



WEEK 50: Sunday, 5 December - Saturday, 11 December 2021 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2021-12-05	0500	Tropical Gourmet: New Caledonia	<b>Cattle Country</b>	Justine shares a simple yet flavour filled way to cook local prawns, and serves a seriously luxurious venison and foie gras burger.	AUSTRALIA	English-100	RPT	G		
2021-12-05	0530	Anthony Bourdain: Parts Unknown	<b>Cologne</b>	Tony travels to Cologne to talk about beer, music, art, and the issue currently on every German's mind - immigration.	USA	English-100	RPT	PG		Y
2021-12-05	0625	Destination Flavour Fillers	<b>Destination Flavour Bitesize Series 1 Ep 6</b>	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
2021-12-05	0630	Amy Schumer Learns To Cook	<b>Not Frozen And Kids' Menu</b>	Chris decides to teach Amy how to make some of her favourite frozen foods from scratch. While Amy gets things going with a pina colada, Chris shows Amy how to make crowd-pleasing pigs in a blanket.	USA	English-100	RPT	PG		Y
2021-12-05	0725	Destination Flavour Scandinavia Bitesize	<b>Destination Flavour Scandinavia Bitesize Series 1 Ep 7</b>	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-05	0730	Hairy Bikers' Mississippi Adventure	<b>Country</b>	Si and Dave take the country roads to Nashville, for some home-style food and country music. They cook biscuits and gravy, and visit the Grand Ole Opry stage.	UNITED KINGDOM	English-100	RPT	G		
2021-12-05	0825	Poh & Co. Bitesize	<b>Celebration</b>	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-05	0830	Scandimania	<b>Scandimania Series 1 Ep 1</b>	Hugh Fearnley-Whittingstall travels to the three 'happiest' countries in the world - Denmark, Norway and Sweden - to look at their society, architecture, education, environment and food.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-05	0930	Donal's Meals In Minutes	<b>Vegetarian Meals</b>	Donal shows how to widen your meat-free cooking repertoire and that going meat-free doesn't mean flavour-free. From Indian inspired Dahls to speedy salads that can be put together in no time.	IRELAND	English-100	RPT	PG		
2021-12-05	1000	Donal's Meals In Minutes	<b>Donal's Favourite Meals</b>	Donal has been cooking for over 15 years now and still gets excited about going into the kitchen. This episode is a homage to some of the favourite meals that he has cooked over the years.	IRELAND	English-100	RPT	PG		
2021-12-05	1030	Anthony Bourdain: Parts Unknown	<b>Manila</b>	Tony returns to the Philippines by way of Manila, its crowded capital city. Home to about 14 million inhabitants, Manila is hot, tropical, smoggy, fascinating, and chaotic in the lead up to Christmas.	USA	English-100	RPT	PG		
2021-12-05	1125	Destination Flavour Fillers	<b>Destination Flavour Bitesize Series 1 Ep 5</b>	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	
2021-12-05	1130	Anthony Bourdain: Parts Unknown	<b>Cologne</b>	Tony travels to Cologne to talk about beer, music, art, and the issue currently on every German's mind - immigration.	USA	English-100	RPT	PG		Y
2021-12-05	1225	Destination Flavour Fillers	<b>Destination Flavour Bitesize Series 1 Ep 6</b>	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
2021-12-05	1230	Amy Schumer Learns To Cook	<b>Not Frozen And Kids' Menu</b>	Chris decides to teach Amy how to make some of her favourite frozen foods from scratch. While Amy gets things going with a pina colada, Chris shows Amy how to make crowd-pleasing pigs in a blanket.	USA	English-100	RPT	PG		Y
2021-12-05	1325	Destination Flavour Scandinavia Bitesize	<b>Destination Flavour Scandinavia Bitesize Series 1 Ep 7</b>	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-05	1330	Delia's How To Cook	<b>Meat</b>	From the truly traditional to the exciting and exotic, Delia presents a mouth-watering selection of meat dishes for committed carnivores.	UNITED KINGDOM	English-100	RPT	G		
2021-12-05	1400	The Cook Up with Adam Liaw	<b>Summer Salads</b>	The Cook Up host Adam Liaw brings Yellow's Nina Huynh and food and travel writer Yasmin Newman into The Cook Up kitchen to create their favourite summer salads.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-05	1430	The Cook Up with Adam Liaw	<b>Summer</b>	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join host Adam Liaw in The Cook Up kitchen as they create their favourite summer dishes.	AUSTRALIA	English-100	RPT	PG	Y	

2021-12-05	1500	The Cook Up with Adam Liaw	<b>Party Plate</b>	Cookbook author and wife of Jimmy Barnes, Jane Barnes and MasterChef judge Jock Zonfrillo are in The Cook Up kitchen with host Adam Liaw to share their ultimate party plates.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-05	1530	The Cook Up with Adam Liaw	<b>Mango</b>	Host Adam Liaw is joined by Universal/Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to create their favourite mango dishes.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-05	1600	The Cook Up with Adam Liaw	<b>Desert Island Dish</b>	If you were stuck on a desert island, what is the one thing you would constantly crave to eat? Well, The Cook Up host Adam Liaw, singer Christine Anu and actor Remy Hii create just that!	AUSTRALIA	English-100	RPT	PG	Y
2021-12-05	1630	The Cook And The Chef	<b>French Connection, The</b>	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100	RPT	G	
2021-12-05	1700	The Cook And The Chef	<b>Australian Native Foods</b>	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100	RPT	G	
2021-12-05	1730	The Cook And The Chef	<b>Tetsuya Part 1</b>	Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant.	AUSTRALIA	English-100	RPT	G	
2021-12-05	1800	Taste Of France	<b>La Bouitte</b>	The charming Saint Martin de Belleville village is home to one of the very best restaurants in France - three Michelin star La Bouitte, a remarkable place with over 20 employees.	SWEDEN	English-50; French-50		PG	Y
2021-12-05	1830	Girls Guide:Hunting Fishing Wild Cooking	<b>A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 3</b>	Analise embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout.	AUSTRALIA	English-100	RPT	PG	
2021-12-05	1900	Cheese Slices	<b>Israel: Israeli Artisan Cheese</b>	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA	English-100		G	
2021-12-05	1930	Simply Raymond Blanc	<b>French Classics With A Twist</b>	From his Oxfordshire kitchen, Raymond Blanc shares his favourite French classics, with a twist. From his maman blanc's steak and red wine jus, to a heritage salad with tomatoes and mozzarella.	ENGLAND	English-100		PG	
2021-12-05	2025	Destination Flavour Scandinavia Bitesize	<b>Destination Flavour Scandinavia Bitesize Series 1 Ep 2</b>	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-12-05	2030	Rick Stein's Spain	<b>Rick Stein's Spain Series 1 Ep 4</b>	Rick heads for the little known region of Extremadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y
2021-12-05	2140	Anthony Bourdain: Parts Unknown	<b>Senegal</b>	Tony lands in Senegal's capital, Dakar, which is the furthest western point on the entire continent. He gets his bearings by meeting up with Ofiebia Quist-Arcton at a local market.	USA	English-100		PG	Y
2021-12-05	2235	Anthony Bourdain: Parts Unknown	<b>Buenos Aires</b>	Tony ventures to Buenos Aires. Against popular wisdom, he arrives in the middle of summer, when most Portenos leave the city to escape the heat.	USA	English-100		PG	
