



WEEK 51: Sunday, 12 December - Saturday, 18 December 2021 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2021-12-12	0500	<b>Tropical Gourmet: New Caledonia</b>	Noumea Market	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		
2021-12-12	0530	<b>Anthony Bourdain: Parts Unknown</b>	Nashville	Tony travels to Nashville, Tennessee. This is Tony's first proper trip to the Music City, and he'll learn why it's one the nation's fastest growing cities.	USA	English-100	RPT	PG		
2021-12-12	0625	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 8	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
2021-12-12	0630	<b>Flour Power Christmas: Big Wow Desserts</b>	Flour Power Christmas: Big Wow Desserts	The holidays are here and 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	RPT	PG		
2021-12-12	0700	<b>Let's Brunch</b>	Southern Brunch	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		
2021-12-12	0730	<b>Gordon's Ultimate Christmas</b>	Gordon's Ultimate Christmas Ep 1	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		
2021-12-12	0825	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-12	0830	<b>Spencer's Big Holiday</b>	Spencer's Big Holiday	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	RPT	PG		
2021-12-12	0930	<b>Donal's Kitchen Hero</b>	Christmas Special	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		
2021-12-12	1000	<b>Tom Kerridge's Proper Pub Food</b>	Christmas Food	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		
2021-12-12	1030	<b>The Cook And The Chef</b>	Christmas Holidays	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		
2021-12-12	1100	<b>Donal's Kitchen Hero Feast</b>	Dublin - Donal's Christmas Feast	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		
2021-12-12	1130	<b>Hairy Bikers' Mississippi Adventure</b>	Best Of	Experience some of the best bits of the bikers' journey through the Mississippi regions, as they relive some of the most memorable stories, food, and music.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-12	1225	<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	
2021-12-12	1230	<b>Amy Schumer Learns To Cook</b>	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - prawns in lobster sauce with rice.	USA	English-100	RPT	PG		
2021-12-12	1325	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	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	
2021-12-12	1330	<b>Delia's How To Cook</b>	Poultry	It is well-known that chicken soup is a mothers' cure-all. Delia, too, is a great believer in the restorative powers of chicken, and it's her 'magical cure' for sad days.	UNITED KINGDOM	English-100	RPT	G		
2021-12-12	1400	<b>The Cook Up with Adam Liaw</b>	Prawns	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	
2021-12-12	1430	<b>The Cook Up with Adam Liaw</b>	Five Minute Snack	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	

2021-12-12	1500	<b>The Cook Up with Adam Liaw</b>	Capsicum	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
2021-12-12	1530	<b>The Cook Up with Adam Liaw</b>	Fresh Beans	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
2021-12-12	1600	<b>The Cook Up with Adam Liaw</b>	Breakfast	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
2021-12-12	1630	<b>The Cook And The Chef</b>	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100	RPT	G	
2021-12-12	1700	<b>The Cook And The Chef</b>	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100	RPT	G	Y
2021-12-12	1730	<b>The Cook And The Chef</b>	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100	RPT	G	
2021-12-12	1800	<b>Taste Of France</b>	Alexandre Mazzia (Am)	Today, we visit two Michelin star chef Alexandre Mazzia at his highly acclaimed restaurant in Marseilles. He's meticulous and precise in his food crafting, which covers both taste and presentation.	SWEDEN	English-50; French-50		PG	Y
2021-12-12	1830	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 4	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	
2021-12-12	1900	<b>Cheese Slices</b>	Turkey: Traditional Cheeses Of Turkey	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA	English-100		G	
2021-12-12	1930	<b>Simply Raymond Blanc</b>	Maman Blanc	Raymond Blanc pays culinary homage to his Maman Blanc by sharing nostalgic dishes from his childhood - vegetable soup three ways, and a special assiette of salads made with fresh produce.	ENGLAND	English-100		PG	
2021-12-12	2025	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-12-12	2030	<b>Rick Stein's Cornish Christmas</b>	Rick Stein's Cornish Christmas, Series 1 Ep 1	The people of Cornwall are proud of the fact that they do things differently, and the Christmas celebrations in this beautiful part of England have their own unique flavours and sounds.	UNITED KINGDOM	English-100		G	Y
2021-12-12	2100	<b>Rick Stein's Cornish Christmas</b>	Rick Stein's Cornish Christmas, Series 1 Ep 2	In the second part of his Christmas special in Cornwall, Rick Stein and his chefs use local ingredients to create a Christmas banquet for all his Cornish friends, including the famous comedian Jethro.	UNITED KINGDOM	English-100		G	Y
2021-12-12	2130	<b>Anthony Bourdain: Parts Unknown</b>	Japan	Sushi master Masa takes Tony back to Japan - back to his roots - to explore his own past and see firsthand what has changed in his homeland, and what has remained the same.	USA	English-100		PG	Y
2021-12-12	2225	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 5	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
2021-12-12	2230	<b>Anthony Bourdain: Parts Unknown</b>	Rome	Tony's Roman holiday takes a cinematic turn. Shot in anamorphic widescreen - a first for the show - this episode is an homage to Italian films of the 1960s and 1970s.	USA	English-100		PG	Y
2021-12-12	2325	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-12-12	2330	<b>The Global Farm</b>	Spain	In Spain, Courtney explores some of the richest food traditions in the world. Starting in the north, she gets a sneak peek into the Michelin star rated restaurant, Mugaritz.	BULGARIA	Bulgarian-12.5; Croatian-12.5; English-12.5; French-12.5;		PG	Y
