



WEEK 4: Sunday, 16 January - Saturday, 22 January 2022 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-01-16	0500	Cook Like A Chef	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	RPT			
2022-01-16	0530	Ainsley's Food We Love	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		
2022-01-16	0625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-16	0630	Kylie Kwong: Heart And Soul	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	
2022-01-16	0700	Kylie Kwong: Heart And Soul	Mushroom	There's a party for the opening of an art exhibition and Kylie is doing the catering.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-16	0730	Anthony Bourdain: Parts Unknown	Seattle	Anthony Bourdain immerses himself in the 'boom or bust' city of Seattle. Two industries are reshaping the city and its culture - tech and the newly legalised cannabis industry.	USA	English-100	RPT	PG		
2022-01-16	0820	Destination Flavour China Bitesize	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
2022-01-16	0830	Anthony Bourdain: Parts Unknown	Sri Lanka	As peace and hope spread throughout Sri Lanka following the end of its brutal civil war, Anthony Bourdain travels to the once divided regions to experience the reinvigorated people, and savoury food.	USA	English-100	RPT	PG		Y
2022-01-16	0925	Destination Flavour China Bitesize	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
2022-01-16	0930	Cook Like A Chef	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			
2022-01-16	1000	Cook Like A Chef	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	RPT			
2022-01-16	1030	Cheese Slices	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	RPT	G		
2022-01-16	1100	Cheese Slices	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	RPT	G		
2022-01-16	1130	Taste The Nation With Padma Lakshmi	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
2022-01-16	1205	Taste The Nation With Padma Lakshmi	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
2022-01-16	1240	Ainsley's Food We Love	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		
2022-01-16	1335	Kylie Kwong: Heart And Soul	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	
2022-01-16	1405	The Cook Up with Adam Liaw	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		
2022-01-16	1435	The Cook Up with Adam Liaw	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		
2022-01-16	1505	The Cook Up with Adam Liaw	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		
2022-01-16	1535	The Cook Up with Adam Liaw	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		

2022-01-16	1605	The Cook Up with Adam Liaw	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	
2022-01-16	1635	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100	RPT	G	
2022-01-16	1705	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100	RPT	G	
2022-01-16	1735	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100	RPT	G	
2022-01-16	1805	Taste Of France	Quinsou	In central Paris lies a very elegant yet humble restaurant called Quinsou, created by chef Antonin Bonnet. Today, we'll learn about Antonin's story and how he matches sustainability with elegance and excellence.	SWEDEN	English-50; French-50		PG	Y
2022-01-16	1830	Ottolenghi's Mediterranean Island Feast	Corsica	Yotam travels to the stunning French island of Corsica, where he discovers how the lush green landscape, called the maquis, flavours and infuses the food, from charcuterie and olive oil.	UNITED KINGDOM	English-100	RPT	G	
2022-01-16	1925	Gamer Snacks Bitesize	Gamer Smoothies	Smoothies are a great way to fill up before your next gaming marathon. Throw in your favourite ingredients and make your own mods for a great chilled treat.	USA	English-100		PG	
2022-01-16	1930	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	
2022-01-16	2025	The Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 10, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100		G	
2022-01-16	2030	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 4	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM		RPT	PG	
2022-01-16	2140	Anthony Bourdain: Parts Unknown	Pittsburgh	Anthony Bourdain delves into a dining scene at a crossroads - part iconic steel city defined by blue collar, working class comfort food; steak and potatoes, sausage and sauerkraut - and part foodie boom town.	USA	English-100		PG	
2022-01-16	2235	Anthony Bourdain: Parts Unknown	Southern Italy	The 'heel of the boot' draws Anthony Bourdain back in time as he visits the largely untouched landscapes and colourful locals of Southern Italy.	USA	English-100		PG	Y
2022-01-16	2325	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2022-01-16	2330	Flintoff's Great British Road Trip	Lancashire	Freddie and Rob take their beloved green chip van back home to Lancashire. Having their first day off in six weeks, the boys head to Liverpool for the Tour of Britain cycling race.	UNITED KINGDOM	English-100	RPT	PG	
2022-01-16	2425	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-16	2430	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	RPT	PG	
2022-01-16	2525	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2022-01-16	2530	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 4	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM		RPT	PG	
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2022-01-17	0730	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 1	The first helping of this epic adventure runs from Chicago to St Louis and provides a wholesome bite into the story of America. Dave and Si enjoy a championship winning apple pie.	UNITED KINGDOM	English-100	RPT	G	Y
2022-01-17	0840	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	RPT	PG	
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2022-01-17	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 1	On Muckross Traditional Farms Donal learns how to milk a cow by hand, taught by 70-year-old farmer Neily Cahill who began milking his family's cows when he was just 7 years old.	IRELAND	English-100	RPT	G	
2022-01-17	1400	Africa On A Plate	Imlil, Morocco	Chef Zama Memela treks up into Morocco's Atlas Mountains where she travels local-style by mule learning about the Berber culture and the use of fresh nuts and dates combined in food.	USA	English-100	RPT	G	
