



**WEEK 49: Sunday, 27 November - Saturday, 3 December 2022 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-12-04	0500	<b>Mad Good Food</b>	Juneteenth	Chef Derrell celebrates Juneteenth and his culture with finger-licking BBQ ribs, collard greens and potato salad; he also creates a new twist on a traditional egg roll with his signature sauce.	USA	English-100		PG		
2022-12-04	0530	<b>Weekend Breaks With Gregg Wallace</b>	Munich	Gregg heads to Munich to discover a city that has done more to shape our image of Germany than any other. Over three days, he gets stuck into schnitzels, mountains of pork and, of course, the beer.	UNITED KINGDOM	English-100		G		
2022-12-04	0625	<b>Poh &amp; Co. Bitesize</b>	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	
2022-12-04	0630	<b>Mary Berry's Country House At Christmas</b>	Mary Berry's Country House At Christmas	When it comes to Christmas, Britain's country houses have always put on a show. Mary Berry visits Harewood House in Yorkshire to meet its army of skilled staff as they prepare the house for Christmas.	UNITED KINGDOM	English-100		G		
2022-12-04	0740	<b>Ainsley's Good Mood Food</b>	Seaside Delights	Ainsley is rejoicing in everything the sea and the seaside has to offer. His first cook is a great way to spice up midweek meals, harissa crusted cod with quick chickpea, spinach and tomato stew.	UNITED KINGDOM	English-100		PG		
2022-12-04	0835	<b>Jamie's American Road Trip</b>	Los Angeles	Jamie explores East Los Angeles where he discovers a community proud of its food, committed to family, and striving to make the American dream a reality.	UNITED KINGDOM	English-100		PG		
2022-12-04	0935	<b>Top Chef</b>	Keep On Truckin'	In a Sudden Death Quickfire based on the iconic Denver omelet, the intensity in the kitchen is exceptional.	USA	English-100		PG		Y
2022-12-04	1030	<b>Bbq Brawl</b>	Future Cue	The competitors are challenged to stretch their imaginations and make the BBQ of the future. They explore the possibilities under the watchful eyes of team captains Flay, Michael and Eddie.	USA	English-100		PG		
2022-12-04	1125	<b>Poh &amp; Co. Bitesize</b>	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	
2022-12-04	1130	<b>Weekend Breaks With Gregg Wallace</b>	Munich	Gregg heads to Munich to discover a city that has done more to shape our image of Germany than any other. Over three days, he gets stuck into schnitzels, mountains of pork and, of course, the beer.	UNITED KINGDOM	English-100		G		
2022-12-04	1225	<b>Poh &amp; Co. Bitesize</b>	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	
2022-12-04	1230	<b>Mary Berry's Country House At Christmas</b>	Mary Berry's Country House At Christmas	When it comes to Christmas, Britain's country houses have always put on a show. Mary Berry visits Harewood House in Yorkshire to meet its army of skilled staff as they prepare the house for Christmas.	UNITED KINGDOM	English-100		G		
2022-12-04	1335	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 5	In the urban sprawl of Tokyo, Adam Liaw explores a food culture which sustains the 'salaryman' workers in style and retains the culinary traditions of the annual Cherry Blossom Festival.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y	Y

2022-12-04	1405	<b>The Cook Up With Adam Liaw</b>	Little Bit Fancy, A	Adam, chefs Jacqui Challinor and Andrew Ballard are in The Cook Up Kitchen to create something a little bit fancy. These are dishes that you don't want to miss!	AUSTRALIA	English-100		PG		
2022-12-04	1435	<b>The Cook Up With Adam Liaw</b>	Ten In Ten, A	Comedian and presenter Alex Lee and Chef and restaurateur Frank Shek join Adam in The Cook Up Kitchen to prove that you can make a 10 out of 10 in 10....minutes.	AUSTRALIA	English-100		PG		
2022-12-04	1505	<b>The Cook Up With Adam Liaw</b>	All Fired Up	We're all fired up - literally! Chefs Louis Tikaram and Jake Kellie join Adam for a night of BBQ cooking.	AUSTRALIA	English-100		PG		
2022-12-04	1535	<b>The Cook Up With Adam Liaw</b>	Showstoppers	Adam, actor Lucy Durack and journalist Benjamin Law are bringing their Showstopper Dishes to the table. You'll love them so much you'll want an encore.	AUSTRALIA	English-100		PG		
2022-12-04	1600	<b>The Cook Up With Adam Liaw</b>	In The Open Air	Joining Adam to make dishes you can eat al fresco are cookbook Author Nida Degutiene and chef Jo Barrett.	AUSTRALIA	English-100		PG		
2022-12-04	1630	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 7	Mary shares her tips for getting prepared for the Christmas season. She serves a family-style fish pie, horseradish mustard beef, and a show-stopping chocolate mousse cake.	UNITED KINGDOM	English-100		G		
2022-12-04	1700	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 8	Mary shares her plans for Christmas day including five indulgent but easy classics. She gets everyone in the mood with her mulled wine and mini filo beef Wellington canapes.	UNITED KINGDOM	English-100		G		
2022-12-04	1730	<b>The Cook And The Chef</b>	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G		
2022-12-04	1800	<b>Mary Makes It Easy</b>	B-B-Q's And A's	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact.	CANADA	English-100		PG		
2022-12-04	1830	<b>Secrets Of The Factories</b>	Inside McVities Biscuits	McVities factory in Carlisle, Cumbria, opens its doors to reveal how millions of the United Kingdom's favourite biscuits are made, 24 hours a day, in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G		Y
2022-12-04	1930	<b>Cheese: A Love Story</b>	Quebec	Afrim takes in the cheesy traditions of la belle province, Quebec, where family fromageries' traditions have been passed on through generations.	CANADA	English-100		PG		
2022-12-04	2030	<b>Rick Stein's Far Eastern Odyssey</b>	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G		Y
2022-12-04	2140	<b>Anthony Bourdain: Parts Unknown</b>	Mississippi	Tony seeks to challenge his notions of Mississippi by taking a road trip to meet a wide cast of Mississippians, enjoying the diverse foodways, and embracing the contemporary music world.	USA	English-100		PG		
2022-12-04	2235	<b>Top Chef</b>	Little Tools, Big Challenges	The chefs channel their inner child to make upscale versions of kid menu classics for. But there's a catch, they can only use child-sized cookware, utensils and mixers.	USA	English-100		PG		Y
2022-12-04	2330	<b>Secrets Of The Factories</b>	Inside McVities Biscuits	McVities factory in Carlisle, Cumbria, opens its doors to reveal how millions of the United Kingdom's favourite biscuits are made, 24 hours a day, in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G		Y
2022-12-04	2425	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 11	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y

