



WEEK 5: Sunday, 23 January - Saturday, 29 January 2022 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-01-23	0500	Taste The Nation With Padma Lakshmi	Dancing In Little Lima	Padma knows the power of a great bowl of ceviche. She visits Paterson, New Jersey - a Peruvian enclave, for a deeper look at the vibrant culture and food scene of Peru.	USA	English-100	RPT	PG		Y
2022-01-23	0530	Cook Like A Chef	Duck	Chef-host Craig Wong is our duck guide in this well-travelled episode of Cook Like a Chef. First stop? Peking Duck!	CANADA	English-100	RPT	PG		
2022-01-23	0600	Cook Like A Chef	Potatoes	Chef Derek Dammann demonstrates talent and skills in demystifying the potato - using tons of terrific techniques.	CANADA	English-100	RPT	PG		
2022-01-23	0630	Cheese Slices	Cheddar Cheese Of England	Will and daughter Ellie visit England's South West, a region famous for producing the world's finest cheddar cheese.	AUSTRALIA	English-100	RPT	G		
2022-01-23	0700	Cheese Slices	Camambert And The Normandy Cheeses	Revisiting one of his favourite regions in Europe, Will Studd explores the challenges facing the traditional raw milk cheesemakers of Normandy, long renowned for its quality dairy products.	AUSTRALIA	English-100	RPT	PG		
2022-01-23	0730	Taste The Nation With Padma Lakshmi	Original Americans, The	What is the original American cuisine? Padma travels to Arizona to eat food that is indigenous to this land.	USA	English-100	RPT	PG		
2022-01-23	0800	Taste The Nation With Padma Lakshmi	Dancing In Little Lima	Padma knows the power of a great bowl of ceviche. She visits Paterson, New Jersey - a Peruvian enclave, for a deeper look at the vibrant culture and food scene of Peru.	USA	English-100	RPT	PG		Y
2022-01-23	0835	Ainsley's Food We Love	Beside The Seaside	Ainsley takes inspiration from days beside the seaside, starting with a Caribbean squash and chickpea roti with hot sauce yoghurt, while Olly Smith hunts out the perfect wines for sipping by the sea.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-23	0930	Kylie Kwong: Heart And Soul	Egg	Kylie has been invited to a delicious outdoor lunch by the sea, the only catch is she has to cook.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-23	1000	Kylie Kwong: Heart And Soul	Marinade	Kylie is having a steamboat party for ten friends at home - she provides the food, the guests do the cooking.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-23	1030	Anthony Bourdain: Parts Unknown	West Virginia	Anthony Bourdain digs deep into the proud, often misunderstood culture of West Virginia, as he observes the local coal mining-centric economy, and dines on signature Appalachian dishes.	USA	English-100	RPT	PG		Y
2022-01-23	1125	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-23	1130	Anthony Bourdain: Parts Unknown	Newfoundland	An exploration of Newfoundland - the rocky, east coast Canadian island by Anthony Bourdain reveals a magical place abundant in fish and wild game, and steeped in distinctive traditions.	USA	English-100	RPT	PG		
2022-01-23	1225	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-23	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 1	Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.	AUSTRALIA	English-100	RPT	G		
2022-01-23	1300	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.	AUSTRALIA	English-100	RPT	G		
2022-01-23	1330	Middle East Feast With Shane Delia	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100	RPT	G		
2022-01-23	1400	The Cook Up with Adam Liaw	Summer Dessert	Television presenter Jan Fran and Melbourne's Maha Bar owner Shane Delia join host Adam Liaw in The Cook up kitchen as they create some summer dessert classics.	AUSTRALIA	English-100	RPT	PG		
2022-01-23	1430	The Cook Up with Adam Liaw	Dinner For One	Host Adam Liaw, comedian and radio presenter Joel Creasey and media personality Melissa Hoyer are in The Cook Up kitchen to create their ultimate Dinner for One meals.	AUSTRALIA	English-100	RPT	PG		
2022-01-23	1500	The Cook Up with Adam Liaw	Ginger	Canton Kitchen's Jason Chan and owner of Nel restaurant, Nelly Robinson, are in The Cook Up kitchen with host Adam Liaw to cook some ginger infused dishes.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-23	1530	The Cook Up with Adam Liaw	Colour	Television presenter Julia Zemiro and ex Mr Wong/Lotus head chef, Sam Young, are in The Cook Up kitchen with host Adam Liaw to create some colourful dishes.	AUSTRALIA	English-100	RPT	PG		

2022-01-23	1600	The Cook Up with Adam Liaw	Technique	Technique is our theme for tonight. One of the best sushi masters in the country, Toshihiko Oe, and Chuuka's Chase Kojima join Adam Liaw in The Cook Up kitchen to show off their cooking technique.	AUSTRALIA	English-100	RPT	PG		
2022-01-23	1630	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100	RPT	G		
2022-01-23	1700	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100	RPT	G		
2022-01-23	1730	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100	RPT	G		
2022-01-23	1800	Taste Of France	Ursus	Tree trunks, a ceiling disguised as a forest, stunning walnut wood tables and muted lighting - such is setting for the creative cuisine of Clément Bouvier at his restaurant Ursus in the Savoy region.	SWEDEN	English-50; French-50		PG		Y
2022-01-23	1830	Ottolenghi's Mediterranean Island Feasts	Mallorca	On the Spanish Island of Mallorca, Yotam searches for authentic local cuisine, discovering wonderful local ingredients including ruby red prawns, the star ingredient in his version of paella.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-01-23	1925	Just Jen Bitesize	Veggie Larb	Feeling artsy, anxious or just plain hungry? Join Jen Phanomrat in the kitchen as she makes tasty recipes for the body and the home, that are great for all the feels.	USA	English-100		PG		
2022-01-23	1930	Mary Berry's Simple Comforts	Paris	Mary Berry heads back to the city where she learnt to cook - Paris. A city that lives and breathes food, she makes some of her own irresistible dishes inspired by this wonderful city.	UNITED KINGDOM	English-100				
2022-01-23	2000	Australia's Food Bowl	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	RPT	PG		
