



WEEK 52: Sunday, 19 December - Saturday, 25 December 2021 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2021-12-19	0500	Choccywoccydoodah	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		
2021-12-19	0530	Mary Berry's Quick Cooking	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	RPT			
2021-12-19	0630	Flour Power Christmas: Edible Gifts	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	RPT			
2021-12-19	0700	Flour Power Christmas: Twisted Classics	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	RPT			
2021-12-19	0730	Jamie & Jimmy's Food Fight Club Special	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		
2021-12-19	0825	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-19	0830	Mary Berry's Country House At Christmas	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	RPT			
2021-12-19	0930	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	RPT	G		
2021-12-19	1000	Donal's Meals In Minutes	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		
2021-12-19	1030	Scandimania	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	RPT	PG		Y
2021-12-19	1130	Tropical Gourmet: New Caledonia	Cooking With Gabi	Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad.	AUSTRALIA	English-100	RPT	PG		
2021-12-19	1200	Tropical Gourmet: New Caledonia	Final Days In Noumea	Justine celebrates the fresh, flavoursome seafood available among the waters of Noumea by serving up the ultimate prawn and crab sandwich. That's followed by a decadent chocolate tart.	AUSTRALIA	English-100	RPT	PG		
2021-12-19	1230	Amy Schumer Learns To Cook	Amy's Steakhouse Dinner, Bbq	Amy is ready to show off her chef skills by taking the lead and attempting to cook her favourite meal - a classic steakhouse dinner featuring seared skirt steak and creamed spinach.	USA	English-100	RPT	PG		Y
2021-12-19	1325	Poh & Co. Bitesize	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	
2021-12-19	1330	Struggle Meals	Potato's Gonna Potate	Potatoes are not only an affordable ingredient, but they are rich in nutrients. Frankie cooks up three potato dishes that are guaranteed to fill you up, and later a trio of delicious pancakes.	USA	English-100	RPT	PG		
2021-12-19	1400	The Cook Up with Adam Liaw	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	
2021-12-19	1430	The Cook Up with Adam Liaw	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	
2021-12-19	1500	The Cook Up with Adam Liaw	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	
2021-12-19	1530	The Cook Up with Adam Liaw	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	

2021-12-19	1600	The Cook Up with Adam Liaw	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	
2021-12-19	1630	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100	RPT	G		
2021-12-19	1700	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100	RPT	G		
2021-12-19	1730	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100	RPT	G		
2021-12-19	1800	Taste Of France	Solstice	Today we'll visit the wonderful city of Paris and one of the newly opened restaurants of Eric Trochon - Solstice - an informal yet elegant restaurant recently awarded with a Michelin star.	SWEDEN	English-50; French-50		PG		Y
2021-12-19	1830	Girls Guide:Hunting Fishing Wild Cooking	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		
2021-12-19	1900	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA	English-100		G		
2021-12-19	1930	Simply Raymond Blanc	Herbs And Spices	Raymond Blanc indulges the nation's senses by transforming classic dishes with herbs and spices fresh from his garden, while special guest Niall Keating will be cooking poached plaice with kohlrabi.	ENGLAND	English-100		PG		
2021-12-19	2025	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-19	2030	Rick Stein's Spanish Christmas Special	Rick Stein's Spanish Christmas Special	Rick Stein believes that no-one celebrates Christmas in greater style than the Spanish, where the celebrations last for over a fortnight and the dishes they prepare are something different.	UNITED KINGDOM	English-100		G	Y	Y
2021-12-19	2140	Anthony Bourdain: Parts Unknown	Houston	Set all of your stereotypes and cliches aside - this is not the Houston you were expecting. Or the one you thought you knew, the one you pigeonholed long ago.	USA	English-100		PG		
2021-12-19	2235	Anthony Bourdain: Parts Unknown	London	Tony travels to London for a relaxing visit with old friends and a meal at his favourite restaurant in the world. What happened upon his arrival did not change the itinerary, but did change the mood.	USA	English-100		PG		
2021-12-19	2330	Taste Of France	Solstice	Today we'll visit the wonderful city of Paris and one of the newly opened restaurants of Eric Trochon - Solstice - an informal yet elegant restaurant recently awarded with a Michelin star.	SWEDEN	English-50; French-50	RPT	PG		Y
2021-12-19	2400	Girls Guide:Hunting Fishing Wild Cooking	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		
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2021-12-20	0500	The Cook Up with Adam Liaw	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	
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2021-12-20	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 7	Donal uses soy sauce, fish sauce and Tabasco sauce, among other things, to make Nasi Goreng, meatballs with linguine, and delicately spiced chicken which he cooks on location at Bloom with Arun Kapil.	IRELAND	English-100	RPT	G		
2021-12-20	1400	Africa On A Plate	Cape Town Textures	Host Lentswe Bhengu is in search of the unique flavours and textures found in the cuisines of the seaside city of Cape Town, where the cosmopolitan vibe is on.	USA	English-100	RPT	PG		Y
