



**WEEK 7: Sunday, 6 February - Saturday, 12 February 2022 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-02-06	0500	<b>Cook Like An Italian With Silvia Colloca</b>	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		
2022-02-06	0530	<b>Tropical Gourmet: New Caledonia</b>	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		
2022-02-06	0600	<b>Tropical Gourmet: New Caledonia</b>	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		
2022-02-06	0630	<b>Cook Like A Chef</b>	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		
2022-02-06	0700	<b>Cook Like A Chef</b>	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		
2022-02-06	0730	<b>Cheese Slices</b>	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		
2022-02-06	0800	<b>Cheese Slices</b>	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
2022-02-06	0830	<b>River Cottage Road Trip</b>	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		
2022-02-06	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-02-06	1030	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-02-06	1125	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-02-06	1130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-02-06	1230	<b>Cook Like An Italian With Silvia Colloca</b>	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		
2022-02-06	1300	<b>Choccywoccydoodah: Extra Slices</b>	Weird And Wonderful	The chocolatiers create cakes that celebrate both the weird and the wonderful. Tom gets spaced out making a cosmic cake to celebrate a 40-year-old piece of moon rock for the National Space Centre.	UNITED KINGDOM	English-100		PG		
2022-02-06	1330	<b>Choccywoccydoodah: Extra Slices</b>	Every Cake Tells A Story	This time the chocolatiers pay tribute to stories of love and bravery. Tom makes a train-spotter's day, re-creating the Golden Arrow Engine for the wedding anniversary cake.	UNITED KINGDOM	English-100		PG		
2022-02-06	1400	<b>Choccywoccydoodah: Extra Slices</b>	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100		PG		
2022-02-06	1430	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 3	Justine joins architect Carla Figueiredo to explore the St. Lazaro quater, a neighbourhood influenced by both Chinese and European cultures. She then visits Trombe Rija.	AUSTRALIA	English-100		G		
2022-02-06	1500	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 4	Justine tries some of the local Macanese street food before she prepares a dish inspired by a visit to an opulent French inspired hotel.	AUSTRALIA	English-100		PG		
2022-02-06	1530	<b>Middle East Feast With Shane Delia</b>	Middle Eastern Sweets	With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast.	AUSTRALIA	English-100		G		

2022-02-06	1600	<b>Middle East Feast With Shane Delia</b>	Israeli	Israel has a diverse food culture, with a strong connection to Mediterranean flavours. Shane is joined in the kitchen by guest Ehud Malka and offers up an entire feast of brilliant Israeli cuisine.	AUSTRALIA	English-100		G		
2022-02-06	1630	<b>Eating Inn</b>	Wolfgang Puck Part 1	Cut is Wolfgang's Michelin Star winning jewel in the crown in Singapore. Phil meets the man himself and get an insight into the international chefs' life.	SINGAPORE	English-100		PG		
2022-02-06	1700	<b>Eating Inn</b>	Wolfgang Puck Part 2	Phil and Wolfgang discuss the virtues of classics over innovation. Phil shares a modern take on the classic prawn shrimp cocktail entrée.	SINGAPORE	English-100		PG		
2022-02-06	1730	<b>The Cook And The Chef</b>	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G		
2022-02-06	1800	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100		PG		
2022-02-06	1830	<b>Ottolenghi's Mediterranean Island Feast</b>	Sardinia	Yotam travels to Sardinia to explore the island's unique food traditions and flavours. In the beautiful fishing port of Bosa, he cooks up a freshly caught lobster.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-02-06	1925	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 17	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-02-06	1930	<b>Mary Berry's Simple Comforts</b>	Ireland	Mary visits Ireland, where humble comfort food is at the heart of the local cuisine. Mary heads to Cork's local food market, which is jam packed with culinary delights.	UNITED KINGDOM	English-100		PG		
2022-02-06	2000	<b>Australia's Food Bowl</b>	Fiesta	Stefano and his friends celebrate the annual grape harvest with a feast under the vines. Stefano is in charge of the menu and visits local farms to source produce and fresh ingredients.	AUSTRALIA	English-100		G		Y
2022-02-06	2030	<b>Rick Stein: From Venice to Istanbul</b>	Rick Stein's From Venice To Istanbul Series 1 Ep 7	Rick's culinary odyssey has brought him from historic Venice to the legendary city of Istanbul where he arrives in time for the bluefish season and catches a few while fishing on the Bosphorus.	UNITED KINGDOM	English-100		PG		
2022-02-06	2140	<b>Anthony Bourdain: Parts Unknown</b>	Lower East Side	Bourdain takes a personal journey through this formerly bohemian New York City neighborhood, as he meets, shares meals and reflects with music, film, and art trailblazers.	USA	English-100		PG		
2022-02-06	2235	<b>Anthony Bourdain: Parts Unknown</b>	Asturias, Spain	Bourdain travels to the enchanted region of Asturias, Spain with chef and humanitarian Jose Andres, as he makes a return to his homeland.	USA	English-100		PG		
2022-02-06	2330	<b>Eating Inn</b>	Wolfgang Puck Part 1	Cut is Wolfgang's Michelin Star winning jewel in the crown in Singapore. Phil meets the man himself and get an insight into the international chefs' life.	SINGAPORE	English-100		PG		
2022-02-06	2400	<b>Eating Inn</b>	Wolfgang Puck Part 2	Phil and Wolfgang discuss the virtues of classics over innovation. Phil shares a modern take on the classic prawn shrimp cocktail entrée.	SINGAPORE	English-100		PG		
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2022-02-06	2625	<b>Poh &amp; Co. Bitesize</b>	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-06	2630	<b>Cook Up With Adam Liaw Bitesize</b>	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	RPT	G	Y	
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2022-02-07	1330	<b>Delia's How To Cook</b>	Cheese	Delia explains how to store, eat, and cook with cheese, and gives her recommendation for the perfect cheeseboard and a traditional Welsh rarebit.	UNITED KINGDOM	English-100			G		
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2022-02-07	1430	<b>Mary's Kitchen Crush</b>	Tuesday Night	It's a burger bonanza with Mary treating Aaron's friends to fast and flavourful midweek feast.	CANADA	English-100			G		