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2021-12-13	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 2	Traditionally, many Irish households, both urban and rural, had a pig. Today, keeping a pig is becoming popular again, and Donal visits teenage brothers who have started a small pig farming business.	IRELAND	English-100	RPT	G		
2021-12-13	1400	<b>Struggle Meals</b>	Going With The Grain	Frankie demonstrates how to prepare ingredients to make delicious, healthy meals for a fraction of the time and cost.	USA	English-100	RPT	PG		
2021-12-13	1430	<b>Just Jen</b>	Feeling Stuck	Feeling stuck? Jen shares some recipes for the kitchen and home to help you get moving - in more ways than one.	USA	English-100	RPT	PG		
2021-12-13	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-13	1530	<b>Oliver's Twist</b>	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100	RPT	G		
2021-12-13	1600	<b>Mystery Diners</b>	Extra Curricular	The owner of a piza house in California suspects his 'frat-tastic' college-enrolled waiter is taking the party off campus and into his restaurant.	USA	English-100	RPT	PG	Y	
2021-12-13	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 1	Pasta is an inexpensive way to feed a crowd and a blank canvas to dress up with great ingredients, so Giada De Laurentiis is hosting a pasta party buffet with leftovers that are hard to beat.	USA	English-100	RPT	G		
2021-12-13	1700	<b>Food Safari</b>	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-13	1730	<b>Choccywoccydoodah</b>	Whoopi Goldberg	In the first in a series of big star cake challenges, Hollywood legend Whoopi Goldberg sets the chocolatiers an epic test to build a skyscraper of a cake for a glittering fundraising event in New York.	UNITED KINGDOM	English-100		PG		
2021-12-13	1825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-13	1830	<b>The Cook And The Chef</b>	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail-proof sponge cake.	AUSTRALIA	English-100	RPT	G		
2021-12-13	1900	<b>The Cook Up with Adam Liaw</b>	Cream Cheese	The Cook Up host Adam Liaw brings food writer Tori Haschka and food and travel writer Yasmin Newman in to The Cook Up kitchen to create their ultimate cream cheese dishes.	AUSTRALIA	English-100		PG	Y	
2021-12-13	1930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 6 Ep 10	Jamie and Jimmy are joined by the incredible Craig David. Jamie takes Craig back to his childhood as he shows him a traditional Caribbean chicken dish from his grandmother's village on the island of Grenada.	UNITED KINGDOM	English-100		PG		
2021-12-13	2030	<b>Alex Polizzi's Secret Italy</b>	Alex Polizzi Secret Italy Series 1 Ep 2	Alex continues her journey, arriving in central Italy where she will uncover the secrets of the undiscovered Le Marche region. Here, Alex will discover a local seafood delicacy.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2021-12-13	2125	<b>Destination Flavour Singapore Bitesize</b>	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2021-12-13	2130	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 3	Escaping the hustle and bustle of Sydney, Luke visits the Blue Mountains in New South Wales.	AUSTRALIA	English-100	RPT	PG	Y	
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2021-12-13	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 1	Ainsley Harriott hosts the classic 20-minute cooking challenge with young stars of the West End musical Hairspray - Ben James-Ellis and Leanne Jones.	UNITED KINGDOM	English-100	RPT	G		
2021-12-13	2420	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-13	2430	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 1	Pasta is an inexpensive way to feed a crowd and a blank canvas to dress up with great ingredients, so Giada De Laurentiis is hosting a pasta party buffet with leftovers that are hard to beat.	USA	English-100	RPT	G		

2021-12-13	2500	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 2	Traditionally, many Irish households, both urban and rural, had a pig. Today, keeping a pig is becoming popular again, and Donal visits teenage brothers who have started a small pig farming business.	IRELAND	English-100	RPT	G		
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2021-12-14	0530	<b>Oliver's Twist</b>	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100	RPT	G		
2021-12-14	0600	<b>Mystery Diners</b>	Extra Curricular	The owner of a piza house in California suspects his 'frat-tastic' college-enrolled waiter is taking the party off campus and into his restaurant.	USA	English-100	RPT	PG		Y
2021-12-14	0630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 1	Pasta is an inexpensive way to feed a crowd and a blank canvas to dress up with great ingredients, so Giada De Laurentiis is hosting a pasta party buffet with leftovers that are hard to beat.	USA	English-100	RPT	G		
2021-12-14	0700	<b>Food Safari</b>	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-14	0730	<b>Choccywoccydoodah</b>	Whoopi Goldberg	In the first in a series of big star cake challenges, Hollywood legend Whoopi Goldberg sets the chocolatiers an epic test to build a skyscraper of a cake for a glittering fundraising event in New York.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-14	0825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-14	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 6 Ep 10	Jamie and Jimmy are joined by the incredible Craig David. Jamie takes Craig back to his childhood as he shows him a traditional Caribbean chicken dish from his grandmother's village on the island of Grenada.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-14	0930	<b>Alex Polizzi's Secret Italy</b>	Alex Polizzi Secret Italy Series 1 Ep 2	Alex continues her journey, arriving in central Italy where she will uncover the secrets of the undiscovered Le Marche region. Here, Alex will discover a local seafood delicacy.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2021-12-14	1025	<b>Destination Flavour Singapore Bitesize</b>	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2021-12-14	1030	<b>The Cook And The Chef</b>	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail-proof sponge cake.	AUSTRALIA	English-100	RPT	G		
