



WEEK 6: Sunday, 30 January - Saturday, 5 February 2022 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-01-30	0500	Tropical Gourmet: New Caledonia	Isle Of Pines	In The Isle of Pines, Justine prepares pan-fried Mahi Mahi with a bold sweet and sour sauce, and later goes foraging for snails with the help of some of the locals.	AUSTRALIA	English-100		PG		
30/01/2022	530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 3	Nothing Silvia makes will be measured or mixed with kitchen appliances, it's all hands on, starting with delicious mini pizzas made from leftover bread, and a delicate prawn and lemon risotto.	AUSTRALIA	English-100		G		
30/01/2022	600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 4	Bread is sacred in Italy, it's there at almost every family meal and should never be wasted. Silvia shares three delicious ways to repurpose leftover bread, starting with a rustic orecchiette pasta.	AUSTRALIA	English-100		G		
30/01/2022	630	Cook Like A Chef	White Fish	Skilled chef Katie Ardington is excited to introduce her favourite fish, striped sea bass, in this fabulous voyage through the seven seas of seafood cookery.	CANADA	English-100		PG		
30/01/2022	700	Cook Like A Chef	Chicken	Chef-host Natalia Machado loves chicken, and who doesn't? Chicken is enjoyed around the world for good reason; it is versatile and reliably delicious.	CANADA	English-100		PG		
30/01/2022	730	Cheese Slices	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100		G		
30/01/2022	800	Cheese Slices	Cheeses Of La Mancha And Cabrales	The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods.	AUSTRALIA	English-100		G		Y
30/01/2022	830	Taste The Nation With Padma Lakshmi	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100		G		Y
30/01/2022	905	Taste The Nation With Padma Lakshmi	Zen And The Art Of Poke	Padma dives into Japanese culture, ubiquitous in Honolulu, to understand just how far their cultural footprint reaches.	USA	English-100		PG		Y
30/01/2022	935	Ainsley's Food We Love	Ainsley's Food We Love Ep 6	This special festive episode is packed full of Xmas treats. Ainsley starts with his festive bubble patties, while singer Martine McCutcheon joins him as he cooks a flavourful Thai-style turkey broth.	UNITED KINGDOM	English-100		PG		
30/01/2022	1030	River Cottage Road Trip	River Cottage Road Trip Series 1 Ep 1	Hugh heads north on a road trip in search of culinary inspiration and regional recipes. His journey starts in Dumfriesshire where he learns how to make haggis.	UNITED KINGDOM	English-100		PG		
30/01/2022	1130	Tropical Gourmet: New Caledonia	Noumea	Justine highlights some of the freshest ingredients native to Noumea. Grilled Wahoo fish is served with a New Caledonian inspired sauce vierge, and bananas are the hero in her light, crispy fritters.	AUSTRALIA	English-100		PG		
30/01/2022	1200	Tropical Gourmet: New Caledonia	Isle Of Pines	In The Isle of Pines, Justine prepares pan-fried Mahi Mahi with a bold sweet and sour sauce, and later goes foraging for snails with the help of some of the locals.	AUSTRALIA	English-100		PG		
30/01/2022	1230	Anthony Bourdain: Parts Unknown	Bhutan	Anthony and film director Darren Aronofsky tour the remote South Asian Kingdom of Bhutan and travel on the winding East-West Highway known for its spectacular views of the Himalayan Mountains.	USA	English-100		PG		Y
30/01/2022	1325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, 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	
30/01/2022	1330	Anthony Bourdain: Parts Unknown	Berlin	In Berlin - an anomaly among German metropolises - Anthony Bourdain encounters an extremely accepting society, teeming with unbridled creativity, despite a grim history.	USA	English-100		PG		Y
30/01/2022	1425	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	
30/01/2022	1430	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 1	Join Justine as she explores Macao, a region steeped in Chinese and Portuguese heritage. Justine visits a local market and prepares a dish that showcases Chinese and Portuguese fusion.	AUSTRALIA	English-100		PG		
30/01/2022	1500	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 2	Justine visits one of the oldest Chinese Tea Houses in Macao and later is joined by one of Macao's most distinguished Portuguese chefs, Antonio Coelho, to prepare one of his most popular dishes.	AUSTRALIA	English-100		G		

30/01/2022	1530	Middle East Feast With Shane Delia	Turkish	Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ovaz to highlight the best of Turkish home cooking.	AUSTRALIA	English-100		G		
30/01/2022	1600	Middle East Feast With Shane Delia	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100		G		
30/01/2022	1630	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G		
30/01/2022	1700	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G		
30/01/2022	1730	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G		
30/01/2022	1800	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100		PG		
30/01/2022	1830	Ottolenghi's Mediterranean Island Feast	Crete	Yotam visits Crete and explores its rich culinary history. In the ancient capital of Heraklion, Yotam makes a variation of the Cretan meze dakos, a mix of tomatoes, crumbled feta, olives and oregano.	UNITED KINGDOM	English-100	RPT	G	Y	Y
30/01/2022	1925	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 11, 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		G	Y	
30/01/2022	1930	Mary Berry's Simple Comforts	Thames, The	In this episode Mary heads off down the Thames - from the gentle, calm waters of the non-tidal Thames, to the fast flowing, choppy banks of the tidal Thames in central London.	UNITED KINGDOM	English-100				
30/01/2022	2000	Australia's Food Bowl	Olive Oil	The Mediterranean-like climate of Australia's Food Bowl makes it the perfect place to grow olives and to produce olive oil. Stefano visits Australia's largest olive oil producer.	AUSTRALIA	English-100		G		
30/01/2022	2030	Rick Stein: From Venice to Istanbul	Rick Stein's From Venice To Istanbul Series 1 Ep 6	Rick's epic journey is nearing its completion as he leaves southern Greece for the shores of Western Turkey. On the Cesme Peninsula he enjoys creamy Armola cheese matured in goat skins.	UNITED KINGDOM	English-100		PG		
30/01/2022	2140	Anthony Bourdain: Parts Unknown	Hong Kong	Bourdain visits Hong Kong - a city that's always in transition and unapologetically modern that has another side - a beautiful one that's in danger of disappearing entirely.	USA	English-100		PG		Y
