



**WEEK 4: Sunday, 22 January - Saturday, 28 January 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-01-22	0500	<b>Nigellissima</b>	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	
2023-01-22	0530	<b>Rachel Khoo's Simple Pleasures</b>	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		
2023-01-22	0600	<b>Rachel Khoo's Simple Pleasures</b>	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		
2023-01-22	0630	<b>Hairy Biker's Route 66</b>	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		
2023-01-22	0740	<b>For The Love Of Bread</b>	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		
2023-01-22	0810	<b>For The Love Of Bread</b>	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		
2023-01-22	0840	<b>Freddie Fries Down Under</b>	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		
2023-01-22	0935	<b>Gordon Ramsay Uncharted</b>	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
2023-01-22	1030	<b>Ainsley's Good Mood Food</b>	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		
2023-01-22	1125	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-22	1130	<b>Bobby &amp; Giada In Italy</b>	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
2023-01-22	1225	<b>Poh &amp; Co. Bitesize</b>	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	

2023-01-22	1230	<b>Hairy Biker's Route 66</b>	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	
2023-01-22	1340	<b>Rachel Khoo's Simple Pleasures</b>	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	
2023-01-22	1405	<b>The Cook Up with Adam Liaw</b>	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	
2023-01-22	1435	<b>The Cook Up with Adam Liaw</b>	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
2023-01-22	1505	<b>The Cook Up with Adam Liaw</b>	Feed The Family	Tik Tok sensation Nathon Lyon and NITV Executive Producer Jodan 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
2023-01-22	1530	<b>The Cook Up with Adam Liaw</b>	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
2023-01-22	1600	<b>The Cook Up with Adam Liaw</b>	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
2023-01-22	1630	<b>Jimmy's Australian Food Adventure</b>	New Arrivals	Jimmy explores how successive waves of new arrivals introduced new tastes to the continent. In Darwin he enjoys a traditional Greek barbeque with Jim and Patricia Christakos.	UNITED KINGDOM	English-100		PG	
2023-01-22	1700	<b>Jimmy's Australian Food Adventure</b>	Fusion Food	Jimmy explores the Asian influence on Australian cuisine at Rapid Creek market in Darwin. Farming entrepreneur Minh Do explains how he uses hydroponics to grow tropical fruits and vegetables.	UNITED KINGDOM	English-100		PG	
2023-01-22	1730	<b>The Cook And The Chef</b>	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G	
2023-01-22	1800	<b>Mary Makes It Easy</b>	Mary Makes It Easy Series 2 Ep 1	Mary shares four recipes that feature her main squeeze, lemons, as the star ingredient.	CANADA	English-100			
2023-01-22	1830	<b>Made In Britain</b>	Made In Britain Series 1 Ep 4	John Prescott hits the road again to find out how his favourite meal is made - fish supper, followed by rice pudding. He travels to the Ambrosia factory in Devon, and the Young's factory in Grimsby.	UNITED KINGDOM	English-100		G	
2023-01-22	1930	<b>World's Most Expensive Foods</b>	Tuna	Tokyo's brand-new wholesale fish market, Toyosu, rings in 2019 with the auction of the world's most expensive fish. We witness the hardship that fishermen face for the prized Bluefin tuna.	SINGAPORE	English-50; Japanese-50		PG	Y
2023-01-22	2030	<b>Rick Stein's Mediterranean Escapes</b>	Puglia And Corfu	Rick makes his way to the Greek island of Corfu, where he attends a family feast, visits restaurant kitchens all over the island, and learns to make authentic Greek dishes like pastitsio.	UNITED KINGDOM	English-100	RPT	G	Y
2023-01-22	2140	<b>Anthony Bourdain: Parts Unknown</b>	Budapest	For the first time, Tony visits Budapest, a bustling city of contradictions. One of his key guides around the capital of Hungary is Oscar-winning cinematographer Vilmos Zsigmond.	USA	English-100		PG	Y

2023-01-22	2230	<b>Please Eat Slowly Bitesize</b>	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			
2023-01-22	2235	<b>Restaurants On The Edge</b>	Muskoka	During the harsh Canadian winter, restaurant owner Connie faces numerous empty seats, and needs a transformation that draws in year-round customers if she's going to be able to keep her place open.	CANADA	English-100	PG		Y
2023-01-22	2330	<b>Jimmy's Australian Food Adventure</b>	New Arrivals	Jimmy explores how successive waves of new arrivals introduced new tastes to the continent. In Darwin he enjoys a traditional Greek barbeque with Jim and Patricia Christakos.	UNITED KINGDOM	English-100	PG		
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2023-01-22	2625	<b>Please Eat Slowly Bitesize</b>	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			
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2023-01-22	2825	<b>Destination Flavour Scandinavia Bitesize</b>	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
2023-01-22	2830	<b>The Cook Up with Adam Liaw</b>	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	
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2023-01-23	1335	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 1	Lidia demystifies the cooking of duck as she prepares her crispy roasted version with rice and lentils, and an almond cake for dessert.	USA	English-100		G			
2023-01-23	1400	<b>Australia's Food Bowl</b>	Innovating In Farming	Many factors affect the limited water supply to farmers of Australia's Food Bowl. Stefano visits some local producers who are developing ways to overcome these challenges	AUSTRALIA	English-100		PG			
2023-01-23	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 36	Matt's taken back to his childhood with a breakfast recipe that he attributes to his Mum, that's full of breakfast staples - bacon and egg tortilla cups.	AUSTRALIA	English-100		G			
2023-01-23	1500	<b>Food Lovers' Guide To Australia</b>	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, fishing for sardines and anchovies, and a look at an electric samovar.	AUSTRALIA	English-100	RPT	G		Y	Y

