



WEEK 52: Sunday, 18 December - Saturday, 24 December 2022 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-12-18	0500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 4	Ukrainian cuisine is a jewel of Eastern Europe, from dishes like borscht to Perogies. Olga shares the tradition of passing on cooking techniques and recipes to ensure that Ukrainian cuisine lives on.	CANADA	English-100				
2022-12-18	0530	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 4	The semi-final gets underway as the four remaining chocolatiers have to create a scrumptious Easter egg, choc-a-block full of treats. This is the first time that many of them have made an Easter egg!	UNITED KINGDOM	English-100		PG		
2022-12-18	0625	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-18	0630	Gordon Ramsay Uncharted	Morocco	Chef Gordon Ramsay travels to Morocco, North Africa, where he embarks on an adventure deep in the Middle Atlas Mountains to understand ancient Berber cuisine.	UNITED KINGDOM	English-100		PG		Y
2022-12-18	0725	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
2022-12-18	0730	Weekend Breaks With Gregg Wallace	York	In York, Gregg Wallace visits the famous Minster, climbs the city walls and meets one of Yorkshire's best chefs who cooks a menu filled with one of his favourite ingredients, rhubarb.	UNITED KINGDOM	English-100		G		
2022-12-18	0825	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-18	0830	Top Chef	Olympic Dreams	On the eve of the Quickfire, one of the chefs has a very special delivery. Padma and Season 14 Winner Brooke Williamson surprise the chefs at their house with breakfast ingredients.	USA	English-100		PG		Y
2022-12-18	0925	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	
2022-12-18	0930	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		G		
2022-12-18	1030	Jamie's American Road Trip	Georgia	Jamie searches for the best cheap food in America. He starts his journey in Georgia, where despite a recession, he finds a hopeful nation.	UNITED KINGDOM	English-100		PG		Y
2022-12-18	1130	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 9	In Japan's southern Islands Kyushu and Shikoku, Adam Liaw finds a vibrant, warm culture where old ladies use iPads to harvest the forests, and the cuisine is as fascinating as its people.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y	Y

2022-12-18	1200	Taste Of Diversity	Taste Of Diversity Series 1 Ep 3	Learn the secrets of Japanese cuisine, see how to handle a knife masterfully and discover why all plates on Japanese table have a different shape. Come into the wonderful world of Japanese cuisine!	CANADA	English-100					
2022-12-18	1230	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 4	The semi-final gets underway as the four remaining chocolatiers have to create a scrumptious Easter egg, choc-a-block full of treats. This is the first time that many of them have made an Easter egg!	UNITED KINGDOM	English-100				PG	
2022-12-18	1325	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT		G	Y	
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2022-12-18	1400	The Cook Up With Adam Liaw	My Secret Ingredient	Tonight in The Cook Up Kitchen secrets are revealed. Adam, Actor Aaron Fa'Aoso and Chef Nina Huynh cook with their secret ingredients.	AUSTRALIA	English-100	RPT			PG	
2022-12-18	1430	The Cook Up With Adam Liaw	In The Middle	Paralympian Ellie Cole and Chef Victoria Rose join Adam in The Cook Up Kitchen to make dishes that are perfect for sharing.	AUSTRALIA	English-100				PG	
2022-12-18	1500	The Cook Up With Adam Liaw	Eat With Your Eyes	Adam, Restaurateur Matteo Zamboni and Food Photographer Luisa Brimble are making dishes that are so visually appealing you won't be able to take your eyes off them!	AUSTRALIA	English-100				PG	
2022-12-18	1530	The Cook Up With Adam Liaw	Self Care	Brooke Blurton and Mark Humphries are in The Cook Up Kitchen with Adam, making dishes that bring us that warm little hug when we need it most.	AUSTRALIA	English-100	RPT			PG	
2022-12-18	1600	The Cook Up With Adam Liaw	Short But Sweet	Adam, Chefs Sharon Salloum and Morgan Hipworth are in The Cook Up Kitchen combining short with sweet. And it's a winning formula.	AUSTRALIA	English-100				PG	
2022-12-18	1630	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 2	Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricoche.	AUSTRALIA	English-100				G	
2022-12-18	1730	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					G
2022-12-18	1800	Giada At Home	Recipes On Repeat	Giada De Laurentiis shares summertime recipes that play on repeat in her home: her Insalata Di Riso, Mixed "Caprese," and Chocolate Peanut Butter Cookie Sandwiches are a home run every time.	USA	English-100					
2022-12-18	1830	Secrets Of The Factories	Secrets Of Mr Kipling Cakes	The Mr Kipling factory in Carlton, near Barnsley in Yorkshire, opens its doors to reveal how millions of the United Kingdom's favourite cakes are made in one of Britain's biggest factories.	UNITED KINGDOM	English-100				G	Y
2022-12-18	1930	Cheese: A Love Story	Greece	Afrim's cheese quest continues in Greece, the motherland of Feta, and where cheese culture dates back thousands of years in ancient practices.	CANADA	English-100				PG	
2022-12-18	2030	Rick Stein's Christmas Odyssey	Rick Stein's Far Eastern Odyssey Xmas Special	Having returned from filming his odyssey all around the Far East, Rick Stein was inspired to come up with the answer to one of the biggest cooking dilemmas facing us all at Christmas time.	UNITED KINGDOM	English-100	RPT		G	Y	Y