2022-01-17	1430	Mary's Kitchen Crush	Southern Charm	Mary whips up a southern spread for her Aunt Joanie full of bold flavours and fond memories.	CANADA	English-100	RPT	G	
2022-01-17	1455	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-17	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 21	Matt continues the tour of his hometown of Noosa, and serves up chicken sliders.	AUSTRALIA	English-100	RPT	PG	
2022-01-17	1530	Bonacini's Italy	Basilicata	Chef Michael Bonacini explores the mountainous region of Basilicata. He serves a feast fit for any celebration, beginning with an antipasto that caters to the region's southern heat.	CANADA	English-100	RPT	PG	
2022-01-17	1600	Mystery Diners	Too Many Cooks	After receiving numerous complaints about his new Executive Chef, the owner of Bistro Bordeaux contacts Charles to investigate. They discover the chef is being sabotaged from within the kitchen.	USA	English-100	RPT	PG	Y
2022-01-17	1630	Barefoot Contessa: Back To Basics	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce.	USA	English-100	RPT	G	
2022-01-17	1700	Food Safari	African	Maeve O'Meara visits a bakery that cooks Ethiopian injera bread which is used with many spicy stews, and Nigerian Kunle Adesua introduces Maeve to a range of African ingredients.	AUSTRALIA	English-100	RPT	G	Y
2022-01-17	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-17	1830	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100	RPT	G	
2022-01-17	1900	The Cook Up with Adam Liaw	Summer Dessert	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 summer dessert classics.	AUSTRALIA	English-100		PG	
2022-01-17	1930	Jamie & Jimmy's Food Fight Club	Rob Beckett	Joining Jamie and Jimmy in the kitchen tonight is one of Britain's favourite comedians, Rob Beckett. Rob's perfect night out is 'duck on tap' at an all-you-can-eat Chinese buffet.	UNITED KINGDOM	English-100		PG	

2022-01-17	2030	Alex Polizzi's Secret Italy	Northern Sicily	Alex Polizzi reaches Sicily, where she tours the north. She discovers overwhelming opulence at a palace in Palermo, and samples world famous street food on the city's gritty streets.	UNITED KINGDOM	English-100		PG	Y	Y
2022-01-17	2125	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-17	2130	Poh's Kitchen	Traditional Cooking With David Thompson	Thai food guru, David Thompson, returns to Poh's kitchen to share with us an ancient Thai recipe, a shrimp paste relish, Nahm Prik Gapi. Poh impresses David with a traditional Malaysian stir fry.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-17	2200	The Cook Up with Adam Liaw	Summer Dessert	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 summer dessert classics.	AUSTRALIA	English-100	RPT	PG		
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2022-01-17	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 26	Pop producer Pete Waterman and radio DJ Neil Fox are the celebrity guests along with chefs James Tanner and Gino D'Acampo, as Ainsley Harriott hosts his classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G		
2022-01-17	2420	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-17	2430	Barefoot Contessa: Back To Basics	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce.	USA	English-100	RPT	G		
2022-01-17	2500	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 1	On Muckross Traditional Farms Donal learns how to milk a cow by hand, taught by 70-year-old farmer Neily Cahill who began milking his family's cows when he was just 7 years old.	IRELAND	English-100	RPT	G		
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2022-01-17	2730	Alex Polizzi's Secret Italy	Northern Sicily	Alex Polizzi reaches Sicily, where she tours the north. She discovers overwhelming opulence at a palace in Palermo, and samples world famous street food on the city's gritty streets.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-01-17	2825	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-17	2830	Poh's Kitchen	Traditional Cooking With David Thompson	Thai food guru, David Thompson, returns to Poh's kitchen to share with us an ancient Thai recipe, a shrimp paste relish, Nahm Prik Gapi. Poh impresses David with a traditional Malaysian stir fry.	AUSTRALIA	English-100	RPT	G	Y	
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2022-01-18	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 21	Matt continues the tour of his hometown of Noosa, and serves up chicken sliders.	AUSTRALIA	English-100	RPT	PG		
2022-01-18	0630	Bonacini's Italy	Basilicata	Chef Michael Bonacini explores the mountainous region of Basilicata. He serves a feast fit for any celebration, beginning with an antipasto that caters to the region's southern heat.	CANADA	English-100	RPT	PG		
2022-01-18	0700	Mystery Diners	Too Many Cooks	After receiving numerous complaints about his new Executive Chef, the owner of Bistro Bordeaux contacts Charles to investigate. They discover the chef is being sabotaged from within the kitchen.	USA	English-100	RPT	PG		Y
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2022-01-18	1100	The Cook Up with Adam Liaw	Summer Dessert	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 summer dessert classics.	AUSTRALIA	English-100	RPT	PG		
2022-01-18	1130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-18	1230	Poh's Kitchen	Traditional Cooking With David Thompson	Thai food guru, David Thompson, returns to Poh's kitchen to share with us an ancient Thai recipe, a shrimp paste relish, Nahm Prik Gapi. Poh impresses David with a traditional Malaysian stir fry.	AUSTRALIA	English-100	RPT	G	Y	
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2022-01-18	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 2	Donal meets Brenda Costigan, who had a cookery slot on RTE's magazine programme 'Live At Three' for 12 years. Brenda makes Donal her famous chocolate bakewell cheesecake.	IRELAND	English-100	RPT	G		
2022-01-18	1400	Africa On A Plate	Essaouira	The historic seaside town of Essaouira is the breathtaking setting for chef Zama Memela's next adventure. Taking part in a spice tour educates her on the local spices.	USA	English-100	RPT	G		