2021-12-05	2330	The Global Farm	<b>Turkey</b>	Courtney Guerra travels to Turkey, the gateway to the middle-east. She begins with exploring one of the world's best regions for cultivating tea. She then heads to Istanbul to enjoy the traditional meze food culture.	BULGARIA	Bulgarian-12.5; Croatian-12.5; English-12.5; French-12.5; Hebrew-12.5; Italian-12.5		PG	Y
2021-12-05	2400	Taste Of France	<b>La Bouitte</b>	From his Oxfordshire kitchen, Raymond Blanc shares his favourite French classics, with a twist. From his maman blanc's steak and red wine jus, to a heritage salad with tomatoes and mozzarella.	SWEDEN	English-50; French-50	RPT	PG	Y
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2021-12-05	2500	Cheese Slices	<b>Israel: Israeli Artisan Cheese</b>	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA	English-100	RPT	G	
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2021-12-05	2625	Destination Flavour Scandinavia Bitesize	<b>Destination Flavour Scandinavia Bitesize Series 1 Ep 2</b>	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-12-05	2630	Rick Stein's Spain	<b>Rick Stein's Spain Series 1 Ep 4</b>	Rick heads for the little known region of Extremadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y

2021-12-05	2740	Anthony Bourdain: Parts Unknown	Senegal	Tony lands in Senegal's capital, Dakar, which is the furthest western point on the entire continent. He gets his bearings by meeting up with Ofiebia Quist-Arcton at a local market.	USA	English-100	RPT	PG		Y
2021-12-05	2830	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100	RPT	G		
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2021-12-06	1330	Donal's Kitchen Hero	Sunday Lunch	Donal cooks Sunday lunch for the women who taught him how to cook - his mother and grandmother. He serves simple garlic and rosemary roast lamb with asparagus, carrots, and potato dauphinoise.	IRELAND	English-100	RPT	G		
2021-12-06	1400	Struggle Meals	Cauliflower Star Power	Frankie highlights the versatility of cauliflower, as well as roasts a big chuck roast that stretches over three dishes.	USA	English-100	RPT	PG		
2021-12-06	1430	Let's Brunch	Champagne Brunch	Champagne, lobster, and homemade scones, oh my! Host Vanessa Gianfrancesco cooks up an indulgent and luxurious brunch that's perfect for those fabulous mid-mornings.	CANADA	English-100	RPT	G		
2021-12-06	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-06	1530	Oliver's Twist	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100	RPT	G		
2021-12-06	1600	Mystery Diners	Tippling Point, The	Charles Stiles and the Mystery Diners investigate a rumour that a recently promoted head waiter isn't evenly distributing the pooled tips.	USA	English-100	RPT	PG		Y

2021-12-06	1630	Pati's Mexican Table	<b>Local's Tour Of Culiacan, A</b>	Pati visits Culiacan, the capital of the state of Sinaloa. Founded in 1531, Culiacan is the centre of trade for produce, meat, and fish and the locals pride themselves on the produce.	USA	English-100	RPT	G		Y
2021-12-06	1700	Food Safari	<b>Malaysian</b>	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	
2021-12-06	1730	The Cook And The Chef	<b>Cattle Drive</b>	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		
2021-12-06	1800	The Cook And The Chef	<b>Sunday Cooking</b>	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	RPT	G		
2021-12-06	1830	Curtis Stone's Travel, Cook, Repeat	<b>Western Australia</b>	Chef Curtis Stone travels to remote WA where he goes mud crabbing on the beach and spends some time on a cattle ranch. In his kitchen, he's grilling the perfect steak and making a crab and mango salad.	USA	English-100		PG		Y
2021-12-06	1900	The Cook Up with Adam Liaw	<b>Prawns</b>	Owner of Sydney restaurant Marque, Mark Best, and caterer to the stars, Jaimee Foley, join host Adam Liaw in The Cook Up kitchen to cook and eat their ultimate prawn dishes.	AUSTRALIA	English-100		PG	Y	
2021-12-06	1930	Jamie & Jimmy's Food Fight Club	<b>Jamie &amp; Jimmy's Food Fight Club Series 6 Ep 9</b>	Jamie and Jimmy welcome celebrity couple Chris O'Dowd and Dawn O'Porter to their cafe at the end of Southend Pier. Jamie recreates some romance by tracking down their favourite honeymoon meal.	UNITED KINGDOM	English-100		PG		
2021-12-06	2030	Alex Polizzi's Secret Italy	<b>Alex Polizzi Secret Italy Series 1 Ep 1</b>	The first leg of Alex's journey takes in some of the secrets that the North of Italy conceals. Venice is a city that Alex has been to at least forty times, but this is a trip like never before.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2021-12-06	2125	Poh & Co. Bitesize	<b>Poh &amp; Co. Bitesize Series 2 Ep 7</b>	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-06	2130	Luke Nguyen's Street Food Asia	<b>Kuala Lumpur, Malaysia, Part 2</b>	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-06	2200	The Cook Up with Adam Liaw	<b>Prawns</b>	Owner of Sydney restaurant Marque, Mark Best, and caterer to the stars, Jaimee Foley, join host Adam Liaw in The Cook Up kitchen to cook and eat their ultimate prawn dishes.	AUSTRALIA	English-100	RPT	PG	Y	
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2021-12-06	2500	Struggle Meals	<b>Cauliflower Star Power</b>	Frankie highlights the versatility of cauliflower, as well as roasts a big chuck roast that stretches over three dishes.	USA	English-100	RPT	PG		
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2021-12-06	2800	Let's Brunch	<b>Champagne Brunch</b>	Champagne, lobster, and homemade scones, oh my! Host Vanessa Gianfrancesco cooks up an indulgent and luxurious brunch that's perfect for those fabulous mid-mornings.	CANADA	English-100	RPT	G		
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2021-12-07	1030	Luke Nguyen's Street Food Asia	<b>Kuala Lumpur, Malaysia, Part 2</b>	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-07	1100	The Cook Up with Adam Liaw	<b>Prawns</b>	Owner of Sydney restaurant Marque, Mark Best, and caterer to the stars, Jaimee Foley, join host Adam Liaw in The Cook Up kitchen to cook and eat their ultimate prawn dishes.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-07	1130	Pati's Mexican Table	<b>Local's Tour Of Culiacan, A</b>	Pati visits Culiacan, the capital of the state of Sinaloa. Founded in 1531, Culiacan is the centre of trade for produce, meat, and fish and the locals pride themselves on the produce.	USA	English-100	RPT	G		Y
2021-12-07	1200	Mystery Diners	<b>Tippling Point, The</b>	Charles Stiles and the Mystery Diners investigate a rumour that a recently promoted head waiter isn't evenly distributing the pooled tips.	USA	English-100	RPT	PG		Y
2021-12-07	1230	Food Safari	<b>Malaysian</b>	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	
2021-12-07	1300	Curtis Stone's Travel, Cook, Repeat	<b>Western Australia</b>	Chef Curtis Stone travels to remote WA where he goes mud crabbing on the beach and spends some time on a cattle ranch. In his kitchen, he's grilling the perfect steak and making a crab and mango salad.	USA	English-100	RPT	PG		Y
2021-12-07	1330	Donal's Kitchen Hero	<b>Last Minute Fixes</b>	You're tired, it's late, but you need to eat, so Donal cooks some of his fail-safe stand-by dishes - vodka penne, spaghetti amatriciana, scrambled eggs with bagels, and an omelette with avocado.	IRELAND	English-100	RPT	G		
2021-12-07	1400	Struggle Meals	<b>Traveling For Your Tastebuds</b>	You don't have to travel half way around the world to try a different cuisine - Frankie shows that Italian and Filipino foods are accessible right here, right now.	USA	English-100	RPT	G		
