



WEEK 52: Sunday, 20 December - Saturday, 26 December 2020 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-12-20	0500	Africa On A Plate	Maseru, Lesotho	Chef Zama Memela finds herself in Maseru, the capital city of the mountain Kingdom of Lesotho.	USA	English-100	RPT	PG	
2020-12-20	0530	Gordon's Ultimate Christmas	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			
2020-12-20	0635	Heston's Feasts	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-12-20	0730	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 3	The Butlands from Cornwall, Lees from Warrington, Gohil and Al-Sheikhs from London, and Whites from Scotland must each feed a family of four for a tenner - from the freezer!	UNITED KINGDOM	English-100		PG	
2020-12-20	0830	Heston's Fantastical Food	Big Breakfast	On the morning menu is a two metre high boiled egg with toast soldiers, a box of cereal fit for a giant, a wacky flavour mash-up of the traditional English fry up, and even an edible daily newspaper.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-12-20	0930	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 19	It's the last day of the heat and one kitchen will win a place in the weekly final. The teams cooking today are The Souvlaki Social, Sabrina's Kitchen, and Cultured Eats.	UNITED KINGDOM	English-100		PG	
2020-12-20	1000	Cooking Up A Fortune	Cooking Up A Fortune Series 1 Ep 20	It's the final and the two winners from the heats are back to go head to head. Tensions are high as at stake is the chance to try running a restaurant business at one of the UK's busiest food arenas.	UNITED KINGDOM	English-100		PG	
2020-12-20	1030	The Hairy Bikers' Food Tour Of Britain	Essex	Si and Dave explore Essex where they cook a traditional county favourite in Southend-on-Sea. They also harvest Colchester oysters and learn how to talk to turkeys.	UNITED KINGDOM	English-100	RPT	G	
2020-12-20	1125	Destination Flavour Down Under Bitesize	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
2020-12-20	1130	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 15	Paul Hollywood is joined by Rachel Allen as they celebrate the best of Family Pies and Puds. Rachel cooks her own children's favourite Raspberry and Coconut Pudding.	UNITED KINGDOM	English-100		PG	
2020-12-20	1225	Poh & Co. Bitesize	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2020-12-20	1230	Oliver's Twist	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100		G	
2020-12-20	1300	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 5	Parveen showcases a vegan family favourite - tarka daal, as well as a simple technique for making chappatis at home.	UNITED KINGDOM	English-100		G	
2020-12-20	1355	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2020-12-20	1400	Late Nite Eats	North Jersey	Jordan's close to home in North Jersey, where he starts his at Dull Boy in Jersey City. Recently named one of the best bars in America, Dull Boy is dishing out coconut crab buns and other delights.	USA	English-100		G	
2020-12-20	1430	Late Nite Eats	Toronto	Jordan's back in Toronto to check out some new late night eats. First, he hits up Poor Romeo, a rock 'n' roll spot in Toronto's East End serving indulgent Tex Mex, and drippy burgers.	USA	English-100		G	
2020-12-20	1500	Secret Meat Business	Canadian	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100		G	

2020-12-20	1530	Secret Meat Business	Malaysian	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100			G	
2020-12-20	1600	Tom Kerridge's Proper Pub Food	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			G	
2020-12-20	1630	Gordon's Ultimate Christmas	Gordon's Ultimate Christmas Ep 2	Gordon proves that there's so much more to Christmas food than turkey - he goes through a wonderful array of alternative dishes from roast ham to a festive twist on his classic beef Wellington.	UNITED KINGDOM	English-100			G	
2020-12-20	1735	Jamie's Easy Christmas Countdown	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	
2020-12-20	1835	Adam Liaw's Road Trip For Good	Adam Liaw's Roadtrip For Good Series 1 Ep 3	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100			PG	
2020-12-20	1905	Palisa Anderson's Water Heart Food	Palisa Anderson's Water Heart Food Series 1 Ep 4	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100			PG	
2020-12-20	1935	Cook Like an Italian with Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 1	Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.	AUSTRALIA	English-100			G	
2020-12-20	2005	Kylie Kwong: Heart And Soul	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT		G	Y
2020-12-20	2035	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 1	Rick begins his journey in Venice and makes his way to the idyllic Greek island of Symi where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab.	UNITED KINGDOM				PG	
2020-12-20	2145	Born To Cook: Jack Stein Down Under	Red Wine, Finger Limes And Capers	Jack Stein heads to a winery where he blends his own Pinot Noir and enjoys a home-cooked lamb shank. At an elusive finger lime orchard, he sees the budding citrus caviar in Pemberton.	AUSTRALIA	English-100			PG	
2020-12-20	2210	Born To Cook: Jack Stein Down Under	Pork, Venison And Gin	Jack Stein visits some rare-breed pigs, visits the first venison farm in Western Australia & ends with a trip to Limeburners where he makes an 'ode to the English Meadow' gin at Cameron's Giniversity.	AUSTRALIA	English-100			G	
2020-12-20	2235	Hairy Bikers' Asian Adventure	Thailand - Bangkok And The Central Plains	They say it's impossible to eat badly in Thailand and the Hairy Bikers discover why. They are in Bangkok and Thailand's central plains, where much of the familiar Thai cuisine originates.	UNITED KINGDOM	English-100	RPT		G	Y