2021-12-20	1430	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	RPT	PG		
2021-12-20	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 1	Matt serves up a brulee with a difference, Courtney cooks a delicious vegetarian dish of stuffed pumpkin and tahini dressing, and Michael whips up a comfort food classic - curried sausages.	AUSTRALIA	English-100	RPT	G		
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2021-12-20	1600	Mystery Diners	My Brother's Keeper	The owner of Capo's in Las Vegas hears complaints that his brother and manager is acting inappropriately with guests. Mystery Diners discover a much bigger problem.	USA	English-100	RPT	PG		Y
2021-12-20	1630	Giada Entertains	Giada Entertains Series 4 Ep 6	Giada treats Jade to a special day of mother-daughter fun and a delicious dinner. The menu includes comforting dishes for just the two of them including pork braciole and pan-fried lemon potatoes.	USA	English-100	RPT	G		
2021-12-20	1700	Food Safari	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-20	1730	Choccywoccydoodah	Katie Melua	The chocolatiers reach new levels of creativity as multi-platinum selling songstress Katie Melua challenges them to capture her life story in cake form, to celebrate ten years with her music label.	UNITED KINGDOM	English-100		PG		
2021-12-20	1825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	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	
2021-12-20	1830	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100	RPT	G		

2021-12-20	1900	The Cook Up with Adam Liaw	Short Pasta	Host Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook, Elizabeth Hewson, and Good Food Guide editor Myffy Rigby to create their ultimate short pasta dishes.	AUSTRALIA	English-100		PG	Y	
2021-12-20	1930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 11	Jamie and Jimmy welcome comedy genius Johnny Vegas to Southend Pier. Recreating one of his favourite dishes of all time, Johnny learns how to flambé the perfect steak for all the diners in the café.	UNITED KINGDOM	English-100		PG		
2021-12-20	2030	Alex Polizzi's Secret Italy	Alex Polizzi Secret Italy Series 1 Ep 3	The Campania region is the setting for the penultimate part of Alex's journey. In Naples, she will immerse herself in the chaos of the city, and feel the fear of living in the shadow of Mount Vesuvius.	UNITED KINGDOM	English-100		PG	Y	Y
2021-12-20	2125	The Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 19, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100			Y	
2021-12-20	2130	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 8	Luke takes us to his top 3 traditional Pho Restaurants in Saigon and explains the differences between the styles of Pho Broth found throughout Vietnam. Luke then takes us behind the scenes at Grain.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-20	2200	The Cook Up with Adam Liaw	Short Pasta	Host Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook, Elizabeth Hewson, and Good Food Guide editor Myffy Rigby to create their ultimate short pasta dishes.	AUSTRALIA	English-100	RPT	PG	Y	
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2021-12-20	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 6	Harry Potter star Warwick Davis and comedian Ninia Benjamin conjure up some magic in the kitchen with chefs Brian Turner and Paul Rankin.	UNITED KINGDOM	English-100	RPT	G		
2021-12-20	2420	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
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2021-12-20	2830	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 8	Luke takes us to his top 3 traditional Pho Restaurants in Saigon and explains the differences between the styles of Pho Broth found throughout Vietnam. Luke then takes us behind the scenes at Grain.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-21	0500	Africa On A Plate	Cape Town Textures	Host Lentswe Bhengu is in search of the unique flavours and textures found in the cuisines of the seaside city of Cape Town, where the cosmopolitan vibe is on.	USA	English-100	RPT	PG		Y
2021-12-21	0530	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	RPT	PG		
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2021-12-21	0630	Oliver's Twist	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100	RPT	G		

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2021-12-21	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 8	Donal cooks poultry as he heads to Naas, Co. Kildare to chat to one of a growing number of people keeping chickens in Ireland. He meets Charlie Ganly who keeps chickens in his small suburban garden.	IRELAND	English-100	RPT	G		
2021-12-21	1400	Africa On A Plate	Ubuntu! We Are One	Host Lentswe Bhengu hits the streets of the townships to experience the spirit of Ubuntu 'we are one' and he'll see firsthand how South Africans share their homebrew feast with street vendor crowds.	USA	English-100	RPT	PG		Y
2021-12-21	1430	Just Jen	Feeling Sexy	Add a little sexiness to your daily routine with these frisky recipes.	USA	English-100	RPT	PG		
2021-12-21	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 2	Out on location in the picturesque olive groves of Victoria, Matt shows us one of his favourite street food dishes - Turkish gozleme.	AUSTRALIA	English-100	RPT	G		
2021-12-21	1530	Oliver's Twist	Boat Trip	Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.	UNITED KINGDOM	English-100	RPT	G		
2021-12-21	1600	Mystery Diners	Love Hurts	When two employees who recently broke up disrupt staff harmony and start affecting sales, the Mystery Diners go undercover to get to the bottom of this lover's quarrel.	USA	English-100	RPT	PG		Y
