



**WEEK 48: Sunday, 22 November - Saturday, 28 November 2020 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-11-22	0500	<b>The Cook And The Chef</b>	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		G	
2020-11-22	0530	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 11	Paul Hollywood truly celebrates British home cooking when Michelin Starred Pub Gub chef Tom Kerridge shares his favourite Pud with Paul - his own mums Bread and Butter Pudding.	UNITED KINGDOM	English-100		PG	
2020-11-22	0630	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 11	It's the semi finals as the Bellamoors, Piggot, and Masochaseys families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes.	UNITED KINGDOM	English-100		PG	
2020-11-22	0730	<b>Cheese Slices</b>	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100		G	
2020-11-22	0800	<b>Cheese Slices</b>	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100		G	
2020-11-22	0830	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 11	Three new pairs of cooks compete for a place in the final - Different Fravas, SassyFoodie, and Jum Jo Ji. Who will make the most profit when the 50 diners arrive?	UNITED KINGDOM	English-100		PG	
2020-11-22	0900	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 12	It's the last day of the heat and one kitchen will win a place in the weekly final. Cooking today are Different Fravas, SassyFoodie, and Jum Jo Ji.	UNITED KINGDOM	English-100		PG	
2020-11-22	0930	<b>The Hairy Bikers' Food Tour Of Britain</b>	Carmarthenshire	Si and Dave explore Carmarthenshire where they cook a traditional county favourite in the National Botanic Garden of Wales.They go cockling at Laugharne and source cheese from a happy herd of goats.	UNITED KINGDOM	English-100	RPT	G	
2020-11-22	1030	<b>Watts On The Grill</b>	Salt Rocks	It's about to get real savoury! Host Spencer Watts gets creative with the grill by cooking on salt, curing with salt, and then cooking inside of salt.	CANADA	English-100		G	
2020-11-22	1100	<b>Late Nite Eats</b>	St. Louis	Jordan is headed to St. Louis. Known as the gateway to the west, this city is a gateway to a wide variety of culinary delights. Jordan kicks off his journey at a restaurant close to his own heart.	USA	English-100		G	
2020-11-22	1130	<b>Late Nite Eats</b>	Nashville	Jordan's journey takes a turn full south with a trip to Music City. While Nashville may be best known for its music, it's next known for its mouthwatering cuisine.	USA	English-100		G	
2020-11-22	1200	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 11	Paul Hollywood truly celebrates British home cooking when Michelin Starred Pub Gub chef Tom Kerridge shares his favourite Pud with Paul - his own mums Bread and Butter Pudding.	UNITED KINGDOM	English-100		PG	
2020-11-22	1300	<b>Parveen's Indian Kitchen</b>	Parveen's Indian Cooking Series 1 Ep 1	Parveen throws open the doors to her kitchen showcasing a family favourites - lamb bhuna, with raita, and rice. In Delhi, Parveen meets with foodie guide and Delhite, Anubhav Sapra.	UNITED KINGDOM	English-100		G	
2020-11-22	1400	<b>Late Nite Eats</b>	Charleston	Jordan's southern tour continues in the jewel of the south - Charleston, South Carolina. He starts off his trip at one of the city's finest taprooms, Craftmen Taphouse.	USA	English-100		PG	
2020-11-22	1430	<b>Late Nite Eats</b>	Atlanta	Jordan is in Atlanta where cosmopolitan glamour and southern traditions collide. In this sitting, everyone is vying for a seat at the best tables, and that's even more true late night.	USA	English-100		PG	
2020-11-22	1500	<b>Secret Meat Business</b>	Secret Meat Business Series 1 Ep 13	Adrian serves up the perfect meat filled breakfast of champions, Swedish hash, and shares his tips for the best T-bone steak.	AUSTRALIA	English-100		G	
2020-11-22	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 1	Aussie chef Adrian Richardson generally knows all there is to know about meat - how to choose it, cut it, cook it and eat it. Today Adrian looks at Beef Wellington.	AUSTRALIA	English-100		G	

2020-11-22	1600	<b>The Cook And The Chef</b>	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		G	
2020-11-22	1630	<b>The Cook And The Chef</b>	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing sub tropical food enterprises.	AUSTRALIA	English-100		G	
2020-11-22	1700	<b>The Cook And The Chef</b>	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		G	
2020-11-22	1730	<b>Hairy Bikers Northern Exposure</b>	Finland	The bikers fall immediately in love with the beautiful and tranquil lakes of Finland and enjoy what they think will be a completely different change of pace from the intensity of St Petersburg.	UNITED KINGDOM	English-100		PG	
2020-11-22	1830	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100	RPT	G	Y
2020-11-22	1900	<b>Bonacini's Italy</b>	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		G	
2020-11-22	1930	<b>Gourmet Farmer Afloat</b>	On The Straight And Marrow	The boys' sailing skills are put to the test as they attempt a treacherous crossing at St Helens - the route taken by thousands of Chinese immigrants in search of gold in the 1800s.	AUSTRALIA	English-100	RPT	PG	Y
2020-11-22	2030	<b>Rick Stein's Far Eastern Odyssey</b>	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-11-22	2140	<b>Gino's Italian Escape: Hidden Italy</b>	Lombardia	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns.	UNITED KINGDOM	English-100		PG	
2020-11-22	2205	<b>Gino's Italian Escape: Hidden Italy</b>	Umbria	Gino is in Umbria - known as the green heart of Italy. It's fertile plains provides vegetables, grains, truffles and meat. Home to St Francis of Assisi, it is a region blessed with many pretty towns.	UNITED KINGDOM	English-100		PG	
2020-11-22	2230	<b>Watts On The Grill</b>	Cocoa Q	Chocolate on the barbeque? Who knew? Chef Spencer Watts shows his sweet side with four decadent recipes.	CANADA	English-100		PG	
2020-11-22	2300	<b>The Cook And The Chef</b>	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		G	
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2020-11-22	2430	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100	RPT	G	Y
2020-11-22	2500	<b>Bonacini's Italy</b>	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		G	
2020-11-22	2530	<b>Gourmet Farmer Afloat</b>	On The Straight And Marrow	The boys' sailing skills are put to the test as they attempt a treacherous crossing at St Helens - the route taken by thousands of Chinese immigrants in search of gold in the 1800s.	AUSTRALIA	English-100	RPT	PG	Y
2020-11-22	2630	<b>Rick Stein's Far Eastern Odyssey</b>	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-11-22	2740	<b>Gino's Italian Escape: Hidden Italy</b>	Lombardia	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns.	UNITED KINGDOM	English-100		PG	
2020-11-22	2805	<b>Gino's Italian Escape: Hidden Italy</b>	Umbria	Gino is in Umbria - known as the green heart of Italy. It's fertile plains provides vegetables, grains, truffles and meat. Home to St Francis of Assisi, it is a region blessed with many pretty towns.	UNITED KINGDOM	English-100		PG	
2020-11-22	2830	<b>Watts On The Grill</b>	Cocoa Q	Chocolate on the barbeque? Who knew? Chef Spencer Watts shows his sweet side with four decadent recipes.	CANADA	English-100		PG	