2020-12-20	2340	Adam Liaw's Road Trip For Good	Adam Liaw's Roadtrip For Good Series 1 Ep 3	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100			PG	
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2020-12-20	2650	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 10	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT		G	Y
2020-12-20	2700	Born To Cook: Jack Stein Down Under	Pork, Venison And Gin	Jack Stein visits some rare-breed pigs, visits the first venison farm in Western Australia & ends with a trip to Limeburners where he makes an 'ode to the English Meadow' gin at Cameron's Giniversity.	AUSTRALIA	English-100			G	
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2020-12-21	0600	Kylie Kwong: Heart And Soul	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT		G	Y
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2020-12-21	1150	Destination Flavour Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT		G	Y
2020-12-21	1200	Kylie Kwong: Heart And Soul	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT		G	Y
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2020-12-21	1340	Sarah Graham Cooks Cape Town	Home After The Move	Things are finally almost unpacked after a big move, and it's time to celebrate with friends. Sarah cooks a sweet potato and coconut milk soup, chicken korma bunny chows, and a chickpea salad.	SOUTH AFRICA	English-100			G	
2020-12-21	1405	Outback Gourmet	Outback Gourmet Series 1 Ep 1	Justine travels from Darwin to Kakadu exploring the Ubirri Rock Art walk, where she prepares a picnic lunch by the stunning Maguk Pools and experiences a pop up dining experience like no other.	AUSTRALIA	English-100			PG	
2020-12-21	1430	Pati's Mexican Table	La Paz The Heart Of Baja Sur	Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters.	USA	English-100			G	
2020-12-21	1500	Just Jen	Feeling Artsy	From fancy plating to an Instagram-worthy cake, Jen embraces her artsy side with gorgeous recipes for the body and home.	USA	English-100			PG	
2020-12-21	1530	Struggle Meals	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			PG	
2020-12-21	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 51	Michael kicks things off with guest MasterChef contestant Sashi Cheliah, who shares how to cook Bang Bang chicken. Matt is joined by guest Sarah Todd who cooks a family favourite - sausage rolls.	AUSTRALIA	English-100			PG	

2020-12-21	1630	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100	G
2020-12-21	1700	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland has embraced its reputation as Australia's hippy capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100	G
2020-12-21	1730	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 6	In Mildura, the biggest event of the year is the Festival of San Rocco, and Sefano joins the procession in the Saint's honour and shows us the traditional food and cultural events of the day.	AUSTRALIA	English-100	PG
2020-12-21	1800	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 1	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	G
2020-12-21	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 2	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	G
2020-12-21	1900	Tales From River Cottage	Garden Of Eden, A	Hugh recalls the progress of his horticultural skills over his three years in Dorset, from putting in his first organic vegetable beds, running the gauntlet of pests, to harvesting bumper crops.	UNITED KINGDOM	English-100	
2020-12-21	1930	Living On The Veg	Living On The Veg Series 1 Ep 10	Henry and Ian kick things off with their spin on a British classic with their vegan 'fish' pie, then Rachel Ama joins them in the kitchen to cook her harissa eggplant hotpot.	UNITED KINGDOM	English-100	PG
2020-12-21	2030	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 5	Nadia Sawalha is joined in the kitchen by Michelin-starred chef Asimakis Chaniotis, and together they prepare a family feast from Greece, including chicken gyros and meatball soup.	UNITED KINGDOM	English-100	PG
2020-12-21	2130	Asia Unplated With Diana Chan	Singaporean	Singaporean cuisine is widely influenced by several ethnic groups that make up the population. MasterChef winner Sashi Cheliah, who grew up in Singapore, shares his quick and easy briyani recipe.	AUSTRALIA	English-100	G
2020-12-21	2200	Bake With Anna Olson	Fruit Preserves	Anna shares her favourite preserved fruit recipes - perfect to use as fillings for countless desserts, including strawberry jam and marmalade.	CANADA	English-100	G
2020-12-21	2230	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100	G
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2020-12-22	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 51	Michael kicks things off with guest MasterChef contestant Sashi Cheliah, who shares how to cook Bang Bang chicken. Matt is joined by guest Sarah Todd who cooks a family favourite - sausage rolls.	AUSTRALIA	English-100	PG
2020-12-22	0630	A Gondola On The Murray	Gondola On The Murray Series 1 Ep 6	In Mildura, the biggest event of the year is the Festival of San Rocco, and Sefano joins the procession in the Saint's honour and shows us the traditional food and cultural events of the day.	AUSTRALIA	English-100	PG
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2020-12-22	0800	Tales From River Cottage	Garden Of Eden, A	Hugh recalls the progress of his horticultural skills over his three years in Dorset, from putting in his first organic vegetable beds, running the gauntlet of pests, to harvesting bumper crops.	UNITED KINGDOM	English-100	
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2020-12-22	1300	Bake With Anna Olson	Fruit Preserves	Anna shares her favourite preserved fruit recipes - perfect to use as fillings for countless desserts, including strawberry jam and marmalade.	CANADA	English-100	G