2022-01-18	1430	Mary's Kitchen Crush	Game Time Grub	Mary hits it out of the park with a smorgasbord of stadium food staples for her sports-fan friends to enjoy with the game.	CANADA	English-100	RPT	G		
2022-01-18	1455	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-18	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 22	Matt cooks a cracking mid-week pesto pasta, while Michael visits a Queensland strawberry farm and whips up an exquisite olive oil and pepper stewed strawberry dish.	AUSTRALIA	English-100	RPT	G		
2022-01-18	1530	Bonacini's Italy	Molisa	Michael highlights the tiny region of Molise, exposing some of its best kept savoury secrets including a multi-layered chicory timbale - a pie filled with fresh chicory and ripe roma tomatoes.	CANADA	English-100	RPT	G		
2022-01-18	1600	Mystery Diners	Wine On Wheels	The co-owners of Big & Little's Restaurant in Chicago contact Charles Stiles after hearing rumours that employees are illegally selling alcohol to customers at their B.Y.O.B. restaurant.	USA	English-100	RPT	PG		Y
2022-01-18	1630	Barefoot Contessa: Back To Basics	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100	RPT	G		
2022-01-18	1700	Food Safari	Syrian	Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-18	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-18	1830	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100	RPT	G		
2022-01-18	1900	The Cook Up with Adam Liaw	Dinner For One	Host Adam Liaw, comedian and radio presenter Joel Creasey and media personality Melissa Hoyer are in The Cook Up kitchen to create their ultimate Dinner for One meals.	AUSTRALIA	English-100		PG		
2022-01-18	1930	Taste Of Italy	Ovieto	Nisha Katona embarks on a quest across Italy to discover its hidden culinary gems. Today, we explore the wonderful city of Orvieto - a jewel in the mountains as Nisha becomes inspired by the local dishes.	UNITED KINGDOM	English-100		PG		Y
2022-01-18	2000	Gamer Snacks	Bite-Sized Pizza Balls And Smoothie Time	Comedian Arron Crascall and guest Munya Chawawa solve the problem of eating pizza and gaming at the same time by making bite-size ham and pineapple and pepperoni pizza bombs.	USA	English-100				
2022-01-18	2030	Weekend Breaks With Gregg Wallace	Amsterdam	Over the course of three action packed days Gregg Wallace explores the Dutch capital while staying on its famous canals.	UNITED KINGDOM	English-100	RPT	G		

2022-01-18	2125	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-18	2130	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2022-01-18	2200	The Cook Up with Adam Liaw	Dinner For One	Host Adam Liaw, comedian and radio presenter Joel Creasey and media personality Melissa Hoyer are in The Cook Up kitchen to create their ultimate Dinner for One meals.	AUSTRALIA	English-100	RPT	PG	
2022-01-18	2230	Food Safari	Syrian	Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients.	AUSTRALIA	English-100	RPT	G	Y
2022-01-18	2300	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100	RPT	G	
2022-01-18	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 27	TV presenters of To Buy Or Not To Buy, Kristian Digby and Ed Hall join chefs Tony Tobin and Brian Turner as Ainsley Harriott hosts his classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2022-01-18	2420	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
2022-01-18	2430	Barefoot Contessa: Back To Basics	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100	RPT	G	
2022-01-18	2500	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 2	Donal meets Brenda Costigan, who had a cookery slot on RTE's magazine programme 'Live At Three' for 12 years. Brenda makes Donal her famous chocolate bakewell cheesecake.	IRELAND	English-100	RPT	G	
2022-01-18	2530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-18	2630	Taste Of Italy	Ovieto	Nisha Katona embarks on a quest across Italy to discover its hidden culinary gems. Today, we explore the wonderful city of Orvieto - a jewel in the mountains as Nisha becomes inspired by the local dishes.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-18	2700	Gamer Snacks	Bite-Sized Pizza Balls And Smoothie Time	Comedian Arron Crascall and guest Munya Chawawa solve the problem of eating pizza and gaming at the same time by making bite-size ham and pineapple and pepperoni pizza bombs.	USA	English-100	RPT		
2022-01-18	2730	Weekend Breaks With Gregg Wallace	Amsterdam	Over the course of three action packed days Gregg Wallace explores the Dutch capital while staying on its famous canals.	UNITED KINGDOM	English-100	RPT	G	
2022-01-18	2825	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-18	2830	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2022-01-19	0500	Africa On A Plate	Essaouira	The historic seaside town of Essaouira is the breathtaking setting for chef Zama Memela's next adventure. Taking part in a spice tour educates her on the local spices.	USA	English-100	RPT	G	
2022-01-19	0530	Mary's Kitchen Crush	Game Time Grub	Mary hits it out of the park with a smorgasbord of stadium food staples for her sports-fan friends to enjoy with the game.	CANADA	English-100	RPT	G	
2022-01-19	0555	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-19	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 22	Matt cooks a cracking mid-week pesto pasta, while Michael visits a Queensland strawberry farm and whips up an exquisite olive oil and pepper stewed strawberry dish.	AUSTRALIA	English-100	RPT	G	
2022-01-19	0630	Bonacini's Italy	Molise	Michael highlights the tiny region of Molise, exposing some of its best kept savoury secrets including a multi-layered chicory timbale - a pie filled with fresh chicory and ripe roma tomatoes.	CANADA	English-100	RPT	G	
2022-01-19	0700	Mystery Diners	Wine On Wheels	The co-owners of Big & Little's Restaurant in Chicago contact Charles Stiles after hearing rumours that employees are illegally selling alcohol to customers at their B.Y.O.B. restaurant.	USA	English-100	RPT	PG	Y
2022-01-19	0730	Barefoot Contessa: Back To Basics	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100	RPT	G	