2022-01-23	2030	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 5	Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and home-made moussaka.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-23	2140	Anthony Bourdain: Parts Unknown	Armenia	Anthony experiences the culture and cuisine of Armenia, in the company of Serj Tankian, Armenian-American frontman for the band, System of a Down, addressing the country's past as well as its future.	USA	English-100		PG		Y
2022-01-23	2235	Anthony Bourdain: Parts Unknown	Uruguay	Anthony journeys to the progressive South American nation of Uruguay, accompanied by NYC chef Ignacio Mattos, a native Uruguayan, where they enjoy a wide selection of meats.	USA	English-100		PG		Y
2022-01-23	2330	Taste Of France	Ursus	Tree trunks, a ceiling disguised as a forest, stunning walnut wood tables and muted lighting - such is setting for the creative cuisine of Clément Bouvier at his restaurant Ursus in the Savoy region.	SWEDEN	English-50; French-50	RPT	PG		Y
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2022-01-24	1200	Mary Berry's Simple Comforts	Paris	Mary Berry heads back to the city where she learnt to cook - Paris. A city that lives and breathes food, she makes some of her own irresistible dishes inspired by this wonderful city.	UNITED KINGDOM	English-100	RPT			
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2022-01-24	1330	Delia's How To Cook	Eggs: Boiling And Scrambling	From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg.	UNITED KINGDOM	English-100	RPT	G		
2022-01-24	1400	Delia's How To Cook	Eggs: Omelettes	Delia continues on the theme of eggs, this time concentrating on the versatile omelette, from light and fluffy, to the classic Spanish tortilla.	UNITED KINGDOM	English-100	RPT	G		
2022-01-24	1430	Mary's Kitchen Crush	Muscle Meal	Mary whips up a protein-packed Mexican meal for her taco-loving best friend, Kyle, to support his recent workout kick.	CANADA	English-100	RPT	G		
2022-01-24	1455	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-24	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 26	Matt makes a versatile banana bread recipe, ideal for all occasions. Courtney goes on location to a broccoli farm and cooks the farmer a special broccoli tabbouleh with lamb meatballs.	AUSTRALIA	English-100	RPT	G		
2022-01-24	1530	Bonacini's Italy	Puglia	Puglia's lush landscape and large coastline characterise its cuisine. Michael explores its native ingredients through some of his favourite Puglian meals.	CANADA	English-100	RPT	G		
2022-01-24	1600	Mystery Diners	Security Issues	After hearing complaints that their late night security guard is being too rough with customers, Dave and Mike Frank, co-owners of Del Rossi's Cheesesteak Co. contact the Mystery Diners for help.	USA	English-100	RPT	PG		Y
2022-01-24	1630	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100	RPT	G		
2022-01-24	1700	Food Safari	Food Safari Series 4 Episode 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-24	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-24	1825	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-24	1830	The Cook And The Chef	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	RPT	G		

2022-01-24	1900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 1	Rick heads to the place where his passion for Cornwall began - his family home at Trevese Head on the north Cornish coast, where as a child he would go fishing with his father.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-24	1930	Jamie & Jimmy's Food Fight Club	Mel B	Things are heating up on the pier as Mel B joins Jamie and Jimmy for some spicy Caribbean cooking. Together they recreate the most incredible curry chicken, rice and peas from Mel's grandmother's recipe.	UNITED KINGDOM	English-100		PG		
2022-01-24	2030	Alex Polizzi's Secret Italy	Southern Sicily	Alex concludes her journey in Southern Sicily, where she discovers the diverse beauty of Italy's biggest island. From the serenity of the baroque town of Ragusa, to the breathtaking Turkish Steps.	UNITED KINGDOM	English-100		PG	Y	Y
2022-01-24	2125	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-24	2130	Poh's Kitchen	Margaret River With Ian Parmenter	Poh's on the road in WA's Margaret River region with one-time TV chef and good food lover, Ian Parmenter. Ian has invited her to his backyard, the wonderful mecca of the Margaret River region.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-24	2200	Gourmet Farmer	Goats Milk Ice Cream	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-24	2230	The Cook Up with Adam Liaw	Family Dinner	Top chef Colin Fassnidge and much-loved tv and radio personality Yumi Stynes drop by The Cook Up kitchen to cook with Adam Liaw and show what they serve for their very own family dinner.	AUSTRALIA	English-100	RPT	G	Y	
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2022-01-24	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 31	TV presenter Kaye Adams and Taggart star Blythe Duff roll up their sleeves for another classic 20-minute cooking challenge with Ainsley Harriott.	UNITED KINGDOM	English-100	RPT	G		
2022-01-24	2420	Destination Flavour - Japan	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
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2022-01-24	2500	Mary's Kitchen Crush	Muscle Meal	Mary whips up a protein-packed Mexican meal for her taco-loving best friend, Kyle, to support his recent workout kick.	CANADA	English-100	RPT	G		
2022-01-24	2525	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
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2022-01-25	1230	The Cook Up with Adam Liaw	Family Dinner	Top chef Colin Fassnidge and much-loved tv and radio personality Yumi Stynes drop by The Cook Up kitchen to cook with Adam Liaw and show what they serve for their very own family dinner.	AUSTRALIA	English-100	RPT	G			
2022-01-25	1300	Gourmet Farmer	Goats Milk Ice Cream	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania.	AUSTRALIA	English-100	RPT	G		Y	
2022-01-25	1330	Delia's How To Cook	Eggs: Souffles, Custards And Hollandaise	Delia shows how the simple technique of separating an egg yolk from the white can open up a whole range of easy-to-cook possibilities.	UNITED KINGDOM	English-100	RPT	G			
2022-01-25	1400	Delia's How To Cook	Bread	Delia revives the art of home baking with a programme devoted to flour. According to Delia, it takes less time to make a loaf of wholemeal bread than it does to drive to the supermarket.	UNITED KINGDOM	English-100	RPT	G			