2020-11-23	0500	<b>The Cook And The Chef</b>	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		G	
2020-11-23	0530	<b>Hairy Bikers Northern Exposure</b>	Finland	The bikers fall immediately in love with the beautiful and tranquil lakes of Finland and enjoy what they think will be a completely different change of pace from the intensity of St Petersburg.	UNITED KINGDOM	English-100		PG	
2020-11-23	0630	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100	RPT	G	Y
2020-11-23	0700	<b>Bonacini's Italy</b>	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		G	
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2020-11-23	0830	<b>Rick Stein's Far Eastern Odyssey</b>	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-11-23	0940	<b>Gino's Italian Escape: Hidden Italy</b>	Lombardia	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns.	UNITED KINGDOM	English-100		PG	
2020-11-23	1005	<b>Gino's Italian Escape: Hidden Italy</b>	Umbria	Gino is in Umbria - known as the green heart of Italy. It's fertile plains provides vegetables, grains, truffles and meat. Home to St Francis of Assisi, it is a region blessed with many pretty towns.	UNITED KINGDOM	English-100		PG	
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2020-11-23	1230	<b>Hairy Bikers Northern Exposure</b>	Finland	The bikers fall immediately in love with the beautiful and tranquil lakes of Finland and enjoy what they think will be a completely different change of pace from the intensity of St Petersburg.	UNITED KINGDOM	English-100		PG	
2020-11-23	1330	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 4	Rachel arrives on Valentia Island and meets Sandra and Martin from the shellfish co-op. They dive for scallops owned by the co-op.	UNITED KINGDOM	English-100		PG	
2020-11-23	1400	<b>Africa On A Plate</b>	Zulu Nation	Chef Lentswe Bhengu travels to the outskirts of Durban, where he learns more about his own cultural heritage at PheZulu Safari Park, and the Zulu traditional way of life.	USA	English-100	RPT	PG	
2020-11-23	1430	<b>Pati's Mexican Table</b>	Jose Andres Takes Over	Pati invites her good friend and celebrity chef, Jose Andres, to cook with her. They join forces in her kitchen to whip together a series of Mexican and Spanish influenced recipes.	USA	English-100		PG	
2020-11-23	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, growing and preparing vegetables, and crunchy heritage apples.	AUSTRALIA	English-100	RPT	G	Y
2020-11-23	1530	<b>Martha Bakes</b>	Classic New England	Maple, cranberries, Boston cream pie cupcakes, and blueberries all have what in common? New England!	USA	English-100		G	
2020-11-23	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 31	Matt shares his tips for creating the perfect Vietnamese rice paper rolls, while Courtney cooks up an egg tart.	AUSTRALIA	English-100		PG	

2020-11-23	1630	<b>The Cook And The Chef</b>	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2020-11-23	1700	<b>The Cook And The Chef</b>	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100		G		
2020-11-23	1730	<b>Lidia's Kitchen</b>	Fruits And Desserts	Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata.	USA	English-100		G		
2020-11-23	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 16	TV presenter Gaby Roslin and actress Ruthie Henshall are guests in the kitchen as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG		
2020-11-23	1850	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 19	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.				RPT	PG	Y
2020-11-23	1855	<b>Poh &amp; Co. Bitesize</b>	Small Business	Poh & 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	
2020-11-23	1900	<b>Bake With Anna Olson</b>	Croissants	Anna gives a lesson on how to bake croissants like a pastry chef. She starts with a basic croissant dough recipe, and then works that dough into classic filled croissants.	CANADA	English-100		G		
2020-11-23	1930	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 6	Henry and Ian cook up a comforting classic - shepherds pie, as well as sushi with delicious vegan fillings that are sure to impress.	UNITED KINGDOM	English-100		G		
2020-11-23	2030	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 1	Nadia Sawalha is joined by guest chef Masha Rener and together they prepare a full day's menu, including a sausage and bean ragu.	UNITED KINGDOM	English-100		PG		
2020-11-23	2130	<b>Nigella Express</b>	Season's Eatings	Forget the big day. This is a snap of a great meal for those all important days around it. From drinks and nibbles when the guests arrive through to a simple, delicious no effort dinner.	UNITED KINGDOM	English-100	RPT	G	Y	
2020-11-23	2200	<b>Poh's Kitchen</b>	Chicken With Ragini Dey	In Malaysia recently, Poh was reminded of the depth and complexity of Nyonya culture, and this inspired her to master an old classic, Nyonya chicken curry.	AUSTRALIA	English-100	RPT	G	Y	
2020-11-23	2230	<b>The Cook And The Chef</b>	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2020-11-23	2300	<b>The Cook And The Chef</b>	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100		G		
2020-11-23	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 16	TV presenter Gaby Roslin and actress Ruthie Henshall are guests in the kitchen as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG		
2020-11-23	2420	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 19	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	
2020-11-23	2425	<b>Poh &amp; Co. Bitesize</b>	Small Business	Poh & 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	
2020-11-23	2430	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 6	Henry and Ian cook up a comforting classic - shepherds pie, as well as sushi with delicious vegan fillings that are sure to impress.	UNITED KINGDOM	English-100		G		
2020-11-23	2530	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 1	Nadia Sawalha is joined by guest chef Masha Rener and together they prepare a full day's menu, including a sausage and bean ragu.	UNITED KINGDOM	English-100		PG		
2020-11-23	2630	<b>Nigella Express</b>	Season's Eatings	Forget the big day. This is a snap of a great meal for those all important days around it. From drinks and nibbles when the guests arrive through to a simple, delicious no effort dinner.	UNITED KINGDOM	English-100	RPT	G	Y	

