



**WEEK 7: Sunday, 12 February - Monday, 18 February 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-02-12	0500	<b>The Zimmern List</b>	Memphis	Andrew visits Memphis and stops at some of the city's most beloved barbecue joints. Then he drops by one of America's most iconic soul food restaurants and dines on comfort food favourites.	USA	English-100		PG		
2023-02-12	0530	<b>Hairy Biker's Route 66</b>	Hairy Biker's Route 66 Series 1 Ep 6	For the last leg of their odyssey, the bikers head west to California. First, they make a small detour to Las Vegas, where they learn how to make the best mashed potato in the world.	UNITED KINGDOM	English-100		PG		
2023-02-12	0635	<b>Restaurants On The Edge</b>	Arizona	After a devastating brain injury, owner Heidi is suffering to keep her spa-turned- restaurant Vu-Bistro in business, despite its million-dollar view of the vast Arizona desert.	CANADA	English-100		PG		
2023-02-12	0730	<b>Flintoff's Great British Road Trip</b>	Flintoff's Great British Road Trip Series 2 Ep 2	While in East Anglia, Freddie and Rob try to impress a Michelin-star fish and chip maestro and later attempt a high-speed water ski trial.	UNITED KINGDOM	English-100		PG		
2023-02-12	0825	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2023-02-12	0830	<b>Rick Stein's Cabin Fever</b>	Rick Stein's Cabin Fever	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of "Rick Stein's French Odyssey" including his favourite dishes along the route and behind-the-scenes DV footage.	UNITED KINGDOM	English-100		PG		
2023-02-12	0935	<b>Ainsley's Good Mood Food</b>	Vegetables	Ainsley is getting his five a day as vegetables are the star of all today's recipes. There's a spicy start with his crispy cauliflower bites with a kickin' Korean sauce, great for sharing.	UNITED KINGDOM	English-100		G		
2023-02-12	1030	<b>Jamie's Food Escapes</b>	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100		PG		
2023-02-12	1130	<b>Hairy Biker's Route 66</b>	Hairy Biker's Route 66 Series 1 Ep 6	For the last leg of their odyssey, the bikers head west to California. First, they make a small detour to Las Vegas, where they learn how to make the best mashed potato in the world.	UNITED KINGDOM	English-100		PG		
2023-02-12	1235	<b>Restaurants On The Edge</b>	Arizona	After a devastating brain injury, owner Heidi is suffering to keep her spa-turned- restaurant Vu-Bistro in business, despite its million-dollar view of the vast Arizona desert.	CANADA	English-100		PG		
2023-02-12	1330	<b>The Zimmern List</b>	Louisville, Ky	Andrew travels to Louisville, KY, which boasts one of the most eclectic food scenes in the country. He digs into Southern favourites with an Asian twist: fried chicken served with a fiery sauce!	USA	English-100		PG		
2023-02-12	1400	<b>The Cook Up with Adam Liaw</b>	Lamb Ribs	MasterChef alumni Amina Elshafei and home cook Clarissa Feidel share their lamb ribs secrets. Host Adam Liaw also reveals his childhood favourite recipe.	AUSTRALIA	English-100	RPT	G		Y

2023-02-12	1430	<b>The Cook Up with Adam Liaw</b>	Naughty But Nice	Nel owner and head chef Nelly Robinson and Bondi Harvest's Taylor Cullen create their favourite naughty but nice recipes with host Adam Liaw in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-02-12	1500	<b>The Cook Up with Adam Liaw</b>	Honey	Uccello's Nigel Ward and pastry queen Anna Polyviou create some Italian and Greek favourites that showcase honey in The Cook Up kitchen with Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2023-02-12	1530	<b>The Cook Up with Adam Liaw</b>	Four Ingredient Pasta	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join Adam Liaw in The Cook Up kitchen as they create their favourite pasta using just four ingredients.	AUSTRALIA	English-100	RPT	PG	Y
2023-02-12	1600	<b>The Cook Up with Adam Liaw</b>	Sauce	Host Adam Liaw is joined by TV and radio personality Yumi Stynes and creator of the 'The Family Law' Benjamin Law to showcase their favourite sauces that can be used as an accompaniment to any dish.	AUSTRALIA	English-100	RPT	PG	Y
2023-02-12	1630	<b>Wok The World</b>	Wok The World Series 1 Ep 3	The third and final episode opens with a unique task that Eric undergoes at the crack of dawn in picturesque Xu Yi county, Qingtian. First he meets Ms Zhou who runs a hugely successful crayfish farm.	CHINA	English-100		PG	Y
2023-02-12	1730	<b>Simply Giada</b>	Crave-Worthy Comfort	Eating well doesn't mean depriving yourself of the comfort foods you crave. Giada De Laurentiis makes a romantic dinner that's light in fat and calories: bison bolognese, and chicken milanese	USA	English-100		PG	
2023-02-12	1800	<b>Mary Makes It Easy</b>	Herb Your Enthusiasm	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza, rosemary olive oil cake, and herbal fish and chips.	CANADA	English-100		PG	
2023-02-12	1830	<b>Rick Stein's Cabin Fever</b>	Rick Stein's Cabin Fever	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of "Rick Stein's French Odyssey" including his favourite dishes along the route and behind-the-scenes DV footage.	UNITED KINGDOM	English-100		PG	
2023-02-12	1940	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 2	Enthused by a visit to an artisan ice-cream maker in Avignon, Michel creates a simple but spectacular strawberry ice-cream Bombe Alaska. Then Michel invites his in-laws over for a feast of calf's tongue with sauce gribiche.	UNITED KINGDOM	English-100		PG	Y
2023-02-12	2040	<b>Rick Stein's Long Weekends</b>	Bordeaux	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters.	UNITED KINGDOM	English-100	RPT	G	Y
2023-02-12	2145	<b>Anthony Bourdain: Parts Unknown</b>	Cuba	When Tony visits, for the first time in more than half a century, Cuba is on the verge of opening up to U.S. citizens. For Tony, this is the ideal time to take the pulse of the island.	USA	English-100		PG	Y
2023-02-12	2235	<b>Restaurants On The Edge</b>	Okanagan	Father and daughter business partners Campbell and Ann learn that the key to saving their lakefront pub is embracing what the Okanagan Valley in British Columbia has to offer their guests.	CANADA	English-100		G	
2023-02-12	2330	<b>Simply Giada</b>	Crave-Worthy Comfort	Eating well doesn't mean depriving yourself of the comfort foods you crave. Giada De Laurentiis makes a romantic dinner that's light in fat and calories: bison bolognese, and chicken milanese	USA	English-100		PG	
2023-02-12	2400	<b>Mary Makes It Easy</b>	Herb Your Enthusiasm	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza, rosemary olive oil cake, and herbal fish and chips.	CANADA	English-100		PG	
2023-02-12	2430	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 2	Enthused by a visit to an artisan ice-cream maker in Avignon, Michel creates a simple but spectacular strawberry ice-cream Bombe Alaska. Then Michel invites his in-laws over for a feast of calf's tongue with sauce gribiche.	UNITED KINGDOM	English-100		PG	Y