2022-01-25	1430	Mary's Kitchen Crush	Canada Long Weekend	Summer long weekends are all about fun, food, and friendly hangs, so Mary and Aaron host their friends with a Canadian-inspired menu.	CANADA	English-100	RPT	PG			
2022-01-25	1455	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y	
2022-01-25	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 27	Matt is back on the beach at Noosa making delicious piadina, inspired by his trip to the Italian Amalfi Coast.	AUSTRALIA	English-100	RPT	G			
2022-01-25	1530	Bonacini's Italy	Sicily	Simplicity is key with Sicilian cuisine and Michael explores just how the region balances simplicity with intensity through four flavourful dishes. He starts with an antipasto of folded flatbread.	CANADA	English-100	RPT	G			
2022-01-25	1600	Mystery Diners	What A Drag	After hearing complaints from his cross-dressing customers that the weekly quiz night is rigged, Bob, the owner of Venture Inn in Philadelphia, suspects his manager is responsible.	USA	English-100	RPT	PG		Y	
2022-01-25	1630	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100	RPT	G			
2022-01-25	1700	Food Safari	Food Safari Series 4 Episode 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G		Y	
2022-01-25	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG		Y	
2022-01-25	1825	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2022-01-25	1830	The Cook And The Chef	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	RPT	G			
2022-01-25	1900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 2	Deep in the Cornish countryside, Rick Stein meets an extraordinary family who are making some of the best Gouda cheese in Britain, from which he cooks a tortilla dish with caramelised apples.	UNITED KINGDOM	English-100	RPT	PG			

2022-01-25	1930	Taste Of Italy	Bari	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. In Bari, Nisha is introduced to family recipes over 400 years old!	UNITED KINGDOM	English-100		PG		Y
2022-01-25	2000	Gamer Snacks	Pimp My Fast Food And Bolognese Bracelets	Arron Crascall and guests, foodie duo Mam Sham, bring you the fanciest, Michelin star-looking fast food you've ever seen. Then Arron and KG Tha Comedian eradicate the mess of eating spaghetti while gaming.	USA	English-100		PG		
2022-01-25	2030	Weekend Breaks With Gregg Wallace	Christmas In Vienna	Gregg Wallace heads to the home of the Christmas market - Vienna - to get to the bottom of what makes them so special, checking out great festive food, fascinating traditions, and warming drinks.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-01-25	2125	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-25	2130	Poh's Kitchen	My Place With Ian Parmenter	After a week as Ian Parmenter's guest in Western Australia's Margaret River, has Poh finally become a country girl?	AUSTRALIA	English-100	RPT	G	Y	
2022-01-25	2200	Gourmet Farmer	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-25	2230	The Cook Up with Adam Liaw	Lemongrass	Adam Liaw is joined by Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to cook Asia-inspired specialties with lemongrass.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-25	2300	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 2	Deep in the Cornish countryside, Rick Stein meets an extraordinary family who are making some of the best Gouda cheese in Britain, from which he cooks a tortilla dish with caramelised apples.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-25	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 32	Will it be five-star service in the kitchen today as Hotel Babylon actors Martin Marquez and Michael Obiora join Ainsley Harriott for another 20-minute cooking challenge?	UNITED KINGDOM	English-100	RPT	G		
2022-01-25	2420	Destination Flavour - Japan	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	
2022-01-25	2430	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100	RPT	G		
2022-01-25	2500	Mary's Kitchen Crush	Canada Long Weekend	Summer long weekends are all about fun, food, and friendly hangs, so Mary and Aaron host their friends with a Canadian-inspired menu.	CANADA	English-100	RPT	PG		
2022-01-25	2525	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-25	2530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-25	2625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-25	2630	Taste Of Italy	Bari	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. In Bari, Nisha is introduced to family recipes over 400 years old!	UNITED KINGDOM	English-100	RPT	PG		Y
2022-01-25	2700	Gamer Snacks	Pimp My Fast Food And Bolognese Bracelets	Arron Crascall and guests, foodie duo Mam Sham, bring you the fanciest, Michelin star-looking fast food you've ever seen. Then Arron and KG Tha Comedian eradicate the mess of eating spaghetti while gaming.	USA	English-100	RPT	PG		
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2022-01-25	2825	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-25	2830	Poh's Kitchen	My Place With Ian Parmenter	After a week as Ian Parmenter's guest in Western Australia's Margaret River, has Poh finally become a country girl?	AUSTRALIA	English-100	RPT	G	Y	
2022-01-26	0500	Delia's How To Cook	Eggs: Souffles, Custards And Hollandaise	Delia shows how the simple technique of separating an egg yolk from the white can open up a whole range of easy-to-cook possibilities.	UNITED KINGDOM	English-100	RPT	G		
2022-01-26	0530	Delia's How To Cook	Bread	Delia revives the art of home baking with a programme devoted to flour. According to Delia, it takes less time to make a loaf of wholemeal bread than it does to drive to the supermarket.	UNITED KINGDOM	English-100	RPT	G		
2022-01-26	0600	Mary's Kitchen Crush	Canada Long Weekend	Summer long weekends are all about fun, food, and friendly hangs, so Mary and Aaron host their friends with a Canadian-inspired menu.	CANADA	English-100	RPT	PG		
2022-01-26	0625	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	

2022-01-26	0630	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 27	Matt is back on the beach at Noosa making delicious piadina, inspired by his trip to the Italian Amalfi Coast.	AUSTRALIA	English-100	RPT	G	
2022-01-26	0700	Bonacini's Italy	Sicily	Simplicity is key with Sicilian cuisine and Michael explores just how the region balances simplicity with intensity through four flavourful dishes. He starts with an antipasto of folded flatbread.	CANADA	English-100	RPT	G	