2020-11-23	2700	<b>Poh's Kitchen</b>	Chicken With Ragini Dey	In Malaysia recently, Poh was reminded of the depth and complexity of Nyonya culture, and this inspired her to master an old classic, Nyonya chicken curry.	AUSTRALIA	English-100	RPT	G	Y
2020-11-23	2730	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 4	Rachel arrives on Valentia Island and meets Sandra and Martin from the shellfish co-op. They dive for scallops owned by the co-op.	UNITED KINGDOM	English-100		PG	
2020-11-23	2800	<b>Africa On A Plate</b>	Zulu Nation	Chef Lentswe Bhengu travels to the outskirts of Durban, where he learns more about his own cultural heritage at PheZulu Safari Park, and the Zulu traditional way of life.	USA	English-100	RPT	PG	
2020-11-23	2830	<b>Pati's Mexican Table</b>	Jose Andres Takes Over	Pati invites her good friend and celebrity chef, Jose Andres, to cook with her. They join forces in her kitchen to whip together a series of Mexican and Spanish influenced recipes.	USA	English-100		PG	
2020-11-24	0500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, growing and preparing vegetables, and crunchy heritage apples.	AUSTRALIA	English-100	RPT	G	Y
2020-11-24	0530	<b>Martha Bakes</b>	Classic New England	Maple, cranberries, Boston cream pie cupcakes, and blueberries all have what in common? New England!	USA	English-100		G	
2020-11-24	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 31	Matt shares his tips for creating the perfect Vietnamese rice paper rolls, while Courtney cooks up an egg tart.	AUSTRALIA	English-100		PG	
2020-11-24	0630	<b>Lidia's Kitchen</b>	Fruits And Desserts	Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata.	USA	English-100		G	
2020-11-24	0700	<b>Bake With Anna Olson</b>	Croissants	Anna gives a lesson on how to bake croissants like a pastry chef. She starts with a basic croissant dough recipe, and then works that dough into classic filled croissants.	CANADA	English-100		G	
2020-11-24	0730	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 16	TV presenter Gaby Roslin and actress Ruthie Henshall are guests in the kitchen as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-11-24	0820	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 19	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2020-11-24	0825	<b>Poh &amp; Co. Bitesize</b>	Small Business	Poh & 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
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2020-11-24	0930	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 1	Nadia Sawalha is joined by guest chef Masha Renner and together they prepare a full day's menu, including a sausage and bean ragu.	UNITED KINGDOM	English-100		PG	
2020-11-24	1030	<b>Nigella Express</b>	Season's Eatings	Forget the big day. This is a snap of a great meal for those all important days around it. From drinks and nibbles when the guests arrive through to a simple, delicious no effort dinner.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-24	1100	<b>Poh's Kitchen</b>	Chicken With Ragini Dey	In Malaysia recently, Poh was reminded of the depth and complexity of Nyonya culture, and this inspired her to master an old classic, Nyonya chicken curry.	AUSTRALIA	English-100	RPT	G	Y
2020-11-24	1130	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 31	Matt shares his tips for creating the perfect Vietnamese rice paper rolls, while Courtney cooks up an egg tart.	AUSTRALIA	English-100		PG	
2020-11-24	1200	<b>Lidia's Kitchen</b>	Fruits And Desserts	Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata.	USA	English-100		G	
2020-11-24	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 16	TV presenter Gaby Roslin and actress Ruthie Henshall are guests in the kitchen as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	

2020-11-24	1320	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 19	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
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2020-11-24	1330	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 5	Rachel travels to the fishing village of Ballydavid in Dingle - and judges a mini version of their Spud Off.	UNITED KINGDOM	English-100		G	
2020-11-24	1400	<b>Africa On A Plate</b>	Tanzania: Dar Es Salaam	Chef Lentswe Bhengu learns how Tanzanians are reinventing their culinary style by visiting Trinity Bar and Restaurant, where he learns how to make a Swahili fusion dish.	USA	English-100	RPT	G	
2020-11-24	1430	<b>Pati's Mexican Table</b>	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch.	USA	English-100		G	
2020-11-24	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, the fishermen of Ceduna, cake decorating with Amanda Way, and the dancing ginger growers.	AUSTRALIA	English-100	RPT	G	Y
2020-11-24	1530	<b>Martha Bakes</b>	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100		G	
2020-11-24	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 32	Matt prepares breakfast quesadillas, and Courtney is joined by guest chef Dani Venn to make a superfood muesli slice.	AUSTRALIA	English-100		PG	
2020-11-24	1630	<b>The Cook And The Chef</b>	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2020-11-24	1700	<b>The Cook And The Chef</b>	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G	
2020-11-24	1730	<b>Lidia's Kitchen</b>	Crespelle	Lidia shares her favourite crespelle - an Italian-style crepe - dishes, including crespelle manicotti, and chocolate and walnut crespelle.	USA	English-100		G	
2020-11-24	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 17	Ainsley Harriott hosts the classic 20-minute cooking challenge, with eco-friendly father and son Dick and James Strawbridge, from It Isn't Easy Being Green.	UNITED KINGDOM	English-100		PG	
2020-11-24	1850	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Poh & 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
2020-11-24	1855	<b>Destination Flavour Scandinavia Bitesize</b>	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
2020-11-24	1900	<b>Bake With Anna Olson</b>	Jelly Roll Cakes	Anna starts with a classic raspberry jelly roll, and then moves on to a recipe that is a little more complex - tart lemon roulade.	CANADA	English-100		G	
2020-11-24	1930	<b>Food Safari</b>	Malaysian	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.	AUSTRALIA	English-100	RPT	G	Y
2020-11-24	2000	<b>Classic Mary Berry</b>	Timeless Entertaining	Mary loves entertaining and creates some timeless classics including Dover sole, beetroot gravadlax, and sticky chicken. She also visits Leeds Castle in preparation for Festival of Flowers.	UNITED KINGDOM	English-100		G	
2020-11-24	2030	<b>How To Cook Like Heston</b>	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-24	2100	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 2	Tonight, Luke stops off in Dong Hoi and prepares a dish for a family en route to Vinh. Arriving in Vinh, Luke explores the vibrant market lifestyle in this small country town.	AUSTRALIA	English-100	RPT	G	Y

2020-11-24	2130	<b>Nigella Feasts</b>	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-24	2200	<b>Poh's Kitchen</b>	Franco-Russian With Emmanuel Mollois	Poh welcomes French pastry chef, Emmanuel Mollois, back to her kitchen, where they cook a combination of classic French-Russian cuisine. Looking for inspiration, Poh takes Emmanuel on a shopping trip.	AUSTRALIA	English-100	RPT	G	Y
2020-11-24	2230	<b>The Cook And The Chef</b>	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2020-11-24	2300	<b>The Cook And The Chef</b>	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G	
2020-11-24	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 17	Ainsley Harriott hosts the classic 20-minute cooking challenge, with eco-friendly father and son Dick and James Strawbridge, from It Isn't Easy Being Green.	UNITED KINGDOM	English-100		PG	
2020-11-24	2420	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Poh & 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
2020-11-24	2425	<b>Destination Flavour Scandinavia Bitesize</b>	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
2020-11-24	2430	<b>Food Safari</b>	Malaysian	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.	AUSTRALIA	English-100	RPT	G	Y
2020-11-24	2500	<b>Classic Mary Berry</b>	Timeless Entertaining	Mary loves entertaining and creates some timeless classics including Dover sole, beetroot gravadlax, and sticky chicken. She also visits Leeds Castle in preparation for Festival of Flowers.	UNITED KINGDOM	English-100		G	
2020-11-24	2530	<b>How To Cook Like Heston</b>	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-24	2600	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 2	Tonight, Luke stops off in Dong Hoi and prepares a dish for a family en route to Vinh. Arriving in Vinh, Luke explores the vibrant market lifestyle in this small country town.	AUSTRALIA	English-100	RPT	G	Y
2020-11-24	2630	<b>Nigella Feasts</b>	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-24	2700	<b>Poh's Kitchen</b>	Franco-Russian With Emmanuel Mollois	Poh welcomes French pastry chef, Emmanuel Mollois, back to her kitchen, where they cook a combination of classic French-Russian cuisine. Looking for inspiration, Poh takes Emmanuel on a shopping trip.	AUSTRALIA	English-100	RPT	G	Y
2020-11-24	2730	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 5	Rachel travels to the fishing village of Ballydavid in Dingle - and judges a mini version of their Spud Off.	UNITED KINGDOM	English-100		G	
2020-11-24	2800	<b>Africa On A Plate</b>	Tanzania: Dar Es Salaam	Chef Lentswe Bhengu learns how Tanzanians are reinventing their culinary style by visiting Trinity Bar and Restaurant, where he learns how to make a Swahili fusion dish.	USA	English-100	RPT	G	
2020-11-24	2830	<b>Pati's Mexican Table</b>	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch.	USA	English-100		G	
2020-11-25	0500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, the fishermen of Ceduna, cake decorating with Amanda Way, and the dancing ginger growers.	AUSTRALIA	English-100	RPT	G	Y
2020-11-25	0530	<b>Martha Bakes</b>	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100		G	
2020-11-25	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 32	Matt prepares breakfast quesadillas, and Courtney is joined by guest chef Dani Venn to make a superfood muesli slice.	AUSTRALIA	English-100		PG	