2022-02-07	1455	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, 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	
2022-02-07	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 35	Matt is back in his home town of Noosa cooking fish tacos overlooking the beautiful Noosa National Park, while Michael's back in the kitchen cooking one of his favourite dishes.	AUSTRALIA	English-100			G		
2022-02-07	1530	<b>Paul Hollywood's Bread</b>	Basic Bread	Celebrate the history and traditional flavours of great British bread. Paul explains the basics of breadmaking by making a classic white bloomer - a gorgeous crusty, everyday bread.	UNITED KINGDOM	English-100			G		
2022-02-07	1600	<b>Mystery Diners</b>	Greek Tragedy	After finding broken dishes in his trash on numerous occasions, Nader contacts Charles Stiles to investigate.	USA	English-100			PG		Y

2022-02-07	1630	<b>Barefoot Contessa: Back To Basics</b>	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		
2022-02-07	1700	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 1	Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-07	1730	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 6	Adam's in search of Singapore's best vegetable dishes. His journey kicks off with a very Singaporean breakfast at the Singapore Zoo. He demonstrates how to prepare a Hainanese breakfast favourite.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-07	1800	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 6	Luke visits Hue, famous for its royal heritage, ancient imperial architecture, and rich royal cuisine that inspires Luke. He also visits Con Hen Village.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2022-02-07	1830	<b>Destination Flavour China</b>	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2022-02-07	1900	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 11	Rick explores the beating heart of the post-war British modern art movement in the seaside town of St Ives, before heading out to sea to fish for a delicious seasonal visitor - the red mullet.	UNITED KINGDOM	English-100		PG		
2022-02-07	1930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Saoirse Ronan	Jamie and Jimmy kick off the weekend with food, fun and celebrity chat at the end of Southend Pier. Joining them in the kitchen is four-time Oscar nominee, Saoirse Ronan.	UNITED KINGDOM	English-100		PG		
2022-02-07	2030	<b>Rick Stein's Food Heroes</b>	London, Midlands And East England	At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's.	UNITED KINGDOM	English-100		PG		
2022-02-07	2100	<b>Rick Stein's Food Heroes</b>	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot.	UNITED KINGDOM	English-100		PG		
2022-02-07	2135	<b>Poh's Kitchen</b>	Poh In Penang	As Poh's Malaysian adventure continues, she heads north to the 'Pearl of the Orient', the island of Penang.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-07	2205	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 1	Leading food critic Matthew Evans swapped city life for small farm living in Tasmania. Matthew now has his own young family, and it's time to get serious.	AUSTRALIA	English-100	RPT	PG	Y	Y
2022-02-07	2235	<b>The Cook Up with Adam Liaw</b>	Oats	Bake Club's Anneka Manning and SBS award-winning science and technology journalist Rae Johnson join Adam Liaw in The Cook Up kitchen to chat about an Australian staple - oats!	AUSTRALIA	English-100	RPT	G	Y	
2022-02-07	2305	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 11	Rick explores the beating heart of the post-war British modern art movement in the seaside town of St Ives, before heading out to sea to fish for a delicious seasonal visitor - the red mullet.	UNITED KINGDOM	English-100		PG		
2022-02-07	2335	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 40	Celebrity hairdressers Trevor Sorbie and Nicky Clarke team up with Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
2022-02-07	2425	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, 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	
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2022-02-07	2500	<b>Food Porn</b>	Ice Cream Insanity	Social media is in a frenzy over the most outrageous ice cream creations. Black Tap's whimsical and over-the-top shakes, like the cotton candy shake, create an explosion of sweet goodness.	USA	English-100		PG		
2022-02-07	2530	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 6	Adam's in search of Singapore's best vegetable dishes. His journey kicks off with a very Singaporean breakfast at the Singapore Zoo. He demonstrates how to prepare a Hainanese breakfast favourite.	AUSTRALIA	English-100	RPT	G	Y	
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2022-02-08	0930	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 6	Adam's in search of Singapore's best vegetable dishes. His journey kicks off with a very Singaporean breakfast at the Singapore Zoo. He demonstrates how to prepare a Hainanese breakfast favourite.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-08	1000	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 6	Luke visits Hue, famous for its royal heritage, ancient imperial architecture, and rich royal cuisine that inspires Luke. He also visits Con Hen Village.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2022-02-08	1030	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Saoirse Ronan	Jamie and Jimmy kick off the weekend with food, fun and celebrity chat at the end of Southend Pier. Joining them in the kitchen is four-time Oscar nominee, Saoirse Ronan.	UNITED KINGDOM	English-100		PG		
2022-02-08	1130	<b>Rick Stein's Food Heroes</b>	London, Midlands And East England	At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's.	UNITED KINGDOM	English-100		PG		
2022-02-08	1200	<b>Rick Stein's Food Heroes</b>	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot.	UNITED KINGDOM	English-100		PG		
2022-02-08	1235	<b>The Cook Up with Adam Liaw</b>	Oats	Bake Club's Anneka Manning and SBS award-winning science and technology journalist Rae Johnson join Adam Liaw in The Cook Up kitchen to chat about an Australian staple - oats!	AUSTRALIA	English-100	RPT	G	Y	
2022-02-08	1305	<b>Poh's Kitchen</b>	Poh In Penang	As Poh's Malaysian adventure continues, she heads north to the 'Pearl of the Orient', the island of Penang.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-08	1335	<b>Delia's How To Cook</b>	Equipment	Delia takes viewers through knives, saucepans, frying pans and scales, with words of wisdom on surviving the commercial jungle and making sure consumers get good-quality equipment.	UNITED KINGDOM	English-100		G		
2022-02-08	1405	<b>Delia's How To Cook</b>	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G		