2022-01-26	0730	Mystery Diners	What A Drag	After hearing complaints from his cross-dressing customers that the weekly quiz night is rigged, Bob, the owner of Venture Inn in Philadelphia, suspects his manager is responsible.	USA	English-100	RPT	PG	Y
2022-01-26	0800	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100	RPT	G	
2022-01-26	0830	Food Safari	Food Safari Series 4 Episode 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	0900	The Cook And The Chef	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	RPT	G	
2022-01-26	0930	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-26	1025	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	1030	Taste Of Italy	Bari	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. In Bari, Nisha is introduced to family recipes over 400 years old!	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-26	1100	Gamer Snacks	Pimp My Fast Food And Bolognese Bracelets	Arron Crascall and guests, foodie duo Mam Sham, bring you the fanciest, Michelin star-looking fast food you've ever seen. Then Arron and KG Tha Comedian eradicate the mess of eating spaghetti while gaming.	USA	English-100	RPT	PG	
2022-01-26	1130	Weekend Breaks With Gregg Wallace	Christmas In Vienna	Gregg Wallace heads to the home of the Christmas market - Vienna - to get to the bottom of what makes them so special, checking out great festive food, fascinating traditions, and warming drinks.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-26	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	1230	The Cook Up with Adam Liaw	Lemongrass	Adam Liaw is joined by Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to cook Asia-inspired specialties with lemongrass.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	1300	The Cook Up with Adam Liaw	Nuts And Seeds	Tonight in The Cook Up kitchen, host Adam Liaw is joined by Rockpool's Jayde Harris and indigenous TV presenter and chef Mark Olive as they use native nuts and seeds to create some amazing dishes.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	1330	The Cook Up with Adam Liaw	Off The Grill	The Cook Up Kitchen plays host to Adam Liaw, Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa as they create some amazing dishes coming off the grill!	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	1400	Kriol Kitchen	Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup	Patty Mamid shows us how to prepare creamy chilli squid and soybean seafood soup. Drawing on her multicultural heritage, Patty cooks up two exotic dishes of her own making.	AUSTRALIA	English-100	RPT	G	
2022-01-26	1430	Kriol Kitchen	Denise Andrews Macale: Bush Turkey Stew & Chilli Fresh Water Mussels In White Wine	Denise Andrews Macale with the help of Mitch and Ali turn the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird.	AUSTRALIA	English-100	RPT	G	
2022-01-26	1500	Kriol Kitchen	Alex Rogers: Crumbed Barra Fillets With Salad, Steamed Barra With Ginger And Soy, Curry Barra Soup	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	RPT	G	
2022-01-26	1530	Kriol Kitchen	Ali Mills: Magpie Goose Curry & Fried Damper	Performer Ali Mills prepares a yummy goose curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	RPT	G	
2022-01-26	1600	The Cook Up with Adam Liaw	Native Meats	Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa join The Cook Up's host Adam Liaw in The Cook Up kitchen as they tackle native meats.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	1630	The Cook Up with Adam Liaw	Cafe Favourite	SBS science and technology TV presenter Rae Johnston and Lilypad cafe's Nyoka Hrabinsky create their cafe favourites with The Cook Up host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	1700	The Cook Up with Adam Liaw	Feed The Family	Tik Tok sensation Nathon Lyon and NITV Executive Producer Jodan Perry join The Cook Up kitchen and host Adam Liaw to create their family's favourite meals!	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	1730	The Cook Up with Adam Liaw	Bush Food	Adam Liaw and The Cook Up kitchen are joined by Rockpool's Jayde Harris and indigenous TV presenter and chef Mark Olive as they cook and talk through native bush food.	AUSTRALIA	English-100	RPT	G	Y

2022-01-26	1800	The Cook Up with Adam Liaw	Classic Dish, A	Adam Liaw is joined by Wagyu 2 Your Door's Gary Green and Jo-Ann Lee from Goanna Hut in The Cook Up kitchen as they all come together to cook a classic dish.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	1830	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100	RPT	G	
2022-01-26	1900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100	RPT	PG	
2022-01-26	1930	Restaurants On The Edge	Hong Kong	Café 'Tai O Banyan Tree' sits in one of Hong Kong's fishing villages and should be a tourist destination, but cluttered with goods from the owners' travels, it feels more like a hoarder's home than a restaurant.	CANADA	English-100		PG	
2022-01-26	2030	James Martin's American Adventure	Fort Worth	James gets into full-on cowboy mode in Fort Worth, Texas. Famous for its great open-range cattle drives of the late 19th century, James gets in the spirit and tries his hand at cattle roping.	UNITED KINGDOM	English-100		PG	
2022-01-26	2125	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2022-01-26	2130	The Beach	Too Mad Too Shy	Warwick Thornton is alone and lonely; he is angry for letting himself get to this stage in life. Confused, lethargic and lazy, he forces himself to survive on the beach, alone.	AUSTRALIA	English-100	RPT	M	Y
2022-01-26	2200	The Beach	Grow You Little Bastard	Feeling lost and alone, Warwick realises his journey is harder than expected. He's frustrated at his mistakes, not to mention desperate for a beer or a cigarette, but knows he has to keep going.	AUSTRALIA	English-100	RPT	M	Y
2022-01-26	2230	The Beach	Survived Another Day	Warwick is beginning to face his demons and things are shifting. He tries yoga (but fails miserably) and the chooks have laid their first eggs. But there is still a gnawing feeling of loneliness.	AUSTRALIA	English-100	RPT	M	Y
2022-01-26	2300	The Beach	Coconut Killer	For the first time in a long time, Warwick experiences fleeting moments of happiness. Flashbacks from his old life resurface, but he knows he has to face his demons sooner or later.	AUSTRALIA	English-100	RPT	M	Y