30/01/2022	2235	Anthony Bourdain: Parts Unknown	Cajun Mardi Gras	In this celebration of Louisiana's Cajun culture, complete with Zydeco music and a crawfish boil, Bourdain goes off the beaten path and takes part in the less familiar Mardi Gras traditions.	USA	English-100		PG		
30/01/2022	2330	Ottolenghi's Mediterranean Island Feast	Crete	Yotam visits Crete and explores its rich culinary history. In the ancient capital of Heraklion, Yotam makes a variation of the Cretan meze dakos, a mix of tomatoes, crumbled feta, olives and oregano.	UNITED KINGDOM	English-100	RPT	G	Y	Y
30/01/2022	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 11, 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		G	Y	
30/01/2022	2430	Mary Berry's Simple Comforts	Thames, The	In this episode Mary heads off down the Thames - from the gentle, calm waters of the non-tidal Thames, to the fast flowing, choppy banks of the tidal Thames in central London.	UNITED KINGDOM	English-100				
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31/01/2022	825	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 11, 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		G	Y	
31/01/2022	830	Mary Berry's Simple Comforts	Thames, The	In this episode Mary heads off down the Thames - from the gentle, calm waters of the non-tidal Thames, to the fast flowing, choppy banks of the tidal Thames in central London.	UNITED KINGDOM	English-100				
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31/01/2022	1405	Delia's How To Cook	Rice	Many cooks have trouble with rice, but not if they follow Delia's fail-safe advice and, above all, her golden rule - leave it alone.	UNITED KINGDOM	English-100		G		
31/01/2022	1435	Mary's Kitchen Crush	Brunch Engagement	Mary pops some champagne to celebrate her brother's engagement with a fresh and flavourful English-style brunch.	CANADA	English-100		G		
31/01/2022	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 30	Matt makes one of his favourites - pumpkin cannelloni, while Michael and Courtney team up in the kitchen to cook a Balinese-inspired dish - gado-gado.	AUSTRALIA	English-100		G		
31/01/2022	1530	Bonacini's Italy	Emilia Romagna	Michael delves into the Italian region of Emilia-Romagna to discover its iconic cuisine. He starts with mortadella mousse spread on fluffy Modena flatbreads, and tortellini in broth.	CANADA	English-100		G		
31/01/2022	1600	Mystery Diners	Tastes Like Chicken	After hearing rumours that customers are being served meat at his vegan restaurant, Mitch contacts Charles Stiles for help.	USA	English-100		PG		Y
31/01/2022	1630	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provencal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100		G		
31/01/2022	1700	Food Safari	Food Safari Series 4 Episode 6	Maeve O'Meara explores the many fresh herbs and vegetables used in Lao cuisine. Lao-born Tony Inthavong introduces Maeve to the fragrant flavours of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y	
31/01/2022	1730	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 1	Adam Liaw travels to the islands of Singapore. He's set a challenge for himself. In 6 weeks, he's going to put on a Salute to Singapore Banquet Dinner for some of the country's top food identities.	AUSTRALIA	English-100	RPT	G	Y	
31/01/2022	1800	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 1	Luke Nguyen embarks on a trip around Vietnam aboard the country's most interconnected railway line. He begins his journey in Ho Chi Minh, and discovers how rapidly it's developed over the years.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y

31/01/2022	1830	Destination Flavour China	Beijing	Adam Liaw arrives in his Mum's home town of Beijing to begin a culinary, historical and personal journey through the ancient country of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
31/01/2022	1900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100		PG		
31/01/2022	1930	Jamie & Jimmy's Food Fight Club	Claudia Winkleman	There's strictly only fun to be had on Southend Pier as Claudia Winkleman joins Jamie and Jimmy for an evening of good food, great chat and celebrity fun and games to kick off your weekend.	UNITED KINGDOM	English-100		PG		
31/01/2022	2030	Rick Stein's Food Heroes	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100		G		
31/01/2022	2100	Rick Stein's Food Heroes	Southern England	Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source.	UNITED KINGDOM	English-100		G		
31/01/2022	2135	Poh's Kitchen	Duck And Wasabi With Neil Perry	Neil Perry guides Poh through his recipe for Taro Crusted Duck with Mandarin Sauce he demonstrates that complicated recipes don't have to be intimidating.	AUSTRALIA	English-100	RPT	G	Y	
31/01/2022	2205	Gourmet Farmer	Cheese And Dairy	Matthew's farm is not yet a land of milk and honey, but now he does his best for the milk component, introducing a cow and learning how to milk and make cheese.	AUSTRALIA	English-100	RPT	G	Y	
31/01/2022	2230	The Cook Up with Adam Liaw	Strawberry	Adam Liaw, Delicious magazine's Phoebe Wood, and Mark Humphries are in The Cook Up kitchen putting the strawberry through its paces.	AUSTRALIA	English-100	RPT	G	Y	
31/01/2022	2300	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100		PG		
31/01/2022	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 35	Grand National winning jockey Bob Champion and sports TV presenter Rishi Persad are the competitors as Ainsley Harriott hosts another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
31/01/2022	2420	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
31/01/2022	2430	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provencal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100		G		
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31/01/2022	2525	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	
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1/02/2022	500	Delia's How To Cook	Pasta	Delia gives viewers the lowdown on the simple techniques of cooking good pasta to achieve the perfect Italian meal.	UNITED KINGDOM	English-100		G		
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1/02/2022	1230	Exploring China: A Culinary Adventure	Exploring China: A Culinary Adventure Series 1 Ep 1	Ken Hom, the godfather of Chinese cuisine, and Ching-He Huang, a leading chef of the contemporary generation, together undertake an epic 4,500-kilometre culinary adventure across China.	UNITED KINGDOM	English-100	RPT	G	Y	Y