2022-02-08	1435	<b>Mary's Kitchen Crush</b>	Pressure Cooking	Mary is up for the challenge of impressing her MasterChef Canada competitor, Veronica, with some next-level comfort food for her tough-critic friend.	CANADA	English-100		G		
2022-02-08	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 36	Matt's taken back to his childhood with a breakfast recipe that he attributes to his Mum, that's full of breakfast staples - bacon and egg tortilla cups.	AUSTRALIA	English-100		G		
2022-02-08	1530	<b>Paul Hollywood's Bread</b>	Flatbread	With little more than corn flour and water, Paul makes authentic corn tortilla served stacked and layered with spicy roast chicken, guacamole and sour cream in a mouth-watering corn tortilla tower.	UNITED KINGDOM	English-100		PG		
2022-02-08	1600	<b>Mystery Diners</b>	Great Divide, The	After inheriting some of their staff from the previous owner, James and Briana believe there's a divide between the old guard and their new employees.	USA	English-100		PG		Y

2022-02-08	1630	<b>Barefoot Contessa: Back To Basics</b>	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		
2022-02-08	1700	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 2	First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-08	1730	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 7	Adam's journey begins 70 floors above Singapore on the outskirts of the CBD, at the top of the Swissotel Stamford building, where he finds a modern French restaurant called Jaan.	AUSTRALIA	English-100	RPT	PG	Y	
2022-02-08	1800	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2022-02-08	1830	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2022-02-08	1900	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 12	Rick is on the beautiful Roseland Peninsula. At one of the county's oldest butchers, Rick looks into the ancient practice of ageing meat, before demonstrating how to properly cook a steak.	UNITED KINGDOM	English-100		PG		
2022-02-08	1930	<b>Taste Of Italy</b>	Lecce	Nisha embarks on a quest across Italy to discover their hidden culinary gems. Lecce's delicious culinary masterpieces of southern Italy inspire Nisha's Pork patty cook up.	UNITED KINGDOM	English-100		PG		Y
2022-02-08	2000	<b>Gamer Snacks</b>	Deep Fried Burger And Luxury Mug Cake	Arron and comedian Uncle Ed deep fry some really, really weird stuff as they break new boundaries in the world of deep fried food. Arron and guest Rose Ellen Dix prepare to enter mug cake heaven.	USA	English-100		PG		
2022-02-08	2030	<b>Adam &amp; Poh's Malaysia In Australia</b>	Adam & Poh's Malaysia In Australia Series 1 Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin.	AUSTRALIA	English-100		PG	Y	
2022-02-08	2100	<b>Heston's In Search Of Perfection</b>	Bangers And Mash	British classics sausages and mashed potato, and treacle tart with ice cream, get the Heston Blumenthal treatment. Heston's search for perfect pork takes him to Ludlow on the Welsh border.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-02-08	2130	<b>Poh's Kitchen</b>	Breakfasts Of The World With Emmanuel Mollois	To find out more about breakfast traditions around the world Poh shares amazing meals with her Indian friend Ragini Dey and Moroccan restaurateur Mohamed Bartaouch.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-08	2200	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 2	While on the North West coast of Tasmania, herding cattle across the ocean at low tide to Robbins Island, Matthew has a new business idea for long table lunches.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-08	2230	<b>The Cook Up with Adam Liaw</b>	Noodles	Adam Liaw is joined in The Cook Up kitchen by Delicious magazine's Phoebe Wood and political satirist Mark Humphries to share their take on noodles.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-08	2300	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 12	Rick is on the beautiful Roseland Peninsula. At one of the county's oldest butchers, Rick looks into the ancient practice of ageing meat, before demonstrating how to properly cook a steak.	UNITED KINGDOM	English-100		PG		
2022-02-08	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 41	Classical singing stars Jonathan Ansell and Hayley Westenra swap arias for aprons and join Harriott in the kitchen for another 20 minute cooking challenge.	UNITED KINGDOM	English-100		PG		
2022-02-08	2420	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 8, 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	
2022-02-08	2430	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2022-02-08	2500	<b>Food Porn</b>	Off The Menu	Michael uncovers the most crave-worthy, top-secret dishes that never even appear on a menu. His first discovery is a hot little biscuit that's making a big statement.	USA	English-100		PG		
2022-02-08	2530	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 7	Adam's journey begins 70 floors above Singapore on the outskirts of the CBD, at the top of the Swissotel Stamford building, where he finds a modern French restaurant called Jaan.	AUSTRALIA	English-100	RPT	PG	Y	
2022-02-08	2600	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2022-02-08	2630	<b>Taste Of Italy</b>	Lecce	Nisha embarks on a quest across Italy to discover their hidden culinary gems. Lecce's delicious culinary masterpieces of southern Italy inspire Nisha's Pork patty cook up.	UNITED KINGDOM	English-100		PG		Y
2022-02-08	2700	<b>Gamer Snacks</b>	Deep Fried Burger And Luxury Mug Cake	Arron and comedian Uncle Ed deep fry some really, really weird stuff as they break new boundaries in the world of deep fried food. Arron and guest Rose Ellen Dix prepare to enter mug cake heaven.	USA	English-100		PG		

2022-02-08	2730	<b>Adam &amp; Poh's Malaysia In Australia</b>	Adam & Poh's Malaysia In Australia Series 1 Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin.	AUSTRALIA	English-100		PG	Y	
2022-02-08	2800	<b>Heston's In Search Of Perfection</b>	Bangers And Mash	British classics sausages and mashed potato, and treacle tart with ice cream, get the Heston Blumenthal treatment. Heston's search for perfect pork takes him to Ludlow on the Welsh border.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-02-08	2830	<b>Poh's Kitchen</b>	Breakfasts Of The World With Emmanuel Mollois	To find out more about breakfast traditions around the world Poh shares amazing meals with her Indian friend Ragini Dey and Moroccan restaurateur Mohamed Bartaouch.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-09	0500	<b>Delia's How To Cook</b>	Equipment	Delia takes viewers through knives, saucepans, frying pans and scales, with words of wisdom on surviving the commercial jungle and making sure consumers get good-quality equipment.	UNITED KINGDOM	English-100		G		