2020-12-22	1330	Sarah Graham Cooks Cape Town	Trafford's Early Supper Visit	Sarah's husband is away on a business trip, so a group of family friends and their children are coming over to have an early supper.	SOUTH AFRICA	English-100	G
2020-12-22	1400	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100	G

2020-12-22	1430	Pati's Mexican Table	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero.	USA	English-100		PG	
2020-12-22	1500	Just Jen	Feeling Sexy	Add a little sexiness to your daily routine with these frisky recipes.	USA	English-100		PG	
2020-12-22	1530	Struggle Meals	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		PG	
2020-12-22	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 52	Matt makes a breakfast favourite with a twist - chia and quinoa chai-spiced porridge, while Courtney shares a simple and healthy vegetarian dish with her stuffed tomatoes.	AUSTRALIA	English-100		PG	
2020-12-22	1630	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G	
2020-12-22	1700	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G	
2020-12-22	1730	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 1	Spring in Mildura is the season when the gardens are at their colourful best. It's also the time when the grapes are budding on the vines, which causes Stefano to wonder about new varieties of wines.	AUSTRALIA	English-100		G	
2020-12-22	1800	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
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2020-12-22	1900	Tales From River Cottage	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things pig.	UNITED KINGDOM	English-100			
2020-12-22	1930	Food Safari	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good feta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G	Y
2020-12-22	2000	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 1	Anjum starts with the basics - how to tell how hot a fresh chilli is, what the key spices of Indian food are, and what equipment to use.	UNITED KINGDOM	English-100		G	
2020-12-22	2030	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG	
2020-12-22	2105	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 6	In this episode, Luke leaves the hustle and bustle of Hanoi behind for the mystical mountains of Sapa. Once there, he prepares some black chicken in the local streets.	AUSTRALIA	English-100	RPT	G	Y
2020-12-22	2135	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100		G	
2020-12-22	2200	Bake With Anna Olson	Flourless Cookies	Anna's covered flourless cakes, pies, and tarts, and now some delicious flourless cookie recipes are in order. First up are Anna's almond butter thumbprint cookies.	CANADA	English-100		G	
2020-12-22	2230	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G	
2020-12-22	2300	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G	
2020-12-22	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	

2020-12-22	2400	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-12-22	2430	Food Safari	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G		Y
2020-12-22	2500	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 1	Anjum starts with the basics - how to tell how hot a fresh chilli is, what the key spices of Indian food are, and what equipment to use.	UNITED KINGDOM	English-100		G		
2020-12-22	2530	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG		
2020-12-22	2605	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 6	In this episode, Luke leaves the hustle and bustle of Hanoi behind for the mystical mountains of Sapa. Once there, he prepares some black chicken in the local streets.	AUSTRALIA	English-100	RPT	G		Y
2020-12-22	2635	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100		G		
2020-12-22	2700	Bake With Anna Olson	Flourless Cookies	Anna's covered flourless cakes, pies, and tarts, and now some delicious flourless cookie recipes are in order. First up are Anna's almond butter thumbprint cookies.	CANADA	English-100		G		
2020-12-22	2730	Sarah Graham Cooks Cape Town	Trafford's Early Supper Visit	Sarah's husband is away on a business trip, so a group of family friends and their children are coming over to have an early supper.	SOUTH AFRICA	English-100		G		
2020-12-22	2800	Outback Gourmet	Outback Gourmet Series 1 Ep 2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100		G		
2020-12-22	2830	Pati's Mexican Table	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero.	USA	English-100		PG		
2020-12-23	0500	Just Jen	Feeling Sexy	Add a little sexiness to your daily routine with these frisky recipes.	USA	English-100		PG		
2020-12-23	0530	Struggle Meals	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		PG		
2020-12-23	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 52	Matt makes a breakfast favourite with a twist - chia and quinoa chai-spiced porridge, while Courtney shares a simple and healthy vegetarian dish with her stuffed tomatoes.	AUSTRALIA	English-100		PG		
2020-12-23	0630	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 1	Spring in Mildura is the season when the gardens are at their colourful best. It's also the time when the grapes are budding on the vines, which causes Stefano to wonder about new varieties of wines.	AUSTRALIA	English-100		G		
2020-12-23	0700	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 3	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG		
2020-12-23	0730	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 4	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG		
2020-12-23	0800	Tales From River Cottage	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things pig.	UNITED KINGDOM	English-100				
2020-12-23	0830	Food Safari	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G		Y