2022-01-26	2330	The Beach	Are You Here For Me	Positive changes begin to form in Warwick's mind, body and soul. His hunting and gathering skills have improved and he feels confident enough to go spear fishing in shark and croc-filled waters.	AUSTRALIA	English-100	RPT	M	Y
2022-01-26	2400	The Beach	Don't Be A Dickhead	Warwick has changed. You can see it, he can see it. He feels a sense of achievement; he's managed to nail a few yoga poses and his humour is returning. He decides it's finally time to go home.	AUSTRALIA	English-100	RPT	M	Y
2022-01-26	2430	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100	RPT	PG	
2022-01-26	2500	Poh's Kitchen	Macarons With Emmanuel Mollois	This episode Poh and French chef Emmanuel Mollois experiment with two different versions of macarons - one French and one Malaysian.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	2530	Gourmet Farmer	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	2600	The Cook Up with Adam Liaw	Vanilla	Adam Liaw is joined by top chefs Mark Best of Marque restaurant fame and queen of cakes Katherine Sabbath in The Cook Up kitchen to see how they use the staple vanilla ingredient in their cooking.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	2630	The Cook Up with Adam Liaw	Native Meats	Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa join The Cook Up's host Adam Liaw in The Cook Up kitchen as they tackle native meats.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	2700	The Cook Up with Adam Liaw	Cafe Favourite	SBS science and technology TV presenter Rae Johnston and Lilypad cafe's Nyoka Hrabinsky create their cafe favourites with The Cook Up host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	2730	The Cook Up with Adam Liaw	Feed The Family	Tik Tok sensation Nathon Lyon and NITV Executive Producer Jodan Perry join The Cook Up kitchen and host Adam Liaw to create their family's favourite meals!	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	2800	The Cook Up with Adam Liaw	Bush Food	Adam Liaw and The Cook Up kitchen are joined by Rockpool's Jayde Harris and indigenous TV presenter and chef Mark Olive as they cook and talk through native bush food.	AUSTRALIA	English-100	RPT	G	Y
2022-01-26	2830	The Cook Up with Adam Liaw	Classic Dish, A	Adam Liaw is joined by Wagyu 2 Your Door's Gary Green and Jo-Ann Lee from Goanna Hut in The Cook Up kitchen as they all come together to cook a classic dish.	AUSTRALIA	English-100	RPT	G	Y
2022-01-27	0500	The Cook Up with Adam Liaw	Off The Grill	The Cook Up Kitchen plays host to Adam Liaw, Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa as they create some amazing dishes coming off the grill!	AUSTRALIA	English-100	RPT	G	Y
2022-01-27	0530	Kriol Kitchen	Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup	Patty Mamid shows us how to prepare creamy chilli squid and soybean seafood soup. Drawing on her multicultural heritage, Patty cooks up two exotic dishes of her own making.	AUSTRALIA	English-100	RPT	G	

2022-01-27	0600	Kriol Kitchen	Denise Andrews Macale: Bush Turkey Stew & Chilli Fresh Water Mussels In White Wine	Denise Andrews Macale with the help of Mitch and Ali turn the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird.	AUSTRALIA	English-100	RPT	G	
2022-01-27	0630	Kriol Kitchen	Alex Rogers: Crumbed Barra Fillets With Salad, Steamed Barra With Ginger And Soy, Curry Barra Soup	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	RPT	G	
2022-01-27	0700	Kriol Kitchen	Ali Mills: Magpie Goose Curry & Fried Damper	Performer Ali Mills prepares a yummy goose curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	RPT	G	
2022-01-27	0730	The Cook Up with Adam Liaw	Native Meats	Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa join The Cook Up's host Adam Liaw in The Cook Up kitchen as they tackle native meats.	AUSTRALIA	English-100	RPT	G	Y
2022-01-27	0800	The Cook Up with Adam Liaw	Cafe Favourite	SBS science and technology TV presenter Rae Johnston and Lilypad cafe's Nyoka Hrabinsky create their cafe favourites with The Cook Up host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2022-01-27	0830	The Cook Up with Adam Liaw	Feed The Family	Tik Tok sensation Nathon Lyon and NITV Executive Producer Jodan Perry join The Cook Up kitchen and host Adam Liaw to create their family's favourite meals!	AUSTRALIA	English-100	RPT	G	Y
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2022-01-27	1000	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100	RPT	G	
2022-01-27	1030	Restaurants On The Edge	Hong Kong	Café 'Tai O Banyan Tree' sits in one of Hong Kong's fishing villages and should be a tourist destination, but cluttered with goods from the owners' travels, it feels more like a hoarder's home than a restaurant.	CANADA	English-100	RPT	PG	
2022-01-27	1130	James Martin's American Adventure	Fort Worth	James gets into full-on cowboy mode in Fort Worth, Texas. Famous for its great open-range cattle drives of the late 19th century, James gets in the spirit and tries his hand at cattle roping.	UNITED KINGDOM	English-100	RPT	PG	
2022-01-27	1225	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2022-01-27	1230	The Cook Up with Adam Liaw	Vanilla	Adam Liaw is joined by top chefs Mark Best of Marque restaurant fame and queen of cakes Katherine Sabbath in The Cook Up kitchen to see how they use the staple vanilla ingredient in their cooking.	AUSTRALIA	English-100	RPT	G	Y
2022-01-27	1300	Gourmet Farmer	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.	AUSTRALIA	English-100	RPT	G	Y
2022-01-27	1330	Delia's How To Cook	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100	RPT	G	
2022-01-27	1400	Delia's How To Cook	Cakes And Biscuits	Aspiring cooks with a sweet tooth will love this episode, as Delia demystifies cakes and biscuits. Home-made varieties contain no preservatives or E numbers.	UNITED KINGDOM	English-100	RPT	G	
2022-01-27	1430	Mary's Kitchen Crush	Delicious Drop In	Mary makes magic on short notice when her friend Sarah pays a surprise visit, serving up a fridge cleanout chicken pot pie.	CANADA	English-100	RPT	G	
2022-01-27	1455	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-01-27	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 28	Matt prepares a speedy Sri Lankan white curry with mussels, while Courtney is inspired by childhood memories with her black pepper crab.	AUSTRALIA	English-100	RPT	G	