2021-12-14	1100	<b>The Cook Up with Adam Liaw</b>	Cream Cheese	The Cook Up host Adam Liaw brings food writer Tori Haschka and food and travel writer Yasmin Newman in to The Cook Up kitchen to create their ultimate cream cheese dishes.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-14	1130	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 1	Pasta is an inexpensive way to feed a crowd and a blank canvas to dress up with great ingredients, so Giada De Laurentiis is hosting a pasta party buffet with leftovers that are hard to beat.	USA	English-100	RPT	G		
2021-12-14	1200	<b>Food Safari</b>	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-14	1230	<b>Choccywoccydoodah</b>	Whoopi Goldberg	In the first in a series of big star cake challenges, Hollywood legend Whoopi Goldberg sets the chocolatiers an epic test to build a skyscraper of a cake for a glittering fundraising event in New York.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-14	1325	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y

2021-12-14	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 3	Donal's career in food started as an award-winning blogger. He hosts a dinner party for a group of fellow food bloggers at home, and cooks a squash and coconut soup, porchetta, and banana puddings.	IRELAND	English-100	RPT	G	
2021-12-14	1400	<b>Struggle Meals</b>	Fancy Free	Going to the movies can be expensive. Frankie shows how to make a delicious TV dinner with popcorn, and dessert, for less than the cost of a movie ticket!	USA	English-100	RPT	PG	
2021-12-14	1430	<b>Just Jen</b>	Feeling Groovy	Feeling groovy? Jen shares some recipes for the kitchen and home to help you relax and unwind.	USA	English-100	RPT	PG	
2021-12-14	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G	Y
2021-12-14	1530	<b>Oliver's Twist</b>	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100	RPT	G	
2021-12-14	1600	<b>Mystery Diners</b>	Sleeping On The Job	Chef Marc notices a disparity in sales receipts and inventory with his high-end Italian deli meats. A Mystery Diner goes undercover as a busboy to discover who's using supplies for personal gain.	USA	English-100	RPT	PG	Y
2021-12-14	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 2	In Giada's family, Sundays are set aside for family dinners. For a stress-free, traditional family dinner at home, Giada's menu includes casual but hearty dishes like back ribs with spicy peach sauce.	USA	English-100	RPT	G	
2021-12-14	1700	<b>Food Safari</b>	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G	Y
2021-12-14	1730	<b>Choccywoccydoodah</b>	Jackie Collins	The chocolatiers latest star challenge comes from LA, in the shape of best-selling novelist Jackie Collins, who wants a cake as wild as one of her plots - a life-sized panther complete with glowing emerald eyes.	UNITED KINGDOM	English-100		PG	
2021-12-14	1825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-12-14	1830	<b>The Cook And The Chef</b>	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100	RPT	G	
2021-12-14	1900	<b>The Cook Up with Adam Liaw</b>	Home Delivery	Television presenter Julia Zemiro and ex-Mr Wong and Lotus chef, Sam Young are in The Cook Up kitchen with host Adam Liaw to create their home delivery inspired meals.	AUSTRALIA	English-100		PG	Y
2021-12-14	1930	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 4	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo.	AUSTRALIA	English-100	RPT	G	
2021-12-14	2000	<b>Anna's Occasions</b>	Classic Wedding	When you want to impress, these three classic wedding recipes might just turn you into the star of the wedding: decorated cut out cookies; tiramisu cheesecake; and a classic two-tiered wedding cake.	CANADA	English-100		PG	
2021-12-14	2030	<b>John Torode's Korean Food Tour</b>	Modern Urban	Korean fried chicken has long been one of John's favourite dishes and goes well with the Korean spirit soju. In his Seoul kitchen, John cooks the ultimate Korean fried chicken along with some spicy rice cakes.	UNITED KINGDOM	English-100		PG	Y
2021-12-14	2130	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 4	On the sunshine coast of Australia, Luke meets with a local fisherman to learn about where his produce comes from and they go out netting for Spanner Crabs.	AUSTRALIA	English-100	RPT	G	Y
2021-12-14	2200	<b>The Cook Up with Adam Liaw</b>	Home Delivery	Television presenter Julia Zemiro and ex-Mr Wong and Lotus chef, Sam Young are in The Cook Up kitchen with host Adam Liaw to create their home delivery inspired meals.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-14	2230	<b>Food Safari</b>	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G	Y
2021-12-14	2300	<b>The Cook And The Chef</b>	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100	RPT	G	
2021-12-14	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 2	Ainsley Harriott hosts the classic 20-minute cooking challenge with Sheridan Smith and Will Mellor from Two Pints of Lager And A Packet of Crisps.	UNITED KINGDOM	English-100	RPT	G	
2021-12-14	2420	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y

2021-12-14	2430	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 2	In Giada's family, Sundays are set aside for family dinners. For a stress-free, traditional family dinner at home, Giada's menu includes casual but hearty dishes like back ribs with spicy peach sauce.	USA	English-100	RPT	G	
2021-12-14	2500	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 3	Donal's career in food started as an award-winning blogger. He hosts a dinner party for a group of fellow food bloggers at home, and cooks a squash and coconut soup, porchetta, and banana puddings.	IRELAND	English-100	RPT	G	
2021-12-14	2530	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 4	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo.	AUSTRALIA	English-100	RPT	G	
2021-12-14	2600	<b>Anna's Occasions</b>	Classic Wedding	When you want to impress, these three classic wedding recipes might just turn you into the star of the wedding: decorated cut out cookies; tiramisu cheesecake; and a classic two-tiered wedding cake.	CANADA	English-100	RPT	PG	