2020-12-23	0900	Indian Food Made Easy	Indian Food Made Easy Series 1 Ep 1	Anjum starts with the basics - how to tell how hot a fresh chilli is, what the key spices of Indian food are, and what equipment to use.	UNITED KINGDOM	English-100		G		

2020-12-23	0930	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG	
2020-12-23	1005	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 6	In this episode, Luke leaves the hustle and bustle of Hanoi behind for the mystical mountains of Sapa. Once there, he prepares some black chicken in the local streets.	AUSTRALIA	English-100	RPT	G	Y
2020-12-23	1035	Just Jen	Feeling Sexy	Add a little sexiness to your daily routine with these frisky recipes.	USA	English-100		PG	
2020-12-23	1100	Struggle Meals	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		PG	
2020-12-23	1130	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 52	Matt makes a brekfast favourite with a twist - chia and quinoa chai-spiced porridge, while Courtney shares a simple and healthy vegetarian dish with her stuffed tomatoes.	AUSTRALIA	English-100		PG	
2020-12-23	1200	Tales From River Cottage	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things pig.	UNITED KINGDOM	English-100			
2020-12-23	1230	Asia Unplated With Diana Chan	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100		G	
2020-12-23	1300	Bake With Anna Olson	Flourless Cookies	Anna's covered flourless cakes, pies, and tarts, and now some delicious flourless cookie recipes are in order. First up are Anna's almond butter thumbprint cookies.	CANADA	English-100		G	
2020-12-23	1330	Sarah Graham Cooks Cape Town	Food Barn Noordhoek	No trip to Noordhoek is complete without a visit to the Food Barn. Sarah meets up with chef Franck Dangereux to see if she can prise his mushroom and truffle ravioli recipe out of him.	SOUTH AFRICA	English-100		G	
2020-12-23	1400	Outback Gourmet	Outback Gourmet Series 1 Ep 3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100		G	
2020-12-23	1430	Pati's Mexican Table	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area.	USA	English-100		G	
2020-12-23	1500	Just Jen	Feeling Social	Feeling social? Jen breaks out recipes and projects perfect for your next get together.	USA	English-100		G	
2020-12-23	1530	Struggle Meals	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		PG	
2020-12-23	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 53	Matt uses one of Australia's favourite cookies - the Anzac biscuit - to prepare Anzac ice cream sandwiches. Courtney shares her speedy paella recipe, and Michael makes a Mexican-style fondue.	AUSTRALIA	English-100		PG	
2020-12-23	1630	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G	
2020-12-23	1700	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100		G	
2020-12-23	1730	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 2	The Mildura Wine and Jazz Festival takes place in early summer when the weather is perfect for eating and drinking and listening to jazz outdoors or on a paddle steamer along the Murray River.	AUSTRALIA	English-100		G	
2020-12-23	1800	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-12-23	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	

2020-12-23	1900	Tales From River Cottage	Friends And Neighbours	Good friends and helpful neighbours are an essential part of the rural idyll. Hugh recalls his initiation into the rural Dorset community around River Cottage.	UNITED KINGDOM	English-100				
2020-12-23	1930	Rachel Khoo: My Swedish Kitchen	Festive Ending, A	Rachel prepares cold crayfish and serves it with warm crayfish soup and a cheese pie. For dessert, she makes a classic Swedish cheese cake, served warm with whipped cream and jam.	UNITED KINGDOM	English-100			PG	
2020-12-23	2000	Italian Food Safari	Italian Food Safari Series 1 Ep 2	First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide.	AUSTRALIA	English-100	RPT	G		Y
2020-12-23	2030	Adam Liaw's Road Trip For Good	Adam Liaw's Roadtrip For Good Series 1 Ep 4	Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.	AUSTRALIA	English-100			PG	
2020-12-23	2100	The Incredible Spice Men	Somerset	Tony and Cyrus are in Somerset - famous for cider and aged Cheddar cheese. They add some spices to these classics to serve up something special.	UNITED KINGDOM	English-100	RPT	G		
2020-12-23	2130	Asia Unplated With Diana Chan	Indonesian	Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado.	AUSTRALIA	English-100			G	
2020-12-23	2200	Bake With Anna Olson	Crackers	Anna always has a few styles of homemade crackers on hand. She shares some of her favourites recipes, including pumpkin seed and date spice crackers, Graham crackers, and cheddar shortbread.	CANADA	English-100			G	
2020-12-23	2230	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100			G	
2020-12-23	2300	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100			G	
2020-12-23	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-12-23	2400	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-12-23	2430	Rachel Khoo: My Swedish Kitchen	Festive Ending, A	Rachel prepares cold crayfish and serves it with warm crayfish soup and a cheese pie. For dessert, she makes a classic Swedish cheese cake, served warm with whipped cream and jam.	UNITED KINGDOM	English-100			PG	
2020-12-23	2500	Italian Food Safari	Italian Food Safari Series 1 Ep 2	First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide.	AUSTRALIA	English-100	RPT	G		Y
2020-12-23	2530	Adam Liaw's Road Trip For Good	Adam Liaw's Roadtrip For Good Series 1 Ep 4	Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.	AUSTRALIA	English-100			PG	
2020-12-23	2600	The Incredible Spice Men	Somerset	Tony and Cyrus are in Somerset - famous for cider and aged Cheddar cheese. They add some spices to these classics to serve up something special.	UNITED KINGDOM	English-100	RPT	G		