2022-12-18	2140	Anthony Bourdain: Parts Unknown	Paraguay	Tony discovers Paraguay is a country where a lot is changing. There's a new government, and the situation here seems to be improving for everyday Paraguayans.	USA	English-100		PG		Y
2022-12-18	2230	Top Chef	Restaurant Wars	The chefs face-off in Restaurant Wars, creating and executing two new restaurant concepts from design to dishes in a matter of days.	USA	English-100		PG		Y
2022-12-18	2325	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
2022-12-18	2330	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 4	Freddie Flintoff and his friend, adventurer Rob Penn, head to Darwin in the next instalment of their Australian road trip.	UNITED KINGDOM	English-100		PG		
2022-12-18	2425	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
2022-12-18	2430	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		G		
2022-12-18	2500	Giada At Home	Recipes On Repeat	Giada De Laurentiis shares summertime recipes that play on repeat in her home: her Insalata Di Riso, Mixed "Caprese," and Chocolate Peanut Butter Cookie Sandwiches are a home run every time.	USA	English-100				
2022-12-18	2530	Secrets Of The Factories	Secrets Of Mr Kipling Cakes	The Mr Kipling factory in Carlton, near Barnsley in Yorkshire, opens its doors to reveal how millions of the United Kingdom's favourite cakes are made in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G		Y
2022-12-18	2630	Cheese: A Love Story	Greece	Afrim's cheese quest continues in Greece, the motherland of Feta, and where cheese culture dates back thousands of years in ancient practices.	CANADA	English-100		PG		
2022-12-18	2730	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 2	Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricohe.	AUSTRALIA	English-100		G		
2022-12-18	2830	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		G		
2022-12-19	0500	The Cook Up With Adam Liaw	My Secret Ingredient	Tonight in The Cook Up Kitchen secrets are revealed. Adam, Actor Aaron Fa'Aoso and Chef Nina Huynh cook with their secret ingredients.	AUSTRALIA	English-100	RPT	PG		
2022-12-19	0530	The Cook Up With Adam Liaw	In The Middle	Paralympian Ellie Cole and Chef Victoria Rose join Adam in The Cook Up Kitchen to make dishes that are perfect for sharing.	AUSTRALIA	English-100		PG		
2022-12-19	0600	The Cook Up With Adam Liaw	Eat With Your Eyes	Adam, Restaurateur Matteo Zamboni and Food Photographer Luisa Brimble are making dishes that are so visually appealing you won't be able to take your eyes off them!	AUSTRALIA	English-100		PG		
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2022-12-19	0830	Cheese: A Love Story	Greece	Afrim's cheese quest continues in Greece, the motherland of Feta, and where cheese culture dates back thousands of years in ancient practices.	CANADA	English-100		PG		
2022-12-19	0930	Rick Stein's Christmas Odyssey	Rick Stein's Far Eastern Odyssey Xmas Special	Having returned from filming his odyssey all around the Far East, Rick Stein was inspired to come up with the answer to one of the biggest cooking dilemmas facing us all at Christmas time.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-12-19	1035	Top Chef	Restaurant Wars	The chefs face-off in Restaurant Wars, creating and executing two new restaurant concepts from design to dishes in a matter of days.	USA	English-100		PG		Y
2022-12-19	1130	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 2	Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricohe.	AUSTRALIA	English-100		G		
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2022-12-19	1330	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 9	Michela uncovers the best seasonal, locally grown fruit and vegetables, and the creamiest of ricottas, and uses them to dish up a twist on an old favourite with a wonderful porcini mushroom lasagne.	UNITED KINGDOM	English-100		G		Y
2022-12-19	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 10	Matt and Courtney prepare butterflyed barbecued bhicken - perfect food to enjoy when entertaining. Courtney creates the perfect light eating dish when it's scorching hot outside - prawn tostadas.	AUSTRALIA	English-100		PG		
2022-12-19	1430	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 10	Every Sunday the Hemsley sisters batch cook a selection of nutrient rich recipes that will last them all week. For a ready made breakfast they prepare cranberry and quinoa breakfast bars.	UNITED KINGDOM	English-100		G		
2022-12-19	1500	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		G		
2022-12-19	1530	Food Markets: In The Belly Of	Cork - English Market	Ireland's third-largest city has one of Northern Europe's market gems: The English Market. It supplied high-quality food to the rich English families differently to the Irish market.	FRANCE	English-100	RPT	PG	Y	
2022-12-19	1630	India Unplated	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam.	AUSTRALIA	English-100		G		Y
2022-12-19	1700	Gourmet Farmer	Good Food Needs Good Soil	With his new farm to table restaurant up and running for a year now, Matthew takes up the ambitious challenge of improving the quality of his food by exploring natural ways to nourish his soil.	AUSTRALIA	English-100	RPT	G	Y	

2022-12-19	1730	Come Dine With Me Couples	Nottingham A	Clare and Ric kick off the competition with an evening of traditional Italian fare.	UNITED KINGDOM	English-100		PG	
2022-12-19	1830	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G	Y
2022-12-19	1900	The Cook Up With Adam Liaw	Stress Free Starters	Adam and chefs Junda Khoo and Paul Farag are making The Cook Up kitchen very zen, as they create some stress free starters.	AUSTRALIA	English-100		PG	
2022-12-19	1930	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		G	Y
2022-12-19	2000	Cooking With Curtis	Kendra	Writer and avid foodie Kendra was devastated when she learned she had multiple food allergies. Fearful it would put a wrinkle in her dating life, she was encouraged after meeting Laron.	USA	English-100		G	
2022-12-19	2030	Jamie & Jimmy's Food Fight Club	Mary Berry	Culinary queen Mary Berry goes down memory lane for a nostalgic seafood feast. Jimmy bakes gooey bread, while Jamie makes a mini beef wellington. And the boys hit the front line with the RAF.	UNITED KINGDOM	English-100		G	
2022-12-19	2130	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
2022-12-19	2230	The Cook Up With Adam Liaw	Stress Free Starters	Adam and chefs Junda Khoo and Paul Farag are making The Cook Up kitchen very zen, as they create some stress free starters.	AUSTRALIA	English-100		PG	
2022-12-19	2300	India Unplated	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam.	AUSTRALIA	English-100		G	Y
2022-12-19	2330	Bbq Brawl	Seafood Showdown	The teams go fishing and attempt to prove they can handle delicate seafood just as well as meat. Team captains Bobby Flay, Michael Symon and Eddie Jackson feel the pressure to perform.	USA	English-100		PG	
2022-12-19	2425	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
2022-12-19	2430	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		G	Y
2022-12-19	2500	Gourmet Farmer	Good Food Needs Good Soil	With his new farm to table restaurant up and running for a year now, Matthew takes up the ambitious challenge of improving the quality of his food by exploring natural ways to nourish his soil.	AUSTRALIA	English-100	RPT	G	Y
2022-12-19	2530	Jamie & Jimmy's Food Fight Club	Mary Berry	Culinary queen Mary Berry goes down memory lane for a nostalgic seafood feast. Jimmy bakes gooey bread, while Jamie makes a mini beef wellington. And the boys hit the front line with the RAF.	UNITED KINGDOM	English-100		G	
2022-12-19	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