2023-01-23	1530	<b>Simply Raymond Blanc</b>	Breakfast & Brunch	The art of a perfect breakfast/brunch is in easy reach, especially when Raymond Blanc invites you to his breakfast bar! Gone are the days of smashed avocado (sorry Nigella).	UNITED KINGDOM	English-100		G		
2023-01-23	1625	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-23	1630	<b>Destination Flavour China</b>	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2023-01-23	1700	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 6	Luke visits Hue, famous for its royal heritage, ancient imperial architecture, and rich royal cuisine that inspires Luke. He also visits Con Hen Village.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-23	1730	<b>Adam &amp; Poh's Malaysia In Australia</b>	Adam & Poh's Malaysia In Australia Series 1 Ep 6	Poh heads to Sydney to meet Junda Khoo, a restaurateur bringing the flavours of his grandma's Malaysian kitchen to Australia. Adam heads to Chinta Ria Buddha Love to meet one of his favourite actors.	AUSTRALIA	English-100		PG	Y	
2023-01-23	1800	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G		
2023-01-23	1830	<b>Come Dine With Me Daytime</b>	Surrey Day 1	James is eager to bring a taste of the tropics to Surrey with his Caribbean inspired menu. Will he break records, or be left at sea?	UNITED KINGDOM	English-100		PG		
2023-01-23	1900	<b>The Cook Up with Adam Liaw</b>	Crustaceans	Author of The Australian Fish and Seafood cookbook Anthony Huckstep and owner of LP's Quality Meats Luke Powell join Adam Liaw in The Cook Up kitchen to create their favourite crustacean recipes.	AUSTRALIA	English-100	RPT	PG	Y	
2023-01-23	1930	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG		
2023-01-23	2000	<b>Cooking With Curtis</b>	David	David is a meat and potatoes kind of guy but wants to celebrate his wife, Valerie, who lost 50 pounds after adopting a plant-based diet. Curtis helps David create an innovative, vegetable-forward menu	USA	English-100		G		
2023-01-23	2030	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Saoirse Ronan	Jamie and Jimmy kick off the weekend with food, fun and celebrity chat at the end of Southend Pier. Joining them in the kitchen is four-time Oscar nominee, Saoirse Ronan.	UNITED KINGDOM	English-100		G		
2023-01-23	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-23	2230	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-23	2235	<b>The Wine Show</b>	Wine Show Series 3, The Ep 1	Dominic West joins James Purefoy to taste wines at the beautiful HQ in the Douro Valley. Matthew Goode and James learn about the Portuguese Age of Discoveries in Lisbon.	UNITED KINGDOM	English-100		PG	Y	
2023-01-23	2335	<b>Choccywoccydoodah: Starstruck</b>	Jason Donovan	Actor Jason Donovan challenges the team to come up with their most playful cake to date. Jason wants to present the cast of 'Priscilla, Queen of the Desert' with a cake they can eat and play too.	UNITED KINGDOM	English-100		PG		

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2023-01-24	0500	<b>Food Lovers' Guide To Australia</b>	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, fishing for sardines and anchovies, and a look at an electric samovar.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-24	0530	<b>Simply Raymond Blanc</b>	Breakfast & Brunch	The art of a perfect breakfast/brunch is in easy reach, especially when Raymond Blanc invites you to his breakfast bar! Gone are the days of smashed avocado (sorry Nigella).	UNITED KINGDOM	English-100		G		
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2023-01-24	0730	<b>Adam &amp; Poh's Malaysia In Australia</b>	Adam & Poh's Malaysia In Australia Series 1 Ep 6	Poh heads to Sydney to meet Junda Khoo, a restaurateur bringing the flavours of his grandma's Malaysian kitchen to Australia. Adam heads to Chinta Ria Buddha Love to meet one of his favourite actors.	AUSTRALIA	English-100		PG	Y	
2023-01-24	0800	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G		
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2023-01-24	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 2	Lidia explores the realm of simple rice dishes. She visits the picturesque Principato de Lucedio rice farm and learns both the traditional and modern methods of harvesting rice.	USA	English-100		G			
2023-01-24	1400	<b>Australia's Food Bowl</b>	Olive Oil	The Mediterranean-like climate of Australia's Food Bowl makes it the perfect place to grow olives and to produce olive oil. Stefano visits Australia's largest olive oil producer.	AUSTRALIA	English-100		G			
2023-01-24	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 37	Matt prepares a steamed burramundi with red curry, that's simple to prepare and ready in under half an hour.	AUSTRALIA	English-100		G			
2023-01-24	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G		Y	
2023-01-24	1530	<b>Simply Raymond Blanc</b>	Rb Basics	With little prep, little attention, and little skill, Raymond promises these recipes will deliver big on flavour and will be a sure favourite on your dinner table.	UNITED KINGDOM	English-100		G			
2023-01-24	1625	<b>Please Eat Slowly Bitesize</b>	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					
2023-01-24	1630	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G		Y	Y
2023-01-24	1700	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer.	AUSTRALIA	English-100	RPT	PG		Y	Y
2023-01-24	1730	<b>Eat China</b>	Southern Chinese Food	We head to the south of China and Hong Kong, to the home of Cantonese food, where bao is mastered and rice-based dishes are legendary.	CHINA	English-80; Cantonese-10; Mandarin-10					
2023-01-24	1800	<b>The Cook And The Chef</b>	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G			