2022-02-09	0530	<b>Delia's How To Cook</b>	Gadgets	Delia Smith gives her top tips on kitchen gadgets, with advice on which ones to bin and which ones she considers invaluable. There are hints and tips on whisks, food processors, and blenders.	UNITED KINGDOM	English-100		G		
2022-02-09	0600	<b>Mary's Kitchen Crush</b>	Pressure Cooking	Mary is up for the challenge of impressing her MasterChef Canada competitor, Veronica, with some next-level comfort food for her tough-critic friend.	CANADA	English-100		G		
2022-02-09	0625	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 2, 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	
2022-02-09	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 36	Matt's taken back to his childhood with a breakfast recipe that he attributes to his Mum, that's full of breakfast staples - bacon and egg tortilla cups.	AUSTRALIA	English-100		G		
2022-02-09	0700	<b>Paul Hollywood's Bread</b>	Flatbread	With little more than corn flour and water, Paul makes authentic corn tortilla served stacked and layered with spicy roast chicken, guacamole and sour cream in a mouth-watering corn tortilla tower.	UNITED KINGDOM	English-100		PG		
2022-02-09	0730	<b>Mystery Diners</b>	Great Divide, The	After inheriting some of their staff from the previous owner, James and Briana believe there's a divide between the old guard and their new employees.	USA	English-100		PG	Y	
2022-02-09	0800	<b>Barefoot Contessa: Back To Basics</b>	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		
2022-02-09	0830	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 2	First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-09	0900	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 2	While on the North West coast of Tasmania, herding cattle across the ocean at low tide to Robbins Island, Matthew has a new business idea for long table lunches.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-09	0930	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 7	Adam's journey begins 70 floors above Singapore on the outskirts of the CBD, at the top of the Swissotel Stamford building, where he finds a modern French restaurant called Jaan.	AUSTRALIA	English-100	RPT	PG	Y	
2022-02-09	1000	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2022-02-09	1030	<b>Taste Of Italy</b>	Lecce	Nisha embarks on a quest across Italy to discover their hidden culinary gems. Lecce's delicious culinary masterpieces of southern Italy inspire Nisha's Pork patty cook up.	UNITED KINGDOM	English-100		PG		Y
2022-02-09	1100	<b>Gamer Snacks</b>	Deep Fried Burger And Luxury Mug Cake	Arron and comedian Uncle Ed deep fry some really, really weird stuff as they break new boundaries in the world of deep fried food. Arron and guest Rose Ellen Dix prepare to enter mug cake heaven.	USA	English-100		PG		
2022-02-09	1130	<b>Adam &amp; Poh's Malaysia In Australia</b>	Adam & Poh's Malaysia In Australia Series 1 Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin.	AUSTRALIA	English-100		PG	Y	
2022-02-09	1200	<b>Heston's In Search Of Perfection</b>	Bangers And Mash	British classics sausages and mashed potato, and treacle tart with ice cream, get the Heston Blumenthal treatment. Heston's search for perfect pork takes him to Ludlow on the Welsh border.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-02-09	1230	<b>The Cook Up with Adam Liaw</b>	Noodles	Adam Liaw is joined in The Cook Up kitchen by Delicious magazine's Phoebe Wood and political satirist Mark Humphries to share their take on noodles.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-09	1300	<b>Poh's Kitchen</b>	Breakfasts Of The World With Emmanuel Mollois	To find out more about breakfast traditions around the world Poh shares amazing meals with her Indian friend Ragini Dey and Moroccan restaurateur Mohamed Bartaouch.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-09	1330	<b>Delia's How To Cook</b>	Pulses	The humble bean is given a makeover as Delia turns her attention to the world of pulses. Though often dismissed as the poorest of meals, pulses are a cheap and delicious form of protein.	UNITED KINGDOM	English-100		G		

2022-02-09	1400	<b>Delia's How To Cook</b>	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100		G		
2022-02-09	1430	<b>Mary's Kitchen Crush</b>	More Is More	Mary's friend Rob loves a good food indulgence, so she's giving him all the guilty pleasures with a meaty, cheesy lasagna dinner.	CANADA	English-100		G		
2022-02-09	1455	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, 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	
2022-02-09	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 37	Matt prepares a steamed burramundi with red curry, that's simple to prepare and ready in under half an hour.	AUSTRALIA	English-100		G		
2022-02-09	1530	<b>Paul Hollywood's Bread</b>	Continental Bread	Paul reveals the secrets of some of the most iconic breads from the continent and using them to make delicious, colourful and irresistible dishes.	UNITED KINGDOM	English-100		G		
2022-02-09	1600	<b>Mystery Diners</b>	Mascot Mayhem	Blaine, the owner of Zippy's Giant Burgers in Seattle, contacts Charles Stiles to investigate rumours that his new mascot is misbehaving.	USA	English-100		PG		Y
2022-02-09	1630	<b>Michela's Classic Italian</b>	Michela's Classic Italian Series 1 Ep 1	In this first episode, Michela prepares meatballs, cooks up her favourite version of the rice dish risotto, and reveals a delicious recipe for gelato.	UNITED KINGDOM	English-100		G		
2022-02-09	1700	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 3	Tonight is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's plains during harvest. Maeve then shares tomato day with a large Calabrese clan.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-09	1730	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 8	Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to restaurant dishes almost too beautiful to eat.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-09	1800	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it is the birthplace of his partner Lynne.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2022-02-09	1830	<b>Destination Flavour China</b>	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2022-02-09	1900	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur.	UNITED KINGDOM	English-100		PG		
2022-02-09	1930	<b>Restaurants On The Edge</b>	Finland	As first-time restaurant owners in Turku, Finland, married couple Turo and Marina need a modern update to their stuffy yacht club eatery to set them on the path to success.	CANADA	English-100		PG		