2023-02-12	2530	<b>Wok The World</b>	Wok The World Series 1 Ep 3	The third and final episode opens with a unique task that Eric undergoes at the crack of dawn in picturesque Xu Yi county, Qingtian. First he meets Ms Zhou who runs a hugely successful crayfish farm.	CHINA	English-100		PG		Y
2023-02-12	2630	<b>Rick Stein's Cabin Fever</b>	Rick Stein's Cabin Fever	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of "Rick Stein's French Odyssey" including his favourite dishes along the route and behind-the-scenes DV footage.	UNITED KINGDOM	English-100		PG		
2023-02-12	2740	<b>Restaurants On The Edge</b>	Okanagan	Father and daughter business partners Campbell and Ann learn that the key to saving their lakefront pub is embracing what the Okanagan Valley in British Columbia has to offer their guests.	CANADA	English-100		G		
2023-02-12	2835	<b>Simply Giada</b>	Crave-Worthy Comfort	Enthused by a visit to an artisan ice-cream maker in Avignon, Michel creates a simple but spectacular strawberry ice-cream Bombe Alaska. Then Michel invites his in-laws over for a feast of calf's tongue with sauce gribiche.	USA	English-100		PG		
2023-02-13	0500	<b>The Cook Up with Adam Liaw</b>	Lamb Ribs	MasterChef alumni Amina Elshafei and home cook Clarissa Feidel share their lamb ribs secrets. Host Adam Liaw also reveals his childhood favourite recipe.	AUSTRALIA	English-100	RPT	G		Y
2023-02-13	0530	<b>The Cook Up with Adam Liaw</b>	Naughty But Nice	Nel owner and head chef Nelly Robinson and Bondi Harvest's Taylor Cullen create their favourite naughty but nice recipes with host Adam Liaw in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-02-13	0600	<b>The Cook Up with Adam Liaw</b>	Honey	Uccello's Nigel Ward and pastry queen Anna Polyviou create some Italian and Greek favourites that showcase honey in The Cook Up kitchen with Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y
2023-02-13	0630	<b>The Cook Up with Adam Liaw</b>	Four Ingredient Pasta	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join Adam Liaw in The Cook Up kitchen as they create their favourite pasta using just four ingredients.	AUSTRALIA	English-100	RPT	PG		Y
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2023-02-13	1140	<b>Simply Giada</b>	Crave-Worthy Comfort	Eating well doesn't mean depriving yourself of the comfort foods you crave. Giada De Laurentiis makes a romantic dinner that's light in fat and calories: bison bolognese, and chicken milanese	USA	English-100		PG		
2023-02-13	1205	<b>Mary Makes It Easy</b>	Herb Your Enthusiasm	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza, rosemary olive oil cake, and herbal fish and chips.	CANADA	English-100		PG		

2023-02-13	1235	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 2	Enthused by a visit to an artisan ice-cream maker in Avignon, Michel creates a simple but spectacular strawberry ice-cream Bombe Alaska. Then Michel invites his in-laws over for a feast of calf's tongue with sauce gribiche.	UNITED KINGDOM	English-100		PG		Y
2023-02-13	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 15	The scenery in Umbria is breathtakingly simple, tranquil, and somewhat mystic. Lidia explores this beauty, along with an age old tradition of making ceramics, together with two passionate artisans.	USA	English-100		G		
2023-02-13	1400	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza frita, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-02-13	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 51	Matt shares a beautiful ginger and turmeric snapper curry recipe, while Courtney spices things up with her Vietnamese coffee popsicles.	AUSTRALIA	English-100		G		
2023-02-13	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-13	1530	<b>David Rocco's Dolce South East Asia</b>	Simple Life, The	In the busy city of Bangkok, David meets a few locals who through food and architecture are champions and activists for a simpler and perhaps a better way of living.	CANADA	English-100		PG		
2023-02-13	1600	<b>David Rocco's Dolce South East Asia</b>	Women Of Bangkok	David heads to Bangkok, the capital and cultural hub of Thailand, where he meets three generations of women who are contributing to its success, including a young climate change activist.	CANADA	English-100		PG		
2023-02-13	1630	<b>Pati's Mexican Table</b>	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She prepares beef chimis, rice lentils with crispy onions, and a tasty dessert.	USA	English-100		G		Y
2023-02-13	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 1	Host Ben O'Donoghue kicks things off with his wasabi prawns and tropical salad, cooked in the Prahran Market. He then bakes some moreish pumpkin scones and a tantalising oyster and finger lime dish.	AUSTRALIA	English-100				
2023-02-13	1730	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 1 Ep 1	Hayden cooks up breakfast for the lifeguards after a surf, then heads off to the markets with his mate Daiki. They pick up some local Northern Beaches honey before cooking on the Manly Harbour.	AUSTRALIA	English-100				
2023-02-13	1800	<b>The Cook And The Chef</b>	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		
2023-02-13	1830	<b>Food Safari</b>	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-13	1900	<b>The Cook Up with Adam Liaw</b>	Soup	Cookbook author and chef Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join Adam Liaw in The Cook Up kitchen to recreate their favourite soups.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-13	1930	<b>Rick Stein's Food Heroes</b>	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		