2021-12-07	1430	Let's Brunch	<b>Pick Up Your Brunch</b>	Skip the utensils and gather round for chef Vanessa's pick-up-your-brunch party, featuring sticky pull-apart praline bread and an extra cheesy Monte Cristo sandwich.	CANADA	English-100	RPT	G		

2021-12-07	1500	Food Lovers' Guide To Australia	<b>Food Lovers Guide To Australia Series 5 Ep 5</b>	Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-07	1530	Oliver's Twist	<b>My New Kitchen</b>	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100	RPT	G		
2021-12-07	1600	Mystery Diners	<b>Something Smells Fishy</b>	Complaints about the quality of fish at this restaurant reveals that a recently hired chef may not be honest about what's in his high-priced dishes.	USA	English-100	RPT	PG	Y	
2021-12-07	1630	Pati's Mexican Table	<b>Altata, Hidden Gem By The Sea Of Cortez</b>	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips.	USA	English-100	RPT	G	Y	
2021-12-07	1700	Food Safari	<b>Portuguese</b>	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 world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-07	1730	The Cook And The Chef	<b>Spatchcocks And Terrines</b>	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		
2021-12-07	1800	The Cook And The Chef	<b>Sugar</b>	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		
2021-12-07	1830	Curtis Stone's Travel, Cook, Repeat	<b>Rioja, Spain</b>	Inspired by a trip to Rioja, Spain, Curtis is back in his kitchen where he's grilling mushrooms, making croquettes, carving some Spanish ham, and preparing a port poached pear and goat cheese salad.	USA	English-100		PG	Y	
2021-12-07	1900	The Cook Up with Adam Liaw	<b>Five Minute Snack</b>	Host Adam Liaw is joined in the Cook Up kitchen by meteorologist and food writer Magdalena Roze and television presenter/chef Hayden Quinn to create their ultimate, easy five-minute snacks.	AUSTRALIA	English-100		PG	Y	
2021-12-07	1930	Donna Hay Everyday Fresh	<b>Donna Hay Everyday Fresh Series 1 Ep 3</b>	Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.	AUSTRALIA	English-100	RPT	G		
2021-12-07	2000	Anna's Occasions	<b>Dinner Party</b>	When the kids are away, the parents will have dinner parties! These desserts are the perfect finishing touch to any dinner party with your grown-up friends. First up are chocolate pecan caramel tarts.	CANADA	English-100		PG		
2021-12-07	2030	John Torode's Korean Food Tour	<b>Pantry</b>	John heads into the Korean countryside amongst thousands of clay pots, still used to make and store South Korea's main store cupboard ingredients of soy, gochuchang, chilli paste and doenjang.	UNITED KINGDOM	English-100		PG	Y	
2021-12-07	2130	Luke Nguyen's Street Food Asia	<b>Jakarta, Indonesia - Part 1</b>	Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Jakarta's Chinatown, finding the experience a melting pot of diverse cultural cuisines.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-07	2200	The Cook Up with Adam Liaw	<b>Five Minute Snack</b>	Host Adam Liaw is joined in the Cook Up kitchen by meteorologist and food writer Magdalena Roze and television presenter/chef Hayden Quinn to create their ultimate, easy five-minute snacks.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-07	2230	Food Safari	<b>Portuguese</b>	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 world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-07	2300	The Cook And The Chef	<b>Spatchcocks And Terrines</b>	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	RPT	G		
2021-12-07	2330	The Cook And The Chef	<b>Sugar</b>	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	RPT	G		
2021-12-07	2400	Donal's Kitchen Hero	<b>Last Minute Fixes</b>	You're tired, it's late, but you need to eat, so Donal cooks some of his fail-safe stand-by dishes - vodka penne, spaghetti amatriciana, scrambled eggs with bagels, and an omelette with avocado.	IRELAND	English-100	RPT	G		
2021-12-07	2430	Pati's Mexican Table	<b>Altata, Hidden Gem By The Sea Of Cortez</b>	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips.	USA	English-100	RPT	G	Y	
2021-12-07	2500	Struggle Meals	<b>Traveling For Your Tastebuds</b>	You don't have to travel half way around the world to try a different cuisine - Frankie shows that Italian and Filipino foods are accessible right here, right now.	USA	English-100	RPT	G		
2021-12-07	2530	Donna Hay Everyday Fresh	<b>Donna Hay Everyday Fresh Series 1 Ep 3</b>	Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.	AUSTRALIA	English-100	RPT	G		

2021-12-07	2600	Anna's Occasions	<b>Dinner Party</b>	When the kids are away, the parents will have dinner parties! These desserts are the perfect finishing touch to any dinner party with your grown-up friends. First up are chocolate pecan caramel tarts.	CANADA	English-100	RPT	PG		
2021-12-07	2630	John Torode's Korean Food Tour	<b>Pantry</b>	John heads into the Korean countryside amongst thousands of clay pots, still used to make and store South Korea's main store cupboard ingredients of soy, gochuchang, chilli paste and doenjang.	UNITED KINGDOM	English-100	RPT	PG		Y
2021-12-07	2730	Luke Nguyen's Street Food Asia	<b>Jakarta, Indonesia - Part 1</b>	Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Jakarta's Chinatown, finding the experience a melting pot of diverse cultural cuisines.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-07	2800	Let's Brunch	<b>Pick Up Your Brunch</b>	Skip the utensils and gather round for chef Vanessa's pick-up-your-brunch party, featuring sticky pull-apart praline bread and an extra cheesy Monte Cristo sandwich.	CANADA	English-100	RPT	G		
2021-12-07	2830	Food Lovers' Guide To Australia	<b>Food Lovers Guide To Australia Series 5 Ep 5</b>	Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-08	0500	Oliver's Twist	<b>My New Kitchen</b>	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100	RPT	G		
2021-12-08	0530	Mystery Diners	<b>Something Smells Fishy</b>	Complaints about the quality of fish at this restaurant reveals that a recently hired chef may not be honest about what's in his high-priced dishes.	USA	English-100	RPT	PG		Y
2021-12-08	0600	Pati's Mexican Table	<b>Altata, Hidden Gem By The Sea Of Cortez</b>	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips.	USA	English-100	RPT	G		Y
2021-12-08	0630	Food Safari	<b>Portuguese</b>	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 world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-08	0700	The Cook And The Chef	<b>Spatchcocks And Terrines</b>	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	RPT	G		
2021-12-08	0730	The Cook And The Chef	<b>Sugar</b>	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	RPT	G		
2021-12-08	0800	Curtis Stone's Travel, Cook, Repeat	<b>Rioja, Spain</b>	Inspired by a trip to Rioja, Spain, Curtis is back in his kitchen where he's grilling mushrooms, making croquettes, carving some Spanish ham, and preparing a port poached pear and goat cheese salad.	USA	English-100	RPT	PG		Y
2021-12-08	0830	Donna Hay Everyday Fresh	<b>Donna Hay Everyday Fresh Series 1 Ep 3</b>	Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.	AUSTRALIA	English-100	RPT	G		
2021-12-08	0900	Anna's Occasions	<b>Dinner Party</b>	When the kids are away, the parents will have dinner parties! These desserts are the perfect finishing touch to any dinner party with your grown-up friends. First up are chocolate pecan caramel tarts.	CANADA	English-100	RPT	PG		