2022-12-04	2430	<b>Cheese: A Love Story</b>	Quebec	Afrim takes in the cheesy traditions of la belle province, Quebec, where family fromageries' traditions have been passed on through generations.	CANADA	English-100		PG		
2022-12-04	2530	<b>Rick Stein's Far Eastern Odyssey</b>	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G		Y
2022-12-04	2635	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 7	Mary shares her tips for getting prepared for the Christmas season. She serves a family-style fish pie, horseradish mustard beef, and a show-stopping chocolate mousse cake.	UNITED KINGDOM	English-100		G		
2022-12-04	2705	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 8	Mary shares her plans for Christmas day including five indulgent but easy classics. She gets everyone in the mood with her mulled wine and mini filo beef Wellington canapes.	UNITED KINGDOM	English-100		G		
2022-12-04	2735	<b>The Cook And The Chef</b>	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G		
2022-12-04	2805	<b>Mary Makes It Easy</b>	B-B-Q's And A's	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact.	CANADA	English-100		PG		
2022-12-04	2830	<b>The Cook Up With Adam Liaw</b>	Little Bit Fancy, A	Adam, chefs Jacqui Challinor and Andrew Ballard are in The Cook Up Kitchen to create something a little bit fancy. These are dishes that you don't want to miss!	AUSTRALIA	English-100		PG		
2022-12-05	0500	<b>The Cook Up With Adam Liaw</b>	Ten In Ten, A	Comedian and presenter Alex Lee and Chef and restaurateur Frank Shek join Adam in The Cook Up Kitchen to prove that you can make a 10 out of 10 in 10....minutes.	AUSTRALIA	English-100		PG		
2022-12-05	0530	<b>The Cook Up With Adam Liaw</b>	All Fired Up	We're all fired up - literally! Chefs Louis Tikaram and Jake Kellie join Adam for a night of BBQ cooking.	AUSTRALIA	English-100		PG		
2022-12-05	0600	<b>The Cook Up With Adam Liaw</b>	Showstoppers	Adam, actor Lucy Durack and journalist Benjamin Law are bringing their Showstopper Dishes to the table. You'll love them so much you'll want an encore.	AUSTRALIA	English-100		PG		
2022-12-05	0630	<b>The Cook Up With Adam Liaw</b>	In The Open Air	Joining Adam to make dishes you can eat al fresco are cookbook Author Nida Degutiene and chef Jo Barrett.	AUSTRALIA	English-100		PG		
2022-12-05	0700	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 7	Mary shares her tips for getting prepared for the Christmas season. She serves a family-style fish pie, horseradish mustard beef, and a show-stopping chocolate mousse cake.	UNITED KINGDOM	English-100		G		
2022-12-05	0730	<b>Secrets Of The Factories</b>	Inside McVities Biscuits	McVities factory in Carlisle, Cumbria, opens its doors to reveal how millions of the United Kingdom's favourite biscuits are made, 24 hours a day, in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G		Y
2022-12-05	0825	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 11	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y
2022-12-05	0830	<b>Cheese: A Love Story</b>	Quebec	Afrim takes in the cheesy traditions of la belle province, Quebec, where family fromageries' traditions have been passed on through generations.	CANADA	English-100		PG		
2022-12-05	0930	<b>Rick Stein's Far Eastern Odyssey</b>	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G		Y
2022-12-05	1035	<b>Top Chef</b>	Little Tools, Big Challenges	The chefs channel their inner child to make upscale versions of kid menu classics for. But there's a catch, they can only use child-sized cookware, utensils and mixers.	USA	English-100		PG		Y

2022-12-05	1130	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 7	Mary shares her tips for getting prepared for the Christmas season. She serves a family-style fish pie, horseradish mustard beef, and a show-stopping chocolate mousse cake.	UNITED KINGDOM	English-100		G		
2022-12-05	1200	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 8	Mary shares her plans for Christmas day including five indulgent but easy classics. She gets everyone in the mood with her mulled wine and mini filo beef Wellington canapes.	UNITED KINGDOM	English-100		G		
2022-12-05	1230	<b>The Cook And The Chef</b>	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G		
2022-12-05	1300	<b>Mary Makes It Easy</b>	B-B-Q's And A's	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact.	CANADA	English-100		PG		
2022-12-05	1330	<b>Sarah Graham: Food Safari</b>	Kapama Private Game Reserve, Kruger National Park	Sarah and her family head to Kapama - a private game reserve within the greater Kruger National Park.	SOUTH AFRICA	English-100		G		Y
2022-12-05	1400	<b>Sarah Graham: Food Safari</b>	Blyde River Canyon Picnic	Sarah heads to Blyde River Canyon - the third largest canyon in the world and one of South Africa's most spectacular natural wonders.	SOUTH AFRICA	English-100		G		
2022-12-05	1430	<b>Frankie's World Series</b>	Extra Servings	Ramen was created to be a tasty, quick and cheap way to feed Japan... but it became so much more. Check out the history behind the phenomenon and enjoy extra adventures with Frankie!	USA	English-100		G		Y
2022-12-05	1500	<b>Barefoot Contessa: Back To Basics</b>	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100		G		
2022-12-05	1530	<b>Food Markets: In The Belly Of</b>	Firenze - Mercato Central	The Renaissance capitol is where the city food market as a concept was born. More than 1000 years ago farmers from the countryside came to the main square of Florence.	FRANCE	English-55; Italian-45	RPT	G	Y	Y
2022-12-05	1630	<b>Asia Unplated With Diana Chan</b>	Chinese	Diana shows how easy it is to make a yum cha favourite at home as she prepares sesame balls with red bean filling, while chef Jacob Leung prepares soy, orange and Chinese five-spice braised duck.	AUSTRALIA	English-100		G		
2022-12-05	1700	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 1	After selling his original Puggie Farm, Matthew Evans moves his family to the much larger Fat Pig Farm, where he has a dream to build a farm to table restaurant in the upper paddock.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-05	1730	<b>Come Dine With Me Couples</b>	Bournemouth A	Husband and wife Rupert and Jo showcase their cooking skills with a night based around their favourite travel destinations.	UNITED KINGDOM	English-100		PG		
2022-12-05	1830	<b>The Cook And The Chef</b>	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG		
2022-12-05	1900	<b>The Cook Up With Adam Liaw</b>	Christmas Crackers	It's Christmas week on The Cook Up, so two of Australia's greatest performers, Courtney Act and Mitch Tambo join Adam to celebrate the festive period with the perfect snacks.	AUSTRALIA	English-100		PG		
2022-12-05	1930	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 15	In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches.	UNITED KINGDOM	English-100		PG		