2020-11-25	0630	<b>Lidia's Kitchen</b>	Crespelle	Lidia shares her favourite crespelle - an Italian-style crepe - dishes, including crespelle manicotti, and chocolate and walnut crespelle.	USA	English-100		G	
2020-11-25	0700	<b>Bake With Anna Olson</b>	Jelly Roll Cakes	Anna starts with a classic raspberry jelly roll, and then moves on to a recipe that is a little more complex - tart lemon roulade.	CANADA	English-100		G	
2020-11-25	0730	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 17	Ainsley Harriott hosts the classic 20-minute cooking challenge, with eco-friendly father and son Dick and James Strawbridge, from It Isn't Easy Being Green.	UNITED KINGDOM	English-100		PG	
2020-11-25	0820	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Poh & 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
2020-11-25	0825	<b>Destination Flavour Scandinavia Bitesize</b>	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
2020-11-25	0830	<b>Food Safari</b>	Malaysian	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.	AUSTRALIA	English-100	RPT	G	Y
2020-11-25	0900	<b>Classic Mary Berry</b>	Timeless Entertaining	Mary loves entertaining and creates some timeless classics including Dover sole, beetroot gravadlax, and sticky chicken. She also visits Leeds Castle in preparation for Festival of Flowers.	UNITED KINGDOM	English-100		G	
2020-11-25	0930	<b>How To Cook Like Heston</b>	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-25	1000	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 2	Tonight, Luke stops off in Dong Hoi and prepares a dish for a family en route to Vinh. Arriving in Vinh, Luke explores the vibrant market lifestyle in this small country town.	AUSTRALIA	English-100	RPT	G	Y
2020-11-25	1030	<b>Nigella Feasts</b>	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-25	1100	<b>Poh's Kitchen</b>	Franco-Russian With Emmanuel Mollois	Poh welcomes French pastry chef, Emmanuel Mollois, back to her kitchen, where they cook a combination of classic French-Russian cuisine. Looking for inspiration, Poh takes Emmanuel on a shopping trip.	AUSTRALIA	English-100	RPT	G	Y
2020-11-25	1130	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 32	Matt prepares breakfast quesadillas, and Courtney is joined by guest chef Dani Venn to make a superfood muesli slice.	AUSTRALIA	English-100		PG	
2020-11-25	1200	<b>Lidia's Kitchen</b>	Crespelle	Lidia shares her favourite crespelle - an Italian-style crepe - dishes, including crespelle manicotti, and chocolate and walnut crespelle.	USA	English-100		G	
2020-11-25	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 17	Ainsley Harriott hosts the classic 20-minute cooking challenge, with eco-friendly father and son Dick and James Strawbridge, from It Isn't Easy Being Green.	UNITED KINGDOM	English-100		PG	
2020-11-25	1320	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Poh & 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
2020-11-25	1325	<b>Destination Flavour Scandinavia Bitesize</b>	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
2020-11-25	1330	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 6	Rachel collects up herbs and eggs from the farm to use in her pork schnitzel dish. She then heads into Limerick City to meet fermenting expert Val O'Connor, before cooking turbot in beer.	UNITED KINGDOM	English-100		PG	
2020-11-25	1400	<b>Africa On A Plate</b>	Cooking Special: Holiday	Lentswe prepares a holiday feast including a turkey made his way.	USA	English-100	RPT	PG	
2020-11-25	1430	<b>Pati's Mexican Table</b>	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxacan cuisine from its pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements.	USA	English-100		PG	



2020-11-25	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G	Y
2020-11-25	1530	<b>Martha Bakes</b>	Midwest	Martha makes four regional classics meant for sharing - cherry pie, gooey butter cake, kransekake, and navy bean pie.	USA	English-100		G	
2020-11-25	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 33	Matt explores the history behind the king of sandwiches - the Reuben, while Courtney shares her mud cake recipe.	AUSTRALIA	English-100		PG	
2020-11-25	1630	<b>The Cook And The Chef</b>	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G	
2020-11-25	1700	<b>The Cook And The Chef</b>	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G	
2020-11-25	1730	<b>Lidia's Kitchen</b>	Agrodolce	Lidia shares her recipe for agrodolce - an Italian-style sweet-and-sour sauce - which she uses to flavour swordfish.	USA	English-100		G	
2020-11-25	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 18	Husband and wife pop stars Andy Scott-Lee and Michelle Heaton are aiming for the high notes in the kitchen today as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-11-25	1850	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 5	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
2020-11-25	1855	<b>Poh &amp; Co. Bitesize</b>	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
2020-11-25	1900	<b>Bake With Anna Olson</b>	Cheesecake	Anna shares her secrets for creating the delicious smooth and rich dessert that is cheesecake, starting with the classic New York cheesecake.	CANADA	English-100		G	
2020-11-25	1930	<b>Rachel Khoo: My Swedish Kitchen</b>	Swedish House Man's Food	Rachel picks kale from the west coast, and continues to the only large-scale tomato farm in Sweden. In her cabin, she makes butternut squash waffles and a mixed cherry tomato salad with crispy bacon.	UNITED KINGDOM	English-100		PG	
2020-11-25	2000	<b>French Food Safari</b>	French Food Safari Series 1 Episode 7	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	PG	Y
2020-11-25	2030	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 5	Early summer is a special time for Stefano in Mildura. It is the season when the trees are heavy with the first stone fruit. With some new season peaches, Stefano cooks an upside down peach cake.	AUSTRALIA	English-100		G	
2020-11-25	2100	<b>The Incredible Spice Men</b>	East Sussex	Tony and Cyrus celebrate the freshness of the local fish of East Sussex, and show how even the taste of the freshest fish can be enhanced with spices by cooking Dover sole with lime and ginger.	UNITED KINGDOM	English-100	RPT	G	
2020-11-25	2130	<b>Nigella Feasts</b>	Weekend Wonders	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-25	2200	<b>Poh's Kitchen</b>	Paris With Emmanuel Mollois	This episode is all about taking traditional recipes and creating something new and exciting. Poh creates one of her most beautiful desserts - rhubarb lily tart.	AUSTRALIA	English-100	RPT	G	Y
2020-11-25	2230	<b>The Cook And The Chef</b>	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G	
2020-11-25	2300	<b>The Cook And The Chef</b>	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G	
2020-11-25	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 18	Husband and wife pop stars Andy Scott-Lee and Michelle Heaton are aiming for the high notes in the kitchen today as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	

