu 2 Your Door's Gary Green and Jo-Ann Lee from Goanna Hut in The Cook Up kitchen as they all come together to cook a classic dish.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-20	1930	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		
2023-01-20	2000	This Is Mexico	This Is Mexico Series 1 Ep 4	Explore rural Oaxaca and find out how the drink of the ancient gods, Mezcal, is made.	AUSTRALIA	English-100		PG		
2023-01-20	2030	Heston's Feasts	Roman	Super chef Heston Blumenthal creates a magnificent feast inspired by the orgiastic excesses of the Roman Empire. Will he be all conquering? Or will his guests head straight for the exit?	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-20	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-01-20	2230	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer!	AUSTRALIA	English-100				
2023-01-20	2235	The Wine Show	Wine Show Series 2, The Ep 7	The last show of the current series of The Wine Show is a Food & Wine special. Hosts James Purefoy and Matthew Goode introduce us to six wines chosen by some of the world's greatest sommeliers.	UNITED KINGDOM	English-100		PG	Y	Y
2023-01-20	2330	Choccywoccydoodah: Starstruck	Joan Rivers	Comedienne Joan Rivers sets the chocolatiers a challenge that could push them beyond their comfort zone as she reveals she doesn't like chocolate and then asks for a diet cake with only 150 calories.	UNITED KINGDOM	English-100		PG		
2023-01-20	2430	The Cook Up with Adam Liaw	Classic Dish, A	Adam Liaw is joined by Wagyu 2 Your Door's Gary Green and Jo-Ann Lee from Goanna Hut in The Cook Up kitchen as they all come together to cook a classic dish.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-20	2500	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		
2023-01-20	2530	Heston's Feasts	Roman	Super chef Heston Blumenthal creates a magnificent feast inspired by the orgiastic excesses of the Roman Empire. Will he be all conquering? Or will his guests head straight for the exit?	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-20	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-01-20	2730	The Wine Show	Wine Show Series 2, The Ep 7	The last show of the current series of The Wine Show is a Food & Wine special. Hosts James Purefoy and Matthew Goode introduce us to six wines chosen by some of the world's greatest sommeliers.	UNITED KINGDOM	English-100		PG	Y	Y
2023-01-20	2825	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer!	AUSTRALIA	English-100				
2023-01-20	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 35	Matt is back in his home town of Noosa cooking fish tacos overlooking the beautiful Noosa National Park, while Michael's back in the kitchen cooking one of his favourite dishes.	AUSTRALIA	English-100		G		

2023-01-21	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-21	0530	Simply Raymond Blanc	Just The Two Of Us	Raymond shares his favourite romantic meals to treat the nation's couples. He starts with a dish of broad beans with parmesan and pan-fried sole, and ends with an exotic fruit panna cotta for dessert.	ENGLAND	English-100		PG		
2023-01-21	0625	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer!	AUSTRALIA	English-100				
2023-01-21	0630	Destination Flavour China	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y	Y
2023-01-21	0700	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 5	Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Han River. First up, Luke visits the spectacular Dragon Bridge.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-21	0730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 5	Adam and Poh head to Tasmania to meet Joe and Hawa Hartley, agricultural scientists with an interesting hobby. Joe is trying to grow rice from Hawa's homeland of Malaysia, in Tasmania.	AUSTRALIA	English-100		G	Y	
2023-01-21	0800	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G		
2023-01-21	0830	Come Dine With Me Daytime	Swansea Day 15	Keen tennis player Janine hopes to serve up an ace with a tennis themed evening, but will her courses be too spicy?	UNITED KINGDOM	English-100		PG		
2023-01-21	0900	The Cook Up with Adam Liaw	Classic Dish, A	Adam Liaw is joined by Wagyu 2 Your Door's Gary Green and Jo-Ann Lee from Goanna Hut in The Cook Up kitchen as they all come together to cook a classic dish.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-21	0930	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		
2023-01-21	1000	This Is Mexico	This Is Mexico Series 1 Ep 4	Explore rural Oaxaca and find out how the drink of the ancient gods, Mezcal, is made.	AUSTRALIA	English-100		PG		
2023-01-21	1030	Heston's Feasts	Roman	Super chef Heston Blumenthal creates a magnificent feast inspired by the orgiastic excesses of the Roman Empire. Will he be all conquering? Or will his guests head straight for the exit?	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-21	1130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-01-21	1230	Choccywoccydoodah: Starstruck	Joan Rivers	Comedienne Joan Rivers sets the chocolatiers a challenge that could push them beyond their comfort zone as she reveals she doesn't like chocolate and then asks for a diet cake with only 150 calories.	UNITED KINGDOM	English-100		PG		
2023-01-21	1330	For The Love Of Bread	Copenhagen	No foodie trip to Copenhagen would be complete without dining at Noma and Andrew was fortunate to meet with Rene Redzepi where they discussed food, culture, and the pursuit of excellence.	AUSTRALIA	English-100		G		