2021-12-14	2630	<b>John Torode's Korean Food Tour</b>	Modern Urban	Korean fried chicken has long been one of John's favourite dishes and goes well with the Korean spirit soju. In his Seoul kitchen, John cooks the ultimate Korean fried chicken along with some spicy rice cakes.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-12-14	2730	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 4	On the sunshine coast of Australia, Luke meets with a local fisherman to learn about where his produce comes from and they go out netting for Spanner Crabs.	AUSTRALIA	English-100	RPT	G	Y
2021-12-14	2800	<b>Struggle Meals</b>	Fancy Free	Going to the movies can be expensive. Frankie shows how to make a delicious TV dinner with popcorn, and dessert, for less than the cost of a movie ticket!	USA	English-100	RPT	PG	
2021-12-14	2830	<b>Just Jen</b>	Feeling Groovy	Feeling groovy? Jen shares some recipes for the kitchen and home to help you relax and unwind.	USA	English-100	RPT	PG	
2021-12-15	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G	Y
2021-12-15	0530	<b>Oliver's Twist</b>	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100	RPT	G	
2021-12-15	0600	<b>Mystery Diners</b>	Sleeping On The Job	Chef Marc notices a disparity in sales receipts and inventory with his high-end Italian deli meats. A Mystery Diner goes undercover as a busboy to discover who's using supplies for personal gain.	USA	English-100	RPT	PG	Y
2021-12-15	0630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 2	In Giada's family, Sundays are set aside for family dinners. For a stress-free, traditional family dinner at home, Giada's menu includes casual but hearty dishes like back ribs with spicy peach sauce.	USA	English-100	RPT	G	
2021-12-15	0700	<b>Food Safari</b>	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G	Y
2021-12-15	0730	<b>Choccywoccydoodah</b>	Jackie Collins	The chocolatiers latest star challenge comes from LA, in the shape of best-selling novelist Jackie Collins, who wants a cake as wild as one of her plots - a life-sized panther complete with glowing emerald eyes.	UNITED KINGDOM	English-100	RPT	PG	
2021-12-15	0825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-12-15	0830	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 4	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo.	AUSTRALIA	English-100	RPT	G	
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2021-12-15	1100	<b>The Cook Up with Adam Liaw</b>	Home Delivery	Television presenter Julia Zemiro and ex-Mr Wong and Lotus chef, Sam Young are in The Cook Up kitchen with host Adam Liaw to create their home delivery inspired meals.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-15	1130	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 2	In Giada's family, Sundays are set aside for family dinners. For a stress-free, traditional family dinner at home, Giada's menu includes casual but hearty dishes like back ribs with spicy peach sauce.	USA	English-100	RPT	G	

2021-12-15	1200	<b>Food Safari</b>	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G	Y	
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2021-12-15	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 4	Donal heads for Drogheda where he gets a baking masterclass in the Brown Hound Bakery. He then cooks a delicious rustic rhubarb tart, lemon slices, and a carrot and cardamom cake.	IRELAND	English-100	RPT	G		
2021-12-15	1400	<b>Struggle Meals</b>	Chicken Or The Egg, The	Frankie shares both high and low maintenance ways to prepare roast chicken and eggs for any meal. Who says adulting has to be hard?	USA	English-100	RPT	PG		
2021-12-15	1430	<b>Just Jen</b>	Feeling Foggy	Jen shares recipes to help you break through your own mental fog, and then experiments with liquid nitrogen to make some fog of her own in the kitchen.	USA	English-100	RPT	PG		
2021-12-15	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve goes blue swimmer crab harvesting, and Joanna visits the rice paddies of the Riverina.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-15	1530	<b>Oliver's Twist</b>	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100	RPT	G		
2021-12-15	1600	<b>Mystery Diners</b>	Singles Night	A Mystery Diner goes undercover as a waitress to find out why a bar in Las Vegas has a steady decline in female patrons and learns that the manager is serving more than just drinks from the bar.	USA	English-100	RPT	PG	Y	
2021-12-15	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 3	Giada gets in the game day spirit and keeps folks entertained before kickoff by hosting a pre-game burger bash. The party features family fun activities and a buffet of mortadella meatball sliders.	USA	English-100	RPT	G		
2021-12-15	1700	<b>Food Safari</b>	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-15	1730	<b>Choccywoccydoodah</b>	Cliff Richard	The London team tackle their first Carnaby Street shopping event, while the latest star challenge comes from the prince of pop himself, Sir Cliff Richard, who wants a spectacular angelic cake for a charity ball.	UNITED KINGDOM	English-100		PG		
2021-12-15	1825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-15	1830	<b>The Cook And The Chef</b>	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100	RPT	G		
2021-12-15	1900	<b>The Cook Up with Adam Liaw</b>	Middle Eastern	Television presenter Jan Fran and Melbourne's Maha Bar owner Shane Delia join host Adam Liaw in The Cook Up kitchen to create some Middle Eastern inspired dishes.	AUSTRALIA	English-100		PG	Y	
2021-12-15	1930	<b>Restaurants On The Edge</b>	St Lucia	Sue and Fluffy's roadside eatery on Saint Lucia island in the Caribbean has a stunning view but is in desperate need of some strengthening from our experts in order to attract tourists and make money.	CANADA	English-100		PG		
2021-12-15	2030	<b>James Martin's American Adventure</b>	San Francisco	James' travels take him to the city of San Francisco, where he cooks a meal on the great historic warship the SS Jeremiah O'Brien. Then he takes a walk through San Francisco's famous Chinatown.	UNITED KINGDOM	English-100		PG		
2021-12-15	2130	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 5	Luke completes his visit to Brisbane and heads to Saigon where he spends time with his family. He visits his Mum and Auntie 8 in Hoc Mon before cooking a traditional feast.	AUSTRALIA	English-100	RPT	PG	Y	Y