2021-12-21	1630	Giada Entertains	Giada Entertains Series 4 Ep 7	Giada hosts an intimate formal dinner with a multi-course meal that includes whole roasted beef tenderloin with peperonata and ricotta bruschetta with sweet and spicy tomatoes.	USA	English-100	RPT	G		
2021-12-21	1700	Food Safari	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-21	1730	Choccywoccydoodah	Greg Rutherford	It could be a step too far for the chocolatiers as British long jump gold medallist Greg Rutherford sets them an Olympic sized challenge - to create the biggest candy house they have ever made for a charity fundraiser.	UNITED KINGDOM	English-100		PG		
2021-12-21	1825	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	

2021-12-21	1830	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100	RPT	G	
2021-12-21	1900	The Cook Up with Adam Liaw	Dinner In 20 Minutes	In The Cook Up kitchen tonight, host Adam Liaw is joined by owner and head chef of Ho Jiak, Junda Khoo, and style editor at Delicious magazine, Kristen Jenkins, to create easy dinner meals in twenty minutes.	AUSTRALIA	English-100		PG	Y
2021-12-21	1930	Taste Of Italy	Lucca	Host and chef Nisha Katona embarks on a quest across the regions of Italy to discover their hidden culinary gems. This cooking and travel series will show a side of Italy many have never seen.	UNITED KINGDOM	English-100			Y
2021-12-21	2000	Anna's Occasions	Romantic Desserts	The end to a romantic dinner requires a thoughtful and elegant dessert, such as: strawberry daifuku; warm chocolate hazelnut brownie cakes with fudge sauce; and white chocolate mousse cake.	CANADA	English-100		PG	
2021-12-21	2030	Weekend Breaks With Gregg Wallace	Christmas In Vienna	Gregg Wallace heads to the home of the Christmas market - Vienna - to get to the bottom of what makes them so special, checking out great festive food, fascinating traditions, and warming drinks.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-12-21	2125	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2021-12-21	2130	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 9	Only weeks away from the grand opening, Luke takes us on a guided behind the scenes tour of his restaurant Vietnam House. The nerves have been building with the opening of Luke's dream.	AUSTRALIA	English-100	RPT	G	Y
2021-12-21	2200	The Cook Up with Adam Liaw	Dinner In 20 Minutes	In The Cook Up kitchen tonight, host Adam Liaw is joined by owner and head chef of Ho Jiak, Junda Khoo, and style editor at Delicious magazine, Kristen Jenkins, to create easy dinner meals in twenty minutes.	AUSTRALIA	English-100	RPT	PG	Y
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2021-12-21	2300	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100	RPT	G	
2021-12-21	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 7	Ainsley Harriott hosts the classic 20-minute cooking challenge with Big Brother twins Sam and Amanda Merchant.	UNITED KINGDOM	English-100	RPT	G	
2021-12-21	2420	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-12-21	2430	Giada Entertains	Giada Entertains Series 4 Ep 7	Giada hosts an intimate formal dinner with a multi-course meal that includes whole roasted beef tenderloin with peperonata and ricotta bruschetta with sweet and spicy tomatoes.	USA	English-100	RPT	G	
2021-12-21	2500	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 8	Donal cooks poultry as he heads to Naas, Co. Kildare to chat to one of a growing number of people keeping chickens in Ireland. He meets Charlie Ganly who keeps chickens in his small suburban garden.	IRELAND	English-100	RPT	G	
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2021-12-21	2625	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
2021-12-21	2630	Taste Of Italy	Lucca	Host and chef Nisha Katona embarks on a quest across the regions of Italy to discover their hidden culinary gems. This cooking and travel series will show a side of Italy many have never seen.	UNITED KINGDOM	English-100	RPT		Y
2021-12-21	2700	Anna's Occasions	Romantic Desserts	The end to a romantic dinner requires a thoughtful and elegant dessert, such as: strawberry daifuku; warm chocolate hazelnut brownie cakes with fudge sauce; and white chocolate mousse cake.	CANADA	English-100	RPT	PG	
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2021-12-21	2825	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2021-12-21	2830	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 9	Only weeks away from the grand opening, Luke takes us on a guided behind the scenes tour of his restaurant Vietnam House. The nerves have been building with the opening of Luke's dream.	AUSTRALIA	English-100	RPT	G	Y

2021-12-22	0500	Africa On A Plate	Ubuntu! We Are One	Host Lentswe Bhengu hits the streets of the townships to experience the spirit of Ubuntu 'we are one' and he'll see firsthand how South Africans share their homebrew feast with street vendor crowds.	USA	English-100	RPT	PG		Y
2021-12-22	0530	Just Jen	Feeling Sexy	Add a little sexiness to your daily routine with these frisky recipes.	USA	English-100	RPT	PG		
2021-12-22	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 2	Out on location in the picturesque olive groves of Victoria, Matt shows us one of his favourite street food dishes - Turkish gozleme.	AUSTRALIA	English-100	RPT	G		
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2021-12-22	0700	Mystery Diners	Love Hurts	When two employees who recently broke up disrupt staff harmony and start affecting sales, the Mystery Diners go undercover to get to the bottom of this lover's quarrel.	USA	English-100	RPT	PG		Y
2021-12-22	0730	Giada Entertains	Giada Entertains Series 4 Ep 7	Giada hosts an intimate formal dinner with a multi-course meal that includes whole roasted beef tenderloin with peperonata and ricotta bruschetta with sweet and spicy tomatoes.	USA	English-100	RPT	G		