2022-01-19	0800	Food Safari	Syrian	Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients.	AUSTRALIA	English-100	RPT	G	Y

2022-01-19	0830	Taste Of Italy	Ovieto	Nisha Katona embarks on a quest across Italy to discover its hidden culinary gems. Today, we explore the wonderful city of Ovieto - a jewel in the mountains as Nisha becomes inspired by the local dishes.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-01-19	0900	Gamer Snacks	Bite-Sized Pizza Balls And Smoothie Time	Comedian Arron Crascall and guest Munya Chawawa solve the problem of eating pizza and gaming at the same time by making bite-size ham and pineapple and pepperoni pizza bombs.	USA	English-100	RPT			
2022-01-19	0930	Weekend Breaks With Gregg Wallace	Amsterdam	Over the course of three action packed days Gregg Wallace explores the Dutch capital while staying on its famous canals.	UNITED KINGDOM	English-100	RPT	G		
2022-01-19	1025	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-01-19	1030	Mary's Kitchen Crush	Game Time Grub	Mary hits it out of the park with a smorgasbord of stadium food staples for her sports-fan friends to enjoy with the game.	CANADA	English-100	RPT	G		
2022-01-19	1055	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-01-19	1100	The Cook Up with Adam Liaw	Dinner For One	Host Adam Liaw, comedian and radio presenter Joel Creasey and media personality Melissa Hoyer are in The Cook Up kitchen to create their ultimate Dinner for One meals.	AUSTRALIA	English-100	RPT	PG		
2022-01-19	1130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG		Y
2022-01-19	1230	Poh's Kitchen	Cooking Chinese With Neil Perry	Neil Perry takes Poh on a trip through Chinatown before heading back to the kitchen to cook Chinese, and Neil shows why he is at the cutting edge of Modern Asian cuisine.	AUSTRALIA	English-100	RPT	G		Y
2022-01-19	1300	Food Safari	Syrian	Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients.	AUSTRALIA	English-100	RPT	G		Y
2022-01-19	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 3	On Muckross Traditional Farms, Donal learns how to make butter and uses it to make honey scones.	IRELAND	English-100	RPT	G		
2022-01-19	1400	Africa On A Plate	Morocco Fusion	Morocco has so much to offer among its cuisine. Chef Zama Memela tries marinated salmon and is finally introduced to the famed pigeon pie.	USA	English-100	RPT	G		
2022-01-19	1430	Mary's Kitchen Crush	Celebrating Dad	Mary remembers her dad by cooking up a delicious meal inspired by his southern BBQ favourites.	CANADA	English-100	RPT	G		
2022-01-19	1455	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-01-19	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 23	Roast vegetables shine as Matt and Michael team up to make a roast pumpkin and ricotta gnudi, while Courtney makes a roast carrot salad with carrot top pesto.	AUSTRALIA	English-100	RPT	G		
2022-01-19	1530	Bonacini's Italy	Valle Daosta	Chef Michael Bonacini inspires with warm hearty meals from the cool region of Valle D'Aosta including a wholesome chestnut fettucine.	CANADA	English-100	RPT	G		
2022-01-19	1600	Mystery Diners	Lactose Intolerant	After learning that several petite women have easily completed their grilled cheese eating challenge, Chris, the owner of Cheesie's Pub & Grub in Chicago, contacts Charles Stiles to investigate.	USA	English-100	RPT	PG		Y
2022-01-19	1630	Barefoot Contessa: Back To Basics	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella (updated) is a dinner party classic made over.	USA	English-100	RPT	G		
2022-01-19	1700	Food Safari	USA	Food Safari discovers some of the vast range of flavours and dishes that can be found across the expanse of the United States of America. Hosted by Maeve O'Meara.	AUSTRALIA	English-100	RPT	G		Y
2022-01-19	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-01-19	1830	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100	RPT	G		
2022-01-19	1900	The Cook Up with Adam Liaw	Ginger	Canton Kitchen's Jason Chan and owner of Nel restaurant, Nelly Robinson, are in The Cook Up kitchen with host Adam Liaw to cook some ginger infused dishes.	AUSTRALIA	English-100		PG		
2022-01-19	1930	Restaurants On The Edge	St Croix	After friends Monty and Shea ditched the rat race to follow their dreams of opening a beach bar on the Caribbean island of Saint Croix, a nightmare hurricane ripped through their pub-style restaurant.	CANADA	English-100				
2022-01-19	2030	James Martin's American Adventure	Austin	James Martin continues his road trip through Texas, stopping off in Austin. He starts his day with breakfast at the iconic Torchy's Tacos, followed by a cowboy-themed shopping spree at Allen's Boots.	UNITED KINGDOM	English-100		PG		

2022-01-19	2125	Poh & Co. Bitesize	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
2022-01-19	2130	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT	G	Y
2022-01-19	2200	The Cook Up with Adam Liaw	Ginger	Canton Kitchen's Jason Chan and owner of Nel restaurant, Nelly Robinson, are in The Cook Up kitchen with host Adam Liaw to cook some ginger infused dishes.	AUSTRALIA	English-100	RPT	PG	
2022-01-19	2230	Food Safari	USA	Food Safari discovers some of the vast range of flavours and dishes that can be found across the expanse of the United States of America. Hosted by Maeve O'Meara.	AUSTRALIA	English-100	RPT	G	Y
2022-01-19	2300	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100	RPT	G	
2022-01-19	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 28	Former world 400-metre hurdles champion Sally Gunnell and decathlete Dean Macey join Brian Turner and Gino D'Acampo in the kitchen as Ainsley Harriott hosts his classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2022-01-19	2420	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2022-01-19	2430	Barefoot Contessa: Back To Basics	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella (updated) is a dinner party classic made over.	USA	English-100	RPT	G	
2022-01-19	2500	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 3	On Muckross Traditional Farms, Donal learns how to make butter and uses it to make honey scones.	IRELAND	English-100	RPT	G	