2021-12-08	0930	John Torode's Korean Food Tour	<b>Pantry</b>	John heads into the Korean countryside amongst thousands of clay pots, still used to make and store South Korea's main store cupboard ingredients of soy, gochuchang, chilli paste and doenjang.	UNITED KINGDOM	English-100	RPT	PG		Y
2021-12-08	1030	Luke Nguyen's Street Food Asia	<b>Jakarta, Indonesia - Part 1</b>	Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Jakarta's Chinatown, finding the experience a melting pot of diverse cultural cuisines.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-08	1100	The Cook Up with Adam Liaw	<b>Five Minute Snack</b>	Host Adam Liaw is joined in the Cook Up kitchen by meteorologist and food writer Magdalena Roze and television presenter/chef Hayden Quinn to create their ultimate, easy five-minute snacks.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-08	1130	Pati's Mexican Table	<b>Altata, Hidden Gem By The Sea Of Cortez</b>	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips.	USA	English-100	RPT	G		Y
2021-12-08	1200	Mystery Diners	<b>Something Smells Fishy</b>	Complaints about the quality of fish at this restaurant reveals that a recently hired chef may not be honest about what's in his high-priced dishes.	USA	English-100	RPT	PG		Y
2021-12-08	1230	Food Safari	<b>Portuguese</b>	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 world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y	

2021-12-08	1300	Curtis Stone's Travel, Cook, Repeat	<b>Rioja, Spain</b>	Inspired by a trip to Rioja, Spain, Curtis is back in his kitchen where he's grilling mushrooms, making croquettas, carving some Spanish ham, and preparing a port poached pear and goat cheese salad.	USA	English-100	RPT	PG		Y	
2021-12-08	1330	Donal's Kitchen Hero	<b>Food For A Crowd</b>	Donal provides food for the cast of Dublin's Beauty and the Best production including jumbo chicken sandwiches, hummus with crispy pitta bread, and rocky road chocolate bars.	IRELAND	English-100	RPT	G			
2021-12-08	1400	Struggle Meals	<b>Street Food Faves At Home</b>	Frankie makes street food at home, and it's fresher, healthier, and cheaper! Then get ready, because you've never seen rice like this before.	USA	English-100	RPT	PG			
2021-12-08	1430	Let's Brunch	<b>Up All Night Brunch</b>	Have you been up all night? There's a brunch for that! Host Vanessa Gianfrancesco cooks up four decadent recipes including an indulgent breakfast poutine and chocolate-stuffed French toast.	CANADA	English-100	RPT	G			
2021-12-08	1500	Food Lovers' Guide To Australia	<b>Food Lovers Guide To Australia Series 5 Ep 6</b>	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter.	AUSTRALIA	English-100	RPT	G		Y	
2021-12-08	1530	Oliver's Twist	<b>An Englishman And And Irishman</b>	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100	RPT	G			
2021-12-08	1600	Mystery Diners	<b>Valet Disservice</b>	Complaints about a valet service sends Mystery Diners undercover to show just how detrimental a bad valet can be to a restaurant's business.	USA	English-100	RPT	PG		Y	
2021-12-08	1630	Pati's Mexican Table	<b>South By South Of The Border With Vivian Howard</b>	Pati welcomes dear friend and fellow public television chef and host Vivian Howard to her kitchen.	USA	English-100	RPT	G		Y	
2021-12-08	1700	Food Safari	<b>Vietnamese</b>	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.	AUSTRALIA	English-100	RPT	G		Y	
2021-12-08	1730	The Cook And The Chef	<b>Alice, The</b>	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			
2021-12-08	1800	The Cook And The Chef	<b>Prawns</b>	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			
2021-12-08	1830	Curtis Stone's Travel, Cook, Repeat	<b>Rome, Italy</b>	Following a recent trip to Rome, Italy, chef Curtis Stone is back home in his kitchen where he is cooking up cacio e pepe risotto balls and perfectly roasted lamb with crispy potatoes.	USA	English-100		PG		Y	
2021-12-08	1900	The Cook Up with Adam Liaw	<b>Capsicum</b>	MasterChef alumni Amina Elshafei and home cook and wife of Manu Feidel, Clarissa Feidel, are in The Cook Up kitchen showcasing the vegetable capsicum with host Adam Liaw.	AUSTRALIA	English-100		PG		Y	
2021-12-08	1930	Restaurants On The Edge	<b>Hawaii</b>	When Nepalese newlyweds Siri and Sunny bought the Aloha Vista Bar & Grill, they inherited one of the best views on the big Island, but also the eatery's reputation for being a drab Italian restaurant.	CANADA	English-100		PG			
2021-12-08	2030	James Martin's American Adventure	<b>Santa Cruz</b>	James continues his trip with a cruise along California's Pacific Coast. He rides his motorcycle through the coastal city of Santa Cruz, taking in the fertile nature of the local farmland.	UNITED KINGDOM	English-100		PG			
2021-12-08	2130	Luke Nguyen's Street Food Asia	<b>Jakarta, Indonesia - Part 2</b>	Luke completes his street food journey in Jakarta, Indonesia where he visits a busy stall that's been serving a traditional Indonesian salad since 1961.	AUSTRALIA	English-100	RPT	G		Y	Y
2021-12-08	2200	The Cook Up with Adam Liaw	<b>Capsicum</b>	MasterChef alumni Amina Elshafei and home cook and wife of Manu Feidel, Clarissa Feidel, are in The Cook Up kitchen showcasing the vegetable capsicum with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG		Y	
2021-12-08	2230	Food Safari	<b>Vietnamese</b>	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.	AUSTRALIA	English-100	RPT	G		Y	
2021-12-08	2300	The Cook And The Chef	<b>Alice, The</b>	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	RPT	G			
2021-12-08	2330	The Cook And The Chef	<b>Prawns</b>	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	RPT	G			
2021-12-08	2400	Donal's Kitchen Hero	<b>Food For A Crowd</b>	Donal provides food for the cast of Dublin's Beauty and the Best production including jumbo chicken sandwiches, hummus with crispy pitta bread, and rocky road chocolate bars.	IRELAND	English-100	RPT	G			



2021-12-08	2430	Pati's Mexican Table	<b>South By South Of The Border With Vivian Howard</b>	Pati welcomes dear friend and fellow public television chef and host Vivian Howard to her kitchen.	USA	English-100	RPT	G		Y
2021-12-08	2500	Struggle Meals	<b>Street Food Faves At Home</b>	Frankie makes street food at home, and it's fresher, healthier, and cheaper! Then get ready, because you've never seen rice like this before.	USA	English-100	RPT	PG		
2021-12-08	2530	Restaurants On The Edge	<b>Hawaii</b>	When Nepalese newlyweds Siri and Sunny bought the Aloha Vista Bar & Grill, they inherited one of the best views on the big Island, but also the eatery's reputation for being a drab Italian restaurant.	CANADA	English-100	RPT	PG		
2021-12-08	2630	James Martin's American Adventure	<b>Santa Cruz</b>	James continues his trip with a cruise along California's Pacific Coast. He rides his motorcycle through the coastal city of Santa Cruz, taking in the fertile nature of the local farmland.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-08	2730	Luke Nguyen's Street Food Asia	<b>Jakarta, Indonesia - Part 2</b>	Luke completes his street food journey in Jakarta, Indonesia where he visits a busy stall that's been serving a traditional Indonesian salad since 1961.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-08	2800	Let's Brunch	<b>Up All Night Brunch</b>	Have you been up all night? There's a brunch for that! Host Vanessa Gianfrancesco cooks up four decadent recipes including an indulgent breakfast poutine and chocolate-stuffed French toast.	CANADA	English-100	RPT	G		