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2021-12-22	1225	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	
2021-12-22	1230	Giada Entertains	Giada Entertains Series 4 Ep 7	Giada hosts an intimate formal dinner with a multi-course meal that includes whole roasted beef tenderloin with peperonata and ricotta bruschetta with sweet and spicy tomatoes.	USA	English-100	RPT	G		
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2021-12-22	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 9	Donal goes to the National Botanic Gardens to meet Colm Gibson who runs a scheme on behalf of the Environmental Protection Agency which aims to teach people how to reduce their food wastage.	IRELAND	English-100	RPT	G		
2021-12-22	1400	Africa On A Plate	Upliftment And Empowerment	In South Africa's stunning wine capital, host Lentswe Bhengu is put to the test at his alma mater, and is inspired by the the country's first Black-owned winery.	USA	English-100	RPT	G		Y
2021-12-22	1430	Just Jen	Feeling Social	Feeling social? Jen breaks out recipes and projects perfect for your next get together.	USA	English-100	RPT	G		
2021-12-22	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 3	Matt and Michael serve up a delicious bread and butter pudding as well as ricotta hotcakes.	AUSTRALIA	English-100	RPT	PG		
2021-12-22	1530	Oliver's Twist	Jamie And The Soccer Girls	Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team.	UNITED KINGDOM	English-100	RPT	G		

2021-12-22	1600	Mystery Diners	Where's The Beef?	When the owner of Via Brasil is concerned that meat sales aren't being reflected in his register, Mystery Diners go undercover to discover the manager's doing a lot more than giving away free steak.	USA	English-100	RPT	PG		Y
2021-12-22	1630	Giada Entertains	Giada Entertains Series 4 Ep 8	Giada hosts an elegant outdoor lunch made with fresh garden ingredients to thank some of her friends and family for the special things they've done for her.	USA	English-100	RPT	G		
2021-12-22	1700	Food Safari	Japanese Safari	Maeve O'Meara joins legendary restaurateur Tetsuya Wakuda who gives tips on the key ingredients in Japanese cuisine.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-22	1730	Choccywoccydoodah	Macy Gray	The chocolatiers' challenge this week is set by Soul songstress and multi-platinum-selling legend Macy Gray - as she wants an edible and an audible cake that she'd like to share with hundreds of her fans.	UNITED KINGDOM	English-100		PG		
2021-12-22	1825	Destination Flavour Down Under Bitesize	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	
2021-12-22	1830	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100	RPT	G		
2021-12-22	1900	The Cook Up with Adam Liaw	Roast	Host Adam Liaw, television presenter and self-proclaimed crap housewife Jessica Rowe and Woodcut restaurant's Ross Lusted are in The Cook Up kitchen making the family favourite - a roast.	AUSTRALIA	English-100		PG	Y	
2021-12-22	1930	Restaurants On The Edge	Costa Rica	The Lookout Restaurant has an incredible view of the Costa Rican landscape but with no real identity or steady customer base, the couple running it finds themselves on the financial and emotional brink.	CANADA	English-100		PG		
2021-12-22	2030	James Martin's American Adventure	Sonoma	A trip to California wouldn't be complete without a visit to the famous vineyards of Sonoma County. James continues his adventure with a drive on his much-loved Harley to visit to a unique winery.	UNITED KINGDOM	English-100		PG		
2021-12-22	2125	Poh & Co. Bitesize	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	
2021-12-22	2130	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 10	Luke hits the ground running in Hong Kong taking us to a few of his favourite spots to eat and drink in Hong Kong. Luke explores the hustle and bustle of the city to show his favourite food spots.	AUSTRALIA	English-100	RPT	G	Y	
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2021-12-22	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 8	Ainsley Harriott returns to host the classic 20-minute cooking challenge. In the Red and Green kitchens today are TV and stage stars Lorraine Chase and Lionel Blair.	UNITED KINGDOM	English-100	RPT	G		
2021-12-22	2420	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
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2021-12-22	2730	James Martin's American Adventure	Sonoma	A trip to California wouldn't be complete without a visit to the famous vineyards of Sonoma County. James continues his adventure with a drive on his much-loved Harley to visit to a unique winery.	UNITED KINGDOM	English-100	RPT	PG		

2021-12-22	2825	Poh & Co. Bitesize	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
2021-12-22	2830	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 10	Luke hits the ground running in Hong Kong taking us to a few of his favourite spots to eat and drink in Hong Kong. Luke explores the hustle and bustle of the city to show his favourite food spots.	AUSTRALIA	English-100	RPT	G	Y
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2021-12-23	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 10	Donal returns to his old school and meets Miss Fitzgerald, his former Home Economics teacher. He teaches the class how to prepare simple kid-friendly dishes - real homemade pizza, and banana muffins.	IRELAND	English-100	RPT	G	
2021-12-23	1400	Africa On A Plate	Jeffrey's Bay	Host and chef Lentswe Bhengu explores the surf culture in 'JBay - voted the second best surf spot in the world, and famous for its seafood.	USA	English-100	RPT	PG	