2022-12-19	2730	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 9	Michela uncovers the best seasonal, locally grown fruit and vegetables, and the creamiest of ricottas, and uses them to dish up a twist on an old favourite with a wonderful porcini mushroom lasagne.	UNITED KINGDOM	English-100		G	Y
2022-12-19	2800	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 10	Matt and Courtney prepare butterflyed barbequed bhicken - perfect food to enjoy when entertaining. Courtney creates the perfect light eating dish when it's scorching hot outside - prawn tostadas.	AUSTRALIA	English-100		PG	
2022-12-19	2830	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 10	Every Sunday the Hemsley sisters batch cook a selection of nutrient rich recipes that will last them all week. For a ready made breakfast they prepare cranberry and quinoa breakfast bars.	UNITED KINGDOM	English-100		G	
2022-12-20	0500	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		G	
2022-12-20	0530	Food Markets: In The Belly Of	Cork - English Market	Ireland's third-largest city has one of Northern Europe's market gems: The English Market. It supplied high-quality food to the rich English families differently to the Irish market.	FRANCE	English-100	RPT	PG	Y
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2022-12-20	0700	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G	Y
2022-12-20	0730	Come Dine With Me Couples	Nottingham A	Clare and Ric kick off the competition with an evening of traditional Italian fare.	UNITED KINGDOM	English-100		PG	
2022-12-20	0830	Gourmet Farmer	Good Food Needs Good Soil	With his new farm to table restaurant up and running for a year now, Matthew takes up the ambitious challenge of improving the quality of his food by exploring natural ways to nourish his soil.	AUSTRALIA	English-100	RPT	G	Y
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2022-12-20	1000	Cooking With Curtis	Kendra	Writer and avid foodie Kendra was devastated when she learned she had multiple food allergies. Fearful it would put a wrinkle in her dating life, she was encouraged after meeting Laron.	USA	English-100		G	
2022-12-20	1030	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		G	
2022-12-20	1100	The Cook Up With Adam Liaw	Stress Free Starters	Adam and chefs Junda Khoo and Paul Farag are making The Cook Up kitchen very zen, as they create some stress free starters.	AUSTRALIA	English-100		PG	
2022-12-20	1130	Jamie & Jimmy's Food Fight Club	Mary Berry	Culinary queen Mary Berry goes down memory lane for a nostalgic seafood feast. Jimmy bakes gooey bread, while Jamie makes a mini beef wellington. And the boys hit the front line with the RAF.	UNITED KINGDOM	English-100		G	

2022-12-20	1230	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	
2022-12-20	1330	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 10	Michela puts twist on fish and chips with seabass in a bag - a steamed parcel of fish and vegetables, and after visiting an artisan bakery in Siena makes a classic Italian cake.	UNITED KINGDOM	English-100		G	Y	
2022-12-20	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 11	Matt demonstrates unique art to making pork and shitake dumplings, Courtney shows shares a simple salad recipe - cauliflower and cranberry.	AUSTRALIA	English-100		G		
2022-12-20	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 12	Matt and Michael get in touch with their baking side and create a delicious batch of blueberry friands.	AUSTRALIA	English-100		G		
2022-12-20	1500	Barefoot Contessa: Back To Basics	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor.	USA	English-100		G		
2022-12-20	1530	Food Markets: In The Belly Of	Valencia - Mercado Central	Perhaps one of the most beautiful and well-organised food market buildings in Europe is the Mercado Central of Valencia. It is built on the area where an open-air market stood for centuries.	FRANCE	English-55; Spanish-24; Catalan-21	RPT	PG	Y	Y
2022-12-20	1630	India Unplated	Diwali	This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food.	AUSTRALIA	English-100		G	Y	
2022-12-20	1700	Gourmet Farmer	Gourmet Farmer Series 5 Ep 2	Its Autumn on Fat Pig Farm, and Matthew considers buying some goats to tackle the farm's blackberry problem.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-20	1730	Come Dine With Me Couples	Nottinghamshire B	Kirsty and Gary hope to impress with a refined menu inspired by their love of travel.	UNITED KINGDOM	English-100		PG		
2022-12-20	1830	Nigella Express	Speedy Gonzalez	It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-20	1900	The Cook Up With Adam Liaw	Red Hot Summer	If you can stand the heat... get into the kitchen with Adam, restaurateur Callum Hann and comedian Lizzy Hoo for some recipes for a Red Hot Summer.	AUSTRALIA	English-100		PG		
2022-12-20	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G		
2022-12-20	2000	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 4	It's Dan Hong to the rescue when Jess posts a #shelfie full of pasta and snacks. This next level epic Cheeseburger Pasta Bake may just be Australia's new national dish.	AUSTRALIA	English-100		PG		
2022-12-20	2030	John Torode's Ireland	Kinsale And Dingle On The Wild Atlantic Way	Just outside Cork, John goes to the pretty little seaside village of Kinsale. Local restaurateur Martin Shanhan shows John round the town and it's brightly coloured houses and restaurants and cafes.	IRELAND	English-100		G		
2022-12-20	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	Y	

2022-12-20	2230	The Cook Up With Adam Liaw	Red Hot Summer	If you can stand the heat... get into the kitchen with Adam, restaurateur Callum Hann and comedian Lizzy Hoo for some recipes for a Red Hot Summer.	AUSTRALIA	English-100		PG	
2022-12-20	2300	India Unplated	Diwali	This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food.	AUSTRALIA	English-100		G	Y
2022-12-20	2330	Bbq Brawl	Bbq Around The World	The competitors need to put their own spin on an international BBQ style, and the challenge pushes some out of their comfort zone as team captains Bobby Flay, Michael Symon and Eddie Jackson watch on.	USA	English-100		PG	
2022-12-20	2425	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
2022-12-20	2430	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thou because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G	
2022-12-20	2500	Gourmet Farmer	Gourmet Farmer Series 5 Ep 2	Its Autumn on Fat Pig Farm, and Matthew considers buying some goats to tackle the farm's blackberry problem.	AUSTRALIA	English-100	RPT	G	Y
2022-12-20	2530	John Torode's Ireland	Kinsale And Dingle On The Wild Atlantic Way	Just outside Cork, John goes to the pretty little seaside village of Kinsale. Local restaurateur Martin Shanhan shows John round the town and it's brightly coloured houses and restaurants and cafes.	IRELAND	English-100		G	
2022-12-20	2625	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2022-12-20	2630	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-12-20	2730	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 10	Michela puts twist on fish and chips with seabass in a bag - a steamed parcel of fish and vegetables, and after visiting an artisan bakery in Siena makes a classic Italian cake.	UNITED KINGDOM	English-100		G	Y
2022-12-20	2800	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 11	Matt demonstrates unique art to making pork and shitake dumplings, Courtney shows shares a simple salad recipe - cauliflower and cranberry.	AUSTRALIA	English-100		G	
2022-12-20	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 12	Matt and Michael get in touch with their baking side and create a delicious batch of blueberry friands.	AUSTRALIA	English-100		G	
2022-12-21	0500	Barefoot Contessa: Back To Basics	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor.	USA	English-100		G	
2022-12-21	0530	Food Markets: In The Belly Of	Valencia - Mercado Central	Perhaps one of the most beautiful and well-organised food market buildings in Europe is the Mercado Central of Valencia. It is built on the area where an open-air market stood for centuries.	FRANCE	English-55; Spanish-24; Catalan-21	RPT	PG	Y Y
2022-12-21	0630	India Unplated	Diwali	This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food.	AUSTRALIA	English-100		G	Y