2023-02-13	2000	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 2	Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best No-Bake Cheesecake Tart, Choc Nut Meringues and makes a Lemon Delicious tart.	AUSTRALIA	English-100		G		
2023-02-13	2030	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Joe Lycett	Jamie and Jimmy welcome one of Britain's favourite comedians to Southend Pier. Joe Lycett joins the boys for a night of fun, feasts and the cooking lesson of his dreams.	UNITED KINGDOM	English-100		PG		
2023-02-13	2130	<b>Come Dine With Me UK Couples</b>	East Anglia A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
2023-02-13	2230	<b>Royal Recipes</b>	Royal Haunts	On Royal Recipes Presenter Michael Buerk is joined by Chef Anna Haugh in the historic kitchens of one of the UK's finest stately homes.	UNITED KINGDOM	English-100		G		
2023-02-13	2325	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-13	2330	<b>Bbq Brawl</b>	Bbq Brunch Battle	The teams must prove that BBQ can be eaten anytime -- not just for lunch or dinner. Team captains Bobby Flay, Michael Symon and Eddie Jackson show just how versatile BBQ can be.	USA	English-100		PG		
2023-02-13	2425	<b>Poh &amp; Co. Bitesize</b>	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	
2023-02-13	2430	<b>The Cook Up with Adam Liaw</b>	Soup	Cookbook author and chef Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join Adam Liaw in The Cook Up kitchen to recreate their favourite soups.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-13	2500	<b>Rick Stein's Food Heroes</b>	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		
2023-02-13	2530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Joe Lycett	Jamie and Jimmy welcome one of Britain's favourite comedians to Southend Pier. Joe Lycett joins the boys for a night of fun, feasts and the cooking lesson of his dreams.	UNITED KINGDOM	English-100		PG		
2023-02-13	2625	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 10	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-02-13	2630	<b>Come Dine With Me UK Couples</b>	East Anglia A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
2023-02-13	2725	<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	
2023-02-13	2730	<b>Royal Recipes</b>	Royal Haunts	On Royal Recipes Presenter Michael Buerk is joined by Chef Anna Haugh in the historic kitchens of one of the UK's finest stately homes.	UNITED KINGDOM	English-100		G		
2023-02-13	2825	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	

2023-02-13	2830	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 15	The scenery in Umbria is breathtakingly simple, tranquil, and somewhat mystic. Lidia explores this beauty, along with an age old tradition of making ceramics, together with two passionate artisans.	USA	English-100		G		
2023-02-14	0500	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza frita, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-02-14	0530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 51	Matt shares a beautiful ginger and turmeric snapper curry recipe, while Courtney spices things up with her Vietnamese coffee popsicles.	AUSTRALIA	English-100		G		
2023-02-14	0600	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-14	0630	<b>David Rocco's Dolce South East Asia</b>	Simple Life, The	In the busy city of Bangkok, David meets a few locals who through food and architecture are champions and activists for a simpler and perhaps a better way of living.	CANADA	English-100		PG		
2023-02-14	0700	<b>David Rocco's Dolce South East Asia</b>	Women Of Bangkok	David heads to Bangkok, the capital and cultural hub of Thailand, where he meets three generations of women who are contributing to its success, including a young climate change activist.	CANADA	English-100		PG		
2023-02-14	0730	<b>Pati's Mexican Table</b>	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She prepares beef chimis, rice lentils with crispy onions, and a tasty dessert.	USA	English-100		G		Y
2023-02-14	0800	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 1	Host Ben O'Donoghue kicks things off with his wasabi prawns and tropical salad, cooked in the Prahran Market. He then bakes some moreish pumpkin scones and a tantalising oyster and finger lime dish.	AUSTRALIA	English-100				
2023-02-14	0830	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 1 Ep 1	Hayden cooks up breakfast for the lifeguards after a surf, then heads off to the markets with his mate Daiki. They pick up some local Northern Beaches honey before cooking on the Manly Harbour.	AUSTRALIA	English-100				
2023-02-14	0900	<b>The Cook And The Chef</b>	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		
2023-02-14	0930	<b>Food Safari</b>	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-14	1000	<b>The Cook Up with Adam Liaw</b>	Soup	Cookbook author and chef Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join Adam Liaw in The Cook Up kitchen to recreate their favourite soups.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-14	1030	<b>Rick Stein's Food Heroes</b>	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		
2023-02-14	1100	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 2	Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best No-Bake Cheesecake Tart, Choc Nut Meringues and makes a Lemon Delicious tart.	AUSTRALIA	English-100		G		
2023-02-14	1130	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Joe Lycett	Jamie and Jimmy welcome one of Britain's favourite comedians to Southend Pier. Joe Lycett joins the boys for a night of fun, feasts and the cooking lesson of his dreams.	UNITED KINGDOM	English-100		PG		

2023-02-14	1225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 10	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
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2023-02-14	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 16	Lidia and Tanya visit the scenic Alpine town of Merano - a multicultural Italo-Germanic town where the food and culture beautifully demonstrates the border cuisine and culture of the area.	USA	English-100		G		
2023-02-14	1400	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-02-14	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 52	One of the most requested dishes at Matt's restaurant is roti bread, and he's decided to share his secret recipe.	AUSTRALIA	English-100		G		
2023-02-14	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth, and North African spices in Rozelle.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-14	1530	<b>David Rocco's Dolce South East Asia</b>	Art In The Gallery	In Thailand, art and food offers a sense of hope and plays an important role in revitalising towns and villages, inspiring a new connection with the locals, who may have left for the city in the past.	CANADA	English-100		G		
2023-02-14	1600	<b>David Rocco's Dolce Africa</b>	Nairobi, Green City In The Sun	To find out what it means to be Kenyan, David travels to Nairobi and meets an eclectic variety of local artists and entrepreneurs who open his eyes to the joys and challenges of city life.	CANADA	English-100		PG		
2023-02-14	1630	<b>Pati's Mexican Table</b>	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her experiences in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, and apple chilitipin salsa.	USA	English-100		PG		Y
2023-02-14	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 2	Ben is joined by Kathy Tsaples, who shares her story while plating up a scrumptious flourless raspberry cake. Ben then creates tamarind lamb chops and an exquisite smoked rainbow trout dip.	AUSTRALIA	English-100				
2023-02-14	1730	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 1 Ep 2	Hayden heads north to visit a free-range chicken farmer and cooks up a favourite chicken dish. Then we meet some friends and Hayden shows us his take on the beer-can chicken.	AUSTRALIA	English-100				
2023-02-14	1800	<b>The Cook And The Chef</b>	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G		
2023-02-14	1830	<b>Food Safari</b>	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-14	1900	<b>The Cook Up with Adam Liaw</b>	Winter Favourite	Ethiopian chef Tinsae Elsdon and head chef at The Old Fitz, Anna Ugarte-Carral, come by to show host Adam Liaw their ultimate winter favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	