2021-12-15	2200	<b>The Cook Up with Adam Liaw</b>	Middle Eastern	Television presenter Jan Fran and Melbourne's Maha Bar owner Shane Delia join host Adam Liaw in The Cook Up kitchen to create some Middle Eastern inspired dishes.	AUSTRALIA	English-100	RPT	PG	Y	
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2021-12-15	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 3	For a special edition celebrating all things love, Ainsley Harriott is joined in the kitchen by Big Mo and Charlie from Eastenders - Laila Morse and Derek Martin.	UNITED KINGDOM	English-100	RPT	G		
2021-12-15	2420	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-15	2430	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 3	Giada gets in the game day spirit and keeps folks entertained before kickoff by hosting a pre-game burger bash. The party features family fun activities and a buffet of mortadella meatball sliders.	USA	English-100	RPT	G		
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2021-12-15	2800	<b>Struggle Meals</b>	Chicken Or The Egg, The	Frankie shares both high and low maintenance ways to prepare roast chicken and eggs for any meal. Who says adulting has to be hard?	USA	English-100	RPT	PG		
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2021-12-16	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve goes blue swimmer crab harvesting, and Joanna visits the rice paddies of the Riverina.	AUSTRALIA	English-100	RPT	G	Y	
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2021-12-16	0830	<b>Restaurants On The Edge</b>	St Lucia	Sue and Fluffy's roadside eatery on Saint Lucia island in the Caribbean has a stunning view but is in desperate need of some strengthening from our experts in order to attract tourists and make money.	CANADA	English-100	RPT	PG		
2021-12-16	0930	<b>James Martin's American Adventure</b>	San Francisco	James' travels take him to the city of San Francisco, where he cooks a meal on the great historic warship the SS Jeremiah O'Brien. Then he takes a walk through San Francisco's famous Chinatown.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-16	1030	<b>The Cook And The Chef</b>	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100	RPT	G		
2021-12-16	1100	<b>The Cook Up with Adam Liaw</b>	Middle Eastern	Television presenter Jan Fran and Melbourne's Maha Bar owner Shane Delia join host Adam Liaw in The Cook Up kitchen to create some Middle Eastern inspired dishes.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-16	1130	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 3	Giada gets in the game day spirit and keeps folks entertained before kickoff by hosting a pre-game burger bash. The party features family fun activities and a buffet of mortadella meatball sliders.	USA	English-100	RPT	G		
2021-12-16	1200	<b>Food Safari</b>	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G	Y	

2021-12-16	1230	<b>Choccywoccydoodah</b>	Cliff Richard	The London team tackle their first Carnaby Street shopping event, while the latest star challenge comes from the prince of pop himself, Sir Cliff Richard, who wants a spectacular angelic cake for a charity ball.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-16	1325	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-16	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 5	Donal visits the fire station at Kilbarrack in Dublin and meets fireman Vinnie Savage who is responsible for cooking meals for his colleagues.	IRELAND	English-100	RPT	G		
2021-12-16	1400	<b>Struggle Meals</b>	Frqnkie's Day Out	Frankie demonstrates how to make a week's worth of meals from a single trip to the grocery store, and then shares three options for struggle meals on the go.	USA	English-100	RPT	PG		
2021-12-16	1430	<b>Just Jen</b>	Feeling Snuggly	Need a hug? Jen shares some of her favourite comfort food recipes and demonstrates how to make a cuddly pom-pom rug.	USA	English-100	RPT	PG		
2021-12-16	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-16	1530	<b>Oliver's Twist</b>	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100	RPT	G		
2021-12-16	1600	<b>Mystery Diners</b>	Sour Grapes	The owner of a Las Vegas restaurant suspects his sophisticated, but slightly arrogant, wine sommelier is negatively affecting his spirit sales. Could he be selling his own wine to customers?	USA	English-100	RPT	PG		Y
2021-12-16	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 4	Jade loves chocolate just as much as her mother so Giada is hosting a chocolate-themed Valentine's Day party for her and her friends. The fancy lunch menu includes chocolate strawberry cups.	USA	English-100	RPT	G		
2021-12-16	1700	<b>Food Safari</b>	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-16	1730	<b>Choccywoccydoodah</b>	Ivana Trump	It's secrets and shocks all the way as jet-setting socialite Ivana Trump challenges the chocolatiers to make a sophisticated birthday cake in record time, for her glitzy summer party in St Tropez.	UNITED KINGDOM	English-100		PG		
2021-12-16	1825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-16	1830	<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	RPT	G		
2021-12-16	1900	<b>The Cook Up with Adam Liaw</b>	Christmas Dessert	Christmas is fast approaching, so for last-minute food ideas, The Cook Up is here for you. Host Adam Liaw is joined by food icon Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden.	AUSTRALIA	English-100		PG	Y	
2021-12-16	1930	<b>Barefoot Contessa: Back To Basics</b>	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		PG		
2021-12-16	2000	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-16	2030	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 5	Analise tackles the ups-and-downs of her new life, going on her first wallaby hunt and dealing with the wild rabbits that are decimating her the garden, resulting in a delicious rabbit stew.	AUSTRALIA	English-100		PG		
2021-12-16	2100	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100	RPT	G		
