



**WEEK 7: Sunday, 19 February - Monday, 25 February 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-02-19	0500	<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		
2023-02-19	0530	<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		
2023-02-19	0625	<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	
2023-02-19	0630	<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		
2023-02-19	0725	<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
2023-02-19	0730	<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	
2023-02-19	0830	<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		
2023-02-19	0925	<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	
2023-02-19	0930	<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		
2023-02-19	1025	<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	
2023-02-19	1030	<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		
2023-02-19	1125	<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	

2023-02-19	1130	<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		
2023-02-19	1225	<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
2023-02-19	1230	<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	
2023-02-19	1330	<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		
2023-02-19	1400	<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	
2023-02-19	1430	<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	
2023-02-19	1500	<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	
2023-02-19	1530	<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	
2023-02-19	1600	<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	
2023-02-19	1630	<b>Wok The World</b>	Wok The World Series 2 Ep 1	Chef Alvin Leung and chef Eric Chong take a first class trip to Guangzhou, where they explore the rich gastronomy of Hong Kong, from Cantonese and British roots to its modern cosmopolitan influences.	CHINA	English-100		PG		Y
2023-02-19	1700	<b>Lightened Up</b>	Filipino Fare	Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you.	USA	English-100		PG		
2023-02-19	1730	<b>Simply Giada</b>	Dinner With Friends	Giada shows how to throw a delicious dinner party while staying true to your wellness goals, starting with roasted trout, brown rice stuffed peppers, and spiced maple syrup.	USA	English-100		PG		
2023-02-19	1800	<b>Mary Makes It Easy</b>	Summer's Bounty	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100		PG		
2023-02-19	1830	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-02-19	1930	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 3	Michel visits an artisanal vermouth distillery in the Provençal countryside before barbecuing king-size scallops with white vermouth sauce. Then he creates oreillettes and crepes suzette for dessert.	UNITED KINGDOM	English-100		PG		Y

2023-02-19	2030	<b>Rick Stein's Long Weekends</b>	Reykjavik		Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-02-19	2135	<b>Anthony Bourdain: Parts Unknown</b>	Marseille		Tony and chef Eric Ripert of Le Bernardin visit Marseille, France's oldest and second largest city, for its centuries-old cultures, cuisines and Corsican cheeses.	USA	English-100		PG		Y
2023-02-19	2230	<b>Restaurants On The Edge</b>	Hong Kong		Tai O Banyan Tree sits in one of Hong Kong's fishing villages and should be a tourist destination, but cluttered with goods from the owners' travels, it's more like a hoarder's home than a restaurant.	CANADA	English-100		G		
2023-02-19	2325	<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
2023-02-19	2330	<b>Wok The World</b>	Wok The World Series 2 Ep 1		Chef Alvin Leung and chef Eric Chong take a first class trip to Guangzhou, where they explore the rich gastronomy of Hong Kong, from Cantonese and British roots to its modern cosmopolitan influences.	CHINA	English-100		PG		Y
2023-02-19	2400	<b>Lightened Up</b>	Filipino Fare		Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you.	USA	English-100		PG		
2023-02-19	2430	<b>Simply Giada</b>	Dinner With Friends		Giada shows how to throw a delicious dinner party while staying true to your wellness goals, starting with roasted trout, brown rice stuffed peppers, and spiced maple syrup.	USA	English-100		PG		
2023-02-19	2500	<b>Mary Makes It Easy</b>	Summer's Bounty		Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100		PG		
2023-02-19	2530	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1		This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-02-19	2630	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 3		Michel visits an artisanal vermouth distillery in the Provencal countryside before barbecuing king-size scallops with white vermouth sauce. Then he creates oreillettes and crepes suzette for dessert.	UNITED KINGDOM	English-100		PG		Y
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2023-02-19	2835	<b>Simply Giada</b>	Dinner With Friends		Giada shows how to throw a delicious dinner party while staying true to your wellness goals, starting with roasted trout, brown rice stuffed peppers, and spiced maple syrup.	USA	English-100		PG		
2023-02-20	0500	<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	
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2023-02-20	0600	<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	

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2023-02-20	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 20	Lidia is in Le Marche, just east of the more well-known region of Umbria. It's a region still somewhat undiscovered by tourists, known for its mountains and great cheeses.	USA	English-100		G		
2023-02-20	1400	<b>Cook Like An Italian With Silvia Colloca</b>	Passata Day	For Italians the tomato is a national treasure. And once every year passionate Italian families all over Australia answer the call of the tomato,	AUSTRALIA	English-100		G	Y	Y
2023-02-20	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 56	Matt heads back to his hometown of Noosa - a place famous for the largest triathlon in the world. He cooks up a healthy little triathlete number - chia pudding.	AUSTRALIA	English-100		G		
2023-02-20	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G	Y	