2022-02-09	2030	<b>James Martin's American Adventure</b>	New Orleans	James drives into New Orleans in a 1970's Pontiac, continuing his American Adventure. And he's in for a massive foodie hit, in the city known as 'The Big Easy'.	UNITED KINGDOM	English-100		PG		
2022-02-09	2125	<b>Gamer Snacks Bitesize</b>	Gamer Smoothies	Smoothies are a great way to fill up before your next gaming marathon. Throw in your favourite ingredients and make your own mods for a great chilled treat.	USA	English-100		PG		
2022-02-09	2130	<b>Poh's Kitchen</b>	Food Traditions With Emmanuel Mollois	When Poh finds that Emmanuel, whose passion is food history, has never had the full Peking Duck banquet experience she treats him to the 600 year old tradition that's still practised today.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-09	2200	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 3	Matthew starts to get hardcore with his locavore philosophy when he decides to learn how to make his own brew.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-09	2230	<b>The Cook Up with Adam Liaw</b>	Lentils	DJ and chef Andrew Levins and SBS host of Water Heart Foods, Palisa Anderson, are in The Cook Up kitchen with Adam Liaw to give their take on lentils. It's a cheap and cheerful staple.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-09	2300	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur.	UNITED KINGDOM	English-100		PG		
2022-02-09	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 42	Actress Sally Lindsay and comedian Craig Hill team up with Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG		
2022-02-09	2420	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 9, 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	PG	Y	
2022-02-09	2430	<b>Destination Flavour China</b>	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y



2022-02-09	2500	<b>Food Porn</b>	Spice Night	Michael is on a mission to find the spiciest bites from the hottest restaurants across the country. His first stop is a hip Los Angeles restaurant which puts a fresh spin on traditional Indian food.	USA	English-100		PG			Y
2022-02-09	2530	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 8	Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to restaurant dishes almost too beautiful to eat.	AUSTRALIA	English-100	RPT	G		Y	
2022-02-09	2600	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it is the birthplace of his partner Lynne.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG		Y	Y
2022-02-09	2630	<b>Restaurants On The Edge</b>	Finland	As first-time restaurant owners in Turku, Finland, married couple Turo and Marina need a modern update to their stuffy yacht club eatery to set them on the path to success.	CANADA	English-100		PG			
2022-02-09	2730	<b>James Martin's American Adventure</b>	New Orleans	James drives into New Orleans in a 1970's Pontiac, continuing his American Adventure. And he's in for a massive foodie hit, in the city known as 'The Big Easy'.	UNITED KINGDOM	English-100		PG			
2022-02-09	2825	<b>Gamer Snacks Bitesize</b>	Gamer Smoothies	Smoothies are a great way to fill up before your next gaming marathon. Throw in your favourite ingredients and make your own mods for a great chilled treat.	USA	English-100		PG			
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2022-02-10	0500	<b>Delia's How To Cook</b>	Pulses	The humble bean is given a makeover as Delia turns her attention to the world of pulses. Though often dismissed as the poorest of meals, pulses are a cheap and delicious form of protein.	UNITED KINGDOM	English-100		G			
2022-02-10	0530	<b>Delia's How To Cook</b>	Preserving	Delia explains the essentials of preserves, chutneys, jellies, and pickles. Arguing how much better home-made jams and pickles taste than shop-bought ones, she encourages viewers to get preserving.	UNITED KINGDOM	English-100		G			
2022-02-10	0600	<b>Mary's Kitchen Crush</b>	More Is More	Mary's friend Rob loves a good food indulgence, so she's giving him all the guilty pleasures with a meaty, cheesy lasagna dinner.	CANADA	English-100		G			
2022-02-10	0625	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, 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	
2022-02-10	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 37	Matt prepares a steamed burramundi with red curry, that's simple to prepare and ready in under half an hour.	AUSTRALIA	English-100		G			
2022-02-10	0700	<b>Paul Hollywood's Bread</b>	Continental Bread	Paul reveals the secrets of some of the most iconic breads from the continent and using them to make delicious, colourful and irresistible dishes.	UNITED KINGDOM	English-100		G			
2022-02-10	0730	<b>Mystery Diners</b>	Mascot Mayhem	Blaine, the owner of Zippy's Giant Burgers in Seattle, contacts Charles Stiles to investigate rumours that his new mascot is misbehaving.	USA	English-100		PG			Y
2022-02-10	0800	<b>Michela's Classic Italian</b>	Michela's Classic Italian Series 1 Ep 1	In this first episode, Michela prepares meatballs, cooks up her favourite version of the rice dish risotto, and reveals a delicious recipe for gelato.	UNITED KINGDOM	English-100		G			
2022-02-10	0830	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 3	Tonight is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's plains during harvest. Maeve then shares tomato day with a large Calabrese clan.	AUSTRALIA	English-100	RPT	G		Y	
2022-02-10	0900	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 3	Matthew starts to get hardcore with his locavore philosophy when he decides to learn how to make his own brew.	AUSTRALIA	English-100	RPT	G		Y	
2022-02-10	0930	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 8	Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to restaurant dishes almost too beautiful to eat.	AUSTRALIA	English-100	RPT	G		Y	
2022-02-10	1000	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it is the birthplace of his partner Lynne.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG		Y	Y
2022-02-10	1030	<b>Restaurants On The Edge</b>	Finland	As first-time restaurant owners in Turku, Finland, married couple Turo and Marina need a modern update to their stuffy yacht club eatery to set them on the path to success.	CANADA	English-100		PG			
2022-02-10	1130	<b>James Martin's American Adventure</b>	New Orleans	James drives into New Orleans in a 1970's Pontiac, continuing his American Adventure. And he's in for a massive foodie hit, in the city known as 'The Big Easy'.	UNITED KINGDOM	English-100		PG			