2023-01-24	1830	<b>Come Dine With Me Daytime</b>	Surrey Day 2	Myle is feeling super confident she can raise the bar at her dinner party. Unfortunately she didn't bank on her mum popping over, which raises the pressure!	UNITED KINGDOM	English-100		PG		
2023-01-24	1900	<b>The Cook Up with Adam Liaw</b>	Shellfish	Host Adam Liaw and guests Giovanni Pilu of Pilu restaurant and Acme famed chef Mitch Orr share how to make their favourite shellfish recipes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-01-24	1930	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG		
2023-01-24	2000	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 4	Dan explores one of Taiwans most popular street foods, crispy fried chicken. Zesty flavours of Peruvian ceviche are showcased as Dan prepares some of the freshest street food around.	AUSTRALIA	English-100		G		Y
2023-01-24	2030	<b>Best Of Britain With Ainsley And Grace</b>	Best Of Britain By The Sea Series 1 Ep 3	Grace and Ainsley explore the English County of Norfolk, where they indulge in an extraordinary afternoon tea, sample a Michelin-approved tasting menu, and get a taste of boatlife on Norfolk broads.	UNITED KINGDOM	English-100		PG		
2023-01-24	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-01-24	2230	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-24	2235	<b>The Wine Show</b>	Wine Show Series 3, The Ep 2	Matthew Goode & James Purefoy think they've got their second road trip challenge sorted when asked to find a wine that links Portugal and England. But there's a surprise in store.	UNITED KINGDOM	English-100		PG		Y
2023-01-24	2335	<b>Choccywoccydoodah: Starstruck</b>	Derren Brown	British illusionist Derren Brown sets the chocolatiers their trickiest challenge to date. He wants a taxidermy inspired birthday cake that holds an illusion clever enough to fool this master of magic.	UNITED KINGDOM	English-100		PG		
2023-01-24	2430	<b>The Cook Up with Adam Liaw</b>	Shellfish	Host Adam Liaw and guests Giovanni Pilu of Pilu restaurant and Acme famed chef Mitch Orr share how to make their favourite shellfish recipes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-01-24	2500	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG		
2023-01-24	2530	<b>Best Of Britain With Ainsley And Grace</b>	Best Of Britain By The Sea Series 1 Ep 3	Grace and Ainsley explore the English County of Norfolk, where they indulge in an extraordinary afternoon tea, sample a Michelin-approved tasting menu, and get a taste of boatlife on Norfolk broads.	UNITED KINGDOM	English-100		PG		
2023-01-24	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-01-24	2730	<b>The Wine Show</b>	Wine Show Series 3, The Ep 2	Matthew Goode & James Purefoy think they've got their second road trip challenge sorted when asked to find a wine that links Portugal and England. But there's a surprise in store.	UNITED KINGDOM	English-100		PG		Y
2023-01-24	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 37	Matt prepares a steamed burramundi with red curry, that's simple to prepare and ready in under half an hour.	AUSTRALIA	English-100		G		



2023-01-25	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-25	0530	<b>Simply Raymond Blanc</b>	Rb Basics	With little prep, little attention, and little skill, Raymond promises these recipes will deliver big on flavour and will be a sure favourite on your dinner table.	UNITED KINGDOM	English-100		G		
2023-01-25	0625	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-25	0630	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2023-01-25	0700	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-25	0730	<b>Eat China</b>	Southern Chinese Food	We head to the south of China and Hong Kong, to the home of Cantonese food, where bao is mastered and rice-based dishes are legendary.	CHINA	English-80; Cantonese-10; Mandarin-10				
2023-01-25	0800	<b>The Cook And The Chef</b>	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G		
2023-01-25	0830	<b>Come Dine With Me Daytime</b>	Surrey Day 2	Myle is feeling super confident she can raise the bar at her dinner party. Unfortunately she didn't bank on her mum popping over, which raises the pressure!	UNITED KINGDOM	English-100		PG		
2023-01-25	0900	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 4	Dan explores one of Taiwans most popular street foods, crispy fried chicken. Zesty flavours of Peruvian ceviche are showcased as Dan prepares some of the freshest street food around.	AUSTRALIA	English-100		G	Y	
2023-01-25	0930	<b>Best Of Britain With Ainsley And Grace</b>	Best Of Britain By The Sea Series 1 Ep 3	Grace and Ainsley explore the English County of Norfolk, where they indulge in an extraordinary afternoon tea, sample a Michelin-approved tasting menu, and get a taste of boatlife on Norfolk broads.	UNITED KINGDOM	English-100		PG		
2023-01-25	1030	<b>Simply Raymond Blanc</b>	Rb Basics	With little prep, little attention, and little skill, Raymond promises these recipes will deliver big on flavour and will be a sure favourite on your dinner table.	UNITED KINGDOM	English-100		G		
2023-01-25	1125	<b>Poh &amp; Co. Bitesize</b>	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-25	1130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-25	1230	<b>Choccywoccydoodah: Starstruck</b>	Derren Brown	British illusionist Derren Brown sets the chocolatiers their trickiest challenge to date. He wants a taxidermy inspired birthday cake that holds an illusion clever enough to fool this master of magic.	UNITED KINGDOM	English-100		PG		
2023-01-25	1325	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-25	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 3	Lidia adds a secret ingredient to her tomato sauce, that may come as a surprise - apples! She's in the northern, mountainous region of Trentino Alto Adige, known as 'apple country' in Italy.	USA	English-100		G		