2022-12-21	0700	Nigella Express	Speedy Gonzalez	It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-21	0730	Come Dine With Me Couples	Nottinghamshire B	Kirsty and Gary hope to impress with a refined menu inspired by their love of travel.	UNITED KINGDOM	English-100		PG		
2022-12-21	0830	Gourmet Farmer	Gourmet Farmer Series 5 Ep 2	Its Autumn on Fat Pig Farm, and Matthew considers buying some goats to tackle the farm's blackberry problem.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-21	0900	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 12	Matt and Michael get in touch with their baking side and create a delicious batch of blueberry friands.	AUSTRALIA	English-100		G		
2022-12-21	0930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G		
2022-12-21	1000	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 4	It's Dan Hong to the rescue when Jess posts a #shelfie full of pasta and snacks. This next level epic Cheeseburger Pasta Bake may just be Australia's new national dish.	AUSTRALIA	English-100		PG		
2022-12-21	1030	Barefoot Contessa: Back To Basics	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor.	USA	English-100		G		
2022-12-21	1100	The Cook Up With Adam Liaw	Red Hot Summer	If you can stand the heat... get into the kitchen with Adam, restaurateur Callum Hann and comedian Lizzy Hoo for some recipes for a Red Hot Summer.	AUSTRALIA	English-100		PG		
2022-12-21	1130	John Torode's Ireland	Kinsale And Dingle On The Wild Atlantic Way	Just outside Cork, John goes to the pretty little seaside village of Kinsale. Local restaurateur Martin Shanhan shows John round the town and it's brightly coloured houses and restaurants and cafes.	IRELAND	English-100		G		
2022-12-21	1225	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2022-12-21	1230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-21	1330	From Scratch	Naples Took A Pizza My Heart	From Scratch follows actor David Moscow on his adventure of making meals from scratch. He teams up with various friends to hunt, gather, forage, fish, grow and then prepare and cook a meal.	UNITED KINGDOM	English-100		PG	Y	
2022-12-21	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 13	Matt and Courtney whip up a hearty broccoli and chicken soup with dukkah, while Michael gives an Aussie staple a spruce up.	AUSTRALIA	English-100		PG		
2022-12-21	1500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Weeknight Dinners	Ina Garten is all about comforting weeknight dinners, starting with all-in-one skillet-roasted chicken and potatoes. She also makes shells with broccoli rabe and pancetta, seared salmon with spicy red pepper aioli and her ultimate tuna melts.	USA	English-100				
2022-12-21	1530	Food Markets: In The Belly Of	Bergen - Fisketorget	The Fish Market or Torget (the square) has a charming location in the heart of the city between the fjords and Bergen's seven mountains.	FRANCE	English-60; Norwegian-40	RPT	PG	Y	Y

2022-12-21	1630	India Unplated	Rajasthan	Known for its palaces, deserts, music, and people, Rajasthan is one of India's most popular tourist destinations. Adam, Helly, and Sandeep explore some of the best recipes from Rajasthan.	AUSTRALIA	English-100		G	Y
2022-12-21	1700	Gourmet Farmer	Gourmet Farmer Series 5 Ep 3	With Winter setting in Matthew begins to tackle Fat Pig Farms long-term soil health by planting an edible native garden and using an age old form of landscaping that will benefit his farm for years.	AUSTRALIA	English-100	RPT	G	Y
2022-12-21	1730	Come Dine With Me Couples	Portsmouth A	Stewart and Lynn serve up an "odd" menu, but is their confidence in a very unusual pudding misplaced?	UNITED KINGDOM	English-100		PG	
2022-12-21	1830	Nigella Express	Quick Quick Slow	Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.	UNITED KINGDOM	English-100	RPT	G	Y
2022-12-21	1900	The Cook Up With Adam Liaw	Pantry Panic	Adam, political journalist Annabel Crabb, and scientist professor Steve Simpson are in the kitchen making delicious dishes for when your ingredients are running low.	AUSTRALIA	English-100		PG	
2022-12-21	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	
2022-12-21	2000	Long Weekend In... With Rory O'Connell	Edinburgh	Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce.	IRELAND	English-100		PG	
2022-12-21	2030	Gino's Italian Coastal Escape	Alberobello and Lecce	Gino gets a lesson in making the local pasta orecchiette from a Nona in her back garden. Using the pasta, he creates his own version of the Puglian dish of orecchiette cime di rapa, but will it live up to her expectations?	UNITED KINGDOM	English-100		PG	
2022-12-21	2100	Gino's Italian Coastal Escape	Santa Maria Di Leuca	Gino reaches the end of his Adriatic journey. Here in Santa Maria Di Leuca, Gino meets Priest Don Gianni, and after a tour of this abbey, Gino cooks a saffron and chicken risotto.	UNITED KINGDOM	English-100		PG	
2022-12-21	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-12-21	2230	The Cook Up With Adam Liaw	Pantry Panic	Adam, political journalist Annabel Crabb, and scientist professor Steve Simpson are in the kitchen making delicious dishes for when your ingredients are running low.	AUSTRALIA	English-100		PG	
2022-12-21	2300	India Unplated	Rajasthan	Known for its palaces, deserts, music, and people, Rajasthan is one of India's most popular tourist destinations. Adam, Helly, and Sandeep explore some of the best recipes from Rajasthan.	AUSTRALIA	English-100		G	Y
2022-12-21	2330	Bbq Brawl	Future Cue	The competitors are challenged to stretch their imaginations and make the BBQ of the future. They explore the possibilities under the watchful eyes of team captains Flay, Michael and Eddie.	USA	English-100		PG	
2022-12-21	2425	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
2022-12-21	2430	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	