2021-12-16	2130	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 6	When he's not busy running his restaurants and has a day off, Luke likes to explore places away from the city. Luke explores Vung Tau, a coastal town finding different delicacies on each corner.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-16	2200	<b>The Cook Up with Adam Liaw</b>	Christmas Dessert	Christmas is fast approaching, so for last-minute food ideas, The Cook Up is here for you. Host Adam Liaw is joined by food icon Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-16	2230	<b>Food Safari</b>	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G	Y	

2021-12-16	2300	<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	RPT	G		
2021-12-16	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 4	There are a few hidden gems in the kitchen today from Cash in the Attic host Angus Purden and Bargain Hunt presenter David Harper, as Ainsley Harriott presents the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G		
2021-12-16	2420	<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	
2021-12-16	2430	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 4	Jade loves chocolate just as much as her mother so Giada is hosting a chocolate-themed Valentine's Day party for her and her friends. The fancy lunch menu includes chocolate strawberry cups.	USA	English-100	RPT	G		
2021-12-16	2500	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 5	Donal visits the fire station at Kilbarrack in Dublin and meets fireman Vinnie Savage who is responsible for cooking meals for his colleagues.	IRELAND	English-100	RPT	G		
2021-12-16	2530	<b>Barefoot Contessa: Back To Basics</b>	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100	RPT	PG		
2021-12-16	2600	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-16	2630	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 5	Analiase tackles the ups-and-downs of her new life, going on her first wallaby hunt and dealing with the wild rabbits that are decimating her the garden, resulting in a delicious rabbit stew.	AUSTRALIA	English-100	RPT	PG		
2021-12-16	2700	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100	RPT	G		
2021-12-16	2730	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 6	When he's not busy running his restaurants and has a day off, Luke likes to explore places away from the city. Luke explores Vung Tau, a coastal town finding different delicacies on each corner.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-16	2800	<b>Struggle Meals</b>	Frqnkie's Day Out	Frankie demonstrates how to make a week's worth of meals from a single trip to the grocery store, and then shares three options for struggle meals on the go.	USA	English-100	RPT	PG		
2021-12-16	2830	<b>Just Jen</b>	Feeling Snuggly	Need a hug? Jen shares some of her favourite comfort food recipes and demonstrates how to make a cuddly pom-pom rug.	USA	English-100	RPT	PG		
2021-12-17	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-17	0530	<b>Oliver's Twist</b>	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100	RPT	G		
2021-12-17	0600	<b>Mystery Diners</b>	Sour Grapes	The owner of a Las Vegas restaurant suspects his sophisticated, but slightly arrogant, wine sommelier is negatively affecting his spirit sales. Could he be selling his own wine to customers?	USA	English-100	RPT	PG		Y
2021-12-17	0630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 4	Jade loves chocolate just as much as her mother so Giada is hosting a chocolate-themed Valentine's Day party for her and her friends. The fancy lunch menu includes chocolate strawberry cups.	USA	English-100	RPT	G		
2021-12-17	0700	<b>Food Safari</b>	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-17	0730	<b>Choccywoccydoodah</b>	Ivana Trump	It's secrets and shocks all the way as jet-setting socialite Ivana Trump challenges the chocolatiers to make a sophisticated birthday cake in record time, for her glitzy summer party in St Tropez.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-17	0825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-17	0830	<b>Barefoot Contessa: Back To Basics</b>	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100	RPT	PG		
2021-12-17	0900	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG	Y	

2021-12-17	0930	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 5	Analise tackles the ups-and-downs of her new life, going on her first wallaby hunt and dealing with the wild rabbits that are decimating her the garden, resulting in a delicious rabbit stew.	AUSTRALIA	English-100	RPT	PG		
2021-12-17	1000	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100	RPT	G		
2021-12-17	1030	<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	RPT	G		
2021-12-17	1100	<b>The Cook Up with Adam Liaw</b>	Christmas Dessert	Christmas is fast approaching, so for last-minute food ideas, The Cook Up is here for you. Host Adam Liaw is joined by food icon Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden.	AUSTRALIA	English-100	RPT	PG		Y
2021-12-17	1130	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 4	Jade loves chocolate just as much as her mother so Giada is hosting a chocolate-themed Valentine's Day party for her and her friends. The fancy lunch menu includes chocolate strawberry cups.	USA	English-100	RPT	G		
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2021-12-17	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 6	Donal visits Nicky's Plaipe fishmongers in Howth for a masterclass in filleting fish from Martin McLoughlin. He cooks Maki rolls, Asian-style sea bass parcels, and a smoked mackerel salad.	IRELAND	English-100	RPT	G		
2021-12-17	1400	<b>Struggle Meals</b>	Show Me The Mole	Frankie shares how to make delicious and filling Mexican-inspired dishes for under 2 dollars a plate, and later uses a surprising ingredient in three delicious dishes.	USA	English-100	RPT	PG		
2021-12-17	1430	<b>Just Jen</b>	Feeling Anxious	Feeling anxious? Jen shares recipes and projects to help you de-stress and relax.	USA	English-100	RPT	PG		
2021-12-17	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G		Y
2021-12-17	1530	<b>Oliver's Twist</b>	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite - oven baked fat chips with rosemary salt, Elvis' burger, and American chopped salad.	UNITED KINGDOM	English-100	RPT	G		