2022-01-27	1530	Bonacini's Italy	Lazio	Filled with ruins in its bustling streets, the region of Lazio sticks with grandeur in all it does. To introduce us to Lazio, Michael highlights its Jewish influence with crispy artichokes.	CANADA	English-100	RPT	G	
2022-01-27	1600	Mystery Diners	Three's A Crowd	Marvin, the owner of Falls Taproom in Philadelphia, contacts Charles Stiles to help investigate an ongoing feud between his girlfriend-slash-manager and best friend-slash-customer.	USA	English-100	RPT	PG	Y
2022-01-27	1630	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100	RPT	G	
2022-01-27	1700	Food Safari	Food Safari Series 4 Episode 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G	Y

2022-01-27	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-27	1825	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-27	1830	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100	RPT	G		
2022-01-27	1900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-27	1930	Field Trip With Curtis Stone	Sonoma	Curtis begins his adventure in California high above the vineyards of Sonoma in a hot air balloon while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery.	USA	English-100		PG		
2022-01-27	2000	Food Safari Water	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-27	2030	Rick Stein's India	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-01-27	2140	Poh's Kitchen	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-27	2210	Gourmet Farmer	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-27	2235	The Cook Up with Adam Liaw	Sweet Comfort Food	Australian food icon Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen with Adam Liaw as they cook together and share recipes for their favourite sweet comfort foods!	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-27	2300	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-27	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 33	Trying to stay afloat in the kitchen are record-breaking swimmers Sharron Davis and Mark Foster, who join chefs Nick Nairn and Phil Vickery for another classic cookery challenge.	UNITED KINGDOM	English-100	RPT	G		
2022-01-27	2420	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 3	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
2022-01-27	2430	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100	RPT	G		
2022-01-27	2500	Mary's Kitchen Crush	Delicious Drop In	Mary makes magic on short notice when her friend Sarah pays a surprise visit, serving up a fridge cleanout chicken pot pie.	CANADA	English-100	RPT	G		
2022-01-27	2525	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-27	2530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-27	2625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-27	2630	Field Trip With Curtis Stone	Sonoma	Curtis begins his adventure in California high above the vineyards of Sonoma in a hot air balloon while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery.	USA	English-100	RPT	PG		
2022-01-27	2700	Food Safari Water	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-27	2730	Rick Stein's India	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-01-27	2835	Poh's Kitchen	Meat With Neil Perry	Poh is determined to master the art of roasting, so her guest in the kitchen is the master of meat, Neil Perry.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-28	0500	Delia's How To Cook	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100	RPT	G		
2022-01-28	0530	Delia's How To Cook	Cakes And Biscuits	Aspiring cooks with a sweet tooth will love this episode, as Delia demystifies cakes and biscuits. Home-made varieties contain no preservatives or E numbers.	UNITED KINGDOM	English-100	RPT	G		
2022-01-28	0600	Mary's Kitchen Crush	Delicious Drop In	Mary makes magic on short notice when her friend Sarah pays a surprise visit, serving up a fridge cleanout chicken pot pie.	CANADA	English-100	RPT	G		

2022-01-28	0625	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-28	0630	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 28	Matt prepares a speedy Sri Lankan white curry with mussels, while Courtney is inspired by childhood memories with her black pepper crab.	AUSTRALIA	English-100	RPT	G		
2022-01-28	0700	Bonacini's Italy	Lazio	Filled with ruins in its bustling streets, the region of Lazio sticks with grandeur in all it does. To introduce us to Lazio, Michael highlights its Jewish influence with crispy artichokes.	CANADA	English-100	RPT	G		
2022-01-28	0730	Mystery Diners	Three's A Crowd	Marvin, the owner of Falls Taproom in Philadelphia, contacts Charles Stiles to help investigate an ongoing feud between his girlfriend-slash-manager and best friend-slash-customer.	USA	English-100	RPT	PG	Y	
2022-01-28	0800	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100	RPT	G		
2022-01-28	0830	Food Safari	Food Safari Series 4 Episode 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-28	0900	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100	RPT	G		
2022-01-28	0930	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-28	1025	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-01-28	1030	Field Trip With Curtis Stone	Sonoma	Curtis begins his adventure in California high above the vineyards of Sonoma in a hot air balloon while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery.	USA	English-100	RPT	PG		
2022-01-28	1100	Food Safari Water	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-28	1130	Rick Stein's India	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-01-28	1240	The Cook Up with Adam Liaw	Sweet Comfort Food	Australian food icon Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen with Adam Liaw as they cook together and share recipes for their favourite sweet comfort foods!	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-28	1310	Gourmet Farmer	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-28	1335	Delia's How To Cook	Sauces And Batters	Delia takes another look at flour power, this time demonstrating the art of making light, lump-free sauces and batters which will never curdle if you follow her simple rules.	UNITED KINGDOM	English-100	RPT	G		
2022-01-28	1405	Delia's How To Cook	Potato, The	A filling staple in meals around the world, Delia shows there is much more to the humble spud than chips.	UNITED KINGDOM	English-100	RPT	G		
2022-01-28	1435	Mary's Kitchen Crush	Book Lunch	Mary celebrates the birth of her first 'cookbook baby' with a delicious soup and sandwich lunch for her editor and photographer friends.	CANADA	English-100	RPT	G		