2022-01-19	2530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-19	2630	Restaurants On The Edge	St Croix	After friends Monty and Shea ditched the rat race to follow their dreams of opening a beach bar on the Caribbean island of Saint Croix, a nightmare hurricane ripped through their pub-style restaurant.	CANADA	English-100	RPT		
2022-01-19	2730	James Martin's American Adventure	Austin	James Martin continues his road trip through Texas, stopping off in Austin. He starts his day with breakfast at the iconic Torchy's Tacos, followed by a cowboy-themed shopping spree at Allen's Boots.	UNITED KINGDOM	English-100	RPT	PG	
2022-01-19	2825	Poh & Co. Bitesize	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
2022-01-19	2830	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT	G	Y
2022-01-20	0500	Africa On A Plate	Morocco Fusion	Morocco has so much to offer among its cuisine. Chef Zama Memela tries marinated salmon and is finally introduced to the famed pigeon pie.	USA	English-100	RPT	G	
2022-01-20	0530	Mary's Kitchen Crush	Celebrating Dad	Mary remembers her dad by cooking up a delicious meal inspired by his southern BBQ favourites.	CANADA	English-100	RPT	G	
2022-01-20	0555	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-20	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 23	Roast vegetables shine as Matt and Michael team up to make a roast pumpkin and ricotta gnudi, while Courtney makes a roast carrot salad with carrot top pesto.	AUSTRALIA	English-100	RPT	G	
2022-01-20	0630	Bonacini's Italy	Valle Daosta	Chef Michael Bonacini inspires with warm hearty meals from the cool region of Valle D'Aosta including a wholesome chestnut fettucine.	CANADA	English-100	RPT	G	
2022-01-20	0700	Mystery Diners	Lactose Intolerant	After learning that several petite women have easily completed their grilled cheese eating challenge, Chris, the owner of Cheesie's Pub & Grub in Chicago, contacts Charles Stiles to investigate.	USA	English-100	RPT	PG	Y
2022-01-20	0730	Barefoot Contessa: Back To Basics	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella (updated) is a dinner party classic made over.	USA	English-100	RPT	G	
2022-01-20	0800	Food Safari	USA	Food Safari discovers some of the vast range of flavours and dishes that can be found across the expanse of the United States of America. Hosted by Maeve O'Meara.	AUSTRALIA	English-100	RPT	G	Y
2022-01-20	0830	Restaurants On The Edge	St Croix	After friends Monty and Shea ditched the rat race to follow their dreams of opening a beach bar on the Caribbean island of Saint Croix, a nightmare hurricane ripped through their pub-style restaurant.	CANADA	English-100	RPT		
2022-01-20	0930	James Martin's American Adventure	Austin	James Martin continues his road trip through Texas, stopping off in Austin. He starts his day with breakfast at the iconic Torchy's Tacos, followed by a cowboy-themed shopping spree at Allen's Boots.	UNITED KINGDOM	English-100	RPT	PG	
2022-01-20	1025	Poh & Co. Bitesize	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

2022-01-20	1030	Mary's Kitchen Crush	Celebrating Dad	Mary remembers her dad by cooking up a delicious meal inspired by his southern BBQ favourites.	CANADA	English-100	RPT	G		
2022-01-20	1055	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-20	1100	The Cook Up with Adam Liaw	Ginger	Canton Kitchen's Jason Chan and owner of Nel restaurant, Nelly Robinson, are in The Cook Up kitchen with host Adam Liaw to cook some ginger infused dishes.	AUSTRALIA	English-100	RPT	PG		
2022-01-20	1130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-20	1230	Poh's Kitchen	Kormas With Ragini Dey	Poh invites trail-blazing Indian chef Ragini Dey to her kitchen so she can learn a few secrets of Indian cooking.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-20	1300	Food Safari	USA	Food Safari discovers some of the vast range of flavours and dishes that can be found across the expanse of the United States of America. Hosted by Maeve O'Meara.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-20	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 4	There has been a Benedictine Abbey at Kylemore since 1919, and one of the Benedictine traditions is extending hospitality to anyone who visits. Donal visits the Abbey and meets Sister Karol.	IRELAND	English-100	RPT	PG		
2022-01-20	1400	Africa On A Plate	Cooking With Zama: Morocco	This episode provides detailed recipe information from Chef Zama Memela's journey through Morocco for easy duplication at home.	USA	English-100	RPT	PG		
2022-01-20	1430	Mary's Kitchen Crush	Pride	Mary puts on her Pride party hat and hosts a summer soiree for her friends with a lively citrus marinated chicken.	CANADA	English-100	RPT	G		
2022-01-20	1455	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-20	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 24	Matt is back in his home town of Noosa, visiting the local Farmers Market where he cooks up some banana pancakes and shares them with shoppers. Michael dishes up a Mexican-style chopped chicken salad.	AUSTRALIA	English-100	RPT	G		
2022-01-20	1530	Bonacini's Italy	Tuscany	Michael celebrates Tuscany's fine cuisine with four of his favourite dishes, including mushroom soup, lamb ragu, porchetta-style duck, and a creamy coffee custard.	CANADA	English-100	RPT	G		
2022-01-20	1600	Mystery Diners	Deliver Us From Evil	After receiving numerous complaints about his delivery service, Danny, the owner of Bella Luna Cafe in Chicago, contacts Charles Stiles for help.	USA	English-100	RPT	PG	Y	
2022-01-20	1630	Barefoot Contessa: Back To Basics	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100	RPT	G		
2022-01-20	1700	Food Safari	Jewish	In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut).	AUSTRALIA	English-100	RPT	G	Y	
2022-01-20	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-20	1830	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100	RPT	G		
2022-01-20	1900	The Cook Up with Adam Liaw	Colour	Television presenter Julia Zemiro and ex Mr Wong/Lotus head chef, Sam Young, are in The Cook Up kitchen with host Adam Liaw to create some colourful dishes.	AUSTRALIA	English-100		PG		
2022-01-20	1930	Field Trip With Curtis Stone	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis enjoys a seaside dinner.	USA	English-100				