2021-12-17	1600	<b>Mystery Diners</b>	Night Shift	Mystery Diners go undercover as customers and discover that the overnight bartender of Putter's Bar and Grill in Las Vegas is running his own bar called 'the Junkyard'.	USA	English-100	RPT	PG		Y
2021-12-17	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 5	After a recent trip to Capri, Giada hosts a lunch for her girlfriends that celebrates the island and one of its most inspiring ingredients - the lemon! The menu includes sole with lemon caper sauce.	USA	English-100	RPT	G		
2021-12-17	1700	<b>Food Safari</b>	Mexican Safari	Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G		Y
2021-12-17	1730	<b>Choccywoccydoodah</b>	Julien McDonald	Romance is in the air as the celebrity cake challenge comes from world renowned fashion designer Julien MacDonald, who wants them to create the most outlandish and opulent wedding cake they've ever made.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-17	1825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-17	1830	<b>The Cook And The Chef</b>	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100	RPT	G		
2021-12-17	1900	<b>The Cook Up with Adam Liaw</b>	Christmas Roast	Tonight, it's all about the classic Christmas roast. Host Adam Liaw, Paramount's Christine Manfield and Bird Cow Fish chef Alex Herbert are in The Cook Up kitchen doing their best roasts.	AUSTRALIA	English-100		PG		Y
2021-12-17	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	UNITED KINGDOM	English-100	RPT	PG		Y
2021-12-17	2030	<b>Jamie's Great Britain</b>	Heart Of England	Jamie's road trip takes him to the heart of England - The Midlands. Leicester is his first stop, where he uncovers the impact the British Empire's love for spice has had on Britain's food culture.	UNITED KINGDOM	English-100	RPT	PG		

2021-12-17	2125	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 10	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	
2021-12-17	2130	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 7	With Luke's busy life it's important to find the work life balance. Devoting Sunday as a family day, he explores the outdoors and the variety of restaurants Saigon has to offer.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-17	2200	<b>The Cook Up with Adam Liaw</b>	Christmas Roast	Tonight, it's all about the classic Christmas roast. Host Adam Liaw, Paramount's Christine Manfield and Bird Cow Fish chef Alex Herbert are in The Cook Up kitchen doing their best roasts.	AUSTRALIA	English-100	RPT	PG	Y	
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2021-12-17	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 5	Ainsley Harriott attempts to keep order in the kitchen as he hosts the classic 20-minute cooking challenge with Rav Wilding from Crimewatch and Lisa Maxwell from The Bill.	UNITED KINGDOM	English-100	RPT	G		
2021-12-17	2420	<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	
2021-12-17	2430	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 5	After a recent trip to Capri, Giada hosts a lunch for her girlfriends that celebrates the island and one of its most inspiring ingredients - the lemon! The menu includes sole with lemon caper sauce.	USA	English-100	RPT	G		
2021-12-17	2500	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 6	Donal visits Nicky's Plaice fishmongers in Howth for a masterclass in filleting fish from Martin McLoughlin. He cooks Maki rolls, Asian-style sea bass parcels, and a smoked mackerel salad.	IRELAND	English-100	RPT	G		
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2021-12-17	2725	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 10	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	
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2021-12-17	2830	<b>Just Jen</b>	Feeling Anxious	Feeling anxious? Jen shares recipes and projects to help you de-stress and relax.	USA	English-100	RPT	PG		
2021-12-18	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-18	0530	<b>Oliver's Twist</b>	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite - oven baked fat chips with rosemary salt, Elvis' burger, and American chopped salad.	UNITED KINGDOM	English-100	RPT	G		
2021-12-18	0600	<b>Mystery Diners</b>	Night Shift	Mystery Diners go undercover as customers and discover that the overnight bartender of Putter's Bar and Grill in Las Vegas is running his own bar called 'the Junkyard'.	USA	English-100	RPT	PG	Y	
2021-12-18	0630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 5	After a recent trip to Capri, Giada hosts a lunch for her girlfriends that celebrates the island and one of its most inspiring ingredients - the lemon! The menu includes sole with lemon caper sauce.	USA	English-100	RPT	G		
2021-12-18	0700	<b>Food Safari</b>	Mexican Safari	Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-18	0730	<b>Choccywoccydoodah</b>	Julien McDonald	Romance is in the air as the celebrity cake challenge comes from world renowned fashion designer Julien MacDonald, who wants them to create the most outlandish and opulent wedding cake they've ever made.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-18	0825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y

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2021-12-18	1025	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 10	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	
2021-12-18	1030	<b>The Cook And The Chef</b>	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100	RPT	G		
2021-12-18	1100	<b>The Cook Up with Adam Liaw</b>	Christmas Roast	Tonight, it's all about the classic Christmas roast. Host Adam Liaw, Paramount's Christine Manfield and Bird Cow Fish chef Alex Herbert are in The Cook Up kitchen doing their best roasts.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-18	1130	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 5	After a recent trip to Capri, Giada hosts a lunch for her girlfriends that celebrates the island and one of its most inspiring ingredients - the lemon! The menu includes sole with lemon caper sauce.	USA	English-100	RPT	G		