2020-11-25	2420	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 5	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
2020-11-25	2425	<b>Poh &amp; Co. Bitesize</b>	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
2020-11-25	2430	<b>Rachel Khoo: My Swedish Kitchen</b>	Swedish House Man's Food	Rachel picks kale from the west coast, and continues to the only large-scale tomato farm in Sweden. In her cabin, she makes butternut squash waffles and a mixed cherry tomato salad with crispy bacon.	UNITED KINGDOM	English-100		PG	
2020-11-25	2500	<b>French Food Safari</b>	French Food Safari Series 1 Episode 7	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	PG	Y
2020-11-25	2530	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 5	Early summer is a special time for Stefano in Mildura. It is the season when the trees are heavy with the first stone fruit. With some new season peaches, Stefano cooks an upside down peach cake.	AUSTRALIA	English-100		G	
2020-11-25	2600	<b>The Incredible Spice Men</b>	East Sussex	Tony and Cyrus celebrate the freshness of the local fish of East Sussex, and show how even the taste of the freshest fish can be enhanced with spices by cooking Dover sole with lime and ginger.	UNITED KINGDOM	English-100	RPT	G	
2020-11-25	2630	<b>Nigella Feasts</b>	Weekend Wonders	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-25	2700	<b>Poh's Kitchen</b>	Paris With Emmanuel Mollois	This episode is all about taking traditional recipes and creating something new and exciting. Poh creates one of her most beautiful desserts - rhubarb lily tart.	AUSTRALIA	English-100	RPT	G	Y
2020-11-25	2730	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 6	Rachel collects up herbs and eggs from the farm to use in her pork schnitzel dish. She then heads into Limerick City to meet fermenting expert Val O'Connor, before cooking turbot in beer.	UNITED KINGDOM	English-100		PG	
2020-11-25	2800	<b>Africa On A Plate</b>	Cooking Special: Holiday	Lentswe prepares a holiday feast including a turkey made his way.	USA	English-100	RPT	PG	
2020-11-25	2830	<b>Pati's Mexican Table</b>	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxacan cuisine from its pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements.	USA	English-100		PG	
2020-11-26	0500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G	Y
2020-11-26	0530	<b>Martha Bakes</b>	Midwest	Martha makes four regional classics meant for sharing - cherry pie, gooey butter cake, kransekake, and navy bean pie.	USA	English-100		G	
2020-11-26	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 33	Matt explores the history behind the king of sandwiches - the Reuben, while Courtney shares her mud cake recipe.	AUSTRALIA	English-100		PG	
2020-11-26	0630	<b>Lidia's Kitchen</b>	Agrodolce	Lidia shares her recipe for agrodolce - an Italian-style sweet-and-sour sauce - which she uses to flavour swordfish.	USA	English-100		G	
2020-11-26	0700	<b>Bake With Anna Olson</b>	Cheesecake	Anna shares her secrets for creating the delicious smooth and rich dessert that is cheesecake, starting with the classic New York cheesecake.	CANADA	English-100		G	
2020-11-26	0730	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 18	Husband and wife pop stars Andy Scott-Lee and Michelle Heaton are aiming for the high notes in the kitchen today as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-11-26	0820	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 5	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
2020-11-26	0825	<b>Poh &amp; Co. Bitesize</b>	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
2020-11-26	0830	<b>Rachel Khoo: My Swedish Kitchen</b>	Swedish House Man's Food	Rachel picks kale from the west coast, and continues to the only large-scale tomato farm in Sweden. In her cabin, she makes butternut squash waffles and a mixed cherry tomato salad with crispy bacon.	UNITED KINGDOM	English-100		PG	

2020-11-26	0900	<b>French Food Safari</b>	French Food Safari Series 1 Episode 7	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	PG	Y
2020-11-26	0930	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 5	Early summer is a special time for Stefano in Mildura. It is the season when the trees are heavy with the first stone fruit. With some new season peaches, Stefano cooks an upside down peach cake.	AUSTRALIA	English-100		G	
2020-11-26	1000	<b>The Incredible Spice Men</b>	East Sussex	Tony and Cyrus celebrate the freshness of the local fish of East Sussex, and show how even the taste of the freshest fish can be enhanced with spices by cooking Dover sole with lime and ginger.	UNITED KINGDOM	English-100	RPT	G	
2020-11-26	1030	<b>Nigella Feasts</b>	Weekend Wonders	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-26	1100	<b>Poh's Kitchen</b>	Paris With Emmanuel Mollois	This episode is all about taking traditional recipes and creating something new and exciting. Poh creates one of her most beautiful desserts - rhubarb lily tart.	AUSTRALIA	English-100	RPT	G	Y
2020-11-26	1130	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 33	Matt explores the history behind the king of sandwiches - the Reuben, while Courtney shares her mud cake recipe.	AUSTRALIA	English-100		PG	
2020-11-26	1200	<b>Lidia's Kitchen</b>	Agrodolce	Lidia shares her recipe for agrodolce - an Italian-style sweet-and-sour sauce - which she uses to flavour swordfish.	USA	English-100		G	
2020-11-26	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 18	Husband and wife pop stars Andy Scott-Lee and Michelle Heaton are aiming for the high notes in the kitchen today as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-11-26	1320	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 5	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
2020-11-26	1325	<b>Poh &amp; Co. Bitesize</b>	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
2020-11-26	1330	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 7	Rachel heads into the mountainous limestone pavement of The Burren where she meets Sadie whose perfumes are inspired by the landscape. Rachel creates a tarragon mayonnaise to reflect the scent.	UNITED KINGDOM	English-100		G	
2020-11-26	1400	<b>Africa On A Plate</b>	Tanzania: Stone Town	Chef Lentswe Bhengu continues to explore the seaside enclave of Stone Town and its infusion of exotic spices and cuisine.	USA	English-100	RPT	PG	
2020-11-26	1430	<b>Pati's Mexican Table</b>	Queen In The Land Of Gods, A	Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza.	USA	English-100		G	
2020-11-26	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y
2020-11-26	1530	<b>Martha Bakes</b>	Northwest	Join Martha as she shares four regional favourites using blackberries, figs, potatoes, and hazelnuts.	USA	English-100		G	
2020-11-26	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 34	Matt cooks up a perfect Mediterranean dish - sardine linguine, and Michael shares a colourful dessert to impress - strawberry and pineapple tarte tartin.	AUSTRALIA	English-100		PG	
2020-11-26	1630	<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	
2020-11-26	1700	<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	
2020-11-26	1730	<b>Lidia's Kitchen</b>	Herbs And Spices	Lidia shares some of her favourite recipes made with herbs and spices, including pickled carrots, and skillet cauliflower with lemon and mint.	USA	English-100		G	