2022-01-20	2000	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-20	2030	Rick Stein's India	Mumbai And Pondicherry	Rick explores the melting pot that is Mumbai in search of the bombil, the fish that immortalised Bombay Duck. He also gets to enjoy Parsee hospitality and learn about their contribution to India.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-01-20	2140	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-20	2210	The Cook Up with Adam Liaw	Colour	Television presenter Julia Zemiro and ex Mr Wong/Lotus head chef, Sam Young, are in The Cook Up kitchen with host Adam Liaw to create some colourful dishes.	AUSTRALIA	English-100	RPT	PG		

2022-01-20	2240	Food Safari	Jewish	In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut).	AUSTRALIA	English-100	RPT	G	Y	
2022-01-20	2310	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100	RPT	G		
2022-01-20	2340	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 29	England and Scotland tackle each other head on in the kitchen as international rugby players Joe Worsley and Sean Lamont join chefs Tony Tobin and Gino D'Acampo in the 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G		
2022-01-20	2425	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-20	2430	Barefoot Contessa: Back To Basics	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100	RPT	G		
2022-01-20	2500	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 4	There has been a Benedictine Abbey at Kylemore since 1919, and one of the Benedictine traditions is extending hospitality to anyone who visits. Donal visits the Abbey and meets Sister Karol.	IRELAND	English-100	RPT	PG		
2022-01-20	2530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-20	2630	Field Trip With Curtis Stone	New South Wales	Curtis visits his old stomping grounds in Oz where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis enjoys a seaside dinner.	USA	English-100	RPT			
2022-01-20	2700	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-20	2725	Rick Stein's India	Mumbai And Pondicherry	Rick explores the melting pot that is Mumbai in search of the bombil, the fish that immortalised Bombay Duck. He also gets to enjoy Parsee hospitality and learn about their contribution to India.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-01-20	2830	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-21	0500	Africa On A Plate	Cooking With Zama: Morocco	This episode provides detailed recipe information from Chef Zama Memela's journey through Morocco for easy duplication at home.	USA	English-100	RPT	PG		
2022-01-21	0530	Mary's Kitchen Crush	Pride	Mary puts on her Pride party hat and hosts a summer soiree for her friends with a lively citrus marinated chicken.	CANADA	English-100	RPT	G		
2022-01-21	0555	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-21	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 24	Matt is back in his home town of Noosa, visiting the local Farmers Market where he cooks up some banana pancakes and shares them with shoppers. Michael dishes up a Mexican-style chopped chicken salad.	AUSTRALIA	English-100	RPT	G		
2022-01-21	0630	Bonacini's Italy	Tuscany	Michael celebrates Tuscany's fine cuisine with four of his favourite dishes, including mushroom soup, lamb ragu, porchetta-style duck, and a creamy coffee custard.	CANADA	English-100	RPT	G		
2022-01-21	0700	Mystery Diners	Deliver Us From Evil	After receiving numerous complaints about his delivery service, Danny, the owner of Bella Luna Cafe in Chicago, contacts Charles Stiles for help.	USA	English-100	RPT	PG	Y	
2022-01-21	0730	Barefoot Contessa: Back To Basics	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100	RPT	G		
2022-01-21	0800	Food Safari	Jewish	In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut).	AUSTRALIA	English-100	RPT	G	Y	
2022-01-21	0830	Field Trip With Curtis Stone	New South Wales	Curtis visits his old stomping grounds in Oz where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis enjoys a seaside dinner.	USA	English-100	RPT			
2022-01-21	0900	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-21	0930	Rick Stein's India	Mumbai And Pondicherry	Rick explores the melting pot that is Mumbai in search of the bombil, the fish that immortalised Bombay Duck. He also gets to enjoy Parsee hospitality and learn about their contribution to India.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-01-21	1040	Mary's Kitchen Crush	Pride	Mary puts on her Pride party hat and hosts a summer soiree for her friends with a lively citrus marinated chicken.	CANADA	English-100	RPT	G		
2022-01-21	1100	The Cook Up with Adam Liaw	Colour	Television presenter Julia Zemiro and ex Mr Wong/Lotus head chef, Sam Young, are in The Cook Up kitchen with host Adam Liaw to create some colourful dishes.	AUSTRALIA	English-100	RPT	PG		

2022-01-21	1130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-21	1230	Poh's Kitchen	Fish With Neil Perry	Poh and Neil Perry demonstrate that fish is an incredibly versatile ingredient and prepare snapper in four different ways. Poh also looks at some aquaculture innovations helping to save the plan.	AUSTRALIA	English-100	RPT	G	Y
2022-01-21	1300	Food Safari	Jewish	In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut).	AUSTRALIA	English-100	RPT	G	Y
2022-01-21	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 5	Donal meets Marie O'Toole, a senior member of the ICA, for lunch. Marie tells Donal about the role the ICA has had in improving the lives of women in Ireland.	IRELAND	English-100	RPT	G	
2022-01-21	1400	Africa On A Plate	Lesotho	Chef Zama Memela is in Lesotho, where the snow shines as does the mountainous country's cuisine featuring fresh river trout and local vegetables.	USA	English-100	RPT	PG	
2022-01-21	1430	Mary's Kitchen Crush	Cousins' Summer	Mary catches up with her cousins over her special summery spin on a creamy Indian butter chicken.	CANADA	English-100	RPT	G	
2022-01-21	1455	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-21	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 25	Matts serves a king prawn nasi goreng - inspired from his travels in Indonesia, while Courtney shares her recipe for a simple but tasty chicken noodle soup.	AUSTRALIA	English-100	RPT	G	