2023-01-25	1400	<b>Australia's Food Bowl</b>	Fiesta	Stefano and his friends celebrate the annual grape harvest with a feast under the vines. Stefano is in charge of the menu and visits local farms to source produce and fresh ingredients.	AUSTRALIA	English-100		G			Y
2023-01-25	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 38	Matt and Michael whip up a family favourite - honey mustard chicken drumsticks, while Courtney heads to a broccoli and cauliflower farm.	AUSTRALIA	English-100		G			
2023-01-25	1500	<b>Food Lovers' Guide To Australia</b>	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, Sheraton Mirage chef Christian Heidenreich, and South American caramel.	AUSTRALIA	English-100	RPT	G	Y		Y
2023-01-25	1530	<b>Simply Raymond Blanc</b>	Rb Favourites	What could be nicer than using the freshest and tastiest ingredients and creating something truly delicious for your nearest and dearest?	UNITED KINGDOM	English-100		G			
2023-01-25	1625	<b>Please Eat Slowly Bitesize</b>	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					
2023-01-25	1630	<b>Destination Flavour China</b>	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y		Y
2023-01-25	1700	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it is the birthplace of his partner Lynne.	AUSTRALIA	English-100	RPT	PG	Y		Y
2023-01-25	1730	<b>Eat China</b>	Spicy Sichuan	Sichuan is the land of spice, and in the western region of China you can enjoy dazzling flavours of heat, peppercorns, and century eggs. Plus, learn why pickles are a permanent part of western Chinese diets.	CHINA	English-80; Cantonese-10; Mandarin-10					
2023-01-25	1800	<b>The Cook And The Chef</b>	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G			
2023-01-25	1830	<b>Come Dine With Me Daytime</b>	Surrey Day 3	Ben is hoping to wow his guests by putting on a real Mexican fiesta! But will it be enough to grab the thousand pounds at the end of the week?	UNITED KINGDOM	English-100		PG			
2023-01-25	1900	<b>The Cook Up with Adam Liaw</b>	Chicken Thigh	Insight's Kumi Taguchi and Sokyo's Chase Kojima take over The Cook Up kitchen as they chat and create some of their favourite chicken thigh dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y		
2023-01-25	1930	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port.	UNITED KINGDOM	English-100		PG			
2023-01-25	2000	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 4	After continuing further south, Simon arrives at the Malingsbo-Kloten Nature Reserve where he and a local guide successfully track moose.	UNITED KINGDOM	English-100		PG			
2023-01-25	2030	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10		G	Y		Y
2023-01-25	2100	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10		G	Y		Y

2023-01-25	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-01-25	2230	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-25	2235	<b>The Wine Show</b>	Wine Show Series 3, The Ep 3	Matthew Goode and James Purefoy visit the cork harvest in the Alentejo, where James has a cry. Dominic West joins James to taste wines at the beautiful HQ in the Douro Valley.	UNITED KINGDOM	English-100		PG	Y	
2023-01-25	2335	<b>Choccywoccydoodah: Starstruck</b>	Tinie Tempah	This time the team really need to step up as megastar rapper Tinie Tempah sets the chocolatiers an arena sized challenge - to make a cake that captures 'his' London for an after-show party.	UNITED KINGDOM	English-100		PG		
2023-01-25	2430	<b>The Cook Up with Adam Liaw</b>	Chicken Thigh	Insight's Kumi Taguchi and Sokyo's Chase Kojima take over The Cook Up kitchen as they chat and create some of their favourite chicken thigh dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-25	2500	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port.	UNITED KINGDOM	English-100		PG		
2023-01-25	2530	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-01-25	2600	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10		G	Y	Y
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2023-01-25	2730	<b>The Wine Show</b>	Wine Show Series 3, The Ep 3	Matthew Goode and James Purefoy visit the cork harvest in the Alentejo, where James has a cry. Dominic West joins James to taste wines at the beautiful HQ in the Douro Valley.	UNITED KINGDOM	English-100		PG	Y	
2023-01-25	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 38	Matt and Michael whip up a family favourite - honey mustard chicken drumsticks, while Courtney heads to a broccoli and cauliflower farm.	AUSTRALIA	English-100		G		
2023-01-26	0500	<b>Food Lovers' Guide To Australia</b>	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, Sheraton Mirage chef Christian Heidenreich, and South American caramel.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-26	0530	<b>Simply Raymond Blanc</b>	Rb Favourites	What could be nicer than using the freshest and tastiest ingredients and creating something truly delicious for your nearest and dearest?	UNITED KINGDOM	English-100		G		
2023-01-26	0625	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-26	0630	<b>Destination Flavour China</b>	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y