2021-12-18	1200	<b>Choccywoccydoodah</b>	Christmas Comes Early	It's November but in the world of Choccywoccydoodah that means one thing - Christmas! Chief cake artist Dave takes on his biggest challenge for the festive window display - a 1.2m chocolate stag.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-18	1230	<b>Mary Berry's Quick Cooking</b>	Mary Berry's Christmas Party	Celebrate the festive season with a dusting of Mary Berry's very own Christmas magic. On the menu will be Mary's pan-fried halloumi with fresh tomato chutney, crispy salmon and dill filo parcels.	UNITED KINGDOM	English-100				
2021-12-18	1330	<b>Flour Power Christmas: Edible Gifts</b>	Flour Power Christmas: Edible Gifts	Christmas is near and host Jessica McGovern shows us how to bake something for everyone including crispy brittle bark covered in chocolate, and rich coal cookies that are sweet with a bit of heat.	CANADA	English-100				
2021-12-18	1400	<b>Flour Power Christmas: Twisted Classics</b>	Flour Power Christmas: Twists On The Classics	Host Jessica McGovern plays of some classic desserts, from sweet and fluffy gumdrop cakes drizzled with a light lemony glaze to a delectable eggnog ski slope cake decorated with rosemary trees.	CANADA	English-100				
2021-12-18	1430	<b>Jamie &amp; Jimmy's Food Fight Club Special</b>	Jamie & Jimmy's Festive Feast	Rocketman actor Taron Egerton joins Jamie and Jimmy to make Christmas dinner and trifle. There's also pigs in blankets and a trip to a turkey farm.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-18	1525	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-18	1530	<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				
2021-12-18	1630	<b>Oliver's Twist</b>	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100	RPT	G		
2021-12-18	1700	<b>Cheese Slices</b>	France: The Last Of The Trappist Monk's Cheese	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA	English-100		G		
2021-12-18	1730	<b>Rick Stein's Christmas Odyssey</b>	Rick Stein's Far Eastern Odyssey Xmas Special	Having returned from filming his odyssey all around the Far East, Rick Stein was inspired to come up with the answer to one of the biggest cooking dilemmas facing us all at Christmas time.	UNITED KINGDOM	English-100		G	Y	Y
2021-12-18	1840	<b>Scandimania</b>	Scandimania Series 1 Ep 3	Hugh visits Norway, the fourth richest country in the world, where he tries some smoked sheep's head, visits an open prison that looks like a holiday camp, and goes diving for sea urchins.	UNITED KINGDOM	English-100		PG		Y
2021-12-18	1940	<b>Donal's Meals In Minutes</b>	Lunch Box Meals	This entire episode is based around meals you can whip up yourself at home and bring them to work for lunchtime. They're simple, quick and best of all they're super tasty.	IRELAND	English-100		PG		
2021-12-18	2005	<b>Donal's Meals In Minutes</b>	Low And Slow	In this episode, Donal looks at slow cooking and the meals tonight all cook over the course of a few hours and they can all be prepared quickly - giving you time to do other things.	IRELAND	English-100		PG		
2021-12-18	2035	<b>Gino's Italian Coastal Escape</b>	Paestum	Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta.	UNITED KINGDOM	English-100	RPT	G		
2021-12-18	2100	<b>Gino's Italian Coastal Escape</b>	Naples	Gino returns to the area he grew up in - the bay of Naples. Home of the pizza, street food, and fantastic seafood, this is foodie paradise.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-18	2130	<b>Anthony Bourdain: Parts Unknown</b>	Sichuan	Tony brings his pal, dear friend, muse, and Michelin star chef friend Eric Ripert along for the ride. It is Eric's first time to Sichuan and China as a whole, so everything is new to him.	USA	English-100		PG		Y

2021-12-18	2225	<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	
2021-12-18	2230	<b>Anthony Bourdain: Parts Unknown</b>	Hanoi	Tony revisits one of his favourite places on Earth - Vietnam, the 15th most populous country in the world with more than 90 million inhabitants.	USA	English-100		PG		Y
2021-12-18	2325	<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	
2021-12-18	2330	<b>The Global Farm</b>	France	Courtney explores farm-to-table cuisine at La Chassagnette. Then we travel to the tiny town of Eslette where Courtney learns about the special pepper that bears the town's namesake.	BULGARIA	Bulgarian-12.5; Croatian-12.5; English-12.5; French-12.5;		PG		Y
2021-12-18	2425	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-18	2430	<b>Rick Stein's Christmas Odyssey</b>	Rick Stein's Far Eastern Odyssey Xmas Special	Having returned from filming his odyssey all around the Far East, Rick Stein was inspired to come up with the answer to one of the biggest cooking dilemmas facing us all at Christmas time.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2021-12-18	2540	<b>Scandinavia</b>	Scandinavia Series 1 Ep 3	Hugh visits Norway, the fourth richest country in the world, where he tries some smoked sheep's head, visits an open prison that looks like a holiday camp, and goes diving for sea urchins.	UNITED KINGDOM	English-100	RPT	PG		Y
2021-12-18	2640	<b>Donal's Meals In Minutes</b>	Lunch Box Meals	This entire episode is based around meals you can whip up yourself at home and bring them to work for lunchtime. They're simple, quick and best of all they're super tasty.	IRELAND	English-100	RPT	PG		
2021-12-18	2705	<b>Donal's Meals In Minutes</b>	Low And Slow	In this episode, Donal looks at slow cooking and the meals tonight all cook over the course of a few hours and they can all be prepared quickly - giving you time to do other things.	IRELAND	English-100	RPT	PG		
2021-12-18	2735	<b>Gino's Italian Coastal Escape</b>	Paestum	Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta.	UNITED KINGDOM	English-100	RPT	G		
2021-12-18	2800	<b>Gino's Italian Coastal Escape</b>	Naples	Gino returns to the area he grew up in - the bay of Naples. Home of the pizza, street food, and fantastic seafood, this is foodie paradise.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-18	2830	<b>Cheese Slices</b>	France: The Last Of The Trappist Monk's Cheese	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA	English-100	RPT	G		