1/02/2022	1340	Delia's How To Cook	Store Cupboard	Delia advises on an essential part of a cook's repertoire - store cupboard ingredients. There are around 40 items - from unrefined sugar to star anise - that she wouldn't be without.	UNITED KINGDOM	English-100		G		
1/02/2022	1410	Delia's How To Cook	Fish	Delia removes the 'fear factor' from cooking fish in this programme. She begins by tackling perhaps the most frightening fish of all - the humble herring.	UNITED KINGDOM	English-100		G		
1/02/2022	1440	Mary's Kitchen Crush	Fish Full Of Flavour, A	Mary shows some love to her friendly MasterChef Canada rival, Jeremy, with a flavourful fish dinner.	CANADA	English-100		G		
1/02/2022	1505	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 31	Matt makes vegetarian spring rolls that are perfect for getting the kids involved.	AUSTRALIA	English-100		G		
1/02/2022	1530	Bonacini's Italy	Calabria	Chef Michael Bonacini explores sweet and spicy dishes hailing from the coastal region of Calabria. For his antipasto, he cooks up a light and refreshing brioche with gelato.	CANADA	English-100		G		
1/02/2022	1600	Mystery Diners	Money On The Side	When Don, owner of Rocco's Cafe in San Francisco, hears rumours that his new manager is running unauthorised promotions, he contacts Charles Stiles to investigate.	USA	English-100		PG		Y
1/02/2022	1630	Barefoot Contessa: Back To Basics	Jeffreys Favos	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G		
1/02/2022	1700	Food Safari	Food Safari Series 4 Episode 7	Maeve O'Meara explores the delicious world of Polish food as chef Judyta Slupnicki introduces her to the essentials - from smallgoods, to horseradish and pickled gherkins.	AUSTRALIA	English-100	RPT	G	Y	
1/02/2022	1730	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 2	Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish.	AUSTRALIA	English-100	RPT	PG	Y	

1/02/2022	1800	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 2	Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere.	AUSTRALIA	English-98; Vietnamese-2	RPT	G	Y	Y
1/02/2022	1830	Destination Flavour China	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
1/02/2022	1900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 7	Rick explores one of Cornwall's hidden secrets, the stunning Fowey Estuary, joining his friend on a boat trip to learn about the history of the area and getting a view of the beautiful riverbank.	UNITED KINGDOM	English-100		PG		
1/02/2022	1930	Taste Of Italy	Viterbo	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. Viterbo, the dream town for any pork lover, inspires Nisha to eat and cook.	UNITED KINGDOM	English-100		PG		Y
1/02/2022	2000	Gamer Snacks	Big Vend-Off And Vegan Doner Kebabs, The	Arron and guest Ed Night go head to head to make the ultimate gaming food, using five random items from the Gamer Snack Vending machine.	USA	English-100		PG		
1/02/2022	2030	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G	Y	
1/02/2022	2140	Poh's Kitchen	Sweet And Savoury With Emmanuel Mollois	Poh is exploring sweet and savoury from two very different perspectives and she's invited French chef Emmanuel Mollois to join her to add some twists to the souffle.	AUSTRALIA	English-100	RPT	G	Y	
1/02/2022	2210	Gourmet Farmer	Highland Deer	It's the deep heart of winter and Matthew, along with his two mates, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer.	AUSTRALIA	English-100	RPT	PG	Y	
1/02/2022	2235	The Cook Up with Adam Liaw	Snack Food	TV and radio personality Yumi Stynes and creator of the 'The Family Law' Benjamin Law, join Adam Liaw in The Cook Up kitchen to prepare their favourite snack foods.	AUSTRALIA	English-100	RPT	PG	Y	
1/02/2022	2305	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 7	Rick explores one of Cornwall's hidden secrets, the stunning Fowey Estuary, joining his friend on a boat trip to learn about the history of the area and getting a view of the beautiful riverbank.	UNITED KINGDOM	English-100		PG		
1/02/2022	2335	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 36	Ice skating stars Jayne Torvill and Christopher Dean are in the kitchen today as Ainsley Harriott hosts another 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
1/02/2022	2425	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
1/02/2022	2430	Barefoot Contessa: Back To Basics	Jeffreys Faves	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G		
1/02/2022	2500	Mary's Kitchen Crush	Fish Full Of Flavour, A	Mary shows some love to her friendly MasterChef Canada rival, Jeremy, with a flavourful fish dinner.	CANADA	English-100		G		
1/02/2022	2530	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 2	Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish.	AUSTRALIA	English-100	RPT	PG	Y	
1/02/2022	2600	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 2	Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere.	AUSTRALIA	English-98; Vietnamese-2	RPT	G	Y	Y
1/02/2022	2630	Taste Of Italy	Viterbo	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. Viterbo, the dream town for any pork lover, inspires Nisha to eat and cook.	UNITED KINGDOM	English-100		PG		Y
1/02/2022	2700	Gamer Snacks	Big Vend-Off And Vegan Doner Kebabs, The	Arron and guest Ed Night go head to head to make the ultimate gaming food, using five random items from the Gamer Snack Vending machine.	USA	English-100		PG		
1/02/2022	2725	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G	Y	
1/02/2022	2830	Poh's Kitchen	Sweet And Savoury With Emmanuel Mollois	Poh is exploring sweet and savoury from two very different perspectives and she's invited French chef Emmanuel Mollois to join her to add some twists to the souffle.	AUSTRALIA	English-100	RPT	G	Y	
2/02/2022	500	Delia's How To Cook	Store Cupboard	Delia advises on an essential part of a cook's repertoire - store cupboard ingredients. There are around 40 items - from unrefined sugar to star anise - that she wouldn't be without.	UNITED KINGDOM	English-100		G		
2/02/2022	530	Delia's How To Cook	Fish	Delia removes the 'fear factor' from cooking fish in this programme. She begins by tackling perhaps the most frightening fish of all - the humble herring.	UNITED KINGDOM	English-100		G		

2/02/2022	600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 31	Matt makes vegetarian spring rolls that are perfect for getting the kids involved.	AUSTRALIA	English-100		G		
2/02/2022	630	Bonacini's Italy	Calabria	Chef Michael Bonacini explores sweet and spicy dishes hailing from the coastal region of Calabria. For his antipasto, he cooks up a light and refreshing brioche with gelato.	CANADA	English-100		G		
2/02/2022	700	Mystery Diners	Money On The Side	When Don, owner of Rocco's Cafe in San Francisco, hears rumours that his new manager is running unauthorised promotions, he contacts Charles Stiles to investigate.	USA	English-100		PG		Y
2/02/2022	730	Barefoot Contessa: Back To Basics	Jeffreys Faves	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G		
2/02/2022	800	The Cook Up with Adam Liaw	Snack Food	TV and radio personality Yumi Styne and creator of the 'The Family Law' Benjamin Law, join Adam Liaw in The Cook Up kitchen to prepare their favourite snack foods.	AUSTRALIA	English-100	RPT	PG		Y
2/02/2022	830	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 2	Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish.	AUSTRALIA	English-100	RPT	PG		Y
2/02/2022	900	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 2	Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere.	AUSTRALIA	English-98; Vietnamese-2	RPT	G		Y Y
2/02/2022	930	Taste Of Italy	Viterbo	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. Viterbo, the dream town for any pork lover, inspires Nisha to eat and cook.	UNITED KINGDOM	English-100		PG		Y
2/02/2022	1000	Gamer Snacks	Big Vend-Off And Vegan Doner Kebabs, The	Arron and guest Ed Night go head to head to make the ultimate gaming food, using five random items from the Gamer Snack Vending machine.	USA	English-100		PG		
2/02/2022	1030	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G		Y
2/02/2022	1140	Gourmet Farmer	Highland Deer	It's the deep heart of winter and Matthew, along with his two mates, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer.	AUSTRALIA	English-100	RPT	PG		Y
2/02/2022	1205	Food Safari	Food Safari Series 4 Episode 7	Maeve O'Meara explores the delicious world of Polish food as chef Judyta Slupnicki introduces her to the essentials - from smallgoods, to horseradish and pickled gherkins.	AUSTRALIA	English-100	RPT	G		Y
2/02/2022	1235	Exploring China: A Culinary Adventure	Exploring China: A Culinary Adventure Series 1 Ep 2	Ken and Ching explore the effects of modernisation in China's fastest growing city, Chengdu. It is the capital of Sichuan province, where the locals cling on to their identity through food.	UNITED KINGDOM	English-100	RPT	G		Y Y
2/02/2022	1345	Delia's How To Cook	Meat	From the truly traditional to the exciting and exotic, Delia presents a mouth-watering selection of meat dishes for committed carnivores.	UNITED KINGDOM	English-100		G		
2/02/2022	1415	Delia's How To Cook	Poultry	It is well-known that chicken soup is a mothers' cure-all. Delia, too, is a great believer in the restorative powers of chicken, and it's her 'magical cure' for sad days.	UNITED KINGDOM	English-100		G		
2/02/2022	1445	Mary's Kitchen Crush	Prep For Time	Meal prep never tasted so good as Mary spins a pesto chicken and roasted vegetable dinner into three more meals.	CANADA	English-100		G		
2/02/2022	1510	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 32	Matt and Courtney team up in the kitchen to make a classic Italian recipe - spaghetti puttanesca.	AUSTRALIA	English-100		PG		
2/02/2022	1535	Bonacini's Italy	Lombardy	Full of luxurious treats, the northern Italian region of Lombardy offers rich and delicious cuisine. Chef Michael Bonacini prepares stuffed squash blossoms with a creamy parmesan filling.	CANADA	English-100		G		
2/02/2022	1600	Mystery Diners	Pardon My French	Philippe, owner of Chapeau! in San Francisco, contacts Charles Stiles to investigate complaints that his wait staff is rude with customers.	USA	English-100		PG		Y
2/02/2022	1630	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G		
2/02/2022	1700	Food Safari	Food Safari Series 4 Episode 8	Maeve O'Meara explores the fascinating food of Afghanistan where the guest is always seen as king and beautiful feasts are prepared using age-old recipes.	AUSTRALIA	English-100	RPT	G		Y
2/02/2022	1730	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G		Y

2/02/2022	1800	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2/02/2022	1830	Destination Flavour China	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2/02/2022	1900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 8	On the wild north Atlantic coast, Rick heads out to sea to go fishing for lobsters with celebrity chef Nathan Outlaw, and learns about a new conservation program for sustainable lobster fishing.	UNITED KINGDOM	English-100		PG		
2/02/2022	1930	Restaurants On The Edge	Tobermory	Coconut Joe's is a tiki-inspired restaurant perched on the shores of Canada's Caribbean, but the owner's kitschy DIY outdoor patio is constantly battered by Tobermory's extreme elements, preventing it from making enough money to survive another season.	CANADA	English-100		PG		
2/02/2022	2030	James Martin's American Adventure	Dallas	James Martin's American Adventure reaches Dallas, with a trip to Southfork, the ranch made famous in the world-renowned TV series Dallas. James gets a tour before cooking in the grounds of the ranch.	UNITED KINGDOM	English-100		PG		
2/02/2022	2125	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 14, 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		G	Y	
2/02/2022	2130	Poh's Kitchen	Simply Italian With Antonio Carluccio	Tasting Australia' is one of the largest food festivals in Australia and is held annually in Poh's home state South Australia.	AUSTRALIA	English-100	RPT	G	Y	
2/02/2022	2200	Gourmet Farmer	Illegal Dinner	Hosting a Bastille Day lunch to showcase a range of delicacies to stall patrons seems like a good idea to Matthew - but it requires a licence; and possums are decimating his garden.	AUSTRALIA	English-100	RPT	PG	Y	
2/02/2022	2230	The Cook Up with Adam Liaw	Fillet Steak	Comedian Mikey Robins and one of Australia's top chefs Mark Best create their favourite fillet steak dishes with Adam Liaw in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y	
2/02/2022	2300	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 8	On the wild north Atlantic coast, Rick heads out to sea to go fishing for lobsters with celebrity chef Nathan Outlaw, and learns about a new conservation program for sustainable lobster fishing.	UNITED KINGDOM	English-100		PG		
2/02/2022	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 37	TV property show presenters Melissa Porter and Dominic Littlewood are in the kitchen today, as Ainsley Harriott hosts a classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
2/02/2022	2420	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 7	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	
2/02/2022	2430	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G		
2/02/2022	2500	Mary's Kitchen Crush	Prep For Time	Meal prep never tasted so good as Mary spins a pesto chicken and roasted vegetable dinner into three more meals.	CANADA	English-100		G		
2/02/2022	2530	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G	Y	
2/02/2022	2600	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2/02/2022	2630	Restaurants On The Edge	Tobermory	Coconut Joe's is a tiki-inspired restaurant perched on the shores of Canada's Caribbean, but the owner's kitschy DIY outdoor patio is constantly battered by Tobermory's extreme elements, preventing it from making enough money to survive another season.	CANADA	English-100		PG		
2/02/2022	2730	James Martin's American Adventure	Dallas	James Martin's American Adventure reaches Dallas, with a trip to Southfork, the ranch made famous in the world-renowned TV series Dallas. James gets a tour before cooking in the grounds of the ranch.	UNITED KINGDOM	English-100		PG		
2/02/2022	2825	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 14, 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		G	Y	
2/02/2022	2830	Poh's Kitchen	Simply Italian With Antonio Carluccio	Tasting Australia' is one of the largest food festivals in Australia and is held annually in Poh's home state South Australia.	AUSTRALIA	English-100	RPT	G	Y	
3/02/2022	500	Delia's How To Cook	Meat	From the truly traditional to the exciting and exotic, Delia presents a mouth-watering selection of meat dishes for committed carnivores.	UNITED KINGDOM	English-100		G		
3/02/2022	530	Delia's How To Cook	Poultry	It is well-known that chicken soup is a mothers' cure-all. Delia, too, is a great believer in the restorative powers of chicken, and it's her 'magical cure' for sad days.	UNITED KINGDOM	English-100		G		

3/02/2022	600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 32	Matt and Courtney team up in the kitchen to make a classic Italian recipe - spaghetti puttanesca.	AUSTRALIA	English-100		PG			
3/02/2022	630	Bonacini's Italy	Lombardy	Full of luxurious treats, the northern Italian region of Lombardy offers rich and delicious cuisine. Chef Michael Bonacini prepares stuffed squash blossoms with a creamy parmesan filling.	CANADA	English-100		G			
3/02/2022	700	Mystery Diners	Pardon My French	Philippe, owner of Chapeau! in San Francisco, contacts Charles Stiles to investigate complaints that his wait staff is rude with customers.	USA	English-100		PG		Y	
3/02/2022	730	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G			
3/02/2022	800	The Cook Up with Adam Liaw	Fillet Steak	Comedian Mikey Robins and one of Australia's top chefs Mark Best create their favourite fillet steak dishes with Adam Liaw in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y	
3/02/2022	830	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G		Y	
3/02/2022	900	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG		Y	Y
3/02/2022	930	Restaurants On The Edge	Tobermory	Coconut Joe's is a tiki-inspired restaurant perched on the shores of Canada's Caribbean, but the owner's kitschy DIY outdoor patio is constantly battered by Tobermory's extreme elements, preventing it from making enough money to survive another season.	CANADA	English-100		PG			
3/02/2022	1030	James Martin's American Adventure	Dallas	James Martin's American Adventure reaches Dallas, with a trip to Southfork, the ranch made famous in the world-renowned TV series Dallas. James gets a tour before cooking in the grounds of the ranch.	UNITED KINGDOM	English-100		PG			
3/02/2022	1125	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 14, 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		G		Y	
3/02/2022	1130	Gourmet Farmer	Illegal Dinner	Hosting a Bastille Day lunch to showcase a range of delicacies to stall patrons seems like a good idea to Matthew - but it requires a licence; and possums are decimating his garden.	AUSTRALIA	English-100	RPT	PG		Y	
3/02/2022	1200	Food Safari	Food Safari Series 4 Episode 8	Maeve O'Meara explores the fascinating food of Afghanistan where the guest is always seen as king and beautiful feasts are prepared using age-old recipes.	AUSTRALIA	English-100	RPT	G		Y	
3/02/2022	1230	Exploring China: A Culinary Adventure	Exploring China: A Culinary Adventure Series 1 Ep 3	Chefs Ken Hom and Ching-He Huang leave the heaving megacities far behind to embark on an intrepid journey across China's vast western frontier where few travellers dare to venture. #SBSfood	UNITED KINGDOM	English-100	RPT	PG		Y	Y
3/02/2022	1340	Delia's How To Cook	Vegetables	Delia shows how to 'catch the moment' when cooking a variety of veggies, from boiled cabbage to marinated zucchinis.	UNITED KINGDOM	English-100		G			
3/02/2022	1410	Delia's How To Cook	Salads	The ubiquitous bag of mixed designer salad leaves is one of the marketing success stories of recent years, but Delia questions both the taste and the texture of this popular convenience product.	UNITED KINGDOM	English-100		G			
3/02/2022	1440	Mary's Kitchen Crush	Turkey With A Twist	Mary and her family celebrate Thanksgiving with a feast of family favourites including a turkey with a Southern twist.	CANADA	English-100		G			
3/02/2022	1505	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 33	Matt cooks up a family favourite - lamb kebabs, while Michael serves a vegetarian Sunday roast.	AUSTRALIA	English-100		G			
3/02/2022	1530	Bonacini's Italy	Umbria	Known for its lush landscape, Umbria is a region that offers fresh, seasonal ingredients perfect for simple yet boldly flavoured cuisine. Michael cooks with an Umbrian speciality - black truffles.	CANADA	English-100		G			
3/02/2022	1600	Mystery Diners	Oktobertheft	When Cindy, co-owner of Speisekammer, fears the German 'Dirndl Girls' hired by her ex are causing more harm than good, she contacts Charles Stiles to settle the dispute.	USA	English-100		PG		Y	
3/02/2022	1630	Barefoot Contessa: Back To Basics	Incredible Vegetables	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100		G			
3/02/2022	1700	Food Safari	Food Safari Series 4 Episode 9	Maeve O'Meara explores the world of Danish food, a cuisine crafted for the cold - some dishes date back to the days of the Vikings, others like the sandwich smorrebrod are modern.	AUSTRALIA	English-100	RPT	G		Y	
3/02/2022	1730	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 4	Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.	AUSTRALIA	English-100	RPT	G		Y	
3/02/2022	1800	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance.	AUSTRALIA	English-98; Vietnamese-2	RPT	G		Y	Y

3/02/2022	1830	Destination Flavour China	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y	Y
3/02/2022	1900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 9	At Golitha Falls, where the River Fowey tumbles down to the sea, Rick meets Dawn French, Britain's queen of comedy who has made Cornwall her home.	UNITED KINGDOM	English-100		PG		
3/02/2022	1930	Field Trip With Curtis Stone	Victoria	Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations.	USA	English-100		PG		
3/02/2022	2000	Food Safari Water	Surf And Turf	Maeve explores famous seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to intriguing and and inspired flavours.	AUSTRALIA	English-100	RPT	G	Y	
3/02/2022	2030	Rick Stein's India	Lucknow And Punjab	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
3/02/2022	2140	Poh's Kitchen	Poh In Kuala Lumpur	Poh is heading overseas to Malaysia, the country where she was born. She is on a trip to find out more about her heritage and about the dishes that come from Malaysia.	AUSTRALIA	English-100	RPT	G	Y	
3/02/2022	2210	Gourmet Farmer	Bread	Baking is always a good option in winter so Matthew focuses on bread, cakes and biscuits. He now grows and makes most of what he needs - except for bread.	AUSTRALIA	English-100	RPT	G	Y	Y
3/02/2022	2240	The Cook Up with Adam Liaw	Beef Mince	Sydney restaurant Fred's head chef Danielle Alvarez and Delicious magazines Warren Mendez are in The Cook Up Kitchen and they share their take on beef mice with Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	
3/02/2022	2305	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 9	At Golitha Falls, where the River Fowey tumbles down to the sea, Rick meets Dawn French, Britain's queen of comedy who has made Cornwall her home.	UNITED KINGDOM	English-100		PG		
3/02/2022	2335	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 38	TV psychologist Anjula Mutanda and life coach Jenni Trent Hughes join Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
3/02/2022	2425	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 8	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	
3/02/2022	2430	Barefoot Contessa: Back To Basics	Incredible Vegetables	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100		G		
3/02/2022	2500	Mary's Kitchen Crush	Turkey With A Twist	Mary and her family celebrate Thanksgiving with a feast of family favourites including a turkey with a Southern twist.	CANADA	English-100		G		
3/02/2022	2530	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 4	Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.	AUSTRALIA	English-100	RPT	G	Y	
3/02/2022	2600	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance.	AUSTRALIA	English-98; Vietnamese-2	RPT	G	Y	Y
3/02/2022	2630	Field Trip With Curtis Stone	Victoria	Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations.	USA	English-100		PG		
3/02/2022	2655	Food Safari Water	Surf And Turf	Maeve explores famous seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to intriguing and and inspired flavours.	AUSTRALIA	English-100	RPT	G	Y	
3/02/2022	2725	Rick Stein's India	Lucknow And Punjab	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
3/02/2022	2830	Poh's Kitchen	Poh In Kuala Lumpur	Poh is heading overseas to Malaysia, the country where she was born. She is on a trip to find out more about her heritage and about the dishes that come from Malaysia.	AUSTRALIA	English-100	RPT	G	Y	
4/02/2022	500	Delia's How To Cook	Vegetables	Delia shows how to 'catch the moment' when cooking a variety of veggies, from boiled cabbage to marinated zucchinis.	UNITED KINGDOM	English-100		G		
4/02/2022	530	Delia's How To Cook	Salads	The ubiquitous bag of mixed designer salad leaves is one of the marketing success stories of recent years, but Delia questions both the taste and the texture of this popular convenience product.	UNITED KINGDOM	English-100		G		
4/02/2022	600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 33	Matt cooks up a family favourite - lamb kebabs, while Michael serves a vegetarian Sunday roast.	AUSTRALIA	English-100		G		
4/02/2022	630	Bonacini's Italy	Umbria	Known for its lush landscape, Umbria is a region that offers fresh, seasonal ingredients perfect for simple yet boldly flavoured cuisine. Michael cooks with an Umbrian speciality - black truffles.	CANADA	English-100		G		

4/02/2022	700	Mystery Diners	Oktobertheft	When Cindy, co-owner of Speisekammer, fears the German 'Dirndl Girls' hired by her ex are causing more harm than good, she contacts Charles Stiles to settle the dispute.	USA	English-100		PG		Y
4/02/2022	730	Barefoot Contessa: Back To Basics	Incredible Vegetables	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100		G		
4/02/2022	800	The Cook Up with Adam Liaw	Beef Mince	Sydney restaurant Fred's head chef Danielle Alvarez and Delicious magazines Warren Mendez are in The Cook Up Kitchen and they share their take on beef mice with Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	
4/02/2022	830	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 4	Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab.	AUSTRALIA	English-100	RPT	G	Y	
4/02/2022	900	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance.	AUSTRALIA	English-98; Vietnamese-2	RPT	G	Y	Y
4/02/2022	930	Field Trip With Curtis Stone	Victoria	Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations.	USA	English-100		PG		
4/02/2022	1000	Food Safari Water	Surf And Turf	Maeve explores famous seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to intriguing and inspired flavours.	AUSTRALIA	English-100	RPT	G	Y	
4/02/2022	1030	Rick Stein's India	Lucknow And Punjab	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
4/02/2022	1135	Gourmet Farmer	Bread	Baking is always a good option in winter so Matthew focuses on bread, cakes and biscuits. He now grows and makes most of what he needs - except for bread.	AUSTRALIA	English-100	RPT	G	Y	Y
4/02/2022	1205	Food Safari	Food Safari Series 4 Episode 9	Maeve O'Meara explores the world of Danish food, a cuisine crafted for the cold - some dishes date back to the days of the Vikings, others like the sandwich smorrebrod are modern.	AUSTRALIA	English-100	RPT	G	Y	
4/02/2022	1235	Exploring China: A Culinary Adventure	Exploring China: A Culinary Adventure Series 1 Ep 4	At the end of their travels, Ken and Ching make an emotional return to their ancestral homes, the climax of their entire journey, before reuniting for their final meal in Hong Kong. (Final) #SBSfood	UNITED KINGDOM	English-100	RPT	G	Y	Y
4/02/2022	1345	Delia's How To Cook	Dairy	When Delia started cooking on television almost 30 years ago, virtually the only dairy products on sale were milk, cream, and cheese. Now, the choice on the dairy counter is huge.	UNITED KINGDOM	English-100		G		
4/02/2022	1415	Delia's How To Cook	Fruit	Delia reveals the easiest and fastest fruit recipe in the world - Plum Oat Slices - and the best fruit salad she has ever made, in a programme that celebrates fruit in sweet and savoury dishes.	UNITED KINGDOM	English-100		G		
4/02/2022	1445	Mary's Kitchen Crush	Bon Appetit	Mary and her friend Marissa plan the perfect Parisian getaway over a classic French meal sprinkled with some Mary magic.	CANADA	English-100		G		
4/02/2022	1510	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 34	Matt and Courtney combine their skills to make a delicious Persian salad, while Michael is out and about on a farm in South Gippsland where he serves up twice-cooked beef ribs.	AUSTRALIA	English-100		G		
4/02/2022	1535	Bonacini's Italy	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100		G		
4/02/2022	1600	Mystery Diners	Grapes Of Wrath	After noticing that several bottles of expensive wine have gone missing, Michael contacts Charles Stiles for help.	USA	English-100		PG		Y
4/02/2022	1630	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		G		
4/02/2022	1700	Food Safari	Food Safari Series 4 Episode 10	Maeve O'Meara explores the fascinating creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	RPT	G	Y	
4/02/2022	1730	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 5	Adam continues his search for seafood inspiration by heading to the famous Newton Food Centre. He gives a Hawker Stall 101, & demonstrates how to line up a seafood feast like no other for under \$100.	AUSTRALIA	English-100	RPT	G	Y	
4/02/2022	1800	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 5	Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Han River. First up, Luke visits the spectacular Dragon Bridge.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
4/02/2022	1830	Destination Flavour China	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y	Y
4/02/2022	1900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 10	After a swim at one of Cornwall's picturesque hidden coves, Rick cooks a simple sea bass recipe, sharing how to make the perfect homemade mayonnaise. Rick also introduces his artist niece.	UNITED KINGDOM	English-100		PG		

4/02/2022	1930	Paul Goes To Hollywood	Wild West	Paul Hollywood arrives in New Mexico to explore dishes celebrating beef, beans and bread - the staple diet of cowboys and sought out by food lovers today.	UNITED KINGDOM	English-100					
4/02/2022	2030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100		G			
4/02/2022	2125	Gamer Snacks Bitesize	Spag Bol Croquettes	Arron and his guests bring you the fanciest, Michelin star looking fast food you've ever seen. Arron and his guest eradicate the mess of eating spaghetti with their spaghetti Bolognese croquettes.	USA	English-100		PG			
4/02/2022	2130	Poh's Kitchen	Poh And Nonya Cuisine	Poh continues her Malaysian adventure, heading south from Kuala Lumpur to the historic port of Melaka.	AUSTRALIA	English-100	RPT	G		Y	
4/02/2022	2200	Gourmet Farmer	Paddock Final Lunch	After a year on the farm, Matthew decides it's time to reflect on lessons learned and to celebrate his accomplishments with old mates and new friends.	AUSTRALIA	English-100	RPT	PG		Y	
4/02/2022	2230	The Cook Up with Adam Liaw	Watercress	Want to know all about watercress? Adam Liaw is joined by Michelin star chef Nelly Robinson and Italian home cook Silvia Colloca to help take this herb to the next level.	AUSTRALIA	English-100	RPT	G		Y	
4/02/2022	2300	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 10	After a swim at one of Cornwall's picturesque hidden coves, Rick cooks a simple sea bass recipe, sharing how to make the perfect homemade mayonnaise. Rick also introduces his artist niece.	UNITED KINGDOM	English-100		PG			
4/02/2022	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 39	Wildlife TV presenters Nigel Marvin and Ellie Harrison join Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G			
4/02/2022	2420	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 9	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	
4/02/2022	2430	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		G			
4/02/2022	2500	Mary's Kitchen Crush	Bon Appetit	Mary and her friend Marissa plan the perfect Parisian getaway over a classic French meal sprinkled with some Mary magic.	CANADA	English-100		G			
4/02/2022	2530	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 5	Adam continues his search for seafood inspiration by heading to the famous Newton Food Centre. He gives a Hawker Stall 101, & demonstrates how to line up a seafood feast like no other for under \$100.	AUSTRALIA	English-100	RPT	G		Y	
4/02/2022	2600	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 5	Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Han River. First up, Luke visits the spectacular Dragon Bridge.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG		Y	Y
4/02/2022	2630	Paul Goes To Hollywood	Wild West	Paul Hollywood arrives in New Mexico to explore dishes celebrating beef, beans and bread - the staple diet of cowboys and sought out by food lovers today.	UNITED KINGDOM	English-100					
4/02/2022	2730	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100		G			
4/02/2022	2825	Gamer Snacks Bitesize	Spag Bol Croquettes	Arron and his guests bring you the fanciest, Michelin star looking fast food you've ever seen. Arron and his guest eradicate the mess of eating spaghetti with their spaghetti Bolognese croquettes.	USA	English-100		PG			
4/02/2022	2830	Poh's Kitchen	Poh And Nonya Cuisine	Poh continues her Malaysian adventure, heading south from Kuala Lumpur to the historic port of Melaka.	AUSTRALIA	English-100	RPT	G		Y	
5/02/2022	500	Delia's How To Cook	Dairy	When Delia started cooking on television almost 30 years ago, virtually the only dairy products on sale were milk, cream, and cheese. Now, the choice on the dairy counter is huge.	UNITED KINGDOM	English-100		G			
5/02/2022	530	Delia's How To Cook	Fruit	Delia reveals the easiest and fastest fruit recipe in the world - Plum Oat Slices - and the best fruit salad she has ever made, in a programme that celebrates fruit in sweet and savoury dishes.	UNITED KINGDOM	English-100		G			
5/02/2022	600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 34	Matt and Courtney combine their skills to make a delicious Persian salad, while Michael is out and about on a farm in South Gippsland where he serves up twice-cooked beef ribs.	AUSTRALIA	English-100		G			
5/02/2022	630	Bonacini's Italy	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100		G			
5/02/2022	700	Mystery Diners	Grapes Of Wrath	After noticing that several bottles of expensive wine have gone missing, Michael contacts Charles Stiles for help.	USA	English-100		PG		Y	
5/02/2022	730	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		G			

5/02/2022	800	The Cook Up with Adam Liaw	Watercress	Want to know all about watercress? Adam Liaw is joined by Michelin star chef Nelly Robinson and Italian home cook Silvia Colloca to help take this herb to the next level.	AUSTRALIA	English-100	RPT	G	Y	
5/02/2022	830	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 5	Adam continues his search for seafood inspiration by heading to the famous Newton Food Centre. He gives a Hawker Stall 101, & demonstrates how to line up a seafood feast like no other for under \$100.	AUSTRALIA	English-100	RPT	G	Y	
5/02/2022	900	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 5	Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Han River. First up, Luke visits the spectacular Dragon Bridge.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
5/02/2022	930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG	Y	
5/02/2022	1030	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	Y	
5/02/2022	1130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG	Y	
5/02/2022	1230	Bonacini's Italy	Friuli Venezia Giulia	One of Italy's quieter regions, Friuli Venezia Giulia offers iconic dishes, waiting to be discovered. Michael Bonacini begins his exploration of the region with his take on a traditional dish.	CANADA	English-100		G		
5/02/2022	1300	Choccywoccydoodah: Extra Slices	Animal Magic	There's animal magic as the team put together a chocolate menagerie. The chocolatiers join forces and go ape to create a nine-monkey cake for the charity, Monkey World.	UNITED KINGDOM	English-100		PG		
5/02/2022	1330	Choccywoccydoodah: Extra Slices	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100		PG		
5/02/2022	1400	Choccywoccydoodah: Extra Slices	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100		PG		
5/02/2022	1430	Tropical Gourmet: New Caledonia	Kanak Traditions	Justine goes exploring to find some exotic local ingredients like inyam, taro, and river prawns. The prawns are simply pan fried with shallots and butter while the inyam goes into a rich octopus stew.	AUSTRALIA	English-100		PG		
5/02/2022	1500	Tropical Gourmet: New Caledonia	Cattle Country	Justine shares a simple yet flavour filled way to cook local prawns, and serves a seriously luxurious venison and foie gras burger.	AUSTRALIA	English-100		G		
5/02/2022	1530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 5	With Silvia's best friends coming to stay for few days she is out to impress, making one of her Nonna's most delicious, crowd pleasing pasta feasts, plus a delicate ricotta and semolina cake.	AUSTRALIA	English-100		G		
5/02/2022	1600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta filled Italian crepes, and then using the leftover ingredients shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA	English-100		G		
5/02/2022	1630	Cook Like A Chef	Salad	Salad is a wonderful addition to any meal, and sometimes even a meal on its own. Today, the talented Chef Craig Wong shares several of his superior salad ideas.	CANADA	English-100		PG		
5/02/2022	1700	Cook Like A Chef	Pork	Snout to tail cooking is Chef Derek Dammann's specialty, in this episode celebrating pork, he cooks everything but the squeal!	CANADA	English-100		PG		
5/02/2022	1730	Cheese Slices	Cheesemakers Of Vermont	Will and Ellie sample the famous cheddar of Jasper Hills farm in Vermont, and discuss the many government challenges the dairy has faced in recent years and their close bond with the local economy.	AUSTRALIA	English-100		G		
5/02/2022	1800	Cheese Slices	Roquefort, Revisiting King Of The Blues	Will and Ellie sample Roquefort - the most significant of all blue cheeses. It's one of the world's oldest cheeses, and one of the few blue cheeses still made from raw milk.	AUSTRALIA	English-100		G	Y	
5/02/2022	1830	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 1	The first helping of this epic adventure runs from Chicago to St Louis and provides a wholesome bite into the story of America. Dave and Si enjoy a championship winning apple pie.	UNITED KINGDOM	English-100		G	Y	
5/02/2022	1935	Ainsley's Good Mood Food	Ainsley's Good Mood Food Ep 1	Ainsley is inspired by the tastes and delights of the seaside - he starts with a taste of Italy making his crab and lemon linguine with pangrattato.	UNITED KINGDOM	English-100				
5/02/2022	2035	River Cottage Road Trip	River Cottage Road Trip Series 1 Ep 2	Hugh leaves the Lake District and drives onto Yorkshire in search of the finest northern tea experience and snaffles a few good cake recipes to bring back down south.	UNITED KINGDOM	English-100		PG		
5/02/2022	2130	Anthony Bourdain: Parts Unknown	Kenya	Bourdain introduces fellow television host W. Kamau Bell to the distinctive sights, tastes, and sounds of Kenya. They take a Matatu party bus ride, and share a meal of goat's head soup.	USA	English-100		PG		
5/02/2022	2225	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	

5/02/2022	2230	Anthony Bourdain: Parts Unknown	Far West Texas	Bourdain travels to the untamed land of Big Bend, Texas near the Mexican border - an area that pits man against nature, and in which the land usually wins.	USA	English-100		PG		Y
5/02/2022	2325	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
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5/02/2022	2830	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 5	With Silvia's best friends coming to stay for few days she is out to impress, making one of her Nonna's most delicious, crowd pleasing pasta feasts, plus a delicate ricotta and semolina cake.	AUSTRALIA	English-100		G		