2023-01-26	0700	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it is the birthplace of his partner Lynne.	English-100	English-100	RPT	PG	Y	Y
2023-01-26	0730	<b>Eat China</b>	Spicy Sichuan	Sichuan is the land of spice, and in the western region of China you can enjoy dazzling flavours of heat, peppercorns, and century eggs. Plus, learn why pickles are a permanent part of western Chinese diets.	CHINA	English-80; Cantonese-10; Mandarin-10				
2023-01-26	0800	<b>The Cook And The Chef</b>	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G		
2023-01-26	0830	<b>Come Dine With Me Daytime</b>	Surrey Day 3	Ben is hoping to wow his guests by putting on a real Mexican fiesta! But will it be enough to grab the thousand pounds at the end of the week?	UNITED KINGDOM	English-100		PG		
2023-01-26	0900	<b>The Cook Up With Adam Liaw</b>	Naidoc: Warrigal Greens	This week we're celebrating NAIDOC Week. Starting it off, Adam and the Cook Up kitchen hosts Gumbaynggirr man Kyah Lulman and proud Whadjuk Noongar woman Narelda Jacobs.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	0930	<b>The Cook Up With Adam Liaw</b>	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	1000	<b>The Cook Up With Adam Liaw</b>	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	1030	<b>The Cook Up With Adam Liaw</b>	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	1100	<b>The Cook Up With Adam Liaw</b>	Naidoc: Cheese	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	1130	<b>Strait To The Plate</b>	Warraber	Aaron Fa'Aoso kick starts this season by visiting the Island of Warraber. Upon arrival, Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus inspired Crayfish Mornay.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-26	1200	<b>Strait To The Plate</b>	Masig	We meet Aunty Mary and Aunty Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	1230	<b>Strait To The Plate</b>	Thursday Island	Aaron arrives in the Kaywalagal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	1300	<b>Strait To The Plate</b>	Boigu	Aaron arrives on the Island of Boigu a place with a rich history of fierce warriors and dugong hunters and the most western island in the Torres Strait.	AUSTRALIA	English-100	RPT	G		
2023-01-26	1330	<b>Strait To The Plate</b>	Dauan Island	To continue his journey in the Northwestern region, Aaron visits Dauan Island. Dauan is a rocky granite island, a complete contrast to low lying Saibai and Boigu that are made up of marshlands.	AUSTRALIA	English-100	RPT	G		
2023-01-26	1400	<b>Strait To The Plate</b>	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		

2023-01-26	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 39	Matt's first dish is inspired by his local Chinese take-away where he grew up - a one wok wonder - Mongolian Beef.	AUSTRALIA	English-100		PG		
2023-01-26	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	1530	<b>Simply Raymond Blanc</b>	Spices	Raymond Blanc cooks up a feast for the eyes with a roast butternut squash with chorizo, chickpeas and tahini dressing. Then he turns up the heat in the kitchen with a sumptuous red lentil dahl.	UNITED KINGDOM	English-100		G		
2023-01-26	1625	<b>Please Eat Slowly Bitesize</b>	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 shares his best tips to create your own!	AUSTRALIA	English-100				
2023-01-26	1630	<b>Destination Flavour China</b>	Hong Kong And Guandong	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2023-01-26	1700	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 9	Luke's penultimate stop of his train journey is Hanoi, the second largest city of Vietnam located on the Red River. There is one dish Luke always has when he visits Hanoi and that's Bun Cha.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-26	1730	<b>Eat China</b>	Eastern Sweets	Shanghai is the home of pan-fried buns and the best soup dumplings. We uncover a 200-year-old recipe for sweet and sour fish, and find out how people here cook a local version of shrimp ceviche.	CHINA	English-80; Cantonese-10; Mandarin-10				
2023-01-26	1800	<b>The Cook And The Chef</b>	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G		
2023-01-26	1830	<b>Come Dine With Me Daytime</b>	Surrey Day 4	Will Caroline's night of singing, dancing and nursery rhymes make her a winner, or will it distract too much from the food?	UNITED KINGDOM	English-100		PG		
2023-01-26	1900	<b>The Cook Up with Adam Liaw</b>	Bring A Plate	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and cake designer Monica Cavallaro into the kitchen to create some easy plate options that you can take to your next family BBQ.	AUSTRALIA	English-100	RPT	PG	Y	
2023-01-26	1930	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100		PG		
2023-01-26	2000	<b>Curtis Stone's Travel, Cook, Repeat</b>	Victoria, Australia	Chef Curtis Stone travels back to his hometown of Melbourne in Victoria, Australia where he meets up with his brother, Luke, to meet a former Formula One engineer turned baker.	USA	English-100		PG		
2023-01-26	2030	<b>Nadiya's Time To Eat</b>	Impress In An Instant	Nadiya shares her favourite time-saving recipes to take the stress out of impressing guests, from luxurious raspberry cheesecake croissants to a speedy satay chicken tray bake.	UNITED KINGDOM	English-100		PG		
2023-01-26	2100	<b>Gok Wan's Easy Asian</b>	Crowd Pleasers	Gok shares three sure-fire crowd pleasers: crispy springs rolls packed with Asian spiced veg, delectable Thai fish cakes and Mongolian glazed wings.	UNITED KINGDOM	English-100		PG		