2022-01-21	1530	Bonacini's Italy	Venetto	From hearty inland crops to fresh food of the sea, the Venetian region covers it all. Michael begins with the sea as he serves up soft shell crab which he pairs with aioli made from sundried tomatoes.	CANADA	English-100	RPT	G	
2022-01-21	1600	Mystery Diners	Throw Mama From The Restaurant	When Tommy, the owner of Gigi Restaurant in Philadelphia, suspects that his mother-slash-manager is discriminating against younger customers, he contacts Charles to investigate.	USA	English-100	RPT	PG	Y
2022-01-21	1630	Barefoot Contessa: Back To Basics	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100	RPT	G	
2022-01-21	1700	Food Safari	Food Safari Series 4 Episode 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G	Y
2022-01-21	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-21	1830	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100	RPT	G	
2022-01-21	1900	The Cook Up with Adam Liaw	Technique	Technique is our theme for tonight. One of the best sushi masters in the country, Toshihiko Oe, and Chuuka's Chase Kojima join host Adam Liaw in The Cook Up kitchen to show off their cooking technique.	AUSTRALIA	English-100		PG	
2022-01-21	1930	Paul Goes To Hollywood	New York	Paul Hollywood combines food, film and fast bikes as he embarks on a 4,500kms road trip from New York to LA. In New York, Paul follows in the culinary footsteps of Frank Sinatra to enjoy bagels and twice baked pizza.	UNITED KINGDOM	English-100			
2022-01-21	2030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100	RPT	G	
2022-01-21	2125	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-21	2130	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbeque, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2022-01-21	2200	The Cook Up with Adam Liaw	Technique	Technique is our theme for tonight. One of the best sushi masters in the country, Toshihiko Oe, and Chuuka's Chase Kojima join host Adam Liaw in The Cook Up kitchen to show off their cooking technique.	AUSTRALIA	English-100	RPT	PG	
2022-01-21	2230	Food Safari	Food Safari Series 4 Episode 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G	Y
2022-01-21	2300	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100	RPT	G	
2022-01-21	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 30	Former England footballer Rodney Marsh and apprentice chef Katie Hopkins join Ainsley Harriott in the kitchen for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2022-01-21	2420	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y

2022-01-21	2430	Barefoot Contessa: Back To Basics	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100	RPT	G	
2022-01-21	2500	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 5	Donal meets Marie O'Toole, a senior member of the ICA, for lunch. Marie tells Donal about the role the ICA has had in improving the lives of women in Ireland.	IRELAND	English-100	RPT	G	
2022-01-21	2530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-21	2630	Paul Goes To Hollywood	New York	Paul Hollywood combines food, film and fast bikes as he embarks on a 4,500kms road trip from New York to LA. In New York, Paul follows in the culinary footsteps of Frank Sinatra to enjoy bagels and twice baked pizza.	UNITED KINGDOM	English-100	RPT		
2022-01-21	2730	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100	RPT	G	
2022-01-21	2825	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-21	2830	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbeque, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2022-01-22	0500	Africa On A Plate	Lesotho	Chef Zama Memela is in Lesotho, where the snow shines as does the mountainous country's cuisine featuring fresh river trout and local vegetables.	USA	English-100	RPT	PG	
2022-01-22	0530	Mary's Kitchen Crush	Cousins' Summer	Mary catches up with her cousins over her special summery spin on a creamy Indian butter chicken.	CANADA	English-100	RPT	G	
2022-01-22	0555	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-22	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 25	Matts serves a king prawn nasi goreng - inspired from his travels in Indonesia, while Courtney shares her recipe for a simple but tasty chicken noodle soup.	AUSTRALIA	English-100	RPT	G	
2022-01-22	0630	Bonacini's Italy	Venetto	From hearty inland crops to fresh food of the sea, the Venetian region covers it all. Michael begins with the sea as he serves up soft shell crab which he pairs with aioli made from sundried tomatoes.	CANADA	English-100	RPT	G	
2022-01-22	0700	Mystery Diners	Throw Mama From The Restaurant	When Tommy, the owner of Gigi Restaurant in Philadelphia, suspects that his mother-slash-manager is discriminating against younger customers, he contacts Charles to investigate.	USA	English-100	RPT	PG	Y
2022-01-22	0730	Barefoot Contessa: Back To Basics	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100	RPT	G	
2022-01-22	0800	Food Safari	Food Safari Series 4 Episode 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G	Y
2022-01-22	0830	Paul Goes To Hollywood	New York	Paul Hollywood combines food, film and fast bikes as he embarks on a 4,500kms road trip from New York to LA. In New York, Paul follows in the culinary footsteps of Frank Sinatra to enjoy bagels and twice baked pizza.	UNITED KINGDOM	English-100	RPT		
2022-01-22	0930	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100	RPT	G	
2022-01-22	1025	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-22	1030	Mary's Kitchen Crush	Cousins' Summer	Mary catches up with her cousins over her special summery spin on a creamy Indian butter chicken.	CANADA	English-100	RPT	G	
2022-01-22	1055	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-22	1100	The Cook Up with Adam Liaw	Technique	Technique is our theme for tonight. One of the best sushi masters in the country, Toshihiko Oe, and Chuuka's Chase Kojima join host Adam Liaw in The Cook Up kitchen to show off their cooking technique.	AUSTRALIA	English-100	RPT	PG	