2023-01-21	1400	For The Love Of Bread	San Francisco	Petaluma in Sonoma County is known as 'the bread basket' of San Francisco. Andrew meets with Kathleen and Aaron Weber of Della Fattoria Bakery and visits Roti Roti to savour their porchetta rolls.	AUSTRALIA	English-100		G	
2023-01-21	1430	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 2	Freddie and Rob head toward the East Coast of Australia where they attempt to swim with sharks, and Rob's booked an unusual camping spot for the night - hanging off a cliff.	UNITED KINGDOM	English-100		PG	
2023-01-21	1525	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2023-01-21	1530	Gordon Ramsay Uncharted	Alaska	In the harsh conditions of southeast Alaska, Gordon learns how locals have adapted over the years to create their delicious local cuisine.	UNITED KINGDOM	English-100		PG	Y
2023-01-21	1630	Ainsley's Good Mood Food	Eggs	Ainsley is EGG-xited to explore the wonderful world of eggs. He kicks things off with a delicious breakfast hash with nduja and kale for a spicy start to the day	UNITED KINGDOM	English-100		G	
2023-01-21	1725	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 6	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100			
2023-01-21	1730	Bobby & Giada In Italy	Old Vs New	From pizza pies inspired by famous pastas to a trendy food market, Bobby Flay and Giada De Laurentiis explore how the food culture is evolving while still honoring the classics.	USA	English-100		G	Y
2023-01-21	1830	Tiny Kitchen Cook Off	Cake Pops With Ryan-Jimmy	Monica's bestie Ryan Hansen and his bud Jimmy O. Yang take their friendship to the next level by making Tiny Cake Pops. Jimmy gives lets us know how he spent his early payslips and Ryan talks dancing.	USA	English-100		PG	
2023-01-21	1900	Nigellissima	Nigellissima Series 1 Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G	Y
2023-01-21	1930	Rachel Khoo's Simple Pleasures	Timeless Favorites	Trends come and go, but some recipes really stand the test of time. Rachel Khoo puts her modern spin on three dishes that may have their roots in the past but are just as popular today.	USA	English-100		G	
2023-01-21	2000	Rachel Khoo's Simple Pleasures	Home Comforts	Using simple ingredients, Rachel Khoo makes delicious homemade pasta with a spicy tomato sauce and a blueberry and oat lattice pie. Plus, there are pancakes with sweet and savoury fillings.	USA	English-100		G	
2023-01-21	2030	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 3	On the third leg of their trip Dave and Si are on the trail of Oklahoma's famous beef. In Oklahoma City the Bikers follow a classic T-bone steak with a Vietnamese pho.	UNITED KINGDOM	English-100		PG	
2023-01-21	2140	Anthony Bourdain: Parts Unknown	Madagascar	Tony travels to Madagascar, an island nation 500 kilometres off the coast of Africa. Beginning his journey in Antananarivo, Madagascar's capital city, Tony meets up with director Darren Aronofsky.	USA	English-100		PG	
2023-01-21	2230	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 6	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100			
2023-01-21	2235	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 6	It's time for Freddie to try and connect with his inner spirituality as the boys spend a morning with two of Ireland's foremost Shaman on The Hill of Tara.	UNITED KINGDOM	English-100		PG	
2023-01-21	2330	For The Love Of Bread	Copenhagen	No foodie trip to Copenhagen would be complete without dining at Noma and Andrew was fortunate to meet with Rene Redzepi where they discussed food, culture, and the pursuit of excellence.	AUSTRALIA	English-100		G	
2023-01-21	2400	For The Love Of Bread	San Francisco	Petaluma in Sonoma County is known as 'the bread basket' of San Francisco. Andrew meets with Kathleen and Aaron Weber of Della Fattoria Bakery and visits Roti Roti to savour their porchetta rolls.	AUSTRALIA	English-100		G	

2023-01-21	2430	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 2	Freddie and Rob head toward the East Coast of Australia where they attempt to swim with sharks, and Rob's booked an unusual camping spot for the night - hanging off a cliff.	UNITED KINGDOM	English-100		PG		
2023-01-21	2525	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2023-01-21	2530	Gordon Ramsay Uncharted	Alaska	In the harsh conditions of southeast Alaska, Gordon learns how locals have adapted over the years to create their delicious local cuisine.	UNITED KINGDOM	English-100		PG		Y
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2023-01-21	2725	Please Eat Slowly Bitesize	Please Eat Slowly (2023) Series 1 Ep 6	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100				
2023-01-21	2730	Bobby & Giada In Italy	Old Vs New	From pizza pies inspired by famous pastas to a trendy food market, Bobby Flay and Giada De Laurentiis explore how the food culture is evolving while still honoring the classics.	USA	English-100		G		Y
2023-01-21	2825	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
2023-01-21	2830	Tiny Kitchen Cook Off	Cake Pops With Ryan-Jimmy	Monica's bestie Ryan Hansen and his bud Jimmy O. Yang take their friendship to the next level by making Tiny Cake Pops. Jimmy gives lets us know how he spent his early payslips and Ryan talks dancing.	USA	English-100		PG		