2021-12-23	1430	David Rocco's Dolce South East Asia	Finding Purpose	The coming together of Chinese, Malay, and Indian cultures, gives the food in Penang an identity of its own. David meets a few of the locals who share their love of food.	CANADA	English-100	RPT	PG	
2021-12-23	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 4	Matt prepares a classic favourite - the steak sandwich with a delicious burnt butter sauce. Courtney serves spicy beans with fried eggs, and Matt tweaks the traditional Italian meatball pasta.	AUSTRALIA	English-100	RPT	PG	
2021-12-23	1530	Oliver's Twist	Session, The	Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates.	UNITED KINGDOM	English-100	RPT	G	

2021-12-23	1600	Mystery Diners	Cheese-Burglar	When the owners of Cheeseburger Baby in Miami, Florida, notice a discrepancy in their register, they suspect an ex-convict employee is stealing from them.	USA	English-100	RPT	PG	Y
2021-12-23	1630	Giada Entertains	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100	RPT	G	
2021-12-23	1700	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate.	AUSTRALIA	English-100	RPT	G	Y
2021-12-23	1730	Choccywoccydoodah	Anton And Erin	Strictly Come Dancing legends Anton Du Beke and Erin Boag challenge the chocolatiers to make an outlandish creation to celebrate their UK tour. They want something with the full Hollywood glamour.	UNITED KINGDOM	English-100		PG	
2021-12-23	1825	Destination Flavour Down Under Bitesize	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
2021-12-23	1830	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100	RPT	G	
2021-12-23	1900	The Cook Up with Adam Liaw	Morning Tea	Host Adam Liaw, CWA President Stephanie Stanhope and CWA Woy Woy member Amy Scott create their morning tea favourites in The Cook Up kitchen.	AUSTRALIA	English-100		PG	Y
2021-12-23	1930	Barefoot Contessa: Back To Basics	Only Oranges	It's all about oranges as Ina Garten shares some favourite recipes with this magic ingredient. They unleash the flavour in her amazing roast duck breast with dried cherries and port.	USA	English-100		PG	
2021-12-23	2000	Food Safari Water	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-23	2030	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 6	Analise faces her biggest challenge yet, slaughtering the two pigs she's reared for meat, and is visited by old friends from the mainland, including chef Adam Liaw, who reaffirm her commitment to her new life.	AUSTRALIA	English-100		PG	
2021-12-23	2100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100	RPT	G	Y
2021-12-23	2130	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 11	Inspired by his Hakka Heritage tracing back to Hong Kong, Luke wanted to influence Vietnamese cuisine in Hong Kong by combining flavours from all over Vietnam.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-23	2200	The Cook Up with Adam Liaw	Morning Tea	Host Adam Liaw, CWA President Stephanie Stanhope and CWA Woy Woy member Amy Scott create their morning tea favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-23	2230	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate.	AUSTRALIA	English-100	RPT	G	Y
2021-12-23	2300	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100	RPT	G	
2021-12-23	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 9	Rolling up their sleeves in the kitchen today are TV presenters Tim Vincent and Diane Louise Jordan, as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-12-23	2420	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y Y
2021-12-23	2430	Giada Entertains	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100	RPT	G	
2021-12-23	2500	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 10	Donal returns to his old school and meets Miss Fitzgerald, his former Home Economics teacher. He teaches the class how to prepare simple kid-friendly dishes - real homemade pizza, and banana muffins.	IRELAND	English-100	RPT	G	
2021-12-23	2530	Choccywoccydoodah	Anton And Erin	Strictly Come Dancing legends Anton Du Beke and Erin Boag challenge the chocolatiers to make an outlandish creation to celebrate their UK tour. They want something with the full Hollywood glamour.	UNITED KINGDOM	English-100	RPT	PG	
2021-12-23	2625	Destination Flavour Down Under Bitesize	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
2021-12-23	2630	Barefoot Contessa: Back To Basics	Only Oranges	It's all about oranges as Ina Garten shares some favourite recipes with this magic ingredient. They unleash the flavour in her amazing roast duck breast with dried cherries and port.	USA	English-100	RPT	PG	

2021-12-23	2700	Food Safari Water	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-23	2730	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 6	Analise faces her biggest challenge yet, slaughtering the two pigs she's reared for meat, and is visited by old friends from the mainland, including chef Adam Liaw, who reaffirm her commitment to her new life.	AUSTRALIA	English-100	RPT	PG	
2021-12-23	2800	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100	RPT	G	Y
2021-12-23	2830	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 11	Inspired by his Hakka Heritage tracing back to Hong Kong, Luke wanted to influence Vietnamese cuisine in Hong Kong by combining flavours from all over Vietnam.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-24	0500	Africa On A Plate	Jeffrey's Bay	Host and chef Lentswe Bhengu explores the surf culture in 'JBay - voted the second best surf spot in the world, and famous for its seafood.	USA	English-100	RPT	PG	
2021-12-24	0530	David Rocco's Dolce South East Asia	Finding Purpose	The coming together of Chinese, Malay, and Indian cultures, gives the food in Penang an identity of its own. David meets a few of the locals who share their love of food.	CANADA	English-100	RPT	PG	