2023-02-14	1930	<b>Rick Stein's Food Heroes</b>	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	
2023-02-14	2000	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100		G	Y
2023-02-14	2030	<b>Cheese: A Love Story</b>	Switzerland	Afrim Pristine, the world's youngest Maitre Fromager (cheese master), begins his cheese expedition in the Alpine country of Switzerland, home of iconic classics like Gruyere and holey Swiss Emmental.	CANADA	English-100		PG	Y
2023-02-14	2130	<b>Come Dine With Me UK Couples</b>	Newcastle A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G	
2023-02-14	2230	<b>Royal Recipes</b>	Diplomatic Relations	On Royal Recipes Presenter Michael Buerk is joined by chef Paul Ainsworth in the kitchen wing of one of Britain's grandest stately homes.	UNITED KINGDOM	English-100		G	
2023-02-14	2325	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-02-14	2330	<b>Bbq Brawl</b>	Seafood Showdown	The teams go fishing and attempt to prove they can handle delicate seafood just as well as meat. Team captains Bobby Flay, Michael Symon and Eddie Jackson feel the pressure to perform.	USA	English-100		PG	
2023-02-14	2425	<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
2023-02-14	2430	<b>The Cook Up with Adam Liaw</b>	Winter Favourite	Ethiopian chef Tinsae Elsdon and head chef at The Old Fitz, Anna Ugarte-Carral, come by to show host Adam Liaw their ultimate winter favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-02-14	2500	<b>Rick Stein's Food Heroes</b>	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	
2023-02-14	2530	<b>Cheese: A Love Story</b>	Switzerland	Afrim Pristine, the world's youngest Maitre Fromager (cheese master), begins his cheese expedition in the Alpine country of Switzerland, home of iconic classics like Gruyere and holey Swiss Emmental.	CANADA	English-100		PG	Y
2023-02-14	2630	<b>Come Dine With Me UK Couples</b>	Newcastle A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G	
2023-02-14	2725	<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
2023-02-14	2730	<b>Royal Recipes</b>	Diplomatic Relations	On Royal Recipes Presenter Michael Buerk is joined by chef Paul Ainsworth in the kitchen wing of one of Britain's grandest stately homes.	UNITED KINGDOM	English-100		G	
2023-02-14	2825	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y



2023-02-14	2830	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 16	Lidia and Tanya visit the scenic Alpine town of Merano - a multicultural Italo-Germanic town where the food and culture beautifully demonstrates the border cuisine and culture of the area.	USA	English-100		G		
2023-02-15	0500	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-02-15	0530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 52	One of the most requested dishes at Matt's restaurant is roti bread, and he's decided to share his secret recipe.	AUSTRALIA	English-100		G		
2023-02-15	0600	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth, and North African spices in Rozelle.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-15	0630	<b>David Rocco's Dolce South East Asia</b>	Art In The Gallery	In Thailand, art and food offers a sense of hope and plays an important role in revitalising towns and villages, inspiring a new connection with the locals, who may have left for the city in the past.	CANADA	English-100		G		
2023-02-15	0700	<b>David Rocco's Dolce Africa</b>	Nairobi, Green City In The Sun	To find out what it means to be Kenyan, David travels to Nairobi and meets an eclectic variety of local artists and entrepreneurs who open his eyes to the joys and challenges of city life.	CANADA	English-100		PG		
2023-02-15	0730	<b>Pati's Mexican Table</b>	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her experiences in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, and apple chilitipin salsa.	USA	English-100		PG		Y
2023-02-15	0800	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 2	Ben is joined by Kathy Tsaples, who shares her story while plating up a scrumptious flourless raspberry cake. Ben then creates tamarind lamb chops and an exquisite smoked rainbow trout dip.	AUSTRALIA	English-100				
2023-02-15	0830	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 1 Ep 2	Hayden heads north to visit a free-range chicken farmer and cooks up a favourite chicken dish. Then we meet some friends and Hayden shows us his take on the beer-can chicken.	AUSTRALIA	English-100				
2023-02-15	0900	<b>The Cook And The Chef</b>	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G		
2023-02-15	0930	<b>Food Safari</b>	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-15	1000	<b>The Cook Up with Adam Liaw</b>	Winter Favourite	Ethiopian chef Tinsae Elsdon and head chef at The Old Fitz, Anna Ugarte-Carral, come by to show host Adam Liaw their ultimate winter favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-15	1030	<b>Rick Stein's Food Heroes</b>	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		
2023-02-15	1100	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100		G	Y	
2023-02-15	1130	<b>Cheese: A Love Story</b>	Switzerland	Afrim Pristine, the world's youngest Maitre Fromager (cheese master), begins his cheese expedition in the Alpine country of Switzerland, home of iconic classics like Gruyere and holey Swiss Emmental.	CANADA	English-100		PG		Y

2023-02-15	1230	<b>Come Dine With Me UK Couples</b>	Newcastle A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
2023-02-15	1325	<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
2023-02-15	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 17	Lidia and Tanya explore Bologna's renowned food emporium - Tamburini - a cornucopia of great artisanal regional products.	USA	English-100		G		
2023-02-15	1400	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10		G		Y Y
2023-02-15	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 53	Back on the road, Matt and Michael dish up a barbeque feast, including a succulent rotisserie pork and an apple fennel salad, while Courtney bakes zucchini bread.	AUSTRALIA	English-100		G		
2023-02-15	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza.	AUSTRALIA	English-100	RPT	G		Y
2023-02-15	1530	<b>David Rocco's Dolce Africa</b>	Maasai People, The	The Rocco family journeys into the Maasai Mara to spend a day with the nomadic Maasai tribe. David learns what it's like to be a traditional Maasai warrior, from their rituals to their feasts.	CANADA	English-100		PG		
2023-02-15	1600	<b>David Rocco's Dolce Africa</b>	Streets Of Joburg	David spends the day exploring Johannesburg, a city whose street art scene has caused it to become the cutting edge of modern art in Africa. He joins with local graffiti artists to learn its history.	CANADA	English-100		PG		
2023-02-15	1630	<b>Pati's Mexican Table</b>	Super Sonoran	Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100		G		Y
2023-02-15	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 3	Ben whips up some delicious corn and ricotta hotcakes, then takes us to India with his vegetarian dosa, and finally assembles a spruced-up rubeen sandwich.	AUSTRALIA	English-100				
2023-02-15	1730	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 1 Ep 3	Hayden goes pearl farming on the NSW Central Coast, followed by a tour of some local produce. Then he bakes a pecan pie with fresh pecans on a local farm!	AUSTRALIA	English-100				
2023-02-15	1800	<b>The Cook And The Chef</b>	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G		
2023-02-15	1830	<b>Food Safari</b>	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G		Y
2023-02-15	1900	<b>The Cook Up with Adam Liaw</b>	Curry	Music icon Jimmy Barnes and his wife Jane join Adam Liaw in The Cook Up kitchen to create their ultimate winter curries.	AUSTRALIA	English-100	RPT	G		Y
2023-02-15	1930	<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		
2023-02-15	2000	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 1	Justine tastes some delicious local wines, then ventures into traditional French cooking with vino cotto French shallot tarte tatin, followed by braised zucchini with lemon and garlic.	AUSTRALIA	English-100				