2023-01-26	2130	<b>The Cook Up With Adam Liaw</b>	Naidoc: Warrigal Greens	This week we're celebrating NAIDOC Week. Starting it off, Adam and the Cook Up kitchen hosts Gumbaynggirr man Kyah Lulman and proud Whadjuk Noongar woman Narelda Jacobs.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	2200	<b>The Cook Up With Adam Liaw</b>	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	2230	<b>The Cook Up With Adam Liaw</b>	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	2300	<b>The Cook Up With Adam Liaw</b>	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	2330	<b>The Cook Up With Adam Liaw</b>	Naidoc: Cheese	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	2400	<b>Strait To The Plate</b>	Warraber	Aaron Fa'Aoso kick starts this season by visiting the Island of Warraber. Upon arrival, Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus inspired Crayfish Mornay.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-26	2430	<b>Strait To The Plate</b>	Masig	We meet Aunty Mary and Aunty Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	2500	<b>Strait To The Plate</b>	Thursday Island	Aaron arrives in the Kaywalagal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-26	2530	<b>Strait To The Plate</b>	Boigu	Aaron arrives on the Island of Boigu a place with a rich history of fierce warriors and dugong hunters and the most western island in the Torres Strait.	AUSTRALIA	English-100	RPT	G		
2023-01-26	2600	<b>Strait To The Plate</b>	Dauan Island	To continue his journey in the Northwestern region, Aaron visits Dauan Island. Dauan is a rocky granite island, a complete contrast to low laying Saibai and Boigu that are made up of marshlands.	AUSTRALIA	English-100	RPT	G		
2023-01-26	2630	<b>Strait To The Plate</b>	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		
2023-01-26	2700	<b>Curtis Stone's Travel, Cook, Repeat</b>	Victoria, Australia	Chef Curtis Stone travels back to his hometown of Melbourne in Victoria, Australia where he meets up with his brother, Luke, to meet a former Formula One engineer turned baker.	USA	English-100		PG		
2023-01-26	2730	<b>Nadiya's Time To Eat</b>	Impress In An Instant	Nadiya shares her favourite time-saving recipes to take the stress out of impressing guests, from luxurious raspberry cheesecake croissants to a speedy satay chicken tray bake.	UNITED KINGDOM	English-100		PG		
2023-01-26	2800	<b>Gok Wan's Easy Asian</b>	Crowd Pleasers	Gok shares three sure-fire crowd pleasers: crispy springs rolls packed with Asian spiced veg, delectable Thai fish cakes and Mongolian glazed wings.	UNITED KINGDOM	English-100		PG		
2023-01-26	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 39	Matt's first dish is inspired by his local Chinese take-away where he grew up - a one wok wonder - Mongolian Beef.	AUSTRALIA	English-100		PG		

2023-01-27	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-27	0530	<b>Simply Raymond Blanc</b>	Spices	Raymond Blanc cooks up a feast for the eyes with a roast butternut squash with chorizo, chickpeas and tahini dressing. Then he turns up the heat in the kitchen with a sumptuous red lentil dahl.	UNITED KINGDOM	English-100		G		
2023-01-27	0625	<b>Please Eat Slowly Bitesize</b>	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 shares his best tips to create your own!	AUSTRALIA	English-100				
2023-01-27	0630	<b>Destination Flavour China</b>	Hong Kong And Guandong	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2023-01-27	0700	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 9	Luke's penultimate stop of his train journey is Hanoi, the second largest city of Vietnam located on the Red River. There is one dish Luke always has when he visits Hanoi and that's Bun Cha.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-27	0730	<b>Eat China</b>	Eastern Sweets	Shanghai is the home of pan-fried buns and the best soup dumplings. We uncover a 200-year-old recipe for sweet and sour fish, and find out how people here cook a local version of shrimp ceviche.	CHINA	English-80; Cantonese-10; Mandarin-10				
2023-01-27	0800	<b>The Cook And The Chef</b>	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G		
2023-01-27	0830	<b>Come Dine With Me Daytime</b>	Surrey Day 4	Will Caroline's night of singing, dancing and nursery rhymes make her a winner, or will it distract too much from the food?	UNITED KINGDOM	English-100		PG		
2023-01-27	0900	<b>Curtis Stone's Travel, Cook, Repeat</b>	Victoria, Australia	Chef Curtis Stone travels back to his hometown of Melbourne in Victoria, Australia where he meets up with his brother, Luke, to meet a former Formula One engineer turned baker.	USA	English-100		PG		
2023-01-27	0930	<b>Nadiya's Time To Eat</b>	Impress In An Instant	Nadiya shares her favourite time-saving recipes to take the stress out of impressing guests, from luxurious raspberry cheesecake croissants to a speedy satay chicken tray bake.	UNITED KINGDOM	English-100		PG		
2023-01-27	1000	<b>Gok Wan's Easy Asian</b>	Crowd Pleasers	Gok shares three sure-fire crowd pleasers: crispy springs rolls packed with Asian spiced veg, delectable Thai fish cakes and Mongolian glazed wings.	UNITED KINGDOM	English-100		PG		
2023-01-27	1030	<b>Simply Raymond Blanc</b>	Spices	Raymond Blanc cooks up a feast for the eyes with a roast butternut squash with chorizo, chickpeas and tahini dressing. Then he turns up the heat in the kitchen with a sumptuous red lentil dahl.	UNITED KINGDOM	English-100		G		
2023-01-27	1125	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-27	1130	<b>Rick Stein's Cornwall</b>	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		