2022-01-22	1130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-22	1230	Poh's Kitchen	Barbecue With Neil Perry	Poh's been invited to Neil Perry's home in Sydney to help cook up a feast for his family. Before they fire up the barbeque, Neil takes Poh to his local butchers to check out the best cuts of meat.	AUSTRALIA	English-100	RPT	G	Y
2022-01-22	1300	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 6	Donal visits Mary O'Rourke who taught English before she became a politician. In studio, he prepares braised rabbit and also bakes a Black Forest Cake.	IRELAND	English-100	RPT	G	
2022-01-22	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 7	At Muckcross Traditional Farms, Donal is shown how to make soda bread in a bastible and makes Gur Cake, a popular Dublin sweet bread.	IRELAND	English-100	RPT	G	

2022-01-22	1400	Africa On A Plate	Maseru, Lesotho	Chef Zama Memela finds herself in Maseru, the capital city of the mountain Kingdom of Lesotho.	USA	English-100	RPT	PG		
2022-01-22	1430	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 1	Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.	AUSTRALIA	English-100	RPT	G		
2022-01-22	1500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.	AUSTRALIA	English-100	RPT	G		
2022-01-22	1530	Middle East Feast With Shane Delia	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100	RPT	G		
2022-01-22	1600	Middle East Feast With Shane Delia	Sunday Lunch	Shane Delia and guest chef Tom Sarafian share their family favourites for the perfect family lunch.	AUSTRALIA	English-100	RPT	G		
2022-01-22	1630	Cook Like A Chef	Duck	Chef-host Craig Wong is our duck guide in this well-travelled episode of Cook Like a Chef. First stop? Peking Duck!	CANADA	English-100				
2022-01-22	1700	Cook Like A Chef	Potatoes	Chef Derek Dammann demonstrates talent and skills in demystifying the potato - using tons of terrific techniques.	CANADA	English-100				
2022-01-22	1730	Cheese Slices	Cheddar Cheese Of England	Will and daughter Ellie visit England's South West, a region famous for producing the world's finest cheddar cheese.	AUSTRALIA	English-100				G
2022-01-22	1800	Cheese Slices	Camambert And The Normandy Cheeses	Revisiting one of his favourite regions in Europe, Will Studd explores the challenges facing the traditional raw milk cheesemakers of Normandy, long renowned for its quality dairy products.	AUSTRALIA	English-100				PG
2022-01-22	1830	Taste The Nation With Padma Lakshmi	Original Americans, The	What is the original American cuisine? Padma travels to Arizona to eat food that is indigenous to this land.	USA	English-100	RPT	PG		
2022-01-22	1900	Taste The Nation With Padma Lakshmi	Dancing In Little Lima	Padma knows the power of a great bowl of ceviche. She visits Paterson, New Jersey - a Peruvian enclave, for a deeper look at the vibrant culture and food scene of Peru.	USA	English-100	RPT	PG		Y
2022-01-22	1935	Ainsley's Food We Love	Beside The Seaside	Ainsley takes inspiration from days beside the seaside, starting with a Caribbean squash and chickpea roti with hot sauce yoghurt, while Olly Smith hunts out the perfect wines for sipping by the sea.	UNITED KINGDOM	English-100				PG
2022-01-22	2030	Kylie Kwong: Heart And Soul	Egg	Kylie has been invited to a delicious outdoor lunch by the sea, the only catch is she has to cook.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-22	2100	Kylie Kwong: Heart And Soul	Marinade	Kylie is having a steamboat party for ten friends at home - she provides the food, the guests do the cooking.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-22	2130	Anthony Bourdain: Parts Unknown	West Virginia	Anthony Bourdain digs deep into the proud, often misunderstood culture of West Virginia, as he observes the local coal mining-centric economy, and dines on signature Appalachian dishes.	USA	English-100				PG
2022-01-22	2225	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-22	2230	Anthony Bourdain: Parts Unknown	Newfoundland	An exploration of Newfoundland - the rocky, east coast Canadian island by Anthony Bourdain reveals a magical place abundant in fish and wild game, and steeped in distinctive traditions.	USA	English-100				PG
2022-01-22	2325	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-22	2330	Cook Like A Chef	Duck	Chef-host Craig Wong is our duck guide in this well-travelled episode of Cook Like a Chef. First stop? Peking Duck!	CANADA	English-100	RPT			
2022-01-22	2400	Cook Like A Chef	Potatoes	Chef Derek Dammann demonstrates talent and skills in demystifying the potato - using tons of terrific techniques.	CANADA	English-100	RPT			
2022-01-22	2430	Ainsley's Food We Love	Beside The Seaside	Ainsley takes inspiration from days beside the seaside, starting with a Caribbean squash and chickpea roti with hot sauce yoghurt, while Olly Smith hunts out the perfect wines for sipping by the sea.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-22	2525	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-22	2530	Kylie Kwong: Heart And Soul	Egg	Kylie has been invited to a delicious outdoor lunch by the sea, the only catch is she has to cook.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-22	2600	Kylie Kwong: Heart And Soul	Marinade	Kylie is having a steamboat party for ten friends at home - she provides the food, the guests do the cooking.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-22	2630	Anthony Bourdain: Parts Unknown	West Virginia	Anthony Bourdain digs deep into the proud, often misunderstood culture of West Virginia, as he observes the local coal mining-centric economy, and dines on signature Appalachian dishes.	USA	English-100	RPT	PG		Y

2022-01-22	2725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-22	2730	Anthony Bourdain: Parts Unknown	Newfoundland	An exploration of Newfoundland - the rocky, east coast Canadian island by Anthony Bourdain reveals a magical place abundant in fish and wild game, and steeped in distinctive traditions.	USA	English-100	RPT	PG		
2022-01-22	2825	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-22	2830	Taste The Nation With Padma Lakshmi	Original Americans, The	What is the original American cuisine? Padma travels to Arizona to eat food that is indigenous to this land.	USA	English-100	RPT	PG		