2021-12-24	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 4	Matt prepares a classic favourite - the steak sandwich with a delicious burnt butter sauce. Courtney serves spicy beans with fried eggs, and Matt tweaks the traditional Italian meatball pasta.	AUSTRALIA	English-100	RPT	PG	
2021-12-24	0630	Oliver's Twist	Session, The	Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates.	UNITED KINGDOM	English-100	RPT	G	
2021-12-24	0700	Mystery Diners	Cheese-Burglar	When the owners of Cheeseburger Baby in Miami, Florida, notice a discrepancy in their register, they suspect an ex-convict employee is stealing from them.	USA	English-100	RPT	PG	Y
2021-12-24	0730	Giada Entertains	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100	RPT	G	
2021-12-24	0800	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate.	AUSTRALIA	English-100	RPT	G	Y
2021-12-24	0830	Barefoot Contessa: Back To Basics	Only Oranges	It's all about oranges as Ina Garten shares some favourite recipes with this magic ingredient. They unleash the flavour in her amazing roast duck breast with dried cherries and port.	USA	English-100	RPT	PG	
2021-12-24	0900	Food Safari Water	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-24	0930	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 6	Analise faces her biggest challenge yet, slaughtering the two pigs she's reared for meat, and is visited by old friends from the mainland, including chef Adam Liaw, who reaffirm her commitment to her new life.	AUSTRALIA	English-100	RPT	PG	
2021-12-24	1000	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100	RPT	G	Y
2021-12-24	1030	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 4	Matt prepares a classic favourite - the steak sandwich with a delicious burnt butter sauce. Courtney serves spicy beans with fried eggs, and Matt tweaks the traditional Italian meatball pasta.	AUSTRALIA	English-100	RPT	PG	
2021-12-24	1100	The Cook Up with Adam Liaw	Morning Tea	Host Adam Liaw, CWA President Stephanie Stanhope and CWA Woy Woy member Amy Scott create their morning tea favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-24	1130	Choccywoccydoodah	Anton And Erin	Strictly Come Dancing legends Anton Du Beke and Erin Boag challenge the chocolatiers to make an outlandish creation to celebrate their UK tour. They want something with the full Hollywood glamour.	UNITED KINGDOM	English-100	RPT	PG	
2021-12-24	1225	Destination Flavour Down Under Bitesize	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
2021-12-24	1230	Giada Entertains	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100	RPT	G	
2021-12-24	1300	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 11	Inspired by his Hakka Heritage tracing back to Hong Kong, Luke wanted to influence Vietnamese cuisine in Hong Kong by combining flavours from all over Vietnam.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-24	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 11	Fruit-based puddings are on the menu, and Donal makes three of his all-time favourites. Donal makes his uncle Big Do's peach and blackberry cobbler, a jam jumble crumble tart and a rhubarb pannacotta.	IRELAND	English-100	RPT	G	

2021-12-24	1400	Africa On A Plate	Durban	Host and chef Lentswe Bhengu is at home planning a traditional Indian meal for his sister in Durban after fulfilling his mission to find out how to make the perfect curry.	USA	English-100	RPT	PG		Y
2021-12-24	1430	David Rocco's Dolce South East Asia	Art In Georgetown	David heads to George Town, Penang to explore the multicultural hub and its incredible food and art scene.The artists in George Town are breaking new boundaries to inspire many through their work.	CANADA	English-100	RPT	PG		
2021-12-24	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 5	Matt runs us through a dish celebrating succulent sashimi, and Courtney goes out on location to a broccoli farm to create a baby broccoli soft egg salad.	AUSTRALIA	English-100	RPT	G		
2021-12-24	1530	Oliver's Twist	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100	RPT	G		
2021-12-24	1600	Mystery Diners	Dining In The Dark	After receiving complaints about theft and inappropriate touching during a monthly 'Dining in the Dark' event, Hernan, the owner of Catharsis in Miami, Florida, contacts Charles Stiles for help.	USA	English-100	RPT	PG		Y
2021-12-24	1630	Giada Entertains	Giada Entertains Series 4 Ep 10	Giada organises a dog park picnic inspired by her dog Bruno for her friends with furry pals. The portable menu features chocolate peanut butter blondies and farro salad with mushroom and gorgonzola.	USA	English-100	RPT	G		
2021-12-24	1700	Food Safari	French Safari Part 2	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes.	AUSTRALIA	English-100	RPT	G		Y
2021-12-24	1730	Choccywoccydoodah	Dick And Dom	Zany children's television double act Dick and Dom challenge the chocolatiers to make an astounding Christmas-themed cake for a children's party at number 10 Downing Street.	UNITED KINGDOM	English-100		PG		
2021-12-24	1825	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
2021-12-24	1830	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100	RPT	G		
2021-12-24	1900	The Cook Up with Adam Liaw	Cream	MasterChef Turkey host Somer Sivrioglu and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make dishes using a favourite ingredient - cream.	AUSTRALIA	English-100		PG		Y
2021-12-24	1930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	UNITED KINGDOM	English-100	RPT	PG		Y
2021-12-24	2025	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y