2021-12-08	2830	Food Lovers' Guide To Australia	<b>Food Lovers Guide To Australia Series 5 Ep 6</b>	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-09	0500	Oliver's Twist	<b>An Englishman And And Irishman</b>	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100	RPT	G		
2021-12-09	0530	Mystery Diners	<b>Valet Disservice</b>	Complaints about a valet service sends Mystery Diners undercover to show just how detrimental a bad valet can be to a restaurant's business.	USA	English-100	RPT	PG		Y
2021-12-09	0600	Pati's Mexican Table	<b>South By South Of The Border With Vivian Howard</b>	Pati welcomes dear friend and fellow public television chef and host Vivian Howard to her kitchen.	USA	English-100	RPT	G		Y
2021-12-09	0630	Food Safari	<b>Vietnamese</b>	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-09	0700	The Cook And The Chef	<b>Alice, The</b>	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	RPT	G		
2021-12-09	0730	The Cook And The Chef	<b>Prawns</b>	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	RPT	G		
2021-12-09	0800	Curtis Stone's Travel, Cook, Repeat	<b>Rome, Italy</b>	Following a recent trip to Rome, Italy, chef Curtis Stone is back home in his kitchen where he is cooking up cacio e pepe risotto balls and perfectly roasted lamb with crispy potatoes.	USA	English-100	RPT	PG		Y
2021-12-09	0830	Restaurants On The Edge	<b>Hawaii</b>	When Nepalese newlyweds Siri and Sunny bought the Aloha Vista Bar & Grill, they inherited one of the best views on the big Island, but also the eatery's reputation for being a drab Italian restaurant.	CANADA	English-100	RPT	PG		
2021-12-09	0930	James Martin's American Adventure	<b>Santa Cruz</b>	James continues his trip with a cruise along California's Pacific Coast. He rides his motorcycle through the coastal city of Santa Cruz, taking in the fertile nature of the local farmland.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-09	1030	Luke Nguyen's Street Food Asia	<b>Jakarta, Indonesia - Part 2</b>	Luke completes his street food journey in Jakarta, Indonesia where he visits a busy stall that's been serving a traditional Indonesian salad since 1961.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-09	1100	The Cook Up with Adam Liaw	<b>Capsicum</b>	MasterChef alumni Amina Elshafei and home cook and wife of Manu Feildel, Clarissa Feidel, are in The Cook Up kitchen showcasing the vegetable capsicum with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-09	1130	Pati's Mexican Table	<b>South By South Of The Border With Vivian Howard</b>	Pati welcomes dear friend and fellow public television chef and host Vivian Howard to her kitchen.	USA	English-100	RPT	G		Y
2021-12-09	1200	Mystery Diners	<b>Valet Disservice</b>	Complaints about a valet service sends Mystery Diners undercover to show just how detrimental a bad valet can be to a restaurant's business.	USA	English-100	RPT	PG		Y
2021-12-09	1230	Food Safari	<b>Vietnamese</b>	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-09	1300	Curtis Stone's Travel, Cook, Repeat	<b>Rome, Italy</b>	Following a recent trip to Rome, Italy, chef Curtis Stone is back home in his kitchen where he is cooking up cacio e pepe risotto balls and perfectly roasted lamb with crispy potatoes.	USA	English-100	RPT	PG		Y

2021-12-09	1330	Donal's Kitchen Hero	<b>Christmas Special</b>	Donal travels to the far north, above the Arctic Circle, to the world's original Ice Hotel in Kiruna to make baked ham, gravadlax, and a special Christmas rice pudding.	IRELAND	English-100	RPT	G	
2021-12-09	1400	Struggle Meals	<b>Sweet On You</b>	Sweet potatoes and a sweet tooth - Frankie's got you covered with recipes that are cheap and full of nutrition, as well as those for when you want to indulge.	USA	English-100	RPT	PG	
2021-12-09	1430	Let's Brunch	<b>French Brunch</b>	Inspired by the flaky, buttery, and rich dishes of France, host Vanessa Gianfrancesco cooks up four classic French recipes that'll have you saying ooh la la!	CANADA	English-100	RPT	G	
2021-12-09	1500	Food Lovers' Guide To Australia	<b>Food Lovers Guide To Australia Series 5 Ep 7</b>	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT	G	Y
2021-12-09	1530	Oliver's Twist	<b>Flash In The PAN</b>	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100	RPT	G	
2021-12-09	1600	Mystery Diners	<b>Getting A Leg Up</b>	A former waiter has threatened a lawsuit against owner Derrick, so to appease him Derrick made him a host - but his laziness hasn't stopped.	USA	English-100	RPT	PG	Y
2021-12-09	1630	Pati's Mexican Table	<b>Los Mochis, Street Taco Favourites</b>	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa that was founded by Americans in the late 1800s.	USA	English-100	RPT	G	Y
2021-12-09	1700	Food Safari	<b>Indian</b>	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G	Y
2021-12-09	1730	The Cook And The Chef	<b>Favourite Dishes</b>	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	
2021-12-09	1800	The Cook And The Chef	<b>Party Time</b>	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G	
2021-12-09	1830	Curtis Stone's Travel, Cook, Repeat	<b>Sonoma, California, U.S.A.</b>	Following a trip to Northern Californian wine country, Curtis is back in his kitchen cooking up roast chicken and grapes and a pan-seared salmon with fennel and salsa verde.	USA	English-100		PG	Y
2021-12-09	1900	The Cook Up with Adam Liaw	<b>Fresh Beans</b>	Join host Adam Liaw, television presenter Linda Marigliano and Yellow chef Nina Huynh in The Cook Up kitchen as they make their favourite green bean dishes.	AUSTRALIA	English-100		PG	Y
2021-12-09	1930	Barefoot Contessa: Back To Basics	<b>Incredible Vegetables</b>	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100		PG	
2021-12-09	2000	Food Safari Water	<b>Sea Treasures</b>	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G	Y
2021-12-09	2030	Girls Guide:Hunting Fishing Wild Cooking	<b>A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 4</b>	Conquering her fear of bees, Analiese gets her first beehive before heading off on an adventure of foraging, fishing and diving with best friend and famous Thai restaurateur, Palisa Anderson.	AUSTRALIA	English-100		PG	
2021-12-09	2100	Rick Stein's French Odyssey	<b>Rick Stein's French Odyssey Series 1 Ep 6</b>	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100	RPT	G	Y
2021-12-09	2130	Luke Nguyen's Food Trail	<b>Luke Nguyen's Food Trail Series 1 Ep 1</b>	Luke explores and reminisces about his childhood growing up in Cabramatta. He meets with his high school friend Thai to cook a traditional Vietnamese Curry.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-09	2200	The Cook Up with Adam Liaw	<b>Fresh Beans</b>	Join host Adam Liaw, television presenter Linda Marigliano and Yellow chef Nina Huynh in The Cook Up kitchen as they make their favourite green bean dishes.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-09	2230	Food Safari	<b>Indian</b>	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G	Y
2021-12-09	2300	The Cook And The Chef	<b>Favourite Dishes</b>	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	RPT	G	
2021-12-09	2330	The Cook And The Chef	<b>Party Time</b>	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100	RPT	G	

2021-12-09	2400	Donal's Kitchen Hero	<b>Christmas Special</b>	Donal travels to the far north, above the Arctic Circle, to the world's original Ice Hotel in Kiruna to make baked ham, gravadlax, and a special Christmas rice pudding.	IRELAND	English-100	RPT	G	