2022-01-28	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 29	Matt is joined in the kitchen with the 2017 Masterchef Winner - Diana Chan - who cooks her favourite dish of steamed fish with soy bean sauce.	AUSTRALIA	English-100	RPT	G		
2022-01-28	1530	Bonacini's Italy	Campania	Campania's beautiful coastline is filled with two things - tourists and seafood. Diving into the culture of the region, Michael begins his meal with a salad from the Island of Capri.	CANADA	English-100	RPT	G		
2022-01-28	1600	Mystery Diners	Fired Up	Fearing that his staff is pranking customers with the restaurant's mouth burning 'Devil's XXX' hot sauce, Ken asks Charles Stiles to investigate.	USA	English-100	RPT	PG	Y	
2022-01-28	1630	Barefoot Contessa: Back To Basics	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100	RPT	G		
2022-01-28	1700	Food Safari	Food Safari Series 4 Episode 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-28	1730	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-28	1825	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 7	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	

2022-01-28	1830	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100	RPT	G		
2022-01-28	1900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-28	1930	Paul Goes To Hollywood	Deep South	Paul Hollywood heads towards the warmer shores of America's Deep South enjoying shrimps and southern grit in Savannah and an unforgettable gumbo in the city of jazz, New Orleans.	UNITED KINGDOM	English-100				
2022-01-28	2030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100	RPT	G		
2022-01-28	2125	Destination Flavour Down Under Bitesize	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	
2022-01-28	2130	Poh's Kitchen	Indulgence With Emmanuel Mollois	Inspired by the excitement of the Fringe Festival Street Party and some decadent desserts afterwards, she decides to cook a very labour intensive and traditional Indonesian Layer Cake.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-28	2200	Gourmet Farmer	Chicken Dispatching And Abalone Diving	Matthew and Nick visit Nene on Bruny Island where they go abalone diving. Back on the farm Matthew has a problem - an over-supply of roosters.	AUSTRALIA	English-100	RPT	PG	Y	
2022-01-28	2230	The Cook Up with Adam Liaw	Burgers	Adam Liaw invites the king of meat, Vic's Meat's, Anthony Puharich and food styling queen to the stars, Lucy Tweed, into the kitchen and they create their very own version of an Aussie must-have!	AUSTRALIA	English-100	RPT	G	Y	
2022-01-28	2300	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-28	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 34	Comedians Les Dennis and Bobby Davro are the star guests on another classic 20-minute cooking challenge with Ainsley Harriott.	UNITED KINGDOM	English-100	RPT	G		
2022-01-28	2420	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 4	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
2022-01-28	2430	Barefoot Contessa: Back To Basics	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100	RPT	G		
2022-01-28	2500	Mary's Kitchen Crush	Book Lunch	Mary celebrates the birth of her first 'cookbook baby' with a delicious soup and sandwich lunch for her editor and photographer friends.	CANADA	English-100	RPT	G		
2022-01-28	2525	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-28	2530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-01-28	2625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 7	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-28	2630	Paul Goes To Hollywood	Deep South	Paul Hollywood heads towards the warmer shores of America's Deep South enjoying shrimps and southern grit in Savannah and an unforgettable gumbo in the city of jazz, New Orleans.	UNITED KINGDOM	English-100	RPT			
2022-01-28	2730	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100	RPT	G		
2022-01-28	2825	Destination Flavour Down Under Bitesize	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	
2022-01-28	2830	Poh's Kitchen	Indulgence With Emmanuel Mollois	Inspired by the excitement of the Fringe Festival Street Party and some decadent desserts afterwards, she decides to cook a very labour intensive and traditional Indonesian Layer Cake.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-29	0500	Delia's How To Cook	Sauces And Batters	Delia takes another look at flour power, this time demonstrating the art of making light, lump-free sauces and batters which will never curdle if you follow her simple rules.	UNITED KINGDOM	English-100	RPT	G		
2022-01-29	0530	Delia's How To Cook	Potato, The	A filling staple in meals around the world, Delia shows there is much more to the humble spud than chips.	UNITED KINGDOM	English-100	RPT	G		
2022-01-29	0600	Mary's Kitchen Crush	Book Lunch	Mary celebrates the birth of her first 'cookbook baby' with a delicious soup and sandwich lunch for her editor and photographer friends.	CANADA	English-100	RPT	G		
2022-01-29	0625	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	

2022-01-29	0630	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 29	Matt is joined in the kitchen with the 2017 Masterchef Winner - Diana Chan - who cooks her favourite dish of steamed fish with soy bean sauce.	AUSTRALIA	English-100	RPT	G	
2022-01-29	0700	Bonacini's Italy	Campania	Campania's beautiful coastline is filled with two things - tourists and seafood. Diving into the culture of the region, Michael begins his meal with a salad from the Island of Capri.	CANADA	English-100	RPT	G	
2022-01-29	0730	Mystery Diners	Fired Up	Fearing that his staff is pranking customers with the restaurant's mouth burning 'Devil's XXX' hot sauce, Ken asks Charles Stiles to investigate.	USA	English-100	RPT	PG	Y
2022-01-29	0800	Barefoot Contessa: Back To Basics	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100	RPT	G	
2022-01-29	0830	Food Safari	Food Safari Series 4 Episode 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G	Y
2022-01-29	0900	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100	RPT	G	
2022-01-29	0930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-29	1025	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 7	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2022-01-29	1030	Paul Goes To Hollywood	Deep South	Paul Hollywood heads towards the warmer shores of America's Deep South enjoying shrimps and southern grit in Savannah and an unforgettable gumbo in the city of jazz, New Orleans.	UNITED KINGDOM	English-100	RPT		