2021-12-24	2030	Jamie's Great Britain	West Country, The	Jamie visits the West Country - famous for its pasties, cheddar and delicious scrumpy cider. However, Jamie's in search of less traditional fare too, and tastes some Jamaican cooking in Bristol.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-24	2125	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 2	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y
2021-12-24	2130	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 12	Exploring the traditional style of Cantonese specialties, Luke hikes to a Dim Sum house where he helps prepare some of their most popular dim sum - a Quail Egg Siu Mai, and Steamed Rice rolls.	AUSTRALIA	English-100	RPT	G		Y
2021-12-24	2200	The Cook Up with Adam Liaw	Cream	MasterChef Turkey host Somer Sivrioglu and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make dishes using a favourite ingredient - cream.	AUSTRALIA	English-100	RPT	PG		Y
2021-12-24	2230	Food Safari	French Safari Part 2	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes.	AUSTRALIA	English-100	RPT	G		Y
2021-12-24	2300	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100	RPT	G		
2021-12-24	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 10	Local produce is on the menu today as Ainsley Harriott hosts the classic 20-minute cooking challenge with TV presenters Alice Roberts and Mark Horton.	UNITED KINGDOM	English-100	RPT	G		
2021-12-24	2420	Destination Flavour - Japan	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
2021-12-24	2430	Giada Entertains	Giada Entertains Series 4 Ep 10	Giada organises a dog park picnic inspired by her dog Bruno for her friends with furry pals. The portable menu features chocolate peanut butter blondies and farro salad with mushroom and gorgonzola.	USA	English-100	RPT	G		

2021-12-24	2500	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 11	Fruit-based puddings are on the menu, and Donal makes three of his all-time favourites. Donal makes his uncle Big Do's peach and blackberry cobbler, a jam jumble crumble tart and a rhubarb pannacotta.	IRELAND	English-100	RPT	G		
2021-12-24	2530	Choccywoccydoodah	Dick And Dom	Zany children's television double act Dick and Dom challenge the chocolatiers to make an astounding Christmas-themed cake for a children's party at number 10 Downing Street.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-24	2625	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	
2021-12-24	2630	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	UNITED KINGDOM	English-100	RPT	PG	Y	
2021-12-24	2725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-24	2730	Jamie's Great Britain	West Country, The	Jamie visits the West Country - famous for its pasties, cheddar and delicious scrumpy cider. However, Jamie's in search of less traditional fare too, and tastes some Jamaican cooking in Bristol.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-24	2825	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 2	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-24	2830	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 12	Exploring the traditional style of Cantonese specialties, Luke hikes to a Dim Sum house where he helps prepare some of their most popular dim sum - a Quail Egg Siu Mai, and Steamed Rice rolls.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-25	0500	Africa On A Plate	Durban	Host and chef Lentswe Bhengu is at home planning a traditional Indian meal for his sister in Durban after fulfilling his mission to find out how to make the perfect curry.	USA	English-100	RPT	PG		Y
2021-12-25	0530	David Rocco's Dolce South East Asia	Art In Georgetown	David heads to George Town, Penang to explore the multicultural hub and its incredible food and art scene.The artists in George Town are breaking new boundaries to inspire many through their work.	CANADA	English-100	RPT	PG		
2021-12-25	0600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 5	Matt runs us through a dish celebrating succulent sashimi, and Courtney goes out on location to a broccoli farm to create a baby broccoli soft egg salad.	AUSTRALIA	English-100	RPT	G		
2021-12-25	0630	Oliver's Twist	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100	RPT	G		
2021-12-25	0700	Mystery Diners	Dining In The Dark	After receiving complaints about theft and inappropriate touching during a monthly 'Dining in the Dark' event, Hernan, the owner of Catharsis in Miami, Florida, contacts Charles Stiles for help.	USA	English-100	RPT	PG		Y
2021-12-25	0730	Giada Entertains	Giada Entertains Series 4 Ep 10	Giada organises a dog park picnic inspired by her dog Bruno for her friends with furry pals. The portable menu features chocolate peanut butter blondies and farro salad with mushroom and gorgonzola.	USA	English-100	RPT	G		
2021-12-25	0800	Food Safari	French Safari Part 2	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-25	0830	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	UNITED KINGDOM	English-100	RPT	PG	Y	
2021-12-25	0925	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-25	0930	Jamie's Great Britain	West Country, The	Jamie visits the West Country - famous for its pasties, cheddar and delicious scrumpy cider. However, Jamie's in search of less traditional fare too, and tastes some Jamaican cooking in Bristol.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-25	1025	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 2	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-25	1030	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 5	Matt runs us through a dish celebrating succulent sashimi, and Courtney goes out on location to a broccoli farm to create a baby broccoli soft egg salad.	AUSTRALIA	English-100	RPT	G		