2021-12-09	2430	Pati's Mexican Table	<b>Los Mochis, Street Taco Favourites</b>	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa that was founded by Americans in the late 1800s.	USA	English-100	RPT	G	Y
2021-12-09	2500	Struggle Meals	<b>Sweet On You</b>	Sweet potatoes and a sweet tooth - Frankie's got you covered with recipes that are cheap and full of nutrition, as well as those for when you want to indulge.	USA	English-100	RPT	PG	
2021-12-09	2530	Barefoot Contessa: Back To Basics	<b>Incredible Vegetables</b>	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100	RPT	PG	
2021-12-09	2600	Food Safari Water	<b>Sea Treasures</b>	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G	Y
2021-12-09	2630	Girls Guide:Hunting Fishing Wild Cooking	<b>A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 4</b>	Conquering her fear of bees, Analiese gets her first beehive before heading off on an adventure of foraging, fishing and diving with best friend and famous Thai restaurateur, Palisa Anderson.	AUSTRALIA	English-100	RPT	PG	
2021-12-09	2700	Rick Stein's French Odyssey	<b>Rick Stein's French Odyssey Series 1 Ep 6</b>	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100	RPT	G	Y
2021-12-09	2730	Luke Nguyen's Food Trail	<b>Luke Nguyen's Food Trail Series 1 Ep 1</b>	Luke explores and reminisces about his childhood growing up in Cabramatta. He meets with his high school friend Thai to cook a traditional Vietnamese Curry.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-09	2800	Let's Brunch	<b>French Brunch</b>	Inspired by the flaky, buttery, and rich dishes of France, host Vanessa Gianfrancesco cooks up four classic French recipes that'll have you saying ooh la la!	CANADA	English-100	RPT	G	
2021-12-09	2830	Food Lovers' Guide To Australia	<b>Food Lovers Guide To Australia Series 5 Ep 7</b>	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT	G	Y
2021-12-10	0500	Oliver's Twist	<b>Flash In The PAN</b>	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100	RPT	G	
2021-12-10	0530	Mystery Diners	<b>Getting A Leg Up</b>	A former waiter has threatened a lawsuit against owner Derrick, so to appease him Derrick made him a host - but his laziness hasn't stopped.	USA	English-100	RPT	PG	Y
2021-12-10	0600	Pati's Mexican Table	<b>Los Mochis, Street Taco Favourites</b>	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa that was founded by Americans in the late 1800s.	USA	English-100	RPT	G	Y
2021-12-10	0630	Food Safari	<b>Indian</b>	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G	Y
2021-12-10	0700	The Cook And The Chef	<b>Favourite Dishes</b>	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	RPT	G	
2021-12-10	0730	The Cook And The Chef	<b>Party Time</b>	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100	RPT	G	
2021-12-10	0800	Curtis Stone's Travel, Cook, Repeat	<b>Sonoma, California, U.S.A.</b>	Following a trip to Northern Californian wine country, Curtis is back in his kitchen cooking up roast chicken and grapes and a pan-seared salmon with fennel and salsa verde.	USA	English-100	RPT	PG	Y
2021-12-10	0830	Barefoot Contessa: Back To Basics	<b>Incredible Vegetables</b>	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100	RPT	PG	
2021-12-10	0900	Food Safari Water	<b>Sea Treasures</b>	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G	Y
2021-12-10	0930	Girls Guide:Hunting Fishing Wild Cooking	<b>A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 4</b>	Conquering her fear of bees, Analiese gets her first beehive before heading off on an adventure of foraging, fishing and diving with best friend and famous Thai restaurateur, Palisa Anderson.	AUSTRALIA	English-100	RPT	PG	
2021-12-10	1000	Rick Stein's French Odyssey	<b>Rick Stein's French Odyssey Series 1 Ep 6</b>	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100	RPT	G	Y

2021-12-10	1030	Luke Nguyen's Food Trail	<b>Luke Nguyen's Food Trail Series 1 Ep 1</b>	Luke explores and reminisces about his childhood growing up in Cabramatta. He meets with his high school friend Thai to cook a traditional Vietnamese Curry.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-10	1100	The Cook Up with Adam Liaw	<b>Fresh Beans</b>	Join host Adam Liaw, television presenter Linda Marigliano and Yellow chef Nina Huynh in The Cook Up kitchen as they make their favourite green bean dishes.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-10	1130	Pati's Mexican Table	<b>Los Mochis, Street Taco Favourites</b>	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa that was founded by Americans in the late 1800s.	USA	English-100	RPT	G	Y
2021-12-10	1200	Mystery Diners	<b>Getting A Leg Up</b>	A former waiter has threatened a lawsuit against owner Derrick, so to appease him Derrick made him a host - but his laziness hasn't stopped.	USA	English-100	RPT	PG	Y
2021-12-10	1230	Food Safari	<b>Indian</b>	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G	Y
2021-12-10	1300	Curtis Stone's Travel, Cook, Repeat	<b>Sonoma, California, U.S.A.</b>	Following a trip to Northern Californian wine country, Curtis is back in his kitchen cooking up roast chicken and grapes and a pan-seared salmon with fennel and salsa verde.	USA	English-100	RPT	PG	Y
2021-12-10	1330	Donal's Kitchen Hero	<b>Donal's Kitchen Hero Series 2 Ep 1</b>	Donal visits the School of Culinary Arts, at the Dublin Institute of Technology, and prepares cheap, healthy and tasty recipes for students including a beetroot and feta salad and chickpea burgers.	IRELAND	English-100	RPT	G	
2021-12-10	1400	Struggle Meals	<b>Save Dough Make Money</b>	Prepping meals at home is cheaper and can be far more nutritious! Frankie makes portable breakfasts for the work week and forays into the stuffed dough of different cultures.	USA	English-100	RPT	G	
2021-12-10	1430	Let's Brunch	<b>Farmhouse Brunch</b>	Host Vanessa Gianfrancesco cooks up four wholesome and hearty dishes for her farmhouse brunch including sticky chocolate skillet buns and lavender lemonade.	CANADA	English-100	RPT	G	
2021-12-10	1500	Food Lovers' Guide To Australia	<b>Food Lovers Guide To Australia Series 5 Ep 8</b>	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there.	AUSTRALIA	English-100	RPT	G	Y
2021-12-10	1530	Oliver's Twist	<b>Very British Bbq, A</b>	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100	RPT	G	
2021-12-10	1600	Mystery Diners	<b>Raising The Stakes</b>	The owner of a Moroccan-themed restaurant in California believes his manager may have a gambling problem that's affecting his ability to do his job.	USA	English-100	RPT	PG	Y
2021-12-10	1630	Pati's Mexican Table	<b>Taste Of Mazatlan, A</b>	Pati meets up with close friends in Mazatlan - Sinola's premiere resort town claiming 13 miles of beautiful Pacific coastline, and some of the best restaurants in Mexico.	USA	English-100	RPT	G	Y
2021-12-10	1700	Food Safari	<b>Greek</b>	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G	Y
2021-12-10	1730	The Cook And The Chef	<b>Some Favourites From The Year</b>	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	
2021-12-10	1800	Curtis Stone's Travel, Cook, Repeat	<b>New South Wales, Australia</b>	Curtis travels to NSW for a closer look at indigenous cooking and then goes lobster fishing at night. Back home, he's making shrimp scallop curry and a fish cooked in vinegar dish called numus.	USA	English-100		PG	