2020-12-23	2630	Asia Unplated With Diana Chan	Indonesian	Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado.	AUSTRALIA	English-100			G	
2020-12-23	2645	Bake With Anna Olson	Crackers	Anna always has a few styles of homemade crackers on hand. She shares some of her favourites recipes, including pumpkin seed and date spice crackers, Graham crackers, and cheddar shortbread.	CANADA	English-100			G	
2020-12-23	2730	Sarah Graham Cooks Cape Town	Food Barn Noordhoek	No trip to Noordhoek is complete without a visit to the Food Barn. Sarah meets up with chef Franck Dangereux to see if she can prise his mushroom and truffle ravioli recipe out of him.	SOUTH AFRICA	English-100			G	
2020-12-23	2800	Outback Gourmet	Outback Gourmet Series 1 Ep 3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100			G	

2020-12-23	2830	Pati's Mexican Table	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area.	USA	English-100		G	
2020-12-24	0500	Just Jen	Feeling Social	Feeling social? Jen breaks out recipes and projects perfect for your next get together.	USA	English-100		G	
2020-12-24	0530	Struggle Meals	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		PG	
2020-12-24	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 53	Matt uses one of Australia's favourite cookies - the Anzac biscuit - to prepare Anzac ice cream sandwiches. Courtney shares her speedy paella recipe, and Michael makes a Mexican-style fondue.	AUSTRALIA	English-100		PG	
2020-12-24	0630	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 2	The Mildura Wine and Jazz Festival takes place in early summer when the weather is perfect for eating and drinking and listening to jazz outdoors or on a paddle steamer along the Murray River.	AUSTRALIA	English-100		G	
2020-12-24	0700	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 5	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-12-24	0730	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 6	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-12-24	0800	Tales From River Cottage	Friends And Neighbours	Good friends and helpful neighbours are an essential part of the rural idyll. Hugh recalls his initiation into the rural Dorset community around River Cottage.	UNITED KINGDOM	English-100			
2020-12-24	0830	Rachel Khoo: My Swedish Kitchen	Festive Ending, A	Rachel prepares cold crayfish and serves it with warm crayfish soup and a cheese pie. For dessert, she makes a classic Swedish cheese cake, served warm with whipped cream and jam.	UNITED KINGDOM	English-100		PG	
2020-12-24	0900	Italian Food Safari	Italian Food Safari Series 1 Ep 2	First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide.	AUSTRALIA	English-100	RPT	G	Y
2020-12-24	0930	Adam Liaw's Road Trip For Good	Adam Liaw's Roadtrip For Good Series 1 Ep 4	Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.	AUSTRALIA	English-100		PG	
2020-12-24	1000	Nigella Bites Christmas Special	Nigella Bites Christmas Special	Nigella Lawson prepares her favourite recipes for the festive period, and reveals a few of her own culinary secrets to ensure a delicious Christmas feast with minimum fuss.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-24	1100	Bonacini's Italy Christmas Specials	Christmas At The Farm	In this heartwarming one-hour holiday special, celebrity chef Michael Bonacini invites us to his cozy farmhouse in Ontario for a charming Christmas feast.	CANADA	English-100		G	
2020-12-24	1200	Gordon's Ultimate Christmas	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			
2020-12-24	1305	Jamie's Easy Christmas Countdown	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			
2020-12-24	1405	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100		G	
2020-12-24	1430	Pati's Mexican Table	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest seafood all of Los Cabos has to offer. Pati grills up her catch-of-the-day with Chef Guillermo Gomez.	USA	English-100		PG	
2020-12-24	1500	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100		PG	
2020-12-24	1530	Struggle Meals	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		PG	
2020-12-24	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 54	Matt is joined by guest Steve Flood who cooks up a crumble with a twist he calls the Apple Rumble. Courtney shares a quick and easy dinner idea - peach and prosciutto pizza.	AUSTRALIA	English-100		PG	

2020-12-24	1630	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100	G
2020-12-24	1700	The Cook And The Chef	Produce Of Two Islands	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100	G
2020-12-24	1730	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 3	Stefano goes fishing for carp with an old friend who shows him how to de-bone the catch before cooking it. From another fisherman he gets some Murray perch that he marinates and cooks Chinese-style.	AUSTRALIA	English-100	PG
2020-12-24	1800	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	PG
2020-12-24	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	G
2020-12-24	1900	Tales From River Cottage	Barter And Business	Hughes argument is that the life of a small holder should not be one of ascetic self denial, but thoroughly good living. To achieve this, you need to be a bit of a wiley entrepreneur.	UNITED KINGDOM	English-100	
2020-12-24	1930	Weekend Breaks With Gregg Wallace	Vienna	Gregg Wallace heads to the home of the Christmas market - Vienna - to get to the bottom of what makes them so special, checking out great festive food, fascinating traditions, and warming drinks.	UNITED KINGDOM	English-100	
2020-12-24	2030	May's Kitchen	Turkish	Chef May Yacoubi introduces Turkish cuisine, starting with a simple spiced vegetable dish called bulgur pilaf, followed by gozleme - a savoury flatbread filled with feta cheese.	USA	English-100	PG