2022-12-05	2000	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 8	Analiase settles in for winter and makes a big decision about her future, as she appreciates everything she's learnt, cooking up a feast to celebrate the year with her new friends and community.	AUSTRALIA	English-100		PG	Y	
2022-12-05	2030	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 6 Ep 11	Jamie and Jimmy welcome comedy genius Johnny Vegas to Southend Pier. Recreating one of his favourite dishes of all time, Johnny learns how to flambe the perfect steak for all the diners in the cafe.	UNITED KINGDOM	English-100		PG		
2022-12-05	2130	<b>The Cook And The Chef</b>	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G		
2022-12-05	2200	<b>Bizarre Foods: Delicious Destinations</b>	Krakow	From peasant food to royal snacks, Andrew reveals what makes the food scene in Krakow, Poland, so delicious. The city's edible symbols take the form of pierogis, hearty stuffed cabbage rolls and whole-roasted pork knuckle.	USA	English-100		M		
2022-12-05	2230	<b>The Cook Up With Adam Liaw</b>	Christmas Crackers	It's Christmas week on The Cook Up, so two of Australia's greatest performers, Courtney Act and Mitch Tambo join Adam to celebrate the festive period with the perfect snacks.	AUSTRALIA	English-100		PG		
2022-12-05	2300	<b>Asia Unplated With Diana Chan</b>	Chinese	Diana shows how easy it is to make a yum cha favourite at home as she prepares sesame balls with red bean filling, while chef Jacob Leung prepares soy, orange and Chinese five-spice braised duck.	AUSTRALIA	English-100		G		
2022-12-05	2330	<b>The Julia Child Challenge</b>	An American Chef In Paris	The home cooks celebrate Julia's time in France by making souffles and a 2-course French meal.	USA	English-100		PG		
2022-12-05	2425	<b>Poh &amp; Co. Bitesize</b>	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-05	2430	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 15	In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches.	UNITED KINGDOM	English-100		PG		
2022-12-05	2500	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 1	After selling his original Puggie Farm, Matthew Evans moves his family to the much larger Fat Pig Farm, where he has a dream to build a farm to table restaurant in the upper paddock.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-05	2530	<b>Sarah Graham: Food Safari</b>	Kapama Private Game Reserve, Kruger National Park	Sarah and her family head to Kapama - a private game reserve within the greater Kruger National Park.	SOUTH AFRICA	English-100		G	Y	
2022-12-05	2600	<b>For The Love Of Bread</b>	Austria	Andrew heads to Vienna where he visits the Crust and Crumb Bread Festival. This annual festival brings together bakers from across Austria with live demonstrations, competitions, and a marketplace.	AUSTRALIA	English-100		G		
2022-12-05	2630	<b>Come Dine With Me Couples</b>	Bournemouth A	Husband and wife Rupert and Jo showcase their cooking skills with a night based around their favourite travel destinations.	UNITED KINGDOM	English-100		PG		
2022-12-05	2730	<b>Food Markets: In The Belly Of</b>	Firenze - Mercato Central	The Renaissance capitol is where the city food market as a concept was born. More than 1000 years ago farmers from the countryside came to the main square of Florence.	FRANCE	English-55; Italian-45	RPT	G	Y	Y
2022-12-05	2830	<b>Bizarre Foods: Delicious Destinations</b>	Krakow	From peasant food to royal snacks, Andrew reveals what makes the food scene in Krakow, Poland, so delicious. The city's edible symbols take the form of pierogis, hearty stuffed cabbage rolls and whole-roasted pork knuckle.	USA	English-100		M		

2022-12-06	0500	<b>Sarah Graham: Food Safari</b>	Kapama Private Game Reserve, Kruger National Park	Sarah and her family head to Kapama - a private game reserve within the greater Kruger National Park.	SOUTH AFRICA	English-100		G		Y
2022-12-06	0530	<b>Sarah Graham: Food Safari</b>	Blyde River Canyon Picnic	Sarah heads to Blyde River Canyon - the third largest canyon in the world and one of South Africa's most spectacular natural wonders.	SOUTH AFRICA	English-100		G		
2022-12-06	0600	<b>Frankie's World Series</b>	Extra Servings	Ramen was created to be a tasty, quick and cheap way to feed Japan... but it became so much more. Check out the history behind the phenomenon and enjoy extra adventures with Frankie!	USA	English-100				Y
2022-12-06	0630	<b>Barefoot Contessa: Back To Basics</b>	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100		G		
2022-12-06	0700	<b>Asia Unplated With Diana Chan</b>	Chinese	Diana shows how easy it is to make a yum cha favourite at home as she prepares sesame balls with red bean filling, while chef Jacob Leung prepares soy, orange and Chinese five-spice braised duck.	AUSTRALIA	English-100		G		
2022-12-06	0730	<b>Food Markets: In The Belly Of</b>	Firenze - Mercato Central	The Renaissance capitol is where the city food market as a concept was born. More than 1000 years ago farmers from the countryside came to the main square of Florence.	FRANCE	English-55; Italian-45	RPT	G	Y	Y
2022-12-06	0830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 15	In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches.	UNITED KINGDOM	English-100		PG		
2022-12-06	0900	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 8	Analiese settles in for winter and makes a big decision about her future, as she appreciates everything she's learnt, cooking up a feast to celebrate the year with her new friends and community.	AUSTRALIA	English-100		PG		Y
2022-12-06	0930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 6 Ep 11	Jamie and Jimmy welcome comedy genius Johnny Vegas to Southend Pier. Recreating one of his favourite dishes of all time, Johnny learns how to flambe the perfect steak for all the diners in the cafe.	UNITED KINGDOM	English-100		PG		
2022-12-06	1025	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	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
2022-12-06	1030	<b>The Cook And The Chef</b>	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G		
2022-12-06	1100	<b>The Cook Up With Adam Liaw</b>	Christmas Crackers	It's Christmas week on The Cook Up, so two of Australia's greatest performers, Courtney Act and Mitch Tambo join Adam to celebrate the festive period with the perfect snacks.	AUSTRALIA	English-100		PG		
2022-12-06	1130	<b>Food Markets: In The Belly Of</b>	Firenze - Mercato Central	The Renaissance capitol is where the city food market as a concept was born. More than 1000 years ago farmers from the countryside came to the main square of Florence.	FRANCE	English-55; Italian-45	RPT	G	Y	Y
2022-12-06	1230	<b>Come Dine With Me Couples</b>	Bournemouth A	Husband and wife Rupert and Jo showcase their cooking skills with a night based around their favourite travel destinations.	UNITED KINGDOM	English-100		PG		
2022-12-06	1330	<b>Sarah Graham: Food Safari</b>	Elephants Alive, Hoedspruit	Having heard about the groundbreaking research and science-based conservation solutions spearheaded by Elephant's Alive, Sarah makes her way to their research facility near The Kruger National Park.	SOUTH AFRICA	English-100		G		
2022-12-06	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 1	Matt serves up a brulee with a difference, Courtney cooks a delicious vegetarian dish of stuffed pumpkin and tahini dressing, and Michael whips up a comfort food classic - curried sausages.	AUSTRALIA	English-100		G		

2022-12-06	1430	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 1	Sisters Jasmine and Melissa Hemsley create nourishing dishes that will warm you up on a cold day and offer nutritionally high alternatives to the carbs we often crave when it's chilly outside.	UNITED KINGDOM	English-100		G		
2022-12-06	1500	<b>Barefoot Contessa: Back To Basics</b>	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		G		
2022-12-06	1530	<b>Food Markets: In The Belly Of</b>	Freiburg - Munstermarkt	Freiburg is the 'green' city of Germany and surrounding its imposing gothic cathedral there is the Munstermarkt, its food market.	FRANCE	English-50; German-50		PG	Y	Y
2022-12-06	1630	<b>Asia Unplated With Diana Chan</b>	Laos	Diana explores popular flavours in Laotian cuisine including a spicy pork sausage - sai oua - packed with vibrant herbs and spices.	AUSTRALIA	English-100		PG		
2022-12-06	1700	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 2	Money is flying out the door as Matthew Evans builds a new house and farm to table restaurant at Fat Pig Farm.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-06	1730	<b>Come Dine With Me Couples</b>	Bournemouth B	Hopeless romantics Matt and Jay serve up a traditional Russian feast, but eyebrows are raised when shop bought items are thrown into mix.	UNITED KINGDOM	English-100		PG		
2022-12-06	1830	<b>The Cook And The Chef</b>	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G		
2022-12-06	1900	<b>The Cook Up With Adam Liaw</b>	Take A Plate For Christmas	Samantha Harris and Karl Firla join Adam in The Cook Up Kitchen to give you some great ideas for dishes to make for a Festive Take a Plate.	AUSTRALIA	English-100		PG		
2022-12-06	1930	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G		
2022-12-06	2000	<b>Shelfie With Dan Hong</b>	Shelfie With Dan Hong Series 1 Ep 2	What do you do if you are a pregnant foodie, who has lost the energy to be creative in the kitchen? Post a #shelfie like Sheryl did, and Dan Hong may arrive on your doorstep to cook up a Lemongrass pork vermicelli salad, using all the ingredients in your cupboard and fridge.	AUSTRALIA	English-100		G		
2022-12-06	2030	<b>John Torode's Ireland</b>	Wicklow To Wexford	John visits this beautiful 800-year-old country estate with its own organic farm and restored 17th century gardens. He meets the restaurant chef, Niall, who shows him round the gardens.	IRELAND	English-100		G		
2022-12-06	2130	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G		
2022-12-06	2200	<b>Bizarre Foods: Delicious Destinations</b>	Palm Springs	Andrew spotlights the glamorous desert oasis of Palm Springs, CA. The sunny resort city features new and iconic eateries serving up dishes like grilled rib eye and composed bone marrow butter, the popular reuben stacker and the classic date milkshake.	USA	English-100		M		
2022-12-06	2230	<b>The Cook Up With Adam Liaw</b>	Take A Plate For Christmas	Samantha Harris and Karl Firla join Adam in The Cook Up Kitchen to give you some great ideas for dishes to make for a Festive Take a Plate.	AUSTRALIA	English-100		PG		
2022-12-06	2300	<b>Asia Unplated With Diana Chan</b>	Laos	Diana explores popular flavours in Laotian cuisine including a spicy pork sausage - sai oua - packed with vibrant herbs and spices.	AUSTRALIA	English-100		PG		
2022-12-06	2330	<b>The Julia Child Challenge</b>	Julia The Spy	The Home Cooks learn about Julia's early life this week in challenges inspired by her time working as a spy for the O.S.S. and traveling around the world.	USA	English-100		PG		Y