2022-12-21	2500	Gourmet Farmer	Gourmet Farmer Series 5 Ep 3	With Winter setting in Matthew begins to tackle Fat Pig Farms long-term soil health by planting an edible native garden and using an age old form of landscaping that will benefit his farm for years.	AUSTRALIA	English-100	RPT	G	Y
2022-12-21	2530	Gino's Italian Coastal Escape	Alberobello and Lecce	Gino gets a lesson in making the local pasta orecchiette from a Nona in her back garden. Using the pasta, he creates his own version of the Puglian dish of orecchiette cime di rapa, but will it live up to her expectations?	UNITED KINGDOM	English-100		PG	
2022-12-21	2600	Gino's Italian Coastal Escape	Santa Maria Di Leuca	Gino reaches the end of his Adriatic journey. Here in Santa Maria Di Leuca, Gino meets Priest Don Gianni, and after a tour of this abbey, Gino cooks a saffron and chicken risotto.	UNITED KINGDOM	English-100		PG	Y
2022-12-21	2630	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-12-21	2730	From Scratch	Naples Took A Pizza My Heart	From Scratch follows actor David Moscow on his adventure of making meals from scratch. He teams up with various friends to hunt, gather, forage, fish, grow and then prepare and cook a meal.	UNITED KINGDOM	English-100		PG	Y
2022-12-21	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 13	Matt and Courtney whip up a hearty broccoli and chicken soup with dukkah, while Michael gives an Aussie staple a spruce up.	AUSTRALIA	English-100		PG	
2022-12-22	0500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Weeknight Dinners	Ina Garten is all about comforting weeknight dinners, starting with all-in-one skillet-roasted chicken and potatoes. She also makes shells with broccoli rabe and pancetta, seared salmon with spicy red pepper aioli and her ultimate tuna melts.	USA	English-100			
2022-12-22	0530	Food Markets: In The Belly Of	Bergen - Fisketorget	The Fish Market or Torget (the square) has a charming location in the heart of the city between the fjords and Bergen's seven mountains.	FRANCE	English-60, Norwegian-40	RPT	PG	Y Y
2022-12-22	0630	India Unplated	Rajasthan	Known for its palaces, deserts, music, and people, Rajasthan is one of Indias most popular tourist destinations. Adam, Helly, and Sandeep explore some of the best recipes from Rajasthan.	AUSTRALIA	English-100		G	Y
2022-12-22	0700	Nigella Express	Quick Quick Slow	Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.	UNITED KINGDOM	English-100	RPT	G	Y
2022-12-22	0730	Come Dine With Me Couples	Portsmouth A	Stewart and Lynn serve up an "odd" menu, but is their confidence in a very unusual pudding misplaced?	UNITED KINGDOM	English-100		PG	
2022-12-22	0830	Gourmet Farmer	Gourmet Farmer Series 5 Ep 3	With Winter setting in Matthew begins to tackle Fat Pig Farms long-term soil health by planting an edible native garden and using an age old form of landscaping that will benefit his farm for years.	AUSTRALIA	English-100	RPT	G	Y
2022-12-22	0900	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 13	Matt and Courtney whip up a hearty broccoli and chicken soup with dukkah, while Michael gives an Aussie staple a spruce up.	AUSTRALIA	English-100		PG	
2022-12-22	0930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG	
2022-12-22	1000	Long Weekend In... With Rory O'Connell	Edinburgh	Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce.	IRELAND	English-100		PG	

2022-12-22	1030	Barefoot Contessa: Back To Basics	Modern Comfort Food: Weeknight Dinners	Ina Garten is all about comforting weeknight dinners, starting with all-in-one skillet-roasted chicken and potatoes. She also makes shells with broccoli rabe and pancetta, seared salmon with spicy red pepper aioli and her ultimate tuna melts.	USA	English-100				
2022-12-22	1100	The Cook Up With Adam Liaw	Pantry Panic	Adam, political journalist Annabel Crabb, and scientist professor Steve Simpson are in the kitchen making delicious dishes for when your ingredients are running low.	AUSTRALIA	English-100		PG		
2022-12-22	1130	Gino's Italian Coastal Escape	Alberobello and Lecce	Gino gets a lesson in making the local pasta orecchiette from a Nona in her back garden. Using the pasta, he creates his own version of the Puglian dish of orecchiette cime di rapa, but will it live up to her expectations?	UNITED KINGDOM	English-100		PG		
2022-12-22	1200	Gino's Italian Coastal Escape	Santa Maria Di Leuca	Gino reaches the end of his Adriatic journey. Here in Santa Maria Di Leuca, Gino meets Priest Don Gianni, and after a tour of this abbey, Gino cooks a saffron and chicken risotto.	UNITED KINGDOM	English-100		PG		Y
2022-12-22	1230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-12-22	1330	From Scratch	Let Taco Bout Mexican Food	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG		Y
2022-12-22	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 14	Matt is joined by Master Chef Winner 2017 - Diana Chan - and together they cook up chilli clams.	AUSTRALIA	English-100		G		
2022-12-22	1500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simple Pleasures	It's all about simple pleasures and dishes that bring Ina Garten pure joy. She starts with giant crinkled chocolate chip cookies, kielbasa with mustard dip, and cheddar and chutney grilled cheese.	USA	English-100				
2022-12-22	1530	Food Markets: In The Belly Of	Thessaloniki - Kapani	The Kapani market is situated just behind the Aristotelous square of the city of Thessaloniki, facing the Aegean Sea. Exploring this market is exploring the city and its history.	FRANCE	English-50; Greek-50	RPT	PG	Y	Y
2022-12-22	1630	India Unplated	Madhya Pradesh	Adam shares his famous Bhopali Lamb Korma followed by Sandeep's Bhutte ki Kees, a delicious corn porridge that is full of nutrition and flavour. The final recipe is Indrahar by Helly, a popular snack.	AUSTRALIA	English-100		G		Y
2022-12-22	1700	Gourmet Farmer	Gourmet Farmer Series 5 Ep 4	After having the health of his farm soil tested, Matthew explores a flavoursome way to keep his pigs fed, while using his chickens to rehabilitate the damaged soil in his pig paddocks.	AUSTRALIA	English-100	RPT	G		Y
2022-12-22	1730	Come Dine With Me Couples	Southampton B	Maggie and Rick turn the clock back five hundred years with a Tudor-themed evening featuring a menu of wild boar pate and beef cheeks.	UNITED KINGDOM	English-100		PG		
2022-12-22	1830	Nigella Express	Retro Rapido	Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.	UNITED KINGDOM	English-100	RPT	G		Y
2022-12-22	1900	The Cook Up With Adam Liaw	Signature Salad	Chef Nelly Robinson and appearance advocate Carly Findlay join Adam in The Cook Up Kitchen to make and share their signature salads.	AUSTRALIA	English-100		PG		
2022-12-22	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 1	Rick heads to the place where his passion for Cornwall began - his family home at Trevoze Head on the north Cornish coast, where as a child he would go fishing with his father.	UNITED KINGDOM	English-100		PG		