2023-02-20	1530	<b>David Rocco's Dolce Africa</b>	Stone Town, Zanzibar	Arriving in Zanzibar, a picturesque island known for its white sand beaches and its cultural melting-pot of African and Arabic culture, David is enchanted by the local people and their way of life.	CANADA	English-100		PG	
2023-02-20	1600	<b>David Rocco's Dolce Africa</b>	Pole Pole Zanzibar	David journeys off the beaten path in Zanzibar to the small fishing village of Jambiani, where the motto is 'pole-pole' or 'slowly-slowly,' and the people are warm and inviting.	CANADA	English-100		PG	
2023-02-20	1630	<b>Pati's Mexican Table</b>	Welcome To Guadalajara	Pati explores the culinary highlights of Jalisco's capital city, Guadalajara. She starts at a legendary street cart for a taste of the city's most iconic sandwich, tortas ahogadas.	USA	English-100		G	Y
2023-02-20	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 6	Ben takes a mozzarella masterclass, then whips up a fresh buttermilk and burnt onion iceberg salad.	AUSTRALIA	English-100		PG	
2023-02-20	1730	<b>Taste Of Australia With Hayden Quinn</b>	Albany And Denmark Western Australia	Hayden visits the most southern part of Western Australia, where he catches maron and cooks at the tranquil Greens Pool.	AUSTRALIA	English-100		PG	
2023-02-20	1800	<b>The Cook And The Chef</b>	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G	
2023-02-20	1830	<b>Food Safari</b>	Mexican Safari	Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G	Y
2023-02-20	1900	<b>The Cook Up With Adam Liaw</b>	Tastes Like Home	Joining Adam in the kitchen tonight is "Black Comedy" star, Craig Quartermaine, and chef and cookbook author, Rosheen Kaul, to serve you a delicious dose of nostalgia.	AUSTRALIA	English-100			
2023-02-20	1930	<b>Rick Stein's Food Heroes</b>	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100		G	
2023-02-20	2000	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 3	Get tangled in today's episode with Kirsten's delicious Babka Knots. The Chocolate Queen also gives her best recipes for entertaining with Chocolate Truffle Cups and a Hazelnut Tart.	AUSTRALIA	English-100		G	
2023-02-20	2030	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Susan Sarandon	Jamie and Jimmy are joined by Oscar-winning actress, Susan Sarandon, as she swaps the glamour of Hollywood for the charm of Southend!	UNITED KINGDOM	English-100		G	
2023-02-20	2130	<b>Come Dine With Me UK Couples</b>	Leeds 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	
2023-02-20	2225	<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
2023-02-20	2230	<b>The Cook Up With Adam Liaw</b>	Tastes Like Home	Joining Adam in the kitchen tonight is "Black Comedy" star, Craig Quartermaine, and chef and cookbook author, Rosheen Kaul, to serve you a delicious dose of nostalgia.	AUSTRALIA	English-100			
2023-02-20	2300	<b>Food Safari</b>	Mexican Safari	Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G	Y

2023-02-20	2330	<b>Royal Recipes</b>	Afternoon Tea	Presenter Michael Buerk is joined by chef Paul Ainsworth as Royal Recipes looks at food created for the meal which is said to be the Queen's favourite; afternoon tea.	UNITED KINGDOM	English-100		G		
2023-02-20	2425	<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
2023-02-20	2430	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 20	Lidia is in Le Marche, just east of the more well-known region of Umbria. It's a region still somewhat undiscovered by tourists, known for its mountains and great cheeses.	USA	English-100		G		
2023-02-20	2500	<b>Cook Like An Italian With Silvia Colloca</b>	Passata Day	For Italians the tomato is a national treasure. And once every year passionate Italian families all over Australia answer the call of the tomato,	AUSTRALIA	English-100		G	Y	Y
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2023-02-21	0500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G		Y
2023-02-21	0530	<b>David Rocco's Dolce Africa</b>	Stone Town, Zanzibar	Arriving in Zanzibar, a picturesque island known for its white sand beaches and its cultural melting-pot of African and Arabic culture, David is enchanted by the local people and their way of life.	CANADA	English-100		PG		
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2023-02-21	0700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 6	Ben takes a mozzarella masterclass, then whips up a fresh buttermilk and burnt onion iceberg salad.	AUSTRALIA	English-100		PG		
2023-02-21	0730	<b>Taste Of Australia With Hayden Quinn</b>	Albany And Denmark Western Australia	Hayden visits the most southern part of Western Australia, where he catches maron and cooks at the tranquil Greens Pool.	AUSTRALIA	English-100		PG		
2023-02-21	0800	<b>The Cook And The Chef</b>	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G		
2023-02-21	0830	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Susan Sarandon	Jamie and Jimmy are joined by Oscar-winning actress, Susan Sarandon, as she swaps the glamour of Hollywood for the charm of Southend!	UNITED KINGDOM	English-100		G