2022-12-06	2425	<b>Poh &amp; Co. Bitesize</b>	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-12-06	2430	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G	
2022-12-06	2500	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 2	Money is flying out the door as Matthew Evans builds a new house and farm to table restaurant at Fat Pig Farm.	AUSTRALIA	English-100	RPT	G	Y
2022-12-06	2530	<b>Sarah Graham: Food Safari</b>	Elephants Alive, Hoedspruit	Having heard about the groundbreaking research and science-based conservation solutions spearheaded by Elephant's Alive, Sarah makes her way to their research facility near The Kruger National Park.	SOUTH AFRICA	English-100		G	
2022-12-06	2600	<b>For The Love Of Bread</b>	Copenhagen	No foodie trip to Copenhagen would be complete without dining at Noma and Andrew was fortunate to meet with Rene Redzepi where they discussed food, culture, and the pursuit of excellence.	AUSTRALIA	English-100		G	
2022-12-06	2630	<b>Come Dine With Me Couples</b>	Bournemouth B	Hopeless romantics Matt and Jay serve up a traditional Russian feast, but eyebrows are raised when shop bought items are thrown into mix.	UNITED KINGDOM	English-100		PG	
2022-12-06	2730	<b>Food Markets: In The Belly Of</b>	Freiburg - Munstermarkt	Freiburg is the 'green' city of Germany and surrounding its imposing gothic cathedral there is the Munstermarkt, its food market.	FRANCE	English-50; German-50		PG	Y Y
2022-12-06	2830	<b>Bizarre Foods: Delicious Destinations</b>	Palm Springs	Andrew spotlights the glamorous desert oasis of Palm Springs, CA. The sunny resort city features new and iconic eateries serving up dishes like grilled rib eye and composed bone marrow butter, the popular reuben stacker and the classic date milkshake.	USA	English-100		M	
2022-12-07	0500	<b>Sarah Graham: Food Safari</b>	Elephants Alive, Hoedspruit	Having heard about the groundbreaking research and science-based conservation solutions spearheaded by Elephant's Alive, Sarah makes her way to their research facility near The Kruger National Park.	SOUTH AFRICA	English-100		G	
2022-12-07	0530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 1	Matt serves up a brulee with a difference, Courtney cooks a delicious vegetarian dish of stuffed pumpkin and tahini dressing, and Michael whips up a comfort food classic - curried sausages.	AUSTRALIA	English-100		G	
2022-12-07	0600	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 1	Sisters Jasmine and Melissa Hemsley create nourishing dishes that will warm you up on a cold day and offer nutritionally high alternatives to the carbs we often crave when it's chilly outside.	UNITED KINGDOM	English-100		G	
2022-12-07	0630	<b>Barefoot Contessa: Back To Basics</b>	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		G	
2022-12-07	0700	<b>Asia Unplated With Diana Chan</b>	Laos	Diana explores popular flavours in Laotian cuisine including a spicy pork sausage - sai oua - packed with vibrant herbs and spices.	AUSTRALIA	English-100		PG	
2022-12-07	0730	<b>Food Markets: In The Belly Of</b>	Freiburg - Munstermarkt	Freiburg is the 'green' city of Germany and surrounding its imposing gothic cathedral there is the Munstermarkt, its food market.	FRANCE	English-50; German-50		PG	Y Y
2022-12-07	0830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G	



2022-12-07	0900	<b>Shelfie With Dan Hong</b>	Shelfie With Dan Hong Series 1 Ep 2	What do you do if you are a pregnant foodie, who has lost the energy to be creative in the kitchen? Post a #shelfie like Sheryl did, and Dan Hong may arrive on your doorstep to cook up a Lemongrass pork vermicelli salad, using all the ingredients in your cupboard and fridge.	AUSTRALIA	English-100				
2022-12-07	0930	<b>John Torode's Ireland</b>	Wicklow To Wexford	John visits this beautiful 800-year-old country estate with its own organic farm and restored 17th century gardens. He meets the restaurant chef, Niall, who shows him round the gardens.	IRELAND	English-100		G		
2022-12-07	1025	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	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	
2022-12-07	1030	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G		
2022-12-07	1100	<b>The Cook Up With Adam Liaw</b>	Take A Plate For Christmas	Samantha Harris and Karl Firla join Adam in The Cook Up Kitchen to give you some great ideas for dishes to make for a Festive Take a Plate.	AUSTRALIA	English-100		PG		
2022-12-07	1130	<b>Food Markets: In The Belly Of</b>	Freiburg - Munstermarkt	Freiburg is the 'green' city of Germany and surrounding its imposing gothic cathedral there is the Munstermarkt, its food market.	FRANCE	English-50; German-50		PG	Y	Y
2022-12-07	1230	<b>Come Dine With Me Couples</b>	Bournemouth B	Hopeless romantics Matt and Jay serve up a traditional Russian feast, but eyebrows are raised when shop bought items are thrown into mix.	UNITED KINGDOM	English-100		PG		
2022-12-07	1330	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 1	Welsh Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100		G		Y
2022-12-07	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 2	Out on location in the picturesque olive groves of Victoria, Matt shows us one of his favourite street food dishes - Turkish gozleme.	AUSTRALIA	English-100		G		
2022-12-07	1430	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 2	Jasmine and Melissa visit The Crystal Palace Market to collect ingredients for a feast made up of huevos rancheros and a chocolate molten pot with figs and mango cashew cream.	UNITED KINGDOM	English-100		PG		
2022-12-07	1500	<b>Barefoot Contessa: Back To Basics</b>	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		G		
2022-12-07	1530	<b>Food Markets: In The Belly Of</b>	Riga - Centraltirgus	Latvia is a small country yet Riga Centraltirgus is the biggest city food market in Europe. Located just aside the Old Town of the city famous for its Art-Nouveau architecture.	FRANCE	English-67; Latvian-32; Russian-1	RPT	PG	Y	Y
2022-12-07	1630	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana focuses on the foods of Southern India. Chef Jacob Leung prepares red onion bhajis with yoghurt dipping sauce and chef Sarah Todd shares her recipe for Kerala-style crispy prawns.	AUSTRALIA	English-100		G		
2022-12-07	1700	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 3	With the new house nearly complete and the restaurant finally underway, Matthew Evans goes in search of inspiration for dishes to put on the menu at Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-07	1730	<b>Come Dine With Me Couples</b>	Glasgow A	David and Sarah attempt to impress with a menu that represents their heritage, with dishes from Russia, Armenia and a Scottish/American dessert.	UNITED KINGDOM	English-100		PG		
2022-12-07	1830	<b>The Cook And The Chef</b>	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG		