2022-12-22	2000	Strait To The Plate	Strait To The Plate Series 2 Episode 2 Masig	We meet Aunt Mary and Aunt Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA	English-100			
2022-12-22	2030	Nadiya's Fast Flavours	Chill Out Days	Nadiya Hussain conjures up the ideal recipes to chill out with on a lazy day at home. Whether it's a weekend, a school holiday, or a leisurely day off, Nadiya has stress free recipes for all!	UNITED KINGDOM	English-100		PG	
2022-12-22	2100	Gok Wan's Easy Asian	Gok Wan's Easy Asian Series 3 Ep 3	Gok cooks up three tantalising Asian recipes perfect for sharing with loved ones: aromatic Asian-spiced cauliflower roasted to perfection, a bubbling showpiece of a miso hot-pot and a lime and mango pudding sure to make any dinner party divine.	UNITED KINGDOM	English-100			
2022-12-22	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-12-22	2230	The Cook Up With Adam Liaw	Signature Salad	Chef Nelly Robinson and appearance advocate Carly Findlay join Adam in The Cook Up Kitchen to make and share their signature salads.	AUSTRALIA	English-100		PG	
2022-12-22	2300	India Unplated	Madhya Pradesh	Adam shares his famous Bhopali Lamb Korma followed by Sandeep's Bhutte ki Kees, a delicious corn porridge that is full of nutrition and flavour. The final recipe is Indrahara by Helly, a popular snack.	AUSTRALIA	English-100		G	Y
2022-12-22	2330	Bbq Brawl	Master Of Cue	To decide who deserves the grand prize and supreme BBQ bragging rights, Bobby, Michael and Eddie watch on as the judges lay down the ultimate BBQ gauntlet: a super-sized, all-day competition.	USA	English-100		PG	
2022-12-22	2425	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2022-12-22	2430	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 1	Rick heads to the place where his passion for Cornwall began - his family home at Trevoze Head on the north Cornish coast, where as a child he would go fishing with his father.	UNITED KINGDOM	English-100		PG	
2022-12-22	2500	Gourmet Farmer	Gourmet Farmer Series 5 Ep 4	After having the health of his farm soil tested, Matthew explores a flavoursome way to keep his pigs fed, while using his chickens to rehabilitate the damaged soil in his pig paddocks.	AUSTRALIA	English-100	RPT	G	Y
2022-12-22	2530	Nadiya's Fast Flavours	Chill Out Days	Nadiya Hussain conjures up the ideal recipes to chill out with on a lazy day at home. Whether it's a weekend, a school holiday, or a leisurely day off, Nadiya has stress free recipes for all!	UNITED KINGDOM	English-100		PG	
2022-12-22	2600	Gok Wan's Easy Asian	Gok Wan's Easy Asian Series 3 Ep 3	Gok cooks up three tantalising Asian recipes perfect for sharing with loved ones: aromatic Asian-spiced cauliflower roasted to perfection, a bubbling showpiece of a miso hot-pot and a lime and mango pudding sure to make any dinner party divine.	UNITED KINGDOM	English-100			
2022-12-22	2630	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-12-22	2730	From Scratch	Let Taco Bout Mexican Food	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG	Y

2022-12-22	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 14	Matt is joined by Master Chef Winner 2017 - Diana Chan - and together they cook up chilli clams.	AUSTRALIA	English-100		G		
2022-12-23	0500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simple Pleasures	It's all about simple pleasures and dishes that bring Ina Garten pure joy. She starts with giant crinkled chocolate chip cookies, kielbasa with mustard dip, and cheddar and chutney grilled cheese.	USA	English-100				
2022-12-23	0530	Food Markets: In The Belly Of	Thessaloniki - Kapani	The Kapani market is situated just behind the Aristotelous square of the city of Thessaloniki, facing the Aegean Sea. Exploring this market is exploring the city and its history.	FRANCE	English-50; Greek-50	RPT	PG	Y	Y
2022-12-23	0630	India Unplated	Madhya Pradesh	Adam shares his famous Bhopali Lamb Korma followed by Sandeep's Bhutte ki Kees, a delicious corn porridge that is full of nutrition and flavour. The final recipe is Indrahari by Helly, a popular snack.	AUSTRALIA	English-100		G	Y	
2022-12-23	0700	Nigella Express	Retro Rapido	Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-23	0730	Come Dine With Me Couples	Southampton B	Maggie and Rick turn the clock back five hundred years with a Tudor-themed evening featuring a menu of wild boar pate and beef cheeks.	UNITED KINGDOM	English-100		PG		
2022-12-23	0830	Gourmet Farmer	Gourmet Farmer Series 5 Ep 4	After having the health of his farm soil tested, Matthew explores a flavoursome way to keep his pigs fed, while using his chickens to rehabilitate the damaged soil in his pig paddocks.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-23	0900	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 14	Matt is joined by Master Chef Winner 2017 - Diana Chan - and together they cook up chilli clams.	AUSTRALIA	English-100		G		
2022-12-23	0930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 1	Rick heads to the place where his passion for Cornwall began - his family home at Trevoese Head on the north Cornish coast, where as a child he would go fishing with his father.	UNITED KINGDOM	English-100		PG		
2022-12-23	1000	Strait To The Plate	Strait To The Plate Series 2 Episode 2 - Masig	We meet Aunt Mary and Aunt Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA	English-100	RPT			
2022-12-23	1030	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simple Pleasures	It's all about simple pleasures and dishes that bring Ina Garten pure joy. She starts with giant crinkled chocolate chip cookies, kielbasa with mustard dip, and cheddar and chutney grilled cheese.	USA	English-100				
2022-12-23	1100	The Cook Up With Adam Liaw	Signature Salad	Chef Nelly Robinson and appearance advocate Carly Findlay join Adam in The Cook Up Kitchen to make and share their signature salads.	AUSTRALIA	English-100		PG		
2022-12-23	1130	Nadiya's Fast Flavours	Chill Out Days	Nadiya Hussain conjures up the ideal recipes to chill out with on a lazy day at home. Whether it's a weekend, a school holiday, or a leisurely day off, Nadiya has stress free recipes for all!	UNITED KINGDOM	English-100		PG		
2022-12-23	1200	Gok Wan's Easy Asian	Gok Wan's Easy Asian Series 3 Ep 3	Gok cooks up three tantalising Asian recipes perfect for sharing with loved ones: aromatic Asian-spiced cauliflower roasted to perfection, a bubbling showpiece of a miso hot-pot and a lime and mango pudding sure to make any dinner party divine.	UNITED KINGDOM	English-100				
2022-12-23	1230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	Y	