2023-02-15	2030	<b>Gino's Italian Coastal Escape</b>	Conero Riviera	Gino visits an ancient vineyard where he makes a sweet treat to go with their famous red wine. After visiting the town of Castelfidardo, he cooks the classic Italian version of Macaroni cheese.	UNITED KINGDOM	English-100		G	
2023-02-15	2100	<b>Jamie's Great Italian Escape</b>	Monastery	Jamie Oliver spends time at Farfa monastery in Lazio, living and working with the monks, who were the first people to collect recipes in the area.	UNITED KINGDOM	English-100		PG	Y
2023-02-15	2130	<b>Come Dine With Me UK Couples</b>	Glasgow B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G	
2023-02-15	2230	<b>Royal Recipes</b>	Country Pursuits	On Royal Recipes presenter Michael Buerk is joined by chef Anna Haugh at one of the country's finest stately homes.	UNITED KINGDOM	English-100		G	
2023-02-15	2325	<b>Destination Flavour Down Under Bitesize</b>	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
2023-02-15	2330	<b>Bbq Brawl</b>	Bbq Around The World	The competitors need to put their own spin on an international BBQ style, and the challenge pushes some out of their comfort zone as team captains Bobby Flay, Michael Symon and Eddie Jackson watch on.	USA	English-100		PG	
2023-02-15	2425	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2023-02-15	2430	<b>The Cook Up with Adam Liaw</b>	Curry	Music icon Jimmy Barnes and his wife Jane join Adam Liaw in The Cook Up kitchen to create their ultimate winter curries.	AUSTRALIA	English-100	RPT	G	Y
2023-02-15	2500	<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	
2023-02-15	2530	<b>Gino's Italian Coastal Escape</b>	Conero Riviera	Gino visits an ancient vineyard where he makes a sweet treat to go with their famous red wine. After visiting the town of Castelfidardo, he cooks the classic Italian version of Macaroni cheese.	UNITED KINGDOM	English-100		G	
2023-02-15	2600	<b>Jamie's Great Italian Escape</b>	Monastery	Jamie Oliver spends time at Farfa monastery in Lazio, living and working with the monks, who were the first people to collect recipes in the area.	UNITED KINGDOM	English-100		PG	Y
2023-02-15	2630	<b>Come Dine With Me UK Couples</b>	Glasgow B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G	
2023-02-15	2725	<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
2023-02-15	2730	<b>Royal Recipes</b>	Country Pursuits	On Royal Recipes presenter Michael Buerk is joined by chef Anna Haugh at one of the country's finest stately homes.	UNITED KINGDOM	English-100		G	
2023-02-15	2825	<b>Destination Flavour Down Under Bitesize</b>	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

2023-02-15	2830	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 17	Lidia and Tanya explore Bologna's renowned food emporium - Tamburini - a cornucopia of great artisanal regional products.	USA	English-100		G		
2023-02-16	0500	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-02-16	0530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 53	Back on the road, Matt and Michael dish up a barbeque feast, including a succulent rotisserie pork and an apple fennel salad, while Courtney bakes zucchini bread.	AUSTRALIA	English-100		G		
2023-02-16	0600	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-16	0630	<b>David Rocco's Dolce Africa</b>	Maasai People, The	The Rocco family journeys into the Maasai Mara to spend a day with the nomadic Maasai tribe. David learns what it's like to be a traditional Maasai warrior, from their rituals to their feasts.	CANADA	English-100		PG		
2023-02-16	0700	<b>David Rocco's Dolce Africa</b>	Streets Of Joburg	David spends the day exploring Johannesburg, a city whose street art scene has caused it to become the cutting edge of modern art in Africa. He joins with local graffiti artists to learn its history.	CANADA	English-100		PG		
2023-02-16	0730	<b>Pati's Mexican Table</b>	Super Sonoran	Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100		G		Y
2023-02-16	0800	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 3	Ben whips up some delicious corn and ricotta hotcakes, then takes us to India with his vegetarian dosa, and finally assembles a spruced-up rubeen sandwich.	AUSTRALIA	English-100				
2023-02-16	0830	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 1 Ep 3	Hayden goes pearl farming on the NSW Central Coast, followed by a tour of some local produce. Then he bakes a pecan pie with fresh pecans on a local farm!	AUSTRALIA	English-100				
2023-02-16	0900	<b>The Cook And The Chef</b>	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G		
2023-02-16	0930	<b>Food Safari</b>	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-16	1000	<b>The Cook Up with Adam Liaw</b>	Curry	Music icon Jimmy Barnes and his wife Jane join Adam Liaw in The Cook Up kitchen to create their ultimate winter curries.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-16	1030	<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		
2023-02-16	1100	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 1	Justine tastes some delicious local wines, then ventures into traditional French cooking with vino cotto French shallot tarte tatin, followed by braised zucchini with lemon and garlic.	AUSTRALIA	English-100				
2023-02-16	1130	<b>Gino's Italian Coastal Escape</b>	Conero Riviera	Gino visits an ancient vineyard where he makes a sweet treat to go with their famous red wine. After visiting the town of Castelfidardo, he cooks the classic Italian version of Macaroni cheese.	UNITED KINGDOM	English-100		G		

2023-02-16	1200	<b>Jamie's Great Italian Escape</b>	Monastery	Jamie Oliver spends time at Farfa monastery in Lazio, living and working with the monks, who were the first people to collect recipes in the area.	UNITED KINGDOM	English-100		PG		Y
2023-02-16	1230	<b>Come Dine With Me UK Couples</b>	Glasgow B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
2023-02-16	1325	<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	
2023-02-16	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 18	Chef Fortunato Nicotra of Felidia joins Lidia and together they make a heart warming beef, potato and cabbage casserole.	USA	English-100		G		
2023-02-16	1400	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-02-16	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 54	Matt kicks things off by making his buckwheat pancakes - his slightly healthier version of a breakfast favourite, while Courtney makes a delicious eggplant masala.	AUSTRALIA	English-100		G		
2023-02-16	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-16	1530	<b>David Rocco's Dolce Africa</b>	Hallelujah Soweto	Through the locals and their delicious BBQ, David discovers that there's more to Soweto than meets the eye. He also finds a powerful art and dance culture that's full of passion and energy.	CANADA	English-100		G		
2023-02-16	1600	<b>David Rocco's Dolce Africa</b>	Wedding Crashers	With only twelve hours' notice to attend a wedding in Tanzania's capital city, it's a good thing David is in Dar es Salaam, a major hub of fashion, textiles and trade on Africa's east coast.	CANADA	English-100		PG		
2023-02-16	1630	<b>Pati's Mexican Table</b>	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100		G		Y
2023-02-16	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 4	Ben heads to Gary's Meat for some kangaroo fillets to turn into his iconic dish, black pepper kangaroo. He then brings together a beautiful brinjal, and creates the French classic, a croque-madame.	AUSTRALIA	English-100				
2023-02-16	1730	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 1 Ep 4	Hayden starts at a bakery in Hobart before heading north to learn about and help out on one of Australia's best sheep farms.	AUSTRALIA	English-100				
2023-02-16	1800	<b>The Cook And The Chef</b>	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G		
2023-02-16	1830	<b>Food Safari</b>	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G	Y	