2022-12-07	1900	<b>The Cook Up With Adam Liaw</b>	Christmas Savoury	Adam, food icon Maggie Beer and Baker Natalie Paull are in The Cook Up Kitchen making savoury dishes that can be the centre of your Christmas buffet.	AUSTRALIA	English-100		PG	
2022-12-07	1930	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G	
2022-12-07	2000	<b>Long Weekend In... With Rory O'Connell</b>	Copenhagen	Rory creates a recipe inspired by his trip to gorgeous Copenhagen: Fish Cakes with wild garlic, tartare sauce and foraged wild greens, a seafood variation on traditional Danish Frikadeller meatballs.	IRELAND	English-100		PG	
2022-12-07	2030	<b>Gino's Italian Coastal Escape</b>	Tremiti Islands	Tonight Gino leaves the mainland of Italy behind and takes to the skies to visit the remote Islands of Tremiti. Using local herbs he cooks up his own twist on a classic Italian steak dinner.	UNITED KINGDOM	English-100		PG	
2022-12-07	2100	<b>Paul Hollywood: A Baker's Life</b>	Ginger Biscuits, Baps & Shortbread	Paul goes back to his roots in Merseyside to reminisce about where his love of baking began, visiting his mum to recreate the first thing he ever baked - her legendary ginger biscuits.	UNITED KINGDOM	English-100		G	
2022-12-07	2130	<b>The Cook And The Chef</b>	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2022-12-07	2200	<b>Bizarre Foods: Delicious Destinations</b>	Santa Fe	Andrew explores Santa Fe, a town intent on preserving its storied culture. Native American, Spanish and Mexican traditions converge to form mouthwatering dishes like slow-roasted carne adovada, chile rellenos and light-as-air sopapillas.	USA	English-100		M	
2022-12-07	2230	<b>The Cook Up With Adam Liaw</b>	Christmas Savoury	Adam, food icon Maggie Beer and Baker Natalie Paull are in The Cook Up Kitchen making savoury dishes that can be the centre of your Christmas buffet.	AUSTRALIA	English-100		PG	
2022-12-07	2300	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana focuses on the foods of Southern India. Chef Jacob Leung prepares red onion bhajis with yoghurt dipping sauce and chef Sarah Todd shares her recipe for Kerala-style crispy prawns.	AUSTRALIA	English-100		G	
2022-12-07	2330	<b>The Julia Child Challenge</b>	Julia On TV	The Home Cooks learn about Julia's pioneering career in television this week in challenges inspired by her time working on "The French Chef". With Guest Judges Sherry Yard and Stephanie Boswell.	USA	English-100		G	Y
2022-12-07	2425	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-12-07	2430	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G	
2022-12-07	2500	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 3	With the new house nearly complete and the restaurant finally underway, Matthew Evans goes in search of inspiration for dishes to put on the menu at Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y
2022-12-07	2530	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 1	Welsh Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100		G	Y
2022-12-07	2600	<b>For The Love Of Bread</b>	San Francisco	Petaluma in Sonoma County is known as 'the bread basket' of San Francisco. Andrew meets with Kathleen and Aaron Weber of Della Fattoria Bakery and visits Roti Roti to savour their porchetta rolls.	AUSTRALIA	English-100		G	
2022-12-07	2630	<b>Come Dine With Me Couples</b>	Glasgow A	David and Sarah attempt to impress with a menu that represents their heritage, with dishes from Russia, Armenia and a Scottish/American dessert.	UNITED KINGDOM	English-100		PG	

2022-12-07	2730	<b>Food Markets: In The Belly Of</b>	Riga - Centralrigus	Latvia is a small country yet Riga Centralrigus is the biggest city food market in Europe. Located just aside the Old Town of the city famous for its Art-Nouveau architecture.	FRANCE	English-67; Latvian-32; Russian-1	RPT	PG	Y	Y
2022-12-07	2830	<b>Bizarre Foods: Delicious Destinations</b>	Santa Fe	Andrew explores Santa Fe, a town intent on preserving its storied culture. Native American, Spanish and Mexican traditions converge to form mouthwatering dishes like slow-roasted carne adovada, chile rellenos and light-as-air sopapillas.	USA	English-100		M		
2022-12-08	0500	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 1	Welsh Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100		G		Y
2022-12-08	0530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 2	Out on location in the picturesque olive groves of Victoria, Matt shows us one of his favourite street food dishes - Turkish gozleme.	AUSTRALIA	English-100		G		
2022-12-08	0600	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 2	Jasmine and Melissa visit The Crystal Palace Market to collect ingredients for a feast made up of huevos rancheros and a chocolate molten pot with figs and mango cashew cream.	UNITED KINGDOM	English-100		PG		
2022-12-08	0630	<b>Barefoot Contessa: Back To Basics</b>	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		G		
2022-12-08	0700	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana focuses on the foods of Southern India. Chef Jacob Leung prepares red onion bhajis with yoghurt dipping sauce and chef Sarah Todd shares her recipe for Kerala-style crispy prawns.	AUSTRALIA	English-100		G		
2022-12-08	0730	<b>Food Markets: In The Belly Of</b>	Riga - Centralrigus	Latvia is a small country yet Riga Centralrigus is the biggest city food market in Europe. Located just aside the Old Town of the city famous for its Art-Nouveau architecture.	FRANCE	English-67; Latvian-32; Russian-1	RPT	PG	Y	Y
2022-12-08	0830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G		
2022-12-08	0900	<b>Long Weekend In... With Rory O'Connell</b>	Copenhagen	No foodie trip to Copenhagen would be complete without dining at Noma and Andrew was fortunate to meet with Rene Redzepi where they discussed food, culture, and the pursuit of excellence.	IRELAND	English-100		PG		
2022-12-08	0930	<b>Gino's Italian Coastal Escape</b>	Tremiti Islands	Tonight Gino leaves the mainland of Italy behind and takes to the skies to visit the remote Islands of Tremiti. Using local herbs he cooks up his own twist on a classic Italian steak dinner.	UNITED KINGDOM	English-100		PG		
2022-12-08	1000	<b>Paul Hollywood: A Baker's Life</b>	Ginger Biscuits, Baps & Shortbread	Paul goes back to his roots in Merseyside to reminisce about where his love of baking began, visiting his mum to recreate the first thing he ever baked - her legendary ginger biscuits.	UNITED KINGDOM	English-100		G		
2022-12-08	1030	<b>The Cook And The Chef</b>	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G		
2022-12-08	1100	<b>The Cook Up With Adam Liaw</b>	Christmas Savoury	Adam, food icon Maggie Beer and Baker Natalie Paull are in The Cook Up Kitchen making savoury dishes that can be the centre of your Christmas buffet.	AUSTRALIA	English-100		PG		
2022-12-08	1130	<b>Food Markets: In The Belly Of</b>	Riga - Centralrigus	Latvia is a small country yet Riga Centralrigus is the biggest city food market in Europe. Located just aside the Old Town of the city famous for its Art-Nouveau architecture.	FRANCE	English-67; Latvian-32; Russian-1	RPT	PG	Y	Y
2022-12-08	1230	<b>Come Dine With Me Couples</b>	Glasgow A	David and Sarah attempt to impress with a menu that represents their heritage, with dishes from Russia, Armenia and a Scottish/American dessert.	UNITED KINGDOM	English-100		PG		