2020-11-26	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 19	Ainsley Harriott hosts the classic 20-minute cooking challenge with Radio Two host Ken Bruce and fellow radio presenter Lynn Bowles.	UNITED KINGDOM	English-100		PG	
2020-11-26	1850	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 10	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
2020-11-26	1855	<b>Destination Flavour Singapore Bitesize</b>	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100		G	
2020-11-26	1900	<b>Bake With Anna Olson</b>	Gnache	Anna starts with a simple ganache and makes individual ganache tarts. Next, Anna takes a more complex recipe and creates molten centre chocolate cakes.	CANADA	English-100		G	
2020-11-26	1930	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100		PG	
2020-11-26	2000	<b>Donal's Asian Baking Adventure</b>	Macau	Jumping on a ferry to neighboring Macau, colonised by Portugal, residents here believe the custard tart, a favourite of Donal's, was in fact brought over by the Portuguese.	SINGAPORE	English-100		G	
2020-11-26	2030	<b>May's Kitchen</b>	Arabian Gulf, The	Chef May Yacoubi shares the cuisine of The Arabian gulf including Saudi jareesh, a chicken and basmati rice dish from Saudi Arabia, and Kuwait's unique version of mutabbaq featuring fish.	USA	English-100		PG	
2020-11-26	2100	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 7	Adam's journey begins 70 floors above Singapore on the outskirts of the CBD, at the top of the Swissotel Stamford building, where he finds a modern French restaurant called Jaan.	AUSTRALIA	English-100	RPT	PG	Y
2020-11-26	2130	<b>Nigella Feasts</b>	Delicious Dinners	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-26	2200	<b>Poh's Kitchen</b>	Darwin With Jimmy Shu	Tonight, Poh is in Darwin to meet internationally renowned chef Jimmy Shu. Jimmy guides Poh through a number of dishes which include paw paw salad and Pad Thai.	AUSTRALIA	English-100	RPT	G	Y
2020-11-26	2230	<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	
2020-11-26	2300	<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	
2020-11-26	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 19	Ainsley Harriott hosts the classic 20-minute cooking challenge with Radio Two host Ken Bruce and fellow radio presenter Lynn Bowles.	UNITED KINGDOM	English-100		PG	
2020-11-26	2420	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 10	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
2020-11-26	2425	<b>Destination Flavour Singapore Bitesize</b>	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100		G	
2020-11-26	2430	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100		PG	
2020-11-26	2500	<b>Donal's Asian Baking Adventure</b>	Macau	Jumping on a ferry to neighboring Macau, colonised by Portugal, residents here believe the custard tart, a favourite of Donal's, was in fact brought over by the Portuguese.	SINGAPORE	English-100		G	
2020-11-26	2530	<b>May's Kitchen</b>	Arabian Gulf, The	Chef May Yacoubi shares the cuisine of The Arabian gulf including Saudi jareesh, a chicken and basmati rice dish from Saudi Arabia, and Kuwait's unique version of mutabbaq featuring fish.	USA	English-100		PG	
2020-11-26	2600	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 7	Adam's journey begins 70 floors above Singapore on the outskirts of the CBD, at the top of the Swissotel Stamford building, where he finds a modern French restaurant called Jaan.	AUSTRALIA	English-100	RPT	PG	Y
2020-11-26	2630	<b>Nigella Feasts</b>	Delicious Dinners	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon.	UNITED KINGDOM	English-100	RPT	G	Y

2020-11-26	2700	<b>Poh's Kitchen</b>	Darwin With Jimmy Shu	Tonight, Poh is in Darwin to meet internationally renowned chef Jimmy Shu. Jimmy guides Poh through a number of dishes which include paw paw salad and Pad Thai.	AUSTRALIA	English-100	RPT	G	Y
2020-11-26	2730	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 7	Rachel heads into the mountainous limestone pavement of The Burren where she meets Sadie whose perfumes are inspired by the landscape. Rachel creates a tarragon mayonnaise to reflect the scent.	UNITED KINGDOM	English-100		G	
2020-11-26	2800	<b>Africa On A Plate</b>	Tanzania: Stone Town	Chef Lentswe Bhengu continues to explore the seaside enclave of Stone Town and its infusion of exotic spices and cuisine.	USA	English-100	RPT	PG	
2020-11-26	2830	<b>Pati's Mexican Table</b>	Queen In The Land Of Gods, A	Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza.	USA	English-100		G	
2020-11-27	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y
2020-11-27	0530	<b>Martha Bakes</b>	Northwest	Join Martha as she shares four regional favourites using blackberries, figs, potatoes, and hazelnuts.	USA	English-100		G	
2020-11-27	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 34	Matt cooks up a perfect Mediterranean dish - sardine linguine, and Michael shares a colourful dessert to impress - strawberry and pineapple tarte tartin.	AUSTRALIA	English-100		PG	
2020-11-27	0630	<b>Lidia's Kitchen</b>	Herbs And Spices	Lidia shares some of her favourite recipes made with herbs and spices, including pickled carrots, and skillet cauliflower with lemon and mint.	USA	English-100		G	
2020-11-27	0700	<b>Bake With Anna Olson</b>	Gnache	Anna starts with a simple ganache and makes individual ganache tarts. Next, Anna takes a more complex recipe and creates molten centre chocolate cakes.	CANADA	English-100		G	
2020-11-27	0730	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 19	Ainsley Harriott hosts the classic 20-minute cooking challenge with Radio Two host Ken Bruce and fellow radio presenter Lynn Bowles.	UNITED KINGDOM	English-100		PG	
2020-11-27	0820	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 10	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
2020-11-27	0825	<b>Destination Flavour Singapore Bitesize</b>	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100		G	
2020-11-27	0830	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100		PG	
2020-11-27	0900	<b>Donal's Asian Baking Adventure</b>	Macau	Jumping on a ferry to neighboring Macau, colonised by Portugal, residents here believe the custard tart, a favourite of Donal's, was in fact brought over by the Portuguese.	SINGAPORE	English-100		G	
2020-11-27	0930	<b>May's Kitchen</b>	Arabian Gulf, The	Chef May Yacoubi shares the cuisine of The Arabian gulf including Saudi jareesh, a chicken and basmati rice dish from Saudi Arabia, and Kuwait's unique version of mutabbaq featuring fish.	USA	English-100		PG	
2020-11-27	1000	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 7	Adam's journey begins 70 floors above Singapore on the outskirts of the CBD, at the top of the Swissotel Stamford building, where he finds a modern French restaurant called Jaan.	AUSTRALIA	English-100	RPT	PG	Y
2020-11-27	1030	<b>Nigella Feasts</b>	Delicious Dinners	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-27	1100	<b>Poh's Kitchen</b>	Darwin With Jimmy Shu	Tonight, Poh is in Darwin to meet internationally renowned chef Jimmy Shu. Jimmy guides Poh through a number of dishes which include paw paw salad and Pad Thai.	AUSTRALIA	English-100	RPT	G	Y
2020-11-27	1130	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 34	Matt cooks up a perfect Mediterranean dish - sardine linguine, and Michael shares a colourful dessert to impress - strawberry and pineapple tarte tartin.	AUSTRALIA	English-100		PG	