2020-12-24	2100	Rick Stein's Food Heroes	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100	G
2020-12-24	2135	Asia Unplated With Diana Chan	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100	G
2020-12-24	2200	Bake With Anna Olson	Creme Anglaise	A basic English custard sauce is a familiar companion to plated cakes, tarts and other desserts, but it is also the foundation for other pastry chef creations.	CANADA	English-100	G
2020-12-24	2230	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100	G
2020-12-24	2300	The Cook And The Chef	Produce Of Two Islands	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100	G
2020-12-24	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	PG
2020-12-24	2400	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	G
2020-12-24	2430	Weekend Breaks With Gregg Wallace	Vienna	Gregg Wallace heads to the home of the Christmas market - Vienna - to get to the bottom of what makes them so special, checking out great festive food, fascinating traditions, and warming drinks.	UNITED KINGDOM	English-100	
2020-12-24	2530	May's Kitchen	Turkish	Chef May Yacoubi introduces Turkish cuisine, starting with a simple spiced vegetable dish called bulgur pilaf, followed by gozleme - a savoury flatbread filled with feta cheese.	USA	English-100	PG
2020-12-24	2600	Rick Stein's Food Heroes	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100	G
2020-12-24	2635	Asia Unplated With Diana Chan	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100	G

2020-12-24	2700	Bake With Anna Olson	Creme Anglaise	A basic English custard sauce is a familiar companion to plated cakes, tarts and other desserts, but it is also the foundation for other pastry chef creations.	CANADA	English-100		G	
2020-12-24	2730	Sarah Graham Cooks Cape Town	Grand Tasting Affair	Not wanting to mess with a working formulae, wine expert and Rob's best friend Allister Kreft is bringing the wine, while Sarah is cooking, and everyone else is eating.	SOUTH AFRICA	English-100		G	
2020-12-24	2800	Outback Gourmet	Outback Gourmet Series 1 Ep 4	Justine explores Darwin, visiting the Parap Markets and enjoys a beautiful breakfast laksa. She then joins MasterChef alumni Rachel Ciesiolka for a seafood cook-off at Rachel's Seafood Shack.	AUSTRALIA	English-100		G	
2020-12-24	2830	Pati's Mexican Table	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest seafood all of Los Cabos has to offer. Pati grills up her catch-of-the-day with Chef Guillermo Gomez.	USA	English-100		PG	
2020-12-25	0500	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100		PG	
2020-12-25	0530	Struggle Meals	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		PG	
2020-12-25	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 54	Matt is joined by guest Steve Flood who cooks up a crumble with a twist he calls the Apple Rumble. Courtney shares a quick and easy dinner idea - peach and prosciutto pizza.	AUSTRALIA	English-100		PG	
2020-12-25	0630	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 3	Stefano goes fishing for carp with an old friend who shows him how to de-bone the catch before cooking it. From another fisherman he gets some Murray perch that he marinates and cooks Chinese-style.	AUSTRALIA	English-100		PG	
2020-12-25	0700	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 7	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-12-25	0730	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 8	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-12-25	0800	Tales From River Cottage	Barter And Business	Hughs argument is that the life of a small holder should not be one of ascetic self denial, but thoroughly good living. To achieve this, you need to be a bit of a wiley entrepreneur.	UNITED KINGDOM	English-100			
2020-12-25	0830	Weekend Breaks With Gregg Wallace	Vienna	Gregg Wallace heads to the home of the Christmas market - Vienna - to get to the bottom of what makes them so special, checking out great festive food, fascinating traditions, and warming drinks.	UNITED KINGDOM	English-100			
2020-12-25	0930	May's Kitchen	Turkish	Chef May Yacoubi introduces Turkish cuisine, starting with a simple spiced vegetable dish called bulgur pilaf, followed by gozleme - a savoury flatbread filled with feta cheese.	USA	English-100		PG	
2020-12-25	1000	Maggie Beer's Christmas Special	Maggie Beer's Christmas Special	To celebrate the festive season, Maggie Beer invites special guests to her beautiful Barossa Valley property, for the ultimate Australian Christmas Feast.	AUSTRALIA	English-100		G	
2020-12-25	1030	Bonacini's Italy Christmas Specials	Italian Christmas	From Veneto, Sardinia, Calabria, Sicily, and Emilia Romagna, Michael explores the homey Christmas flavours and traditions of these unique Italian regions.	CANADA	English-100		G	
2020-12-25	1130	Gordon's Ultimate Christmas	Gordon's Ultimate Christmas Ep 2	Gordon proves that there's so much more to Christmas food than turkey - he goes through a wonderful array of alternative dishes from roast ham to a festive twist on his classic beef Wellington.	UNITED KINGDOM	English-100			
2020-12-25	1235	Christmas Feast With Peter Kuruvita	Christmas Feast With Peter Kuruvita, A	Acclaimed chef Peter Kuruvita revisits his culinary adventures across the Pacific in search of the perfect blend of flavours for an Australian Christmas feast, which he creates at his family home.	AUSTRALIA	English-100	RPT	G	Y
2020-12-25	1335	Sarah Graham Cooks Cape Town	Weekend Away	Sarah's family and close friends spend a relaxing weekend away at the seaside. It's an opportunity for the adults to try their hand at fishing and for the children to enjoy building sandcastles.	SOUTH AFRICA	English-100		G	