2023-02-16	1900	<b>The Cook Up with Adam Liaw</b>	Pie (Savoury)	Host Adam Liaw is joined by recipe developer Breda Fenn and maitre d' of Momofuku Seibo fame, Kylie Javier Ashton, who come by The Cook Up kitchen to whip up their favourite pie recipes.	AUSTRALIA	English-100	RPT	G	Y
2023-02-16	1930	<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	
2023-02-16	2000	<b>Curtis Stone's Travel, Cook, Repeat</b>	Margaret River, Australia	Chef Curtis Stone visits a cattle ranch in Margaret River, Australia and catches marron with Chef Tony Howell before being challenged by his son to a motorbike race.	USA	English-100		PG	
2023-02-16	2030	<b>Nadiya's Time To Eat</b>	Nadiya's Summer Feasts, Special	Nadiya fires up the BBQ and cooks a delicious leg of lamb with sticky rhubarb glaze, alongside zingy kiwi and feta salad, fresh and fragrant edamame wild rice, and a spectacular glazed bread.	UNITED KINGDOM	English-100		PG	
2023-02-16	2100	<b>Gok Wan's Easy Asian</b>	Weekend Classics	In this episode Gok Wan shares his treasured recipes, perfect for feeding family and friends. The absolute Sunday classic, roast chicken with all the trimmings, but Gok style.	UNITED KINGDOM	English-100		G	
2023-02-16	2130	<b>Come Dine With Me UK Couples</b>	Cardiff A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G	
2023-02-16	2230	<b>Royal Recipes</b>	Commonwealth	Presenter Michael Buerk is joined by chef Paul Ainsworth on Royal Recipes to showcase food inspired by the Commonwealth.	UNITED KINGDOM	English-100		G	
2023-02-16	2325	<b>Destination Flavour Down Under Bitesize</b>	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
2023-02-16	2330	<b>Bbq Brawl</b>	Future Cue	The competitors are challenged to stretch their imaginations and make the BBQ of the future. They explore the possibilities under the watchful eyes of team captains Flay, Michael and Eddie.	USA	English-100		PG	
2023-02-16	2425	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2023-02-16	2430	<b>The Cook Up with Adam Liaw</b>	Pie (Savoury)	Host Adam Liaw is joined by recipe developer Breda Fenn and maitre d' of Momofuku Seibo fame, Kylie Javier Ashton, who come by The Cook Up kitchen to whip up their favourite pie recipes.	AUSTRALIA	English-100	RPT	G	Y
2023-02-16	2500	<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	
2023-02-16	2530	<b>Nadiya's Time To Eat</b>	Nadiya's Summer Feasts, Special	Nadiya fires up the BBQ and cooks a delicious leg of lamb with sticky rhubarb glaze, alongside zingy kiwi and feta salad, fresh and fragrant edamame wild rice, and a spectacular glazed bread.	UNITED KINGDOM	English-100		PG	
2023-02-16	2600	<b>Gok Wan's Easy Asian</b>	Weekend Classics	In this episode Gok Wan shares his treasured recipes, perfect for feeding family and friends. The absolute Sunday classic, roast chicken with all the trimmings, but Gok style.	UNITED KINGDOM	English-100		G	

2023-02-16	2630	<b>Come Dine With Me UK Couples</b>	Cardiff A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
2023-02-16	2725	<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	
2023-02-16	2730	<b>Royal Recipes</b>	Commonwealth	Presenter Michael Buerk is joined by chef Paul Ainsworth on Royal Recipes to showcase food inspired by the Commonwealth.	UNITED KINGDOM	English-100		G		
2023-02-16	2825	<b>Destination Flavour Down Under Bitesize</b>	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	
2023-02-16	2830	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 18	Chef Fortunato Nicotra of Felidia joins Lidia and together they make a heart warming beef, potato and cabbage casserole.	USA	English-100		G		
2023-02-17	0500	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-02-17	0530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 54	Matt kicks things off by making his buckwheat pancakes - his slightly healthier version of a breakfast favourite, while Courtney makes a delicious eggplant masala.	AUSTRALIA	English-100		G		
2023-02-17	0600	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-17	0630	<b>David Rocco's Dolce Africa</b>	Hallelujah Soweto	Through the locals and their delicious BBQ, David discovers that there's more to Soweto than meets the eye. He also finds a powerful art and dance culture that's full of passion and energy.	CANADA	English-100		G		
2023-02-17	0700	<b>David Rocco's Dolce Africa</b>	Wedding Crashers	With only twelve hours' notice to attend a wedding in Tanzania's capital city, it's a good thing David is in Dar es Salaam, a major hub of fashion, textiles and trade on Africa's east coast.	CANADA	English-100		PG		
2023-02-17	0730	<b>Pati's Mexican Table</b>	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100		G	Y	
2023-02-17	0800	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 4	Ben heads to Gary's Meat for some kangaroo fillets to turn into his iconic dish, black pepper kangaroo. He then brings together a beautiful brinjal, and creates the French classic, a croque-madame.	AUSTRALIA	English-100				
2023-02-17	0830	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 1 Ep 4	Hayden starts at a bakery in Hobart before heading north to learn about and help out on one of Australia's best sheep farms.	AUSTRALIA	English-100				
2023-02-17	0900	<b>The Cook And The Chef</b>	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G		
2023-02-17	0930	<b>Food Safari</b>	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G	Y	