2020-11-27	1200	<b>Lidia's Kitchen</b>	Herbs And Spices	Lidia shares some of her favourite recipes made with herbs and spices, including pickled carrots, and skillet cauliflower with lemon and mint.	USA	English-100		G	
2020-11-27	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 19	Ainsley Harriott hosts the classic 20-minute cooking challenge with Radio Two host Ken Bruce and fellow radio presenter Lynn Bowles.	UNITED KINGDOM	English-100		PG	
2020-11-27	1320	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 10	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
2020-11-27	1325	<b>Destination Flavour Singapore Bitesize</b>	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100		G	
2020-11-27	1330	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 8	Rachel meets brothers Diarmud and Michael Kelly in Kilcolgan to collect oysters in the bay. Rachel lends a hand and sees champion oyster shucker Michael in action.	UNITED KINGDOM	English-100		PG	
2020-11-27	1400	<b>Africa On A Plate</b>	Honoring Elders: M'hudi Wine's Diale Rangaka	Chef Lentswe Bhengu has been inspired by people from all walks of life and will share those stories and a meal during this Elders Month special.	USA	English-100	RPT	PG	
2020-11-27	1430	<b>Pati's Mexican Table</b>	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made.	USA	English-100		G	
2020-11-27	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G	Y
2020-11-27	1530	<b>Martha Bakes</b>	Southern Classics	Martha shares three of her favourite Southern classics including hummingbird cake, sweet potato pie, and hot milk cake.	USA	English-100		G	
2020-11-27	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 35	Matt cooks up a flavourful side dish - Indian-spiced cauliflower, while Courtney cooks up an old school classic - the humble corned beef.	AUSTRALIA	English-100		PG	
2020-11-27	1630	<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	
2020-11-27	1700	<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	
2020-11-27	1730	<b>Lidia's Kitchen</b>	Steak House Favourites	Lidia pays tribute to steakhouse favourites. She prepares steak with mushroom sauce and braised escarole, to be served alongside crispy baked potatoes.	USA	English-100		G	
2020-11-27	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 20	TV and Radio medical pundits Dr Mark Porter and Dr Mark Hamilton swap stethoscopes for chopping boards as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-11-27	1850	<b>Poh &amp; Co. Bitesize</b>	Family	Poh & 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
2020-11-27	1855	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	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
2020-11-27	1900	<b>Bake With Anna Olson</b>	Lady Fingers	Part cake, part cookie, ladyfingers are extremely versatile in the pastry kitchen. Anna starts by showing viewers how to make these light and spongy biscuits.	CANADA	English-100		G	
2020-11-27	1930	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG	
2020-11-27	2000	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100		PG	
2020-11-27	2035	<b>Rick Stein's Long Weekends</b>	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G	

2020-11-27	2145	<b>Nigella Feasts</b>	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-27	2215	<b>Poh's Kitchen</b>	Gnocchi With Andre Ursini	Poh has invited Andre Ursini into the kitchen. Like Poh, reconnecting with her Malaysian background through food, so too has Andre with his Italian heritage.	AUSTRALIA	English-100	RPT	G	Y
2020-11-27	2245	<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	
2020-11-27	2315	<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
2020-11-27	2320	<b>Poh &amp; Co. Bitesize</b>	Garden, The	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
2020-11-27	2325	<b>Destination Flavour Scandinavia Bitesize</b>	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
2020-11-27	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 20	TV and Radio medical pundits Dr Mark Porter and Dr Mark Hamilton swap stethoscopes for chopping boards as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-11-27	2420	<b>Poh &amp; Co. Bitesize</b>	Family	Poh & 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
2020-11-27	2425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	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
2020-11-27	2430	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG	
2020-11-27	2500	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100		PG	
2020-11-27	2535	<b>Rick Stein's Long Weekends</b>	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G	
2020-11-27	2645	<b>Nigella Feasts</b>	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-27	2710	<b>Poh's Kitchen</b>	Gnocchi With Andre Ursini	Poh has invited Andre Ursini into the kitchen. Like Poh, reconnecting with her Malaysian background through food, so too has Andre with his Italian heritage.	AUSTRALIA	English-100	RPT	G	Y
2020-11-27	2740	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 8	Rachel meets brothers Diarmud and Michael Kelly in Kilcolgan to collect oysters in the bay. Rachel lends a hand and sees champion oyster shucker Michael in action.	UNITED KINGDOM	English-100		PG	
2020-11-27	2805	<b>Africa On A Plate</b>	Honoring Elders: M'hudi Wine's Diale Rangaka	Chef Lentswe Bhengu has been inspired by people from all walks of life and will share those stories and a meal during this Elders Month special.	USA	English-100	RPT	PG	
2020-11-27	2835	<b>Pati's Mexican Table</b>	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made.	USA	English-100		G	
2020-11-28	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G	Y
2020-11-28	0530	<b>Martha Bakes</b>	Southern Classics	Martha shares three of her favourite Southern classics including hummingbird cake, sweet potato pie, and hot milk cake.	USA	English-100		G	