2020-12-25	1400	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		G	
2020-12-25	1430	Pati's Mexican Table	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House, a non-profit culinary arts organisation in New York City.	USA	English-100		G	

2020-12-25	1500	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100			PG	
2020-12-25	1530	Struggle Meals	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			PG	
2020-12-25	1600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 55	Matt kicks things off with his super quick savoury muffins, and is then joined by food writer Melissa Leong who shares her vegan hot pot recipe. Matt also makes a beautiful fig and poppy seed tart.	AUSTRALIA	English-100			PG	
2020-12-25	1630	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100			G	
2020-12-25	1700	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100			G	
2020-12-25	1730	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 4	The PS 'Marion' is an historic paddle steamer. On board a variety of dishes are served including hare terrine, ravioli stuffed with quail meat and roasted milk fed lamb.	AUSTRALIA	English-100			G	
2020-12-25	1800	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			G	
2020-12-25	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-12-25	1900	Tales From River Cottage	Chicken And Egg	Hugh recalls the highs and lows of his poultry learning curve, from acquiring his first hens, to his experiment to try and breed the tastiest roasting chicken of all time.	UNITED KINGDOM	English-100				
2020-12-25	1930	Secrets Of The Factories	Inside Heinz	The Heinz Factory in Wigan opens its doors to reveal how it produces millions of cans of baked beans, soup and pasta in one of Britain's biggest factories.	UNITED KINGDOM	English-100			G	
2020-12-25	2025	Destination Flavour Down Under Bitesize	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
2020-12-25	2030	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT		PG	Y
2020-12-25	2140	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	AUSTRALIA	English-100			G	
2020-12-25	2205	Bake With Anna Olson	Pancakes	Anna shares some of her favourite styles of pancakes, and remember - pancakes aren't just for breakfast - they can be dessert, too!	CANADA	English-100			G	
2020-12-25	2230	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100			G	
2020-12-25	2300	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100			G	
2020-12-25	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			G	
2020-12-25	2400	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100			PG	
2020-12-25	2430	Secrets Of The Factories	Inside Heinz	The Heinz Factory in Wigan opens its doors to reveal how it produces millions of cans of baked beans, soup and pasta in one of Britain's biggest factories.	UNITED KINGDOM	English-100			G	

2020-12-25	2525	Destination Flavour Down Under Bitesize	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
2020-12-25	2530	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-12-25	2640	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	AUSTRALIA	English-100		G	
2020-12-25	2705	Bake With Anna Olson	Pancakes	Anna shares some of her favourite styles of pancakes, and remember - pancakes aren't just for breakfast - they can be dessert, too!	CANADA	English-100		G	
2020-12-25	2730	Sarah Graham Cooks Cape Town	Weekend Away	Sarah's family and close friends spend a relaxing weekend away at the seaside. It's an opportunity for the adults to try their hand at fishing and for the children to enjoy building sandcastles.	SOUTH AFRICA	English-100		G	
2020-12-25	2800	Outback Gourmet	Outback Gourmet Series 1 Ep 5	Justine prepares a dish showcasing products from a local family run mango farm, followed by a visit to the pristine Berry Springs Nature Park, and catches up with Radek Zalsky at Wharf One.	AUSTRALIA	English-100		G	
2020-12-25	2830	Pati's Mexican Table	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House, a non-profit culinary arts organisation in New York City.	USA	English-100		G	
2020-12-26	0500	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100		PG	
2020-12-26	0530	Struggle Meals	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		PG	
2020-12-26	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 55	Matt kicks things off with his super quick savoury muffins, and is then joined by food writer Melissa Leong who shares her vegan hot pot recipe. Matt also makes a beautiful fig and poppy seed tart.	AUSTRALIA	English-100		PG	
2020-12-26	0630	A Gondola On The Murray	Gondola On The Murray Series 2 Ep 4	The PS 'Marion' is an historic paddle steamer. On board a variety of dishes are served including hare terrine, ravioli stuffed with quail meat and roasted milk fed lamb.	AUSTRALIA	English-100		G	
2020-12-26	0700	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 9	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		G	
2020-12-26	0730	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 10	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100		PG	
2020-12-26	0800	Tales From River Cottage	Chicken And Egg	Hugh recalls the highs and lows of his poultry learning curve, from acquiring his first hens, to his experiment to try and breed the tastiest roasting chicken of all time.	UNITED KINGDOM	English-100			
2020-12-26	0830	Secrets Of The Factories	Inside Heinz	The Heinz Factory in Wigan opens its doors to reveal how it produces millions of cans of baked beans, soup and pasta in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G	
2020-12-26	0925	Destination Flavour Down Under Bitesize	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
2020-12-26	0930	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-12-26	1040	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100		PG	