2023-02-17	1000	<b>The Cook Up with Adam Liaw</b>	Pie (Savoury)	Host Adam Liaw is joined by recipe developer Breda Fenn and maitre d' of Momofuku Seibo fame, Kylie Javier Ashton, who come by The Cook Up kitchen to whip up their favourite pie recipes.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-17	1030	<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		
2023-02-17	1100	<b>Curtis Stone's Travel, Cook, Repeat</b>	Margaret River, Australia	Chef Curtis Stone visits a cattle ranch in Margaret River, Australia and catches marron with Chef Tony Howell before being challenged by his son to a motorbike race.	USA	English-100		PG		
2023-02-17	1130	<b>Nadiya's Time To Eat</b>	Nadiya's Summer Feasts, Special	Nadiya fires up the BBQ and cooks a delicious leg of lamb with sticky rhubarb glaze, alongside zingy kiwi and feta salad, fresh and fragrant edamame wild rice, and a spectacular glazed bread.	UNITED KINGDOM	English-100		PG		
2023-02-17	1200	<b>Gok Wan's Easy Asian</b>	Weekend Classics	In this episode Gok Wan shares his treasured recipes, perfect for feeding family and friends. The absolute Sunday classic, roast chicken with all the trimmings, but Gok style.	UNITED KINGDOM	English-100		G		
2023-02-17	1230	<b>Come Dine With Me UK Couples</b>	Cardiff A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
2023-02-17	1325	<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	
2023-02-17	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 19	Lidia's family are in Trentino Alto Adige - a place known for its artisanal beer making, and it's here that Joe and Tanya visit the Birreria Pedavana - an old brewery.	USA	English-100		G		
2023-02-17	1400	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10		G	Y	Y
2023-02-17	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 55	Matt and Courtney prepare an exotic poached barramundi dish that is easily cooked in less than 15 minutes, while Michael shares his recipe for a family favourite - cottage pie.	AUSTRALIA	English-100		G		
2023-02-17	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-17	1530	<b>David Rocco's Dolce Africa</b>	Return Of Ethiopia, The	David speaks with several Ethiopian-born people who have spent the majority of their lives abroad and have recently moved back to the capital city, Addis Ababa.	CANADA	English-100		PG		
2023-02-17	1600	<b>David Rocco's Dolce Africa</b>	Ciao Ethiopia	David meets up with his friend Fabricio, a proud Italian who spent his childhood in Addis Ababa, and together they explore some of the city's espresso cafes and fine Italian eateries.	CANADA	English-100		PG	Y	
2023-02-17	1630	<b>Pati's Mexican Table</b>	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas.	USA	English-100		G	Y	



2023-02-17	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 5	Ben serves Kinsan, the Japanese Food Master from Wasshoi, a delicious spicecrusted salmon. Then, Ben makes baking at home look easy with his stoneground rustic white loaf.	AUSTRALIA	English-100			
2023-02-17	1730	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 1 Ep 5	Hayden travels to Bruny Island, off the coast of Tasmania, to enjoy the surf before being introduced to beach foraging. He makes some amazing new friends and cooks for them with local produce.	AUSTRALIA	English-100			
2023-02-17	1800	<b>The Cook And The Chef</b>	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G	
2023-02-17	1830	<b>Food Safari</b>	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G	Y
2023-02-17	1900	<b>The Cook Up with Adam Liaw</b>	Toasties	Adam Liaw, Delicious magazine's Phoebe Wood and political satirist Mark Humphries are in The Cook Up kitchen making their very best toasties. A must-see for some new ideas on making an old favourite.	AUSTRALIA	English-100	RPT	PG	Y
2023-02-17	1930	<b>Rick Stein's Food Heroes</b>	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG	
2023-02-17	2000	<b>Dishing It Up</b>	Moreish	We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? The everyday home cooks put four moreish dishes to the test.	AUSTRALIA	English-100	RPT	PG	Y
2023-02-17	2030	<b>Heston's Feasts</b>	Titanic Feast	Heston lays on an adventurous Edwardian feast worthy of being served on the ship, Titanic. The menu features an Antarctic roll served on edible snow.	UNITED KINGDOM	English-100	RPT	G	Y
2023-02-17	2130	<b>Come Dine With Me UK Couples</b>	Somerset B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G	
2023-02-17	2230	<b>Royal Recipes</b>	Day At The Races	On Royal Recipes, presenter Michael Buerk is joined by top London chef Anna Haugh at one of Britain's grandest stately home to celebrate food served up to the Royal family.	UNITED KINGDOM	English-100		G	
2023-02-17	2325	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-02-17	2330	<b>Bbq Brawl</b>	Master Of Cue	To decide who deserves the grand prize and supreme BBQ bragging rights, Bobby, Michael and Eddie watch on as the judges lay down the ultimate BBQ gauntlet: a super-sized, all-day competition.	USA	English-100		PG	
2023-02-17	2425	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2023-02-17	2430	<b>The Cook Up with Adam Liaw</b>	Toasties	Adam Liaw, Delicious magazine's Phoebe Wood and political satirist Mark Humphries are in The Cook Up kitchen making their very best toasties. A must-see for some new ideas on making an old favourite.	AUSTRALIA	English-100	RPT	PG	Y

2023-02-17	2500	<b>Rick Stein's Food Heroes</b>	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG			
2023-02-17	2530	<b>Heston's Feasts</b>	Titanic Feast	Heston lays on an adventurous Edwardian feast worthy of being served on the ship, Titanic. The menu features an Antarctic roll served on edible snow.	UNITED KINGDOM	English-100	RPT	G		Y	
2023-02-17	2630	<b>Come Dine With Me UK Couples</b>	Somerset B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G			
2023-02-17	2725	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2023-02-17	2730	<b>Royal Recipes</b>	Day At The Races	On Royal Recipes, presenter Michael Buerk is joined by top London chef Anna Haugh at one of Britain's grandest stately home to celebrate food served up to the Royal family.	UNITED KINGDOM	English-100		G			
2023-02-17	2825	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
2023-02-17	2830	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 19	Lidia's family are in Trentino Alto Adige - a place known for its artisanal beer making, and it's here that Joe and Tanya visit the Birreria Pedavana - an old brewery.	USA	English-100		G			
2023-02-18	0500	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10		G		Y	Y
2023-02-18	0530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 55	Matt and Courtney prepare an exotic poached barramundi dish that is easily cooked in less than 15 minutes, while Michael shares his recipe for a family favourite - cottage pie.	AUSTRALIA	English-100		G			
2023-02-18	0600	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G		Y	
2023-02-18	0630	<b>David Rocco's Dolce Africa</b>	Return Of Ethiopia, The	David speaks with several Ethiopian-born people who have spent the majority of their lives abroad and have recently moved back to the capital city, Addis Ababa.	CANADA	English-100		PG			
2023-02-18	0700	<b>David Rocco's Dolce Africa</b>	Ciao Ethiopia	David meets up with his friend Fabricio, a proud Italian who spent his childhood in Addis Ababa, and together they explore some of the city's espresso cafes and fine Italian eateries.	CANADA	English-100		PG		Y	
2023-02-18	0730	<b>Pati's Mexican Table</b>	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas.	USA	English-100		G		Y	
2023-02-18	0800	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 5	Ben serves Kinsan, the Japanese Food Master from Washshoi, a delicious spicecrusted salmon. Then, Ben makes baking at home look easy with his stoneground rustic white loaf.	AUSTRALIA	English-100					
2023-02-18	0830	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 1 Ep 5	Hayden travels to Bruny Island, off the coast of Tasmania, to enjoy the surf before being introduced to beach foraging. He makes some amazing new friends and cooks for them with local produce.	AUSTRALIA	English-100					