2022-12-23	1330	From Scratch	Seasoning The Day In Iceland	Chef Gunnar Karl of Dill in Reykjavik challenges David to source a traditional Icelandic cod dish with ingredients he can only get dry suit diving in the North Atlantic Sea.	UNITED KINGDOM	English-100		PG		Y
2022-12-23	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 15	Matt runs through a Thai inspired dish with a couple of extra unusual ingredients in his Thai fish cake recipe. Michael visits the beautiful Dingley Dell Farm to create delicious beef tacos.	AUSTRALIA	English-100		G		
2022-12-23	1500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Remembered Flavors	Ina Garten revisits flavours from her past and brings them up to date, starting with lamb stew with spring vegetables from her newlywed days.	USA	English-100				
2022-12-23	1530	Food Markets: In The Belly Of	Sardinia - Mercato Di San Benedetto	The market of San Benedetto in Cagliari is the island's belly. It is one of the biggest fresh produce markets in Europe and arguably said to be the biggest fish market in Europe.	FRANCE	English-60; Italian-40	RPT	PG	Y	Y
2022-12-23	1630	India Unplated	Andhara Pradesh / Telangana	This episode starts with Adam's famous Hyderabadi Dum Biryani, followed by Sandeep's Pessarattu - eaten with curries and Helly's Dum Batair.	AUSTRALIA	English-100		G	Y	
2022-12-23	1700	Gourmet Farmer	Gourmet Farmer Series 5 Ep 5	With Sadie and Hedley away, Matthew has got his work cut out managing the whole farm on his own and organising a few very special surprises for Sadie's birthday.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-23	1730	Come Dine With Me Couples	South Yorkshire A	When two couples discover they'll be serving the same cheesecake, a dinner party war begins.	UNITED KINGDOM	English-100		PG		
2022-12-23	1830	Nigella Express	Razzle Dazzle	It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-23	1900	The Cook Up With Adam Liaw	Sweet Heat	Adam and chefs Louis Tikaram and Jake Kellie are bringing incredible summer desserts to The Cook Up Kitchen.	AUSTRALIA	English-100		PG		
2022-12-23	1930	Gok Wan's Easy Asian	Gok Wan's Easy Asian Series 3 Ep 9	Gok cooks his favourite festive menu: mini bagels with scrambled egg and smoked salmon, mushroom Gyozas, a lobster stir-fry and a traditional Chinese roasted duck.	UNITED KINGDOM	English-100				
2022-12-23	2030	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
2022-12-23	2135	Hairy Bikers Go Local Christmas Special	Hairy Bikers Christmas Special	The Hairy Bikers are back, travelling the North of England in search of great food producers and ingredients to create a delicious Christmas family feast!	UNITED KINGDOM	English-100				
2022-12-23	2230	The Cook Up With Adam Liaw	Sweet Heat	Adam and chefs Louis Tikaram and Jake Kellie are bringing incredible summer desserts to The Cook Up Kitchen.	AUSTRALIA	English-100		PG		
2022-12-23	2300	India Unplated	Andhara Pradesh / Telangana	This episode starts with Adam's famous Hyderabadi Dum Biryani, followed by Sandeep's Pessarattu - eaten with curries and Helly's Dum Batair.	AUSTRALIA	English-100		G	Y	
2022-12-23	2330	Choccywoccydoodah	Failure Is Not An Option	The team at Choccywoccydoodah are under pressure to sculpt cakes for a soap star wedding and a glamorous event for prestigious shoes designer, Christian Louboutin.	UNITED KINGDOM	English-100		PG		