2023-01-27	1200	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-27	1230	<b>The Cook And The Chef</b>	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G		
2023-01-27	1300	<b>Come Dine With Me Daytime</b>	Newcastle Day 9	David's grand plan to throw the best dinner party is to serve an elaborate Ibizan style menu of tapas and paella, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100		PG		
2023-01-27	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 4	Lidia visits old friend Carlo Galloni and his family, to learn about the production of the 'king' of Italian hams - the prosciutto di Parma.	USA	English-100		G		
2023-01-27	1400	<b>Australia's Food Bowl</b>	Diverse Fruits	Australia's Food Bowl is home to some of the biggest food producers in Australia. Stefano explores the region's traditional crops such as citrus and grapes, as well as the lesser-known exotic fruits.	AUSTRALIA	English-100		G		
2023-01-27	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 40	Matt's visits stunning Noosa Heads overlooking Lagoona Bay where he barbeques harissa-spiced corn cobs.	AUSTRALIA	English-100		G		
2023-01-27	1500	<b>Food Lovers' Guide To Australia</b>	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, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-27	1530	<b>Simply Raymond Blanc</b>	Garden Favourites	Raymond Blanc has made his home in the heart of the English countryside. For the past 30 years he has been carefully curating his abundant kitchen gardens.	UNITED KINGDOM	English-100		G		
2023-01-27	1625	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-27	1630	<b>Destination Flavour China</b>	Hainan Island	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2023-01-27	1700	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 10	Luke visited Sapa high in the hills in Northern Vietnam fifteen years ago. He's pleased to find out that not much has changed, and visits a little girl he befriended during that time.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-27	1730	<b>Eat China</b>	Northern Comfort	Northern China is the birthplace of bao and other hearty dishes like lamb skewers and bean soup. Follow us as we make classic Chinese pork buns and go on a food tour of Beijing.	CHINA	English-80; Cantonese-10; Mandarin-10				
2023-01-27	1800	<b>The Cook And The Chef</b>	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G		
2023-01-27	1830	<b>Come Dine With Me Daytime</b>	Surrey Day 5	Competitive businessman John is banking on his one hundred percent home-cooked menu to bag him the prize, but his guests are expecting big things.	UNITED KINGDOM	English-100		PG		



2023-01-27	1900	<b>The Cook Up with Adam Liaw</b>	Filipino Savoury	Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-27	1930	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangurro Clams.	UNITED KINGDOM	English-100		PG		
2023-01-27	2000	<b>This Is Mexico</b>	This Is Mexico Series 1 Ep 5	Come to Oaxaca where you can experience century old traditions in a vibrant city where its food is as rich as its history.	AUSTRALIA	English-100		PG		
2023-01-27	2030	<b>Heston's Feasts</b>	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2023-01-27	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-27	2230	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-27	2235	<b>The Wine Show</b>	Wine Show Series 3, The Ep 4	Matthew and James have to find Portugal's link to Scandinavia and head to Aveiro where they cook salt cod.	UNITED KINGDOM	English-100		PG	Y	
2023-01-27	2335	<b>Choccywoccydoodah: Starstruck</b>	Mel C	The chocolatiers will need to think big to match the epic challenge Pop Princess and former Spice Girl Melanie C is about to hit them with - she wants a colossal cake to share with 2000 fans.	UNITED KINGDOM	English-100		PG		
2023-01-27	2430	<b>The Cook Up with Adam Liaw</b>	Filipino Savoury	Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-27	2500	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangurro Clams.	UNITED KINGDOM	English-100		PG		
2023-01-27	2530	<b>Heston's Feasts</b>	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2023-01-27	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-27	2730	<b>The Wine Show</b>	Wine Show Series 3, The Ep 4	Matthew and James have to find Portugal's link to Scandinavia and head to Aveiro where they cook salt cod.	UNITED KINGDOM	English-100		PG	Y	
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2023-01-28	0500	<b>Food Lovers' Guide To Australia</b>	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, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-28	0530	<b>Simply Raymond Blanc</b>	Garden Favourites	Raymond Blanc has made his home in the heart of the English countryside. For the past 30 years he has been carefully curating his abundant kitchen gardens.	UNITED KINGDOM	English-100		G		
2023-01-28	0625	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-28	0630	<b>Destination Flavour China</b>	Hainan Island	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2023-01-28	0700	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 10	Luke visited Sapa high in the hills in Northern Vietnam fifteen years ago. He's pleased to find out that not much has changed, and visits a little girl he befriended during that time.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-01-28	0730	<b>Eat China</b>	Northern Comfort	Northern China is the birthplace of bao and other hearty dishes like lamb skewers and bean soup. Follow us as we make classic Chinese pork buns and go on a food tour of Beijing.	CHINA	English-80; Cantonese-10; Mandarin-10				
2023-01-28	0800	<b>The Cook And The Chef</b>	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G		
2023-01-28	0830	<b>Come Dine With Me Daytime</b>	Surrey Day 5	Competitive businessman John is banking on his one hundred percent home-cooked menu to bag him the prize, but his guests are expecting big things.	UNITED KINGDOM	English-100		PG		
2023-01-28	0900	<b>This Is Mexico</b>	This Is Mexico Series 1 Ep 5	Come to Oaxaca where you can experience century old traditions in a vibrant city where its food is as rich as its history.	AUSTRALIA	English-100		PG		
2023-01-28	0930	<b>Heston's Feasts</b>	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2023-01-28	1030	<b>Simply Raymond Blanc</b>	Garden Favourites	Raymond Blanc has made his home in the heart of the English countryside. For the past 30 years he has been carefully curating his abundant kitchen gardens.	UNITED KINGDOM	English-100		G		
2023-01-28	1125	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-28	1130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-01-28	1230	<b>Choccywoccydoodah: Starstruck</b>	Mel C	The chocolatiers will need to think big to match the epic challenge Pop Princess and former Spice Girl Melanie C is about to hit them with - she wants a colossal cake to share with 2000 fans.	UNITED KINGDOM	English-100		PG		
2023-01-28	1325	<b>Please Eat Slowly Bitesize</b>	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				
2023-01-28	1330	<b>Come Dine With Me Daytime</b>	Surrey Day 5	Competitive businessman John is banking on his one hundred percent home-cooked menu to bag him the prize, but his guests are expecting big things.	UNITED KINGDOM	English-100		PG		