2020-12-26	1105	Struggle Meals	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		PG	
2020-12-26	1130	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 55	Matt kicks things off with his super quick savoury muffins, and is then joined by food writer Melissa Leong who shares her vegan hot pot recipe. Matt also makes a beautiful fig and poppy seed tart.	AUSTRALIA	English-100		PG	

2020-12-26	1200	Tales From River Cottage	Chicken And Egg	Hugh recalls the highs and lows of his poultry learning curve, from acquiring his first hens, to his experiment to try and breed the tastiest roasting chicken of all time.	UNITED KINGDOM	English-100			
2020-12-26	1230	Instant Noodles Diary	Taiwan	It is rumoured that Taiwan have more than 291,000 street food vendors. Kai definitely has his plate full and he is in for a treat come rain or shine, typhoon, or blue skies.	SINGAPORE	English-100		G	
2020-12-26	1300	Instant Noodles Diary	Indonesia	Devouring over 14 billion packets every year, Indonesia is the world's second largest instant noodle consumer behind only China.	SINGAPORE	English-100		G	
2020-12-26	1330	Martha Bakes	Wholesome Breakfast	Martha shares three healthy breakfast recipes designed to get people eating breakfast every day - Irish-style rye bread, wholewheat popovers, and a speedy date and nut loaf.	USA	English-100		G	
2020-12-26	1400	Big Food Rescue	Big Food Rescue Series 1 Ep 1	In order for the project to work, the team will need to sign up supermarkets and wholesalers so they can distribute the food that was going to be thrown out.	UNITED KINGDOM	English-100		PG	
2020-12-26	1455	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100		G	
2020-12-26	1500	Secret Meat Business	Cornish	Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish pasty filled with beef, bacon, and some rabbit food for good luck.	AUSTRALIA	English-100		G	
2020-12-26	1530	Secret Meat Business	Filipino	Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila.	AUSTRALIA	English-100		G	
2020-12-26	1600	The Cook And The Chef	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2020-12-26	1630	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2020-12-26	1700	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100		G	
2020-12-26	1730	Cheese Slices	Gorgonzola / Taleggio	Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.	AUSTRALIA	English-100		G	
2020-12-26	1800	Cheese Slices	Goats Cheese	Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.	AUSTRALIA	English-100		G	
2020-12-26	1830	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 4	Only lemon meringue pie, lamb, and almonds stand between the three remaining families from the heat, as they compete to win a place in the next playoff. Only two will make it through.	UNITED KINGDOM	English-100		PG	
2020-12-26	1930	Heston's Fantastical Food	Sky High '99	To bring back the magic of the icecream van, Heston plans to build the world's biggest ever 99 Flake, over five meters tall, and serve it from the back of his van to a whole town at once.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-26	2030	Ainsley's Mediterranean Cookbook	Corsica: Ajaccio	Ainsley's kicking off his journey across the Mediterranean in style on board a 44 ft catamaran, visiting the stunning island of Corsica.	UNITED KINGDOM	English-100		G	
2020-12-26	2125	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2020-12-26	2130	The Hairy Bikers' Food Tour Of Britain	Argyll And Bute	Si and Dave explore Argyll and Bute where they cook a traditional county favourite in Tarbet. They also go fishing for langoustines.	UNITED KINGDOM	English-100	RPT	G	
2020-12-26	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y

2020-12-26	2230	Paul Hollywood's Pies And Puds	Paul Hollywood's Pies And Puds Series 1 Ep 16	Paul Hollywood celebrates the best of hearty British pies and puds with Michelin Starred Chef Glynn Purnell.	UNITED KINGDOM	English-100		G	
2020-12-26	2325	Poh & Co. Bitesize	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
2020-12-26	2330	Parveen's Indian Kitchen	Parveen's Indian Cooking Series 1 Ep 6	Parveen uses spices to put an Indian spin on roast chicken and potatoes, and shares her recipes for marinated lamb chops and garam masala. She also pays a visit to a family-run business in Jaipur.	UNITED KINGDOM	English-100		G	
2020-12-26	2425	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y
2020-12-26	2430	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 4	Only lemon meringue pie, lamb, and almonds stand between the three remaining families from the heat, as they compete to win a place in the next playoff. Only two will make it through.	UNITED KINGDOM	English-100		PG	
2020-12-26	2530	Heston's Fantastical Food	Sky High '99	To bring back the magic of the icecream van, Heston plans to build the world's biggest ever 99 Flake, over five meters tall, and serve it from the back of his van to a whole town at once.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-26	2630	Ainsley's Mediterranean Cookbook	Corsica: Ajaccio	Ainsley's kicking off his journey across the Mediterranean in style on board a 44 ft catamaran, visiting the stunning island of Corsica.	UNITED KINGDOM	English-100		G	
2020-12-26	2725	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2020-12-26	2730	The Hairy Bikers' Food Tour Of Britain	Argyll And Bute	Si and Dave explore Argyll and Bute where they cook a traditional county favourite in Tarbet. They also go fishing for langoustines.	UNITED KINGDOM	English-100	RPT	G	
2020-12-26	2825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2020-12-26	2830	Cheese Slices	Goats Cheese	Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.	AUSTRALIA	English-100		G	