2022-12-08	1330	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 2	Welsh-Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100		G		Y
2022-12-08	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 3	Matt and Michael serve up a delicious bread and butter pudding as well as ricotta hotcakes.	AUSTRALIA	English-100		PG		
2022-12-08	1430	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 3	Jasmine and Melissa visit London's Borough Market to collect nutrient-rich ingredients to use in their go-to green smoothies and quicker-than-toast zucchini and egg breakfast salad.	UNITED KINGDOM	English-100		G		
2022-12-08	1500	<b>Barefoot Contessa: Back To Basics</b>	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		G		
2022-12-08	1530	<b>Food Markets: In The Belly Of</b>	Toulouse - Victor Hugo	In the deep south of France the so called pink city of Toulouse hosts a coffer full of world wide famous food treasures - the Victor Hugo Market.	FRANCE	English-50; French-50	RPT	G	Y	Y
2022-12-08	1630	<b>Asia Unplated With Diana Chan</b>	Thai	Diana explores the balance of salty, sweet, and sour flavours that is fundamental in Thai cuisine. Chef Adam D'Sylva perfects this harmony of flavours with his seared tuna with nahm jim.	AUSTRALIA	English-100		G		
2022-12-08	1700	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 4	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	RPT	PG	Y	
2022-12-08	1730	<b>Come Dine With Me Couples</b>	Glasgow B	Lucy and Stephen risk it all with an exotic menu inspired by Lucy's travels to Asia.	UNITED KINGDOM	English-100		PG		
2022-12-08	1830	<b>Nigella Express</b>	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-08	1900	<b>The Cook Up With Adam Liaw</b>	Christmas At Mine	It's a big night with Adam, chef George Calombaris, and singer Christine Anu in The Cook Up Kitchen creating festive food unique to their homes.	AUSTRALIA	English-100		PG		
2022-12-08	1930	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G		
2022-12-08	2000	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 8	Mary shares her plans for Christmas day including five indulgent but easy classics. She gets everyone in the mood with her mulled wine and mini filo beef Wellington canapes.	UNITED KINGDOM	English-100		G		
2022-12-08	2030	<b>Nadiya's Fast Flavours</b>	Fresh And Healthy	Nadiya Hussain shares delicious recipes for days when we fancy something fresh, and a little bit healthy. To kick off, Nadiya cooks up a bright and beautiful butternut squash soup.	UNITED KINGDOM	English-100		PG		
2022-12-08	2100	<b>Gok Wan's Easy Asian</b>	Gok Wan's Easy Asian Series 3 Ep 2	In this episode Gok Wan has a menu of four dishes that will deliver a hug to your tummy, starting with his light and nourishing Detox Soup, loaded with flavour.	UNITED KINGDOM	English-100				
2022-12-08	2130	<b>The Cook And The Chef</b>	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G		
2022-12-08	2200	<b>Bizarre Foods: Delicious Destinations</b>	Hamptons, The	Andrew dives into the seafood masterworks of the Hamptons. From delectable surf and turf to buttery lobster rolls, clam chowder to smoked bluefish pate, the Hamptons' dinner scene is sizzling.	USA	English-100	RPT	PG		

2022-12-08	2230	<b>The Cook Up With Adam Liaw</b>	Christmas At Mine	It's a big night with Adam, chef George Calombaris, and singer Christine Anu in The Cook Up Kitchen creating festive food unique to their homes.	AUSTRALIA	English-100		PG		
2022-12-08	2300	<b>Asia Unplated With Diana Chan</b>	Thai	Diana explores the balance of salty, sweet, and sour flavours that is fundamental in Thai cuisine. Chef Adam D'Sylva perfects this harmony of flavours with his seared tuna with nahm jim.	AUSTRALIA	English-100		G		
2022-12-08	2330	<b>The Julia Child Challenge</b>	Mastering The Art Of Julia Child	The final 3 Home Cooks make a four-course meal of Julia classics for their last challenge in Julia's kitchen. With Guest Judges Dorie Greenspan and Brooke Williamson.	USA	English-100		G		
2022-12-08	2425	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-12-08	2430	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G		
2022-12-08	2500	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 4	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	RPT	PG		Y
2022-12-08	2530	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 2	Welsh-Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100		G		Y
2022-12-08	2600	<b>Nigella Express</b>	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G		Y
2022-12-08	2630	<b>Come Dine With Me Couples</b>	Glasgow B	Lucy and Stephen risk it all with an exotic menu inspired by Lucy's travels to Asia.	UNITED KINGDOM	English-100		PG		
2022-12-08	2730	<b>Food Markets: In The Belly Of</b>	Toulouse - Victor Hugo	In the deep south of France the so called pink city of Toulouse hosts a coffer full of world wide famous food treasures - the Victor Hugo Market.	FRANCE	English-50; French-50	RPT	G	Y	Y
2022-12-08	2830	<b>Bizarre Foods: Delicious Destinations</b>	Hamptons, The	Andrew dives into the seafood masterworks of the Hamptons. From delectable surf and turf to buttery lobster rolls, clam chowder to smoked bluefish pate, the Hamptons' dinner scene is sizzling.	USA	English-100	RPT	PG		
2022-12-09	0500	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 2	Welsh-Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100		G		Y
2022-12-09	0530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 3	Matt and Michael serve up a delicious bread and butter pudding as well as ricotta hotcakes.	AUSTRALIA	English-100		PG		
2022-12-09	0600	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 3	Jasmine and Melissa visit London's Borough Market to collect nutrient-rich ingredients to use in their go-to green smoothies and quicker-than-toast zucchini and egg breakfast salad.	UNITED KINGDOM	English-100		G		
2022-12-09	0630	<b>Barefoot Contessa: Back To Basics</b>	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		G		
2022-12-09	0700	<b>Asia Unplated With Diana Chan</b>	Thai	Diana explores the balance of salty, sweet, and sour flavours that is fundamental in Thai cuisine. Chef Adam D'Sylva perfects this harmony of flavours with his seared tuna with nahm jim.	AUSTRALIA	English-100		G		