2023-02-18	0900	<b>The Cook And The Chef</b>	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G			
2023-02-18	0930	<b>Food Safari</b>	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G		Y	
2023-02-18	1000	<b>The Cook Up with Adam Liaw</b>	Toasties	Adam Liaw, Delicious magazine's Phoebe Wood and political satirist Mark Humphries are in The Cook Up kitchen making their very best toasties. A must-see for some new ideas on making an old favourite.	AUSTRALIA	English-100	RPT	PG		Y	
2023-02-18	1030	<b>Rick Stein's Food Heroes</b>	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG			
2023-02-18	1100	<b>Dishing It Up</b>	Moreish	We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? The everyday home cooks put four moreish dishes to the test.	AUSTRALIA	English-100	RPT	PG		Y	
2023-02-18	1130	<b>Heston's Feasts</b>	Titanic Feast	Heston lays on an adventurous Edwardian feast worthy of being served on the ship, Titanic. The menu features an Antarctic roll served on edible snow.	UNITED KINGDOM	English-100	RPT	G		Y	
2023-02-18	1230	<b>Come Dine With Me UK Couples</b>	Somerset B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G			
2023-02-18	1325	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2023-02-18	1330	<b>Royal Recipes</b>	Day At The Races	On Royal Recipes, presenter Michael Buerk is joined by top London chef Anna Haugh at one of Britain's grandest stately home to celebrate food served up to the Royal family.	UNITED KINGDOM	English-100		G			
2023-02-18	1425	<b>Poh &amp; Co. Bitesize</b>	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y	
2023-02-18	1430	<b>Flintoff's Great British Road Trip</b>	Flintoff's Great British Road Trip Series 2 Ep 3	Freddie and Rob continue their epic fish and chip roadtrip on The South Coast. It's a rollercoaster of a ride that doesn't start well for Rob. He takes on, and fails, at a monster breakfast challenge.	UNITED KINGDOM	English-100		PG			
2023-02-18	1525	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	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
2023-02-18	1530	<b>Flintoff's Great British Road Trip</b>	Flintoff's Great British Road Trip Series 2 Ep 4	Freddie and Rob continue their road trip in a new vehicle, and it's a beast. Their West Country adventure sees them, rather inadvisably, challenging a family of champion Cornish wrestlers.	UNITED KINGDOM	English-100		PG			Y
2023-02-18	1625	<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	
2023-02-18	1630	<b>Ainsley's Good Mood Food</b>	Grains And Pulses	Ainsley is celebrating some unsung heroes who are the start of so many wonderful meals...grains and pulses. First up a taste of the Mediterranean with Seared Tuna.	UNITED KINGDOM	English-100		G			
2023-02-18	1725	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 7	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

2023-02-18	1730	<b>Poh &amp; Co. Best Bites</b>	Poh & Co. Best Bites Series 1	Some of your favourite moments from Poh & Co.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-18	1830	<b>Jamie's Food Escapes</b>	Andalucia	Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village.	UNITED KINGDOM	English-100		PG		
2023-02-18	1930	<b>The Zimmern List</b>	Houston	Andrew travels to Houston, TX, one of the most dynamic and underrated food scenes in the United States. He digs into some classic Tex-Mex fare and loads up on the best brisket in town.	USA	English-100		PG		
2023-02-18	2000	<b>The Zimmern List</b>	Oakland	Andrew discovers the true soul of Oakland, CA, as he visits a cozy breakfast joint, samples some of the city's freshest fare at Swan's Market and tastes local Cambodian cuisine.	USA	English-100		PG		
2023-02-18	2030	<b>Hairy Bikers Go North</b>	Lancashire	This week, the bikers are exploring Lancashire, the red rose county. From Pendle in the East, to Blackpool in the west, Lancashire has a regional cuisine to match anywhere in the country.	UNITED KINGDOM	English-100		G		
2023-02-18	2130	<b>Anthony Bourdain: Parts Unknown</b>	Charleston	Tony catches up with chef Sean Brock of Charleston's McCrady's and Husk at the local watering hole, The Griffon, where they talk oysters, whiskey, and waffles.	USA	English-100		PG		
2023-02-18	2225	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 13, 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	
2023-02-18	2230	<b>Restaurants On The Edge</b>	St Croix	After friends Monty and Shea ditched the rat race to follow their dreams of opening a beach bar on the Caribbean island of Saint Croix, a nightmare hurricane ripped through their pub-style restaurant.	CANADA	English-100		PG		
2023-02-18	2325	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-18	2330	<b>Ainsley's Good Mood Food</b>	Grains And Pulses	Ainsley is celebrating some unsung heroes who are the start of so many wonderful meals...grains and pulses. First up a taste of the Mediterranean with Seared Tuna.	UNITED KINGDOM	English-100		G		
2023-02-18	2425	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 7	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
2023-02-18	2430	<b>Poh &amp; Co. Best Bites</b>	Poh & Co. Best Bites Series 1	Some of your favourite moments from Poh & Co.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-18	2530	<b>Jamie's Food Escapes</b>	Andalucia	Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village.	UNITED KINGDOM	English-100		PG		
2023-02-18	2625	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2023-02-18	2630	<b>Hairy Bikers Go North</b>	Lancashire	This week, the bikers are exploring Lancashire, the red rose county. From Pendle in the East, to Blackpool in the west, Lancashire has a regional cuisine to match anywhere in the country.	UNITED KINGDOM	English-100		G		
2023-02-18	2725	<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	
2023-02-18	2730	<b>Flintoff's Great British Road Trip</b>	Flintoff's Great British Road Trip Series 2 Ep 3	Freddie and Rob continue their epic fish and chip roadtrip on The South Coast. It's a rollercoaster of a ride that doesn't start well for Rob. He takes on, and fails, at a monster breakfast challenge.	UNITED KINGDOM	English-100		PG		

2023-02-18	2825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	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
2023-02-18	2830	<b>The Zimmern List</b>	Houston	Andrew travels to Houston, TX, one of the most dynamic and underrated food scenes in the United States. He digs into some classic Tex-Mex fare and loads up on the best brisket in town.	USA	English-100		PG		