2022-01-29	1130	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100	RPT	G	
2022-01-29	1225	Destination Flavour Down Under Bitesize	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
2022-01-29	1230	The Cook Up with Adam Liaw	Burgers	Adam Liaw invites the king of meat, Vic's Meat's, Anthony Puharich and food styling queen to the stars, Lucy Tweed, into the kitchen and they create their very own version of an Aussie must-have!	AUSTRALIA	English-100	RPT	G	Y
2022-01-29	1300	Gourmet Farmer	Chicken Dispatching And Abalone Diving	Matthew and Nick visit Nene on Bruny Island where they go abalone diving. Back on the farm Matthew has a problem - an over-supply of roosters.	AUSTRALIA	English-100	RPT	PG	Y
2022-01-29	1330	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-29	1425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 9, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y
2022-01-29	1430	Tropical Gourmet: New Caledonia	Noumea	Justine highlights some of the freshest ingredients native to Noumea. Grilled Wahoo fish is served with a New Caledonian inspired sauce vierge, and bananas are the hero in her light, crispy fritters.	AUSTRALIA	English-100	RPT	PG	
2022-01-29	1500	Tropical Gourmet: New Caledonia	Isle Of Pines	In The Isle of Pines, Justine prepares pan-fried Mahi Mahi with a bold sweet and sour sauce, and later goes foraging for snails with the help of some of the locals.	AUSTRALIA	English-100	RPT	PG	
2022-01-29	1530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 3	Nothing Silvia makes will be measured or mixed with kitchen appliances, it's all hands on, starting with delicious mini pizzas made from leftover bread, and a delicate prawn and lemon risotto.	AUSTRALIA	English-100	RPT	G	
2022-01-29	1600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 4	Bread is sacred in Italy, it's there at almost every family meal and should never be wasted. Silvia shares three delicious ways to repurpose leftover bread, starting with a rustic orecchiette pasta.	AUSTRALIA	English-100	RPT	G	
2022-01-29	1630	Cook Like A Chef	White Fish	Skilled chef Katie Ardington is excited to introduce her favourite fish, striped sea bass, in this fabulous voyage through the seven seas of seafood cookery.	CANADA	English-100		PG	
2022-01-29	1700	Cook Like A Chef	Chicken	Chef-host Natalia Machado loves chicken, and who doesn't? Chicken is enjoyed around the world for good reason; it is versatile and reliably delicious.	CANADA	English-100		PG	
2022-01-29	1730	Cheese Slices	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100		G	
2022-01-29	1800	Cheese Slices	Cheeses Of La Mancha And Cabrales	The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods.	AUSTRALIA	English-100		G	Y
2022-01-29	1830	Taste The Nation With Padma Lakshmi	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100	RPT	G	Y

2022-01-29	1905	Taste The Nation With Padma Lakshmi	Zen And The Art Of Poke	Padma dives into Japanese culture, ubiquitous in Honolulu, to understand just how far their cultural footprint reaches.	USA	English-100	RPT	PG		Y
2022-01-29	1935	Ainsley's Food We Love	Ainsley's Food We Love Ep 6	This special festive episode is packed full of Christmas treats. Ainsley starts with his festive bubble patties, while singer Martine McCutcheon joins him as he cooks a flavourful Thai-style turkey broth.	UNITED KINGDOM	English-100		PG		
2022-01-29	2030	River Cottage Road Trip	River Cottage Road Trip Series 1 Ep 1	Hugh heads north on a road trip in search of culinary inspiration and regional recipes. His journey starts in Dumfriesshire where he learns how to make haggis.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-29	2130	Anthony Bourdain: Parts Unknown	Bhutan	Anthony and film director Darren Aronofsky tour the remote South Asian Kingdom of Bhutan and travel on the winding East-West Highway known for its spectacular views of the Himalayan Mountains.	USA	English-100		PG		Y
2022-01-29	2225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-29	2230	Anthony Bourdain: Parts Unknown	Berlin	In Berlin - an anomaly among German metropolises - Anthony encounters an extremely accepting society, teeming with unbridled creativity, despite a grim history.	USA	English-100		PG		Y
2022-01-29	2325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-29	2330	Cook Like A Chef	White Fish	Skilled chef Katie Ardington is excited to introduce her favourite fish, striped sea bass, in this fabulous voyage through the seven seas of seafood cookery.	CANADA	English-100	RPT	PG		
2022-01-29	2400	Cook Like A Chef	Chicken	Chef-host Natalia Machado loves chicken, and who doesn't? Chicken is enjoyed around the world for good reason; it is versatile and reliably delicious.	CANADA	English-100	RPT	PG		
2022-01-29	2430	Cheese Slices	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100	RPT	G		
2022-01-29	2500	Cheese Slices	Cheeses Of La Mancha And Cabrales	The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods.	AUSTRALIA	English-100	RPT	G		Y
2022-01-29	2530	Taste The Nation With Padma Lakshmi	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100	RPT	G		Y
2022-01-29	2605	Taste The Nation With Padma Lakshmi	Zen And The Art Of Poke	Padma dives into Japanese culture, ubiquitous in Honolulu, to understand just how far their cultural footprint reaches.	USA	English-100	RPT	PG		Y
2022-01-29	2635	Ainsley's Food We Love	Ainsley's Food We Love Ep 6	This special festive episode is packed full of Christmas treats. Ainsley starts with his festive bubble patties, while singer Martine McCutcheon joins him as he cooks a flavourful Thai-style turkey broth.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-29	2730	River Cottage Road Trip	River Cottage Road Trip Series 1 Ep 1	Hugh heads north on a road trip in search of culinary inspiration and regional recipes. His journey starts in Dumfriesshire where he learns how to make haggis.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-29	2830	Tropical Gourmet: New Caledonia	Noumea	Justine highlights some of the freshest ingredients native to Noumea. Grilled Wahoo fish is served with a New Caledonian inspired sauce vierge, and bananas are the hero in her light, crispy fritters.	AUSTRALIA	English-100	RPT	PG		