2022-12-09	0730	<b>Food Markets: In The Belly Of</b>	Toulouse - Victor Hugo	In the deep south of France the so called pink city of Toulouse hosts a coffer full of world wide famous food treasures - the Victor Hugo Market.	FRANCE	English-50; French-50	RPT	G	Y	Y
2022-12-09	0830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G		
2022-12-09	0900	<b>Mary Berry's Absolute Favourites</b>	Mary Berry's Absolute Favourites Series 1 Ep 8	Mary shares her plans for Christmas day including five indulgent but easy classics. She gets everyone in the mood with her mulled wine and mini filo beef Wellington canapes.	UNITED KINGDOM	English-100		G		
2022-12-09	0930	<b>Nadiya's Fast Flavours</b>	Fresh And Healthy	Nadiya Hussain shares delicious recipes for days when we fancy something fresh, and a little bit healthy. To kick off, Nadiya cooks up a bright and beautiful butternut squash soup.	UNITED KINGDOM	English-100		PG		
2022-12-09	1000	<b>Gok Wan's Easy Asian</b>	Gok Wan's Easy Asian Series 3 Ep 2	Gok has a menu of four delicious dishes, starting with his nourishing Detox Soup followed by crispy noodles with a treasure island stir fry. Cosy comforts for everyone!	UNITED KINGDOM	English-100				
2022-12-09	1030	<b>The Cook And The Chef</b>	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G		
2022-12-09	1100	<b>The Cook Up With Adam Liaw</b>	Christmas At Mine	It's a big night with Adam, chef George Calombaris, and singer Christine Anu in The Cook Up Kitchen creating festive food unique to their homes.	AUSTRALIA	English-100		PG		
2022-12-09	1130	<b>Food Markets: In The Belly Of</b>	Toulouse - Victor Hugo	In the deep south of France the so called pink city of Toulouse hosts a coffer full of world wide famous food treasures - the Victor Hugo Market.	FRANCE	English-50; French-50	RPT	G	Y	Y
2022-12-09	1230	<b>Come Dine With Me Couples</b>	Glasgow B	Lucy and Stephen risk it all with an exotic menu inspired by Lucy's travels to Asia.	UNITED KINGDOM	English-100		PG		
2022-12-09	1330	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 3	Michela serves bagna cauda - a warm creamy anchovy based sauce - ideal for dipping vegetables and crusty bread, and a quick and simple tuna and lemon spaghetti.	UNITED KINGDOM	English-100		G		Y
2022-12-09	1400	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 4	Matt prepares a classic favourite - the steak sandwich with a delicious burnt butter sauce. Courtney serves spicy beans with fried eggs, and Matt tweaks the traditional Italian meatball pasta.	AUSTRALIA	English-100		PG		
2022-12-09	1430	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 4	Jasmine and Melissa serve up their favourite comfort foods and are joined in the kitchen by their mum to make chicken tinola - a Filipino chicken soup.	UNITED KINGDOM	English-100		G		
2022-12-09	1500	<b>Barefoot Contessa: Back To Basics</b>	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		G		
2022-12-09	1530	<b>Food Markets: In The Belly Of</b>	Zagreb - Dolac	Looking at the 'Kumice' selling their baskets full of vegetables and cheese on the Dolac market stalls in Zagreb is like going back in time.	FRANCE	English-58; Croatian-42	RPT	PG	Y	Y
2022-12-09	1630	<b>Asia Unplated With Diana Chan</b>	Vietnamese	Diana delves into the vibrant and healthy flavours of Vietnamese cooking. She's joined in the kitchen by Khanh Ong and together they create cha gio re.	AUSTRALIA	English-100		G		
2022-12-09	1700	<b>Gourmet Farmer</b>	Gourmet Farmer Series 4 Ep 5	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	RPT	PG	Y	

2022-12-09	1730	<b>Come Dine With Me Couples</b>	Bristol And Bath A	Dylan and holistic canine nutritionist Emma decide to share their passion by feeding their guests food they'd be happy to serve their dogs!	UNITED KINGDOM	English-100		PG		
2022-12-09	1830	<b>Nigella Express</b>	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G		Y
2022-12-09	1900	<b>The Cook Up With Adam Liaw</b>	Christmas Dessert	Culinary queen Stephanie Alexander and paralympian gold medallist Kurt Fearnley join Adam in The Cook Up Kitchen to make Christmas desserts.	AUSTRALIA	English-100		PG		
2022-12-09	1930	<b>Gordon Ramsay's Christmas Cookalong</b>	Gordon Ramsay's Christmas Cookalong Specials	Gordon invites families to cookalong together. Gordon serves up a delicious starter of parsnip and pea soup with a walnut pesto, and a show-stopping ice cream snowball for pudding. Special lunch guests pop in to share Gordon's festive feast!	UNITED KINGDOM	English-100				
2022-12-09	2100	<b>Jamie's Easy Christmas Countdown</b>	Jamie's Easy Christmas Countdown	Jamie kicks off his easy Christmas countdown with a gorgeous smoked salmon pate that's elegant, luxurious, and can be rustled up in the time it takes to make some toast!	UNITED KINGDOM	English-100		G		
2022-12-09	2200	<b>Donal's Meals In Minutes</b>	Christmas	Donal shows how you can reduce the long process of prepping and making your Christmas dinner by several hours with his quick and easy menu.	IRELAND	English-100		G		
2022-12-09	2230	<b>The Cook Up With Adam Liaw</b>	Christmas Dessert	Culinary queen Stephanie Alexander and paralympian gold medallist Kurt Fearnley join Adam in The Cook Up Kitchen to make Christmas desserts.	AUSTRALIA	English-100		PG		
2022-12-09	2300	<b>Asia Unplated With Diana Chan</b>	Vietnamese	Diana delves into the vibrant and healthy flavours of Vietnamese cooking. She's joined in the kitchen by Khanh Ong and together they create cha gio re.	AUSTRALIA	English-100		G		
2022-12-09	2330	<b>Bbq Brawl</b>	Introduce Your Cue	Captains Bobby Flay, Michael Symon and Eddie Jackson choose their teams and get ready for battle, and nothing is off limits as they face off in their first team brawl in hopes of avoiding elimination.	USA	English-100		PG		
2022-12-09	2440	<b>Gordon Ramsay's Christmas Cookalong</b>	Gordon Ramsay's Christmas Cookalong Specials	Gordon invites families to cookalong together. Gordon serves up a delicious starter of parsnip and pea soup with a walnut pesto, and a show-stopping ice cream snowball for pudding. Special lunch guests pop in to share Gordon's festive feast!	UNITED KINGDOM	English-100				
2022-12-09	2555	<b>Just Jen Bitesize</b>	Poke Nachos	Feeling artsy, anxious or just plain hungry? Join Jen Phnomratt in the kitchen as she makes tasty recipes for the body and the home, that are great for all the feels.	USA	English-100		G		
2022-12-09	2600	<b>Nigella Express</b>	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G		Y
2022-12-09	2630	<b>Come Dine With Me Couples</b>	Bristol And Bath A	Dylan and holistic canine nutritionist Emma decide to share their passion by feeding their guests food they'd be happy to serve their dogs!	UNITED KINGDOM	English-100		PG		
2022-12-09	2730	<b>Food Markets: In The Belly Of</b>	Zagreb - Dolac	Looking at the 'Kumice' selling their baskets full of vegetables and cheese on the Dolac market stalls in Zagreb is like going back in time.	FRANCE	English-58; Croatian-42	RPT	PG	Y	Y
2022-12-09	2830	<b>Donal's Meals In Minutes</b>	Christmas	Donal shows how you can reduce the long process of prepping and making your Christmas dinner by several hours with his quick and easy menu.	IRELAND	English-100		G		