2022-02-10	1225	<b>Gamer Snacks Bitesize</b>	Gamer Smoothies	Smoothies are a great way to fill up before your next gaming marathon. Throw in your favourite ingredients and make your own mods for a great chilled treat.	USA	English-100		PG			
2022-02-10	1230	<b>The Cook Up with Adam Liaw</b>	Lentils	DJ and chef Andrew Levins and SBS host of Water Heart Foods, Palisa Anderson, are in The Cook Up kitchen with Adam Liaw to give their take on lentils. It's a cheap and cheerful staple.	AUSTRALIA	English-100	RPT	G		Y	

2022-02-10	1300	<b>Poh's Kitchen</b>	Food Traditions With Emmanuel Mollois	When Poh finds that Emmanuel, whose passion is food history, has never had the full Peking Duck banquet experience she treats him to the 600 year old tradition that's still practised today.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-10	1330	<b>Delia's How To Cook</b>	Hot Puddings	Delia Smith extols the joys of the good old British pud. Comfort food, beloved of schoolboys, traditional hot British desserts, are currently enjoying a resurgence of popularity.	UNITED KINGDOM	English-100		G		
2022-02-10	1400	<b>Delia's How To Cook</b>	Low Fat	With most of the Western World on a diet these days, Delia Smith takes up the challenge of low-fat cooking - is it possible to eat well but stay slim?	UNITED KINGDOM	English-100		G		
2022-02-10	1430	<b>Mary's Kitchen Crush</b>	Dinner For One	Mary is her own guest of honour so she sears up some delicious salmon for her dinner for one.	CANADA	English-100		G		
2022-02-10	1455	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, 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	
2022-02-10	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 38	Matt and Michael whip up a family favourite - honey mustard chicken drumsticks, while Courtney heads to a broccoli and cauliflower farm.	AUSTRALIA	English-100		G		
2022-02-10	1530	<b>Paul Hollywood's Bread</b>	Sourdough	Paul demonstrates how to cultivate a sourdough starter at home - harnessing natural, airborne yeasts to leaven and give amazing flavour to bread.	UNITED KINGDOM	English-100		PG		
2022-02-10	1600	<b>Mystery Diners</b>	Paranormal Activities	When Demetri, owner of Taverna Mazi in Seattle, hears rumours that customers are taking 'haunted tours' of his new restaurant, he contacts Charles Stiles to investigate.	USA	English-100		PG	Y	
2022-02-10	1630	<b>Michela's Classic Italian</b>	Michela's Classic Italian Series 1 Ep 2	Michela shows us how to cook the very best Italian food in the very best way, including gnocchi, tiramisu, and melanzane parmigiana. Guests include Theo Randall and Michela's own sister.	UNITED KINGDOM	English-100		PG		
2022-02-10	1700	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. And Maeve learns about the Italian passion for veal.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-10	1730	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 9	In the final episode, Adam gathers what he's learned over the past few weeks to serve up an impressive five course banquet dinner to some distinguished guests, one of whom is his mother.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-10	1800	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 9	Luke's penultimate stop of his train journey is Hanoi, the second largest city of Vietnam located on the Red River. There is one dish Luke always has when he visits Hanoi and that's Bun Cha.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2022-02-10	1830	<b>Destination Flavour China</b>	Hong Kong And Guandong	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2022-02-10	1900	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 14	West Penwith is as far west as it possible to go on mainland Britain. Rick explores its rich and diverse history, from Lamorna Cove to the UNESCO protected tin and copper mining area of Botallack.	UNITED KINGDOM	English-100		PG		
2022-02-10	1930	<b>Field Trip With Curtis Stone</b>	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100		PG		
2022-02-10	2000	<b>Food Safari Water</b>	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-10	2030	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-02-10	2140	<b>Poh's Kitchen</b>	More Meat With The Butcher Boys	This episode is definitely one for the meat lovers as Poh offers her service as apprentice to butchers, Jason Bradley and Bill Smith.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-10	2210	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 4	Matthew reckons he's earned a break from the farm, and heads off on a kayaking adventure with Ross. They're resolute in insisting on packing nothing but two minute noodles.	AUSTRALIA	English-100	RPT	PG	Y	
2022-02-10	2235	<b>The Cook Up with Adam Liaw</b>	\$20 Family Meals	Need some cheap and easy dinner ideas that don't break the bank? Lucy Tweed and Woodcut restaurant's Ross Lusted join Adam Liaw to cook up their ideas.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-10	2300	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 14	West Penwith is as far west as it possible to go on mainland Britain. Rick explores its rich and diverse history, from Lamorna Cove to the UNESCO protected tin and copper mining area of Botallack.	UNITED KINGDOM	English-100		PG		
2022-02-10	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 43	Actress Faith Brown and designer Scott Henshall are determined to make a good impression in the kitchen as Ainsley Harriott hosts another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG		
2022-02-10	2420	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 10, 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	

2022-02-10	2430	<b>Destination Flavour China</b>	Hong Kong And Guandong	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2022-02-10	2500	<b>Food Porn</b>	Secret Restaurants	Michael is letting the secret out on exclusive, hidden restaurants like Dinnertable in NYC. Tucked away with a discreet entrance, this intimate restaurant serves a creamy and crispy lasagna bolo.	USA	English-100		PG		
2022-02-10	2530	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 9	In the final episode, Adam gathers what he's learned over the past few weeks to serve up an impressive five course banquet dinner to some distinguished guests, one of whom is his mother.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-10	2600	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 9	Luke's penultimate stop of his train journey is Hanoi, the second largest city of Vietnam located on the Red River. There is one dish Luke always has when he visits Hanoi and that's Bun Cha.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2022-02-10	2625	<b>Field Trip With Curtis Stone</b>	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100		PG		