2021-12-25	1100	The Cook Up with Adam Liaw	Cream	MasterChef Turkey host Somer Sivrioglu and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make dishes using a favourite ingredient - cream.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-25	1130	Donal's Kitchen Hero	Christmas Special	Donal travels to the far north, above the Arctic Circle, to the world's original Ice Hotel in Kiruna to make baked ham, gravadlax, and a special Christmas rice pudding.	IRELAND	English-100	RPT	G		
2021-12-25	1200	Classic Mary Berry	Mary Berry's Christmas Party	Join Mary as she opens her kitchen to some of TV's best-loved faces as they join her in cooking delicious party dishes especially for her Christmas party table.	UNITED KINGDOM	English-100	RPT	G		

2021-12-25	1305	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
2021-12-25	1405	Poh's Kitchen Christmas Special	Poh's Kitchen Christmas Special	Poh Ling Yeow loves to cook and it's time for her to take on Christmas food. Her early years were spent in a country that doesn't celebrate Christmas.	AUSTRALIA	English-100		G	Y
2021-12-25	1435	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	RPT	G	
2021-12-25	1530	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	RPT	G	
2021-12-25	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-12-25	1630	Nigellissima Christmas	Nigellissima Christmas	Nigella loves Christmas and for her a party is the perfect way to celebrate. This year, she kicks off festivities with a glittering buffet party in Nigellissima - an Italian inspired Christmas.	UNITED KINGDOM	English-100		G	Y
2021-12-25	1735	Donal's Meals In Minutes	Christmas Entertaining Meals	Donal tackles one area that he gets asked about all the time - what are the best recipes to serve at Christmas? Donal has got five recipes that are guaranteed to go down a treat this Christmas.	IRELAND	English-100		PG	
2021-12-25	1805	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100		PG	
2021-12-25	1835	Rick Stein's Food Heroes Xmas	Rick Stein's Food Heroes Xmas 2005	Over the past few years, popular TV chef Rick Stein has embarked on a voyage of discovery, taking him the length and breadth of Britain as he searches out the very best of all British produce.	UNITED KINGDOM	English-100		PG	
2021-12-25	1940	Ainsley's Food We Love Ep 1	Granny Knows Best	Ainsley Harriot returns to prepare tasty recipes and chat with special guests, who reminisce about their favourite meals. First up, he recreates a comforting Irish stew made by his friend's granny.	UNITED KINGDOM	English-100			
2021-12-25	2030	Gino's Italian Coastal Escape	Calabria	Gino reveals the rugged and wild region that is Calabria. Its landscape is as breathtaking as the powerhouse ingredients it produces.	UNITED KINGDOM	English-100	RPT	G	
2021-12-25	2100	Gino's Italian Coastal Escape	Aeolian Islands	Gino heads to the Aeolian Islands - the final destination on his epic coastal journey. He visits the two contrasting islands of Salina and Panarea to find out what they contribute the the Italian kitc	UNITED KINGDOM	English-100	RPT	PG	
2021-12-25	2130	Anthony Bourdain: Parts Unknown	Los Angeles	An alternative tour of Los Angeles by Anthony Bourdain focuses on the impact and contributions of its less photographed and often overlooked Latino communities.	USA	English-100		PG	
2021-12-25	2225	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
2021-12-25	2230	Anthony Bourdain: Parts Unknown	San Sebastian	Anthony Bourdain visits the coastal city of San Sebastian in the Basque Country, famous for its spectacular views and incomparable fresh seafood.	USA	English-100		PG	Y
2021-12-25	2325	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
2021-12-25	2330	Donal's Meals In Minutes	Christmas Entertaining Meals	Donal tackles one area that he gets asked about all the time - what are the best recipes to serve at Christmas? Donal has got five recipes that are guaranteed to go down a treat this Christmas.	IRELAND	English-100	RPT	PG	
2021-12-25	2400	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100	RPT	PG	
2021-12-25	2430	Rick Stein's Food Heroes Xmas	Rick Stein's Food Heroes Xmas 2005	Over the past few years, popular TV chef Rick Stein has embarked on a voyage of discovery, taking him the length and breadth of Britain as he searches out the very best of all British produce.	UNITED KINGDOM	English-100	RPT	PG	
2021-12-25	2540	Ainsley's Food We Love Ep 1	Granny Knows Best	Ainsley Harriot returns to prepare tasty recipes and chat with special guests, who reminisce about their favourite meals. First up, he recreates a comforting Irish stew made by his friend's granny.	UNITED KINGDOM	English-100	RPT		
2021-12-25	2630	Gino's Italian Coastal Escape	Calabria	Gino reveals the rugged and wild region that is Calabria. Its landscape is as breathtaking as the powerhouse ingredients it produces.	UNITED KINGDOM	English-100	RPT	G	
2021-12-25	2700	Gino's Italian Coastal Escape	Aeolian Islands	Gino heads to the Aeolian Islands - the final destination on his epic coastal journey. He visits the two contrasting islands of Salina and Panarea to find out what they contribute the the Italian kitc	UNITED KINGDOM	English-100	RPT	PG	
2021-12-25	2730	Anthony Bourdain: Parts Unknown	Los Angeles	An alternative tour of Los Angeles by Anthony Bourdain focuses on the impact and contributions of its less photographed and often overlooked Latino communities.	USA	English-100	RPT	PG	

2021-12-25	2825	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
2021-12-25	2830	Donal's Meals In Minutes	Christmas Entertaining Meals	Donal tackles one area that he gets asked about all the time - what are the best recipes to serve at Christmas? Donal has got five recipes that are guaranteed to go down a treat this Christmas.	IRELAND	English-100	RPT	PG	