2021-12-10	1830	Curtis Stone's Travel, Cook, Repeat	<b>Umbria, Italy</b>	Curtis travels to Umbria, Italy, where he befriends some pigs and forages for truffles. Back home, Curtis is roasting a crispy pork belly and whipping up some polenta with a mushroom ragout.	USA	English-100		PG	Y
2021-12-10	1900	The Cook Up with Adam Liaw	<b>Breakfast</b>	Host of MasterChef Turkey, Somer Sivrioglu, and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make their ultimate breakfast must-have dishes.	AUSTRALIA	English-100		PG	Y
2021-12-10	1930	River Cottage Australia	<b>River Cottage Australia One Hours Series 1 Ep 3</b>	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-12-10	2025	Poh & Co. Bitesize	<b>Poh &amp; Co. Bitesize Series 2 Ep 9</b>	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-12-10	2030	Jamie's Great Britain	<b>South Wales</b>	Jamie travels to South Wales where he learns the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100	RPT	PG	

2021-12-10	2125	Destination Flavour Singapore Bitesize	<b>Hari Kaya</b>	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-12-10	2130	Luke Nguyen's Food Trail	<b>Luke Nguyen's Food Trail Series 1 Ep 2</b>	Luke takes us behind the scenes of his latest venture in Sydney. He explores his innovate machinery and high tech kitchen before meeting Head Chef Kenji to cook popular recipes from their menu.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-10	2200	The Cook Up with Adam Liaw	<b>Breakfast</b>	Host of MasterChef Turkey, Somer Sivrioglu, and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make their ultimate breakfast must-have dishes.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-10	2230	Food Safari	<b>Greek</b>	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G	Y
2021-12-10	2300	The Cook And The Chef	<b>Some Favourites From The Year</b>	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100	RPT	G	
2021-12-10	2330	Curtis Stone's Travel, Cook, Repeat	<b>New South Wales, Australia</b>	Curtis travels to NSW for a closer look at indigenous cooking and then goes lobster fishing at night. Back home, he's making shrimp scallop curry and a fish cooked in vinegar dish called numus.	USA	English-100	RPT	PG	
2021-12-10	2400	Donal's Kitchen Hero	<b>Donal's Kitchen Hero Series 2 Ep 1</b>	Donal visits the School of Culinary Arts, at the Dublin Institute of Technology, and prepares cheap, healthy and tasty recipes for students including a beetroot and feta salad and chickpea burgers.	IRELAND	English-100	RPT	G	
2021-12-10	2430	Pati's Mexican Table	<b>Taste Of Mazatlan, A</b>	Pati meets up with close friends in Mazatlan - Sinola's premiere resort town claiming 13 miles of beautiful Pacific coastline, and some of the best restaurants in Mexico.	USA	English-100	RPT	G	Y
2021-12-10	2500	Struggle Meals	<b>Save Dough Make Money</b>	Prepping meals at home is cheaper and can be far more nutritious! Frankie makes portable breakfasts for the work week and forays into the stuffed dough of different cultures.	USA	English-100	RPT	G	
2021-12-10	2530	River Cottage Australia	<b>River Cottage Australia One Hours Series 1 Ep 3</b>	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-12-10	2625	Poh & Co. Bitesize	<b>Poh &amp; Co. Bitesize Series 2 Ep 9</b>	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-12-10	2630	Jamie's Great Britain	<b>South Wales</b>	Jamie travels to South Wales where he learns the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100	RPT	PG	
2021-12-10	2725	Destination Flavour Singapore Bitesize	<b>Hari Kaya</b>	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-12-10	2730	Luke Nguyen's Food Trail	<b>Luke Nguyen's Food Trail Series 1 Ep 2</b>	Luke takes us behind the scenes of his latest venture in Sydney. He explores his innovate machinery and high tech kitchen before meeting Head Chef Kenji to cook popular recipes from their menu.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-10	2800	Let's Brunch	<b>Farmhouse Brunch</b>	Host Vanessa Gianfrancesco cooks up four wholesome and hearty dishes for her farmhouse brunch including sticky chocolate skillet buns and lavender lemonade.	CANADA	English-100	RPT	G	
2021-12-10	2830	Food Lovers' Guide To Australia	<b>Food Lovers Guide To Australia Series 5 Ep 8</b>	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there.	AUSTRALIA	English-100	RPT	G	Y
2021-12-11	0500	Pati's Mexican Table	<b>El Fuerte, Magic Town</b>	Pati travels to the northern part of Sinaloa and the town of El Fuerte, one of Mexico's 'Pueblos Magicos' or magic towns.	USA	English-100	RPT	G	Y
2021-12-11	0530	Pati's Mexican Table	<b>Jinetes, Adventure In The Mountains</b>	Pati travels into the mountains of Sinaloa to the tiny village of Jinetes - a place that appears to be stuck in time.	USA	English-100	RPT	G	Y
2021-12-11	0600	Pati's Mexican Table	<b>El Chepe, Railway To The Past</b>	Pati visits El Chepe - originally conceived as a trade route linking cattle markets in Kansas City to the nearest Pacific Ocean port in Mexico, which is Topolobampo.	USA	English-100	RPT	PG	Y
2021-12-11	0630	Pati's Mexican Table	<b>Mocorito, The Land Of Chilorio</b>	Pati visits Mocorito - a quiet, colourful colonial town founded in 1594, known for one of Sinaloa's most beloved recipes - a slow-simmered pork dish called chilorio.	USA	English-100	RPT	G	Y
2021-12-11	0700	Pati's Mexican Table	<b>Celestino And Las Barras</b>	Pati meets with a local restaurant owner in Celestino Gasca, and helps her cook one of Sinaloa's most iconic recipes - pescado zarandeado.	USA	English-100	RPT	PG	Y

2021-12-11	0730	Pati's Mexican Table	<b>Bread Basket, The</b>	Pati visits home cooks and iconic restaurants all over Sinaloa, sampling some of the state's most iconic dishes.	USA	English-100	RPT	G		Y
2021-12-11	0800	Pati's Mexican Table	<b>Home Cooking Sinaloa Style</b>	Known as 'Mexico's Bread Basket,' Sinaloa produces about 40 percent of the meat and produce consumed in all of Mexico. Pati travels the countryside - to farms and fisheries.	USA	English-100	RPT	PG		Y
2021-12-11	0830	River Cottage Australia	<b>River Cottage Australia One Hours Series 1 Ep 3</b>	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	UNITED KINGDOM	English-100	RPT	PG	Y	
2021-12-11	0925	Poh & Co. Bitesize	<b>Poh &amp; Co. Bitesize Series 2 Ep 9</b>	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-11	0930	Jamie's Great Britain	<b>South Wales</b>	Jamie travels to South Wales where he learns the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-11	1025	Destination Flavour Singapore Bitesize	<b>Hari Kaya</b>	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2021-12-11	1030	Pati's Mexican Table	<b>How Do You Say Tucson?</b>	Pati travels north of the border to Tucson, Arizona, a city that claims to have the best 23 miles of Mexican food anywhere in the world.	USA	English-100	RPT	G		Y
2021-12-11	1100	The Cook Up with Adam Liaw	<b>Breakfast</b>	Host of MasterChef Turkey, Somer Sivrioglu, and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make their ultimate breakfast must-have dishes.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-11	1130	Let's Brunch	<b>Southern Brunch</b>	Host Vanessa Gianfrancesco brings the heat to her brunch table with southern-style recipes including huevos divorciados and fried chicken and waffles.	CANADA	English-100	RPT	G		
2021-12-11	1200	Donal's Kitchen Hero Feast	<b>Dublin - Donal's Christmas Feast</b>	With Christmas fast approaching, Donal visits a turkey farm and a bakery selling mince pies. The Garden florists in the Powerscourt Centre will be showing Donal how to decorate a table at Christmas.	IRELAND	English-100	RPT	G		