2022-12-10	0500	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 3	Michela serves bagna cauda - a warm creamy anchovy based sauce - ideal for dipping vegetables and crusty bread, and a quick and simple tuna and lemon spaghetti.	UNITED KINGDOM	English-100		G			Y
2022-12-10	0530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 4	Matt prepares a classic favourite - the steak sandwich with a delicious burnt butter sauce. Courtney serves spicy beans with fried eggs, and Matt tweaks the traditional Italian meatball pasta.	AUSTRALIA	English-100		PG			
2022-12-10	0600	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 4	Jasmine and Melissa serve up their favourite comfort foods and are joined in the kitchen by their mum to make chicken tinola - a Filipino chicken soup.	UNITED KINGDOM	English-100		G			
2022-12-10	0630	<b>Barefoot Contessa: Back To Basics</b>	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		G			
2022-12-10	0700	<b>Asia Unplated With Diana Chan</b>	Vietnamese	Diana delves into the vibrant and healthy flavours of Vietnamese cooking. She's joined in the kitchen by Khanh Ong and together they create cha gio re.	AUSTRALIA	English-100		G			
2022-12-10	0730	<b>Food Markets: In The Belly Of</b>	Zagred - Dolac	Looking at the 'Kumice' selling their baskets full of vegetables and cheese on the Dolac market stalls in Zagreb is like going back in time.	FRANCE	English-58; Croatian-42	RPT	PG	Y		Y
2022-12-10	0830	<b>Gordon Ramsay's Christmas Cookalong</b>	Gordon Ramsay's Christmas Cookalong Specials	Gordon invites families to cookalong together. Gordon serves up a delicious starter of parsnip and pea soup with a walnut pesto, and a show-stopping ice cream snowball for pudding. Special lunch guests pop in to share Gordon's festive feast!	UNITED KINGDOM	English-100					
2022-12-10	0950	<b>Just Jen Bitesize</b>	Poke Nachos	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		G			
2022-12-10	1000	<b>Jamie's Easy Christmas Countdown</b>	Jamie's Easy Christmas Countdown	Jamie kicks off his easy Christmas countdown with a gorgeous smoked salmon pate that's elegant, luxurious, and can be rustled up in the time it takes to make some toast!	UNITED KINGDOM	English-100		G			
2022-12-10	1100	<b>The Cook Up With Adam Liaw</b>	Christmas Dessert	Culinary queen Stephanie Alexander and paralympian gold medallist Kurt Fearnley join Adam in The Cook Up Kitchen to make Christmas desserts.	AUSTRALIA	English-100		PG			
2022-12-10	1130	<b>Food Markets: In The Belly Of</b>	Zagred - Dolac	Looking at the 'Kumice' selling their baskets full of vegetables and cheese on the Dolac market stalls in Zagreb is like going back in time.	FRANCE	English-58; Croatian-42	RPT	PG	Y		Y
2022-12-10	1230	<b>Come Dine With Me Couples</b>	Bristol And Bath A	Dylan and holistic canine nutritionist Emma decide to share their passion by feeding their guests food they'd be happy to serve their dogs!	UNITED KINGDOM	English-100		PG			
2022-12-10	1330	<b>Bbq Brawl</b>	Master Of Cue	To decide who deserves the grand prize and supreme BBQ bragging rights, Bobby, Michael and Eddie watch on as the judges lay down the ultimate BBQ gauntlet: a super-sized, all-day competition.	USA	English-100		PG			
2022-12-10	1430	<b>Hairy Bikers Chocolate Challenge</b>	Hairy Bikers Chocolate Challenge Series 1 Ep 3	This week the confectioners are tasked with creating a supersize bar and mini bite-sized pieces full of bubbles, flakes and textures galore. With a place in the semi-final at stake the pressure is on.	UNITED KINGDOM	English-100		G			
2022-12-10	1530	<b>Gordon Ramsay Uncharted</b>	Peru	Chef Gordon Ramsay travels by motorbike through Peru's Sacred Valley of the Incas to discover traditional high-altitude cuisine. He samples local delicacies like fried worms, and rare potatoes.	UNITED KINGDOM	English-100		PG			Y
2022-12-10	1630	<b>Weekend Breaks With Gregg Wallace</b>	Athens	Gregg travels to Athens to explore its history and its amazing Mediterranean cuisine, including filo pies, amazing souvlaki and donuts, which were given out millennia ago at the original Olympics.	UNITED KINGDOM	English-100		PG			



2022-12-10	1725	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	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	
2022-12-10	1730	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 1	Chef Johl Whiteduck Ringuette of the Anishnawbe and Algonquin Mink clan is on a journey to bring back the Anishnawbe national food to his community.	CANADA	English-100				
2022-12-10	1800	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 2	Carlos Oliveira and his family run a popular Portuguese restaurant in the heart of Toronto, Canada. Carlos takes pride in cooking with some of the oldest ingredients in Portuguese cuisine.	CANADA	English-100				
2022-12-10	1830	<b>Rick Stein's Spanish Christmas Special</b>	Rick Stein's Spanish Christmas Special	Rick Stein believes that no-one celebrates Christmas in greater style than the Spanish, where the celebrations last for over a fortnight and the dishes they prepare are something different.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-12-10	1940	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 7	In Kyoto, Adam Liaw takes us on a journey of discovery we meet a Tea Master, a Maiko and Michelin Star chef who makes risotto into sushi.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2022-12-10	2010	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 8	Adam hits the streets to show us Osaka's incredibly delicious array of cheap eats. He spends the day with a retired sumo wrestler, then indulges in some delicious baseball stadium food.	AUSTRALIA	English-70; Japanese-30	RPT	G	Y	Y
2022-12-10	2040	<b>Jamie's American Road Trip</b>	Arizona	With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with Navajo Indian community.	UNITED KINGDOM	English-100		PG		Y
2022-12-10	2140	<b>Anthony Bourdain: Parts Unknown</b>	Thailand	Tony teams up with Chef and Author Andy Ricker of Pok Pok Restaurant fame. Andy's made a name for himself faithfully reproducing the cuisine of Northern Thailand at his restaurants in America.	USA	English-100		PG		Y
2022-12-10	2235	<b>Top Chef</b>	This Is Not Glamping	In a competition first, the chefs are suprised with a twist that changes the game. They are sent camping to make a 5-star meal outdoors.	USA	English-100		PG		Y
2022-12-10	2330	<b>Freddie Fries Down Under</b>	Freddie Fries Down Under Series 1 Ep 1	Cricketing legend Freddie Flintoff and writer and adventurer Rob Penn leave the world of fish and chips behind as they take on a brand-new challenge.	UNITED KINGDOM	English-100		PG		
2022-12-10	2425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	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	
2022-12-10	2430	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 1	Chef Johl Whiteduck Ringuette of the Anishnawbe and Algonquin Mink clan is on a journey to bring back the Anishnawbe national food to his community.	CANADA	English-100				
2022-12-10	2500	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 2	Carlos Oliveira and his family run a popular Portuguese restaurant in the heart of Toronto, Canada. Carlos takes pride in cooking with some of the oldest ingredients in Portuguese cuisine.	CANADA	English-100				
2022-12-10	2530	<b>Rick Stein's Spanish Christmas Special</b>	Rick Stein's Spanish Christmas Special	Rick Stein believes that no-one celebrates Christmas in greater style than the Spanish, where the celebrations last for over a fortnight and the dishes they prepare are something different.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-12-10	2640	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 7	In Kyoto, Adam Liaw takes us on a journey of discovery we meet a Tea Master, a Maiko and Michelin Star chef who makes risotto into sushi.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2022-12-10	2710	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 8	Adam hits the streets to show us Osaka's incredibly delicious array of cheap eats. He spends the day with a retired sumo wrestler, then indulges in some delicious baseball stadium food.	AUSTRALIA	English-70; Japanese-30	RPT	G	Y	Y
2022-12-10	2740	<b>Jamie's American Road Trip</b>	Arizona	With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with Navajo Indian community.	UNITED KINGDOM	English-100		PG		Y

2022-12-10

2835

**Taste Of Diversity**

Taste Of Diversity Series 1 Ep 1

Chef Johl Whiteduck Ringuette of the Anishnawbe and Algonquin Mink clan is on a journey to bring back the Anishnawbe national food to his community.

CANADA

English-100