2023-01-28	1400	<b>This Is Mexico</b>	This Is Mexico Series 1 Ep 5	Come to Oaxaca where you can experience century old traditions in a vibrant city where its food is as rich as its history.	AUSTRALIA	English-100							PG	
2023-01-28	1430	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 3	Freddie and Rob continue their Australian adventure. They get up close and personal with some the country's deadliest animals by becoming snake catchers for the day.	UNITED KINGDOM	English-100							PG	
2023-01-28	1525	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y				Y	
2023-01-28	1530	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 4	Freddie Flintoff and his friend, adventurer Rob Penn, head to Darwin in the next instalment of their Australian road trip.	UNITED KINGDOM	English-100							PG	
2023-01-28	1625	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 2	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y				Y	
2023-01-28	1630	<b>Ainsley's Good Mood Food</b>	Honey	Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad.	UNITED KINGDOM	English-100							G	
2023-01-28	1725	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y					
2023-01-28	1730	<b>Bobby &amp; Giada In Italy</b>	Medieval Hamlet, A	Bobby Flay and Giada De Laurentis drive to the countryside of Tuscany for the second leg of their Italian adventure. Here it's all about exploring the local food and traditions.	USA	English-100							G	Y
2023-01-28	1830	<b>Tiny Kitchen Cook Off</b>	Lucy-Rene	It's a battle for the ages as Lucy Lawless and Renee O'Connor reunite from their warrior princess days to recreate Tiny Chili Cheese Nachos. They talk stunts and metal bras and some smoke ensues!	USA	English-100							PG	
2023-01-28	1900	<b>Nigellissima</b>	Nigellissima Series 1 Ep 5	Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G	Y					
2023-01-28	1930	<b>The Zimmern List</b>	Birmingham	Andrew travels to Birmingham to explore one of the fastest growing food scenes in America. From the state's signature barbecue to innovative Southern cuisine, he gets a taste of what makes the Magic City so unique.	USA	English-100								
2023-01-28	2000	<b>The Zimmern List</b>	Miami	Andrew travels to Miami, where the food scene fuses new ideas with old classics. From sizzling Cuban dishes to Peruvian bites with a glitzy Miami twist, Andrew immerses himself in the bold flavours of Latin America.	USA	English-100								
2023-01-28	2030	<b>Hairy Biker's Route 66</b>	Hairy Biker's Route 66 Series 1 Ep 4	The fourth leg of the bikers epic adventure runs from Amarillo, Texas to Albuquerque, New Mexico and gives a real insight into small independently owned restaurants and food producers.	UNITED KINGDOM	English-100							PG	
2023-01-28	2140	<b>Anthony Bourdain: Parts Unknown</b>	New Jersey	Tony travels back to his homeland, his roots, his favourite state in the union: New Jersey. Part nostalgia, part cautionary tale, Tony makes sure to hit up some New Jersey classics.	USA	English-100							PG	
2023-01-28	2230	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y				
2023-01-28	2235	<b>Restaurants On The Edge</b>	Hawaii	When Nepalese newlyweds Siri and Sunny bought the Aloha Vista Bar & Grill, they inherited one of the best views on the big Island, but also the eatery's reputation for being a drab Italian restaurant.	CANADA	English-100							PG	

2023-01-28	2330	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 3	Freddie and Rob continue their Australian adventure. They get up close and personal with some of the country's deadliest animals by becoming snake catchers for the day.	UNITED KINGDOM	English-100		PG		
2023-01-28	2425	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-28	2430	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 4	Freddie Flintoff and his friend, adventurer Rob Penn, head to Darwin in the next instalment of their Australian road trip.	UNITED KINGDOM	English-100		PG		
2023-01-28	2525	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 2	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-28	2530	<b>Ainsley's Good Mood Food</b>	Honey	Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad.	UNITED KINGDOM	English-100		G		
2023-01-28	2625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2023-01-28	2630	<b>Bobby &amp; Giada In Italy</b>	Medieval Hamlet, A	Bobby Flay and Giada De Laurentiis drive to the countryside of Tuscany for the second leg of their Italian adventure. Here it's all about exploring the local food and traditions.	USA	English-100		G		Y
2023-01-28	2725	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-01-28	2730	<b>Tiny Kitchen Cook Off</b>	Lucy-Rene	It's a battle for the ages as Lucy Lawless and Renee O'Connor reunite from their warrior princess days to recreate Tiny Chili Cheese Nachos. They talk stunts and metal bras and some smoke ensues!	USA	English-100		PG		
2023-01-28	2800	<b>Nigellissima</b>	Nigellissima Series 1 Ep 5	Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-01-28	2830	<b>The Zimmern List</b>	Birmingham	Andrew travels to Birmingham to explore one of the fastest growing food scenes in America. From the state's signature barbecue to innovative Southern cuisine, he gets a taste of what makes the Magic City so unique.	USA	English-100				