2021-12-11	1230	Flour Power Christmas: Big Wow Desserts	<b>Flour Power Christmas: Big Wow Desserts</b>	The holidays are here and host Jessica McGovern introduces two desserts that could impress any Scrooge. First, Jessica bakes a decadent chocolate yule log stuffed with a creamy salted caramel frosting.	CANADA	English-100				
2021-12-11	1300	Bake With Anna Olson	<b>Festive Desserts</b>	Chef Anna Olson shares some of her favourite recipes for festive cookies and treats. With Anna's help, you'll be set for your next festive cookie exchange.	CANADA	English-100	RPT	G		
2021-12-11	1330	Gordon's Ultimate Christmas	<b>Gordon's Ultimate Christmas Ep 1</b>	Gordon prepares a spectacular set of Christmas dishes that include his recipe for the ultimate turkey, superb stuffing, perfectly cooked vegetables and a stunning Christmas dessert.	UNITED KINGDOM	English-100	RPT	G		
2021-12-11	1425	Poh & Co. Bitesize	<b>Poh &amp; Co. Bitesize Series 2 Ep 8</b>	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-11	1430	Spencer's Big Holiday	<b>Spencer's Big Holiday</b>	In this festive one-hour holiday special, celebrity chef Spencer Watts is serving up some of his favourite holiday meals, treats, and drinks.	CANADA	English-100				
2021-12-11	1530	Donal's Kitchen Hero	<b>Christmas Special</b>	Donal visits Rovaniemi in Finland, the official home of Santa Claus to make some homemade edible gifts - fudge, Florentines, gingerbread - and gives them to Santa Claus to deliver.	IRELAND	English-100	RPT	G		
2021-12-11	1600	Tom Kerridge's Proper Pub Food	<b>Christmas Food</b>	This is Christmas dinner Tom Kerridge style, with everything pushed that little bit further to make it a real celebration feast. Tom likes to keep it traditional at Christmas and always cooks Turkey.	UNITED KINGDOM	English-100	RPT	G		
2021-12-11	1630	The Cook And The Chef	<b>Christmas Holidays</b>	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100	RPT	G		
2021-12-11	1700	Tropical Gourmet: New Caledonia	<b>Tropical Fruits</b>	A whole coral trout is going on the barbecue as Justine prepares lunch by the waters edge. Then Jerome from the Meridian elevates chicken and vegetables to a fine dining standard.	AUSTRALIA	English-100	RPT	PG		
2021-12-11	1730	Tropical Gourmet: New Caledonia	<b>Noumea Market</b>	Justine takes some of Noumea's native root vegetables to put a spin on potato fritters. Then with some of the world's finest vanilla, local chef Christophe bakes his silky creme brulee.	AUSTRALIA	English-100	RPT	PG		
2021-12-11	1800	Cheese Slices	<b>Bhutan: Yak's Cheese And Butter</b>	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA	English-100		G		

2021-12-11	1830	Scandinavia	<b>Scandinavia Series 1 Ep 2</b>	Hugh lands in Denmark, which the UN has declared the 'happiest country in the world'. In Copenhagen, he cooks with Rene Redzepi, owner and head chef at Noma, voted the best restaurant in the world.	UNITED KINGDOM	English-100		PG		
2021-12-11	1930	Donal's Meals In Minutes	<b>Quick Prep Meals</b>	This episode is all about speedy recipes that require just 15 minutes or less of hands-on preparation. Once you get that right, that's half the battle.	IRELAND	English-100		PG		
2021-12-11	2000	Donal's Meals In Minutes	<b>Easy Step Meals</b>	Cooking is something that everyone should know how to do, but for those that may not be confident in the kitchen, this whole episode is all about meals for the novice cook.	IRELAND	English-100		PG		
2021-12-11	2030	Gino's Italian Coastal Escape	<b>Tuscany And Lazio</b>	Gino stops in Lazio via an ancient Roman highway before stopping off in Gaeta - a town world famous for its olives. Here he learns how to make the local street food and cooks up a feast.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-11	2100	Gino's Italian Coastal Escape	<b>Elba</b>	Gino is on the ancient island of Elba - famous in Italy for its honey. He samples the local honey and uses it to prepare his version of honey chicken.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-11	2130	Anthony Bourdain: Parts Unknown	<b>Minas Gerais</b>	Tony travels to Minas Gerais, Brazil - the place he's always heard about in his travels. Tony's here to embark on a culinary adventure into the heart of Mineiran gastronomy.	USA	English-100		PG		Y
2021-12-11	2225	Destination Flavour - Japan	<b>Destination Flavour Japan Bitesize Series 1 Ep 7</b>	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
2021-12-11	2230	Anthony Bourdain: Parts Unknown	<b>Nashville</b>	Tony travels to Nashville, Tennessee. This is Tony's first proper trip to the Music City, and he'll learn why it's one of the nation's fastest growing cities.	USA	English-100		PG		
2021-12-11	2325	Destination Flavour - Japan	<b>Destination Flavour Japan Bitesize Series 1 Ep 8</b>	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
2021-12-11	2330	The Global Farm	<b>Israel</b>	Although it is a country with mostly dry arid landscapes, Israel is a leader in agricultural technology. Courtney visits a unique rooftop farm in Tel Aviv, and explores a research facility that cultivates crops in the desert.	BULGARIA	Bulgarian-12.5; Croatian-12.5; English-12.5; French-12.5; Hebrew-12.5; Italian-12.5		PG		Y
2021-12-11	2400	Cheese Slices	<b>Bhutan: Yak's Cheese And Butter</b>	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA	English-100	RPT	G		
2021-12-11	2430	Scandinavia	<b>Scandinavia Series 1 Ep 2</b>	Hugh lands in Denmark, which the UN has declared the 'happiest country in the world'. In Copenhagen, he cooks with Rene Redzepi, owner and head chef at Noma, voted the best restaurant in the world.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-11	2530	Donal's Meals In Minutes	<b>Quick Prep Meals</b>	This episode is all about speedy recipes that require just 15 minutes or less of hands-on preparation. Once you get that right, that's half the battle.	IRELAND	English-100	RPT	PG		
2021-12-11	2600	Donal's Meals In Minutes	<b>Easy Step Meals</b>	Cooking is something that everyone should know how to do, but for those that may not be confident in the kitchen, this whole episode is all about meals for the novice cook.	IRELAND	English-100	RPT	PG		
2021-12-11	2630	Gino's Italian Coastal Escape	<b>Tuscany And Lazio</b>	Gino stops in Lazio via an ancient Roman highway before stopping off in Gaeta - a town world famous for its olives. Here he learns how to make the local street food and cooks up a feast.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-11	2700	Gino's Italian Coastal Escape	<b>Elba</b>	Gino is on the ancient island of Elba - famous in Italy for its honey. He samples the local honey and uses it to prepare his version of honey chicken.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-11	2730	Anthony Bourdain: Parts Unknown	<b>Minas Gerais</b>	Tony travels to Minas Gerais, Brazil - the place he's always heard about in his travels. Tony's here to embark on a culinary adventure into the heart of Mineiran gastronomy.	USA	English-100	RPT	PG		Y
2021-12-11	2825	Destination Flavour - Japan	<b>Destination Flavour Japan Bitesize Series 1 Ep 7</b>	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
2021-12-11	2830	Tropical Gourmet: New Caledonia	<b>Tropical Fruits</b>	A whole coral trout is going on the barbecue as Justine prepares lunch by the waters edge. Then Jerome from the Meridian elevates chicken and vegetables to a fine dining standard.	AUSTRALIA	English-100	RPT	PG		