2022-02-10	2655	<b>Food Safari Water</b>	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-10	2725	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-02-10	2830	<b>Poh's Kitchen</b>	More Meat With The Butcher Boys	This episode is definitely one for the meat lovers as Poh offers her service as apprentice to butchers, Jason Bradley and Bill Smith.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-11	0500	<b>Delia's How To Cook</b>	Hot Puddings	Delia Smith extols the joys of the good old British pud. Comfort food, beloved of schoolboys, traditional hot British desserts, are currently enjoying a resurgence of popularity.	UNITED KINGDOM	English-100		G		
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2022-02-11	0600	<b>Mary's Kitchen Crush</b>	Dinner For One	Mary is her own guest of honour so she sears up some delicious salmon for her dinner for one.	CANADA	English-100		G		
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2022-02-11	0700	<b>Paul Hollywood's Bread</b>	Sourdough	Paul demonstrates how to cultivate a sourdough starter at home - harnessing natural, airborne yeasts to leaven and give amazing flavour to bread.	UNITED KINGDOM	English-100		PG		
2022-02-11	0730	<b>Mystery Diners</b>	Paranormal Activities	When Demetri, owner of Taverna Mazi in Seattle, hears rumours that customers are taking 'haunted tours' of his new restaurant, he contacts Charles Stiles to investigate.	USA	English-100		PG		Y
2022-02-11	0800	<b>Michela's Classic Italian</b>	Michela's Classic Italian Series 1 Ep 2	Michela shows us how to cook the very best Italian food in the very best way, including gnocchi, tiramisu, and melanzane parmigiana. Guests include Theo Randall and Michela's own sister.	UNITED KINGDOM	English-100		PG		
2022-02-11	0830	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. And Maeve learns about the Italian passion for veal.	AUSTRALIA	English-100	RPT	G	Y	
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2022-02-11	1030	<b>Field Trip With Curtis Stone</b>	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100		PG		
2022-02-11	1100	<b>Food Safari Water</b>	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-11	1130	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G	Y	

2022-02-11	1240	<b>The Cook Up with Adam Liaw</b>	\$20 Family Meals	Need some cheap and easy dinner ideas that don't break the bank? Lucy Tweed and Woodcut restaurant's Ross Lusted join Adam Liaw to cook up their ideas.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-11	1305	<b>Poh's Kitchen</b>	More Meat With The Butcher Boys	This episode is definitely one for the meat lovers as Poh offers her service as apprentice to butchers, Jason Bradley and Bill Smith.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-11	1335	<b>Delia's How To Cook</b>	Starters	Delia turns her attention to perfect first courses. She recommends simple, fresh, seasonal produce. Favourite starters are smoked fish, eggs and salads, soups and pates.	UNITED KINGDOM	English-100		G		
2022-02-11	1405	<b>Delia's How To Cook</b>	Party Food	Delia Smith rounds off her series with essential advice on party planning and stress-free entertaining. From menus to checklists, she has plenty of tips for perfect parties and gatherings.	UNITED KINGDOM	English-100		G		
2022-02-11	1435	<b>Mary's Kitchen Crush</b>	Raising The Bar	Mary kicks her friend Sam out of her comfort zone by putting a veggie spin on her favourite bar foods.	CANADA	English-100		G		
2022-02-11	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 39	Matt's first dish is inspired by his local Chinese take-away where he grew up - a one wok wonder - Mongolian Beef.	AUSTRALIA	English-100		PG		
2022-02-11	1530	<b>Paul Hollywood's Bread</b>	Soda Bread	Paul demonstrates a method of preparing soda bread from start to finish that can be made in under an hour. No kneading, no proving- all that's needed is to mix, shape and bake the loaf.	UNITED KINGDOM	English-100		G		
2022-02-11	1600	<b>Mystery Diners</b>	Coupon Coup	After noticing an unusual increase in coupons, Aaron, owner of The Hangout in California, calls Charles Stiles to investigate.	USA	English-100		PG	Y	
2022-02-11	1630	<b>Michela's Classic Italian</b>	Michela's Classic Italian Series 1 Ep 3	Michela prepares fresh pasta dishes, homemade pizzas and a dish she considers 'summer on a plate', linguine alle vongole. Guests include Ruth Rogers and Jacob Kennedy.	UNITED KINGDOM	English-100		G		
2022-02-11	1700	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 5	Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on chef Maurizio Esposito to learn the secrets of his crayfish gnocchi.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-11	1730	<b>Kylie Kwong: Heart And Soul</b>	Mothers And Daughters A Chinese Family	Kylie is inspired by her Shanghai travels to cook some family favourites but when her mum comes round it's clear she has her own way of doing things.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-11	1800	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 10	Luke visited Sapa high in the hills in Northern Vietnam fifteen years ago. He's pleased to find out that not much has changed, and visits a little girl he befriended during that time.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2022-02-11	1830	<b>Destination Flavour China</b>	Hainan Island	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y	Y
2022-02-11	1900	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 15	As Rick's Cornish odyssey comes to an end he takes a city break in Truro, where he tours the magnificent cathedral and later dines with a family who are passionate about offal.	UNITED KINGDOM	English-100		PG		
2022-02-11	1930	<b>Paul Goes To Hollywood</b>	Los Angeles	Paul's epic 3000 mile road trip culminates in the city that celebrates his name. He arrives just in time to meet a notable 'friend' and enjoys the best tacos north of the Mexican border.	UNITED KINGDOM	English-100		PG		
2022-02-11	2030	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 6	Jamie gets inspired by breakfasts while in Jerusalem, then rustles up spinach pancakes. He makes a creamy risotto with amazing roasted tomato, and visits a cookery class with a healthy twist.	UNITED KINGDOM	English-100		G		
2022-02-11	2125	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 8	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	