2022-12-23	2400	Choccywoccydoodah	Make Cake And Influence People	Things are heating up at Choccywoccydoodah - boss Christine wants chief cake artist Dave to come up with two new cakes. Later they have to create a cake for a charity event fronted by Davina McCall.	UNITED KINGDOM	English-100		PG		
2022-12-23	2430	Gok Wan's Easy Asian	Gok Wan's Easy Asian Series 3 Ep 9	Gok cooks his favourite festive menu: mini bagels with scrambled egg and smoked salmon, mushroom Gyozas, a lobster stir-fry and a traditional Chinese roasted duck.	UNITED KINGDOM	English-100				
2022-12-23	2530	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
2022-12-23	2635	Hairy Bikers Go Local Christmas Special	Hairy Bikers Christmas Special	The Hairy Bikers are back, travelling the North of England in search of great food producers and ingredients to create a delicious Christmas family feast!	UNITED KINGDOM	English-100				
2022-12-23	2730	From Scratch	Seasoning The Day In Iceland	Chef Gunnar Karl of Dill in Reykjavik challenges David to source a traditional Icelandic cod dish with ingredients he can only get dry suit diving in the North Atlantic Sea.	UNITED KINGDOM	English-100		PG		Y
2022-12-23	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 15	Matt runs through a Thai inspired dish with a couple of extra unusual ingredients in his Thai fish cake recipe. Michael visits the beautiful Dingley Dell Farm to create delicious beef tacos.	AUSTRALIA	English-100		G		
2022-12-24	0500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Remembered Flavors	Ina Garten revisits flavours from her past and brings them up to date, starting with lamb stew with spring vegetables from her newlywed days.	USA	English-100				
2022-12-24	0530	Food Markets: In The Belly Of	Sardinia - Mercato Di San Benedetto	The market of San Benedetto in Cagliari is the island's belly. It is one of the biggest fresh produce markets in Europe and arguably said to be the biggest fish market in Europe.	FRANCE	English-60; Italian-40	RPT	PG	Y	Y
2022-12-24	0630	India Unplated	Andhara Pradesh / Telangana	This episode starts with Adam's famous Hyderabadi Dum Biryani, followed by Sandeep's Pessarattu - eaten with curries and Helly's Dum Batair.	AUSTRALIA	English-100		G		Y
2022-12-24	0700	Nigella Express	Razzle Dazzle	It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself.	UNITED KINGDOM	English-100	RPT	G		Y
2022-12-24	0730	Come Dine With Me Couples	South Yorkshire A	When two couples discover they'll be serving the same cheesecake, a dinner party war begins.	UNITED KINGDOM	English-100		PG		
2022-12-24	0830	Gourmet Farmer	Gourmet Farmer Series 5 Ep 5	With Sadie and Hedley away, Matthew has got his work cut out managing the whole farm on his own and organising a few very special surprises for Sadie's birthday.	AUSTRALIA	English-100	RPT	G		Y
2022-12-24	0900	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 15	Matt runs through a Thai inspired dish with a couple of extra unusual ingredients in his Thai fish cake recipe. Michael visits the beautiful Dingley Dell Farm to create delicious beef tacos.	AUSTRALIA	English-100		G		
2022-12-24	0930	Gok Wan's Easy Asian	Gok Wan's Easy Asian Series 3 Ep 9	Gok cooks his favourite festive menu: mini bagels with scrambled egg and smoked salmon, mushroom Gyozas, a lobster stir-fry and a traditional Chinese roasted duck.	UNITED KINGDOM	English-100				

2022-12-24	1030	Barefoot Contessa: Back To Basics	Modern Comfort Food: Remembered Flavors	Ina Garten revisits flavours from her past and brings them up to date, starting with lamb stew with spring vegetables from her newlywed days.	USA	English-100				
2022-12-24	1100	The Cook Up With Adam Liaw	Sweet Heat	Adam and chefs Louis Tikaram and Jake Kellie are bringing incredible summer desserts to The Cook Up Kitchen.	AUSTRALIA	English-100			PG	
2022-12-24	1130	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
2022-12-24	1235	Hairy Bikers Go Local Christmas Special	Hairy Bikers Christmas Special	The Hairy Bikers are back, travelling the North of England in search of great food producers and ingredients to create a delicious Christmas family feast!	UNITED KINGDOM	English-100				
2022-12-24	1330	Taste Of Diversity	Taste Of Diversity Series 1 Ep 5	Sahar welcomes us into her home and shares some of the secrets of Persian cuisine, starting with the Persian classic Zereshk Polo Ba Morgh, a very popular barley soup.	CANADA	English-100				
2022-12-24	1400	Taste Of Diversity	Taste Of Diversity Series 1 Ep 6	Canada is one of the most multicultural countries in the world, and therefore has a lot to offer when it comes to food. Follow chef Eoin as he makes the most delicious traditional buttermilk pancakes, a farm burger, and the crown jewel of Canadian cuisine - poutine.	CANADA	English-100				
2022-12-24	1430	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			G	
2022-12-24	1500	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			G	
2022-12-24	1530	Flour Power Christmas: Big Wow Desserts	Flour Power Christmas: Big Wow Desserts	The holidays are here and Jessica McGovern introduces two desserts that could impress any Scrooge. First, Jessica bakes a decadent chocolate yule log stuffed with a creamy salted caramel frosting.	CANADA	English-100			G	
2022-12-24	1600	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	G	Y
2022-12-24	1630	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
2022-12-24	1730	Destination Flavour Christmas	Destination Flavour Christmas	Destination Flavour Christmas brings together the extraordinary talents of the SBS Food chefs to create a rich celebration feast that truly reflects Australia's cultural - and culinary - diversity.	AUSTRALIA	English-100		RPT	G	Y
2022-12-24	1830	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	
2022-12-24	1930	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			PG	
2022-12-24	2030	Jamie's American Road Trip	Wyoming	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	UNITED KINGDOM	English-100			PG	Y

2022-12-24	2130	Anthony Bourdain: Parts Unknown	Libya	Tony explores Libya from top to bottom through the hip-hop music of anti-Qaddafi rapper expats, Italian restaurants, tribal allegiances and post-war uncertainty.	USA	English-100		PG		Y
2022-12-24	2225	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 1	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
2022-12-24	2230	Top Chef	Bronco Brouhala	Cooking for Michelin-starred Chef David Kinch adds pressure to an already stressful Sudden Death Quickfire based on edible flowers.	USA	English-100		PG		Y
2022-12-24	2325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, 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	RPT	G		Y
2022-12-24	2330	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 5	Freddie Flintoff and his companion Rob Penn are heading to the glistening skyscrapers of Australia's two biggest cities - Sydney and Melbourne. It's Valentine's Day and love is in the air.	UNITED KINGDOM	English-100		PG		
2022-12-24	2425	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 3	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
2022-12-24	2430	Taste Of Diversity	Taste Of Diversity Series 1 Ep 5	Sahar welcomes us into her home and shares some of the secrets of Persian cuisine, starting with the Persian classic Zerezhk Polo Ba Morgh, a very popular barley soup.	CANADA	English-100				
2022-12-24	2500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 6	Canada is one of the most multicultural countries in the world, and therefore has a lot to offer when it comes to food. Follow chef Eoin as he makes the most delicious traditional buttermilk pancakes, a farm burger, and the crown jewel of Canadian cuisine - poutine.	CANADA	English-100				
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2022-12-24	2600	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		G		
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2022-12-24	2730	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
2022-12-24	2830	Taste Of Diversity	Taste Of Diversity Series 1 Ep 5	Sahar welcomes us into her home and shares some of the secrets of Persian cuisine, starting with the Persian classic Zerezhk Polo Ba Morgh, a very popular barley soup.	CANADA	English-100				