2020-11-28	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 35	Matt cooks up a flavourful side dish - Indian-spiced cauliflower, while Courtney cooks up an old school classic - the humble corned beef.	AUSTRALIA	English-100			PG	
2020-11-28	0630	<b>Lidia's Kitchen</b>	Steak House Favourites	Lidia pays tribute to steakhouse favourites. She prepares steak with mushroom sauce and braised escarole, to be served alongside crispy baked potatoes.	USA	English-100			G	
2020-11-28	0700	<b>Bake With Anna Olson</b>	Lady Fingers	Part cake, part cookie, ladyfingers are extremely versatile in the pastry kitchen. Anna starts by showing viewers how to make these light and spongy biscuits.	CANADA	English-100			G	
2020-11-28	0730	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 20	TV and Radio medical pundits Dr Mark Porter and Dr Mark Hamilton swap stethoscopes for chopping boards as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100			PG	
2020-11-28	0820	<b>Poh &amp; Co. Bitesize</b>	Family	Poh & 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
2020-11-28	0825	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	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
2020-11-28	0830	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100			PG	
2020-11-28	0900	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100			PG	
2020-11-28	0935	<b>Rick Stein's Long Weekends</b>	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100			G	
2020-11-28	1045	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT		G	Y
2020-11-28	1050	<b>Poh &amp; Co. Bitesize</b>	Small Business	Poh & 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
2020-11-28	1055	<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
2020-11-28	1100	<b>Poh's Kitchen</b>	Gnocchi With Andre Ursini	Poh has invited Andre Ursini into the kitchen. Like Poh, reconnecting with her Malaysian background through food, so too has Andre with his Italian heritage.	AUSTRALIA	English-100	RPT		G	Y
2020-11-28	1130	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 35	Matt cooks up a flavourful side dish - Indian-spiced cauliflower, while Courtney cooks up an old school classic - the humble corned beef.	AUSTRALIA	English-100			PG	
2020-11-28	1200	<b>Lidia's Kitchen</b>	Steak House Favourites	Lidia pays tribute to steakhouse favourites. She prepares steak with mushroom sauce and braised escarole, to be served alongside crispy baked potatoes.	USA	English-100			G	
2020-11-28	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 20	TV and Radio medical pundits Dr Mark Porter and Dr Mark Hamilton swap stethoscopes for chopping boards as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100			PG	
2020-11-28	1320	<b>Poh &amp; Co. Bitesize</b>	Family	Poh & 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
2020-11-28	1325	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	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
2020-11-28	1330	<b>Africa On A Plate</b>	Honoring Elders: M'hudi Wine's Diale Rangaka	Chef Lentswe Bhengu has been inspired by people from all walks of life and will share those stories and a meal during this Elders Month special.	USA	English-100	RPT		PG	
2020-11-28	1400	<b>Late Nite Eats</b>	Tucson	Jordan's hitting up the southwest with a stop in Tucson, Arizona. Cultures collide in this city with restaurants drawing upon southern, west coast, and Mexican influences.	USA	English-100			G	



2020-11-28	1430	<b>Late Nite Eats</b>	Sacramento	Jordan head to the California's bread basket, Sacramento, where the long growing season and ideal climate make the region home to all manner of amazing produce, meats, and other ingredients.	USA	English-100		G
2020-11-28	1500	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 2	This episode, chef Adrian Richardson pays homage to his time spent as a child in Malaysia, preparing succulent Kelantan-style grilled chicken.	AUSTRALIA	English-100		G
2020-11-28	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 3	This episode, chef Adrian Richardson shows us the versatility of cooking with rabbit, serving up his succulent sweet braised rabbit ragu.	AUSTRALIA	English-100		G
2020-11-28	1600	<b>The Cook And The Chef</b>	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100		G
2020-11-28	1630	<b>The Cook And The Chef</b>	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G
2020-11-28	1700	<b>The Cook And The Chef</b>	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G
2020-11-28	1730	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 12	Paul Hollywood proves that Britains Pies and Puds are among the best in the world as he is joined by American baking boys Outsider Tart for a Great Transatlantic Bake Off.	UNITED KINGDOM	English-100		PG
2020-11-28	1830	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 12	It's the grand final as the teams battle it out for the chance to be crowned the UK's best family of home cooks.	UNITED KINGDOM	English-100		PG
2020-11-28	1930	<b>Cheese Slices</b>	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
2020-11-28	2000	<b>Cheese Slices</b>	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
2020-11-28	2030	<b>Heston's Great British Food</b>	Pies	Heston pays homage to British classic - the pie - and serves his pie banquet to a select group of British pie-makers, 100 feet in the air over the East End of London.	UNITED KINGDOM	English-100		PG
2020-11-28	2100	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 14	It's the last day of the heat and one kitchen will win a place in the weekly final. The teams cooking include The Foodie Hut, Sizzle N' Spice, and Shakya's Sri Lankan Kitchen.	UNITED KINGDOM	English-100		PG
2020-11-28	2130	<b>The Hairy Bikers' Food Tour Of Britain</b>	Worcestershire	Si and Dave explore Worcestershire, where they cook a traditional county favourite in Malvern Priory Park.They also dig their own asparagus, and find a man making award winning perry in his garage.	UNITED KINGDOM	English-100	RPT	G
2020-11-28	2230	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 6	The 'Tour de Murray' is an annual bike race held between Mildura and Echuca, a town on the Murray River some four hundred kilometres upstream. Stefano prepares the cyclists pasta fagioli.	AUSTRALIA	English-100		PG
2020-11-28	2300	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 7	Not far from the Murray River, vast areas of the countryside around Mildura grow wheat and barley. Stefano cooks a magnificent wheat cake known as a pastiera Napoletana.	AUSTRALIA	English-100		G
2020-11-28	2330	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 12	Paul Hollywood proves that Britains Pies and Puds are among the best in the world as he is joined by American baking boys Outsider Tart for a Great Transatlantic Bake Off.	UNITED KINGDOM	English-100		PG
2020-11-28	2430	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 12	It's the grand final as the teams battle it out for the chance to be crowned the UK's best family of home cooks.	UNITED KINGDOM	English-100		PG
2020-11-28	2530	<b>Cheese Slices</b>	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
2020-11-28	2600	<b>Cheese Slices</b>	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
2020-11-28	2630	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 13	Three new pairs of cooks compete for a place in the final - Shakya's Sri Lankan Kitchen, Sizzle N' Spice, and The Foodie Hut. Who'll make the most profit when today's 50 diners arrive?	UNITED KINGDOM	English-100		PG
2020-11-28	2700	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 14	It's the last day of the heat and one kitchen will win a place in the weekly final. The teams cooking include The Foodie Hut, Sizzle N' Spice, and Shakya's Sri Lankan Kitchen.	UNITED KINGDOM	English-100		PG
2020-11-28	2730	<b>The Hairy Bikers' Food Tour Of Britain</b>	Worcestershire	Si and Dave explore Worcestershire, where they cook a traditional county favourite in Malvern Priory Park.They also dig their own asparagus, and find a man making award winning perry in his garage.	UNITED KINGDOM	English-100	RPT	G

2020-11-28

2830

**A Gondola On The Murray**

Gondola On The Murray  
Series 2 Ep 6

The 'Tour de Murray' is an annual bike race held between Mildura and Echuca, a town on the Murray River some four hundred kilometres upstream. Stefano prepares the cyclists pasta fagioli.

AUSTRALIA

English-100

PG