2022-02-11	2130	<b>Poh's Kitchen</b>	Modern Thai With Martin Boetz	In her kitchen tonight, Poh's guest is Martin Boetz. Martin cooks orange sour curry and a crispy fish salad.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-11	2200	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 5	Matthew and Ross receive a request for suckling pig from John Jovanovic, a Serbian man, while manning their Salamanca stall. The pig is to be served at a Sino-Serbian New Year's Feast.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-11	2230	<b>The Cook Up with Adam Liaw</b>	Cheap And Cheerful	Adam Liaw is joined by SBS Mastermind host Marc Fennell and top chef Chase Kojima in The Cook Up kitchen to cook up their ideas on cheap and cheerful meals that everyone will love.	AUSTRALIA	English-100	RPT	G	Y	
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2022-02-11	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 44	Soccer AM presenters Helen Chamberlain and Andy Goldstein join Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG		

2022-02-11	2420	<b>Cook Up With Adam Liaw Bitesize</b>	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	RPT	G	Y	
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2022-02-11	2500	<b>Food Porn</b>	Food Truck Revolution	The food truck movement is sweeping the country and satisfying cravings on the fly. Comida is at the forefront of this movement in Denver, serving a custom selection of tacos.	USA	English-100		PG		
2022-02-11	2530	<b>Kylie Kwong: Heart And Soul</b>	Mothers And Daughters A Chinese Family	Kylie is inspired by her Shanghai travels to cook some family favourites but when her mum comes round it's clear she has her own way of doing things.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-11	2600	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 10	Luke visited Sapa high in the hills in Northern Vietnam fifteen years ago. He's pleased to find out that not much has changed, and visits a little girl he befriended during that time.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
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2022-02-12	1130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer, Paul hosts a cricket match at RCA to celebrate the start of summer.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-02-12	1230	<b>The Cook Up with Adam Liaw</b>	Cheap And Cheerful	Adam Liaw is joined by SBS Mastermind host Marc Fennell and top chef Chase Kojima in The Cook Up kitchen to cook up their ideas on cheap and cheerful meals that everyone will love.	AUSTRALIA	English-100	RPT	G	Y	
2022-02-12	1300	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.	UNITED KINGDOM	English-100	RPT	PG	Y	

2022-02-12	1400	<b>Paul Hollywood's Bread</b>	Enriched Bread	Paul shares recipes for breads that cross the lines between bread, cake, and pastry, including his impressive citrus and cranberry packed Sicilian lemon and orange bread with a sweet almond glaze.	UNITED KINGDOM	English-100		G		
2022-02-12	1430	<b>Tropical Gourmet: New Caledonia</b>	Tropical Fruits	A whole coral trout is going on the barbecue as Justine prepares lunch by the waters edge. Then Jerome from the Meridian elevates chicken and vegetables to a fine dining standard.	AUSTRALIA	English-100		PG		
2022-02-12	1500	<b>Tropical Gourmet: New Caledonia</b>	Noumea Market	Justine takes some of Noumea's native root vegetables to put a spin on potato fritters. Then with some of the world's finest vanilla, local chef Christophe bakes his silky creme brulee.	AUSTRALIA	English-100		PG		
2022-02-12	1530	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA	English-100		G		Y
2022-02-12	1600	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 8	For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana.	AUSTRALIA	English-100		G		
2022-02-12	1630	<b>Cook Like A Chef</b>	Mushrooms	Mushrooms grow by the light of the moon.In this episode, our accomplished chef-host Katie Ardington expertly exposes them to the light of day.	CANADA	English-100		PG		
2022-02-12	1700	<b>Cook Like A Chef</b>	Salmon	Salmon is one of the few fish worthy of its own Cook Like a Chef episode. Join Chef Natalia Machado as she introduces us to its many virtues.	CANADA	English-100		PG		
2022-02-12	1730	<b>River Cottage Treatment</b>	Chicken Lovers	This week Hugh is faced with a group of self-confessed take-away addicts. Will they discover their 'inner cooks', and rise to the challenge? Or rebel against The River Cottage Treatment, and run home to their microwaves?	UNITED KINGDOM	English-100				
2022-02-12	1830	<b>Hairy Biker's Route 66</b>	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG		
2022-02-12	1940	<b>Ainsley's Good Mood Food</b>	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100		PG		
2022-02-12	2035	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 1 Ep 1	Chocolatier Kiri pitches her 'Lady Marmalade' chocolate to a tough tasting panel in the hope of getting it signed off and in stores.	UNITED KINGDOM	English-100				
2022-02-12	2135	<b>Anthony Bourdain: Parts Unknown</b>	Indonesia	A shadow puppet performance provides an entry into understanding Indonesia - a country comprised of thousands of islands whose people endured political turmoil.	USA	English-100		PG		Y
2022-02-12	2230	<b>Anthony Bourdain: Parts Unknown</b>	Parts Unknown Behind The Scenes	A closer look at Bourdain's relationship with his crew - the team that travelled with him and slogged through the trenches - which was like no other in his life.	USA	English-100		PG		Y
2022-02-12	2325	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-02-12	2330	<b>Cook Like A Chef</b>	Mushrooms	Mushrooms grow by the light of the moon.In this episode, our accomplished chef-host Katie Ardington expertly exposes them to the light of day.	CANADA	English-100		PG		
2022-02-12	2400	<b>Cook Like A Chef</b>	Salmon	Salmon is one of the few fish worthy of its own Cook Like a Chef episode. Join Chef Natalia Machado as she introduces us to its many virtues.	CANADA	English-100		PG		
2022-02-12	2430	<b>River Cottage Treatment</b>	Chicken Lovers	This week Hugh is faced with a group of self-confessed take-away addicts. Will they discover their 'inner cooks', and rise to the challenge? Or rebel against The River Cottage Treatment, and run home to their microwaves?	UNITED KINGDOM	English-100				
2022-02-12	2530	<b>Hairy Biker's Route 66</b>	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG		
2022-02-12	2640	<b>Ainsley's Good Mood Food</b>	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100		PG		
2022-02-12	2730	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 1 Ep 1	Chocolatier Kiri pitches her 'Lady Marmalade' chocolate to a tough tasting panel in the hope of getting it signed off and in stores.	UNITED KINGDOM	English-100				
2022-02-12	2830	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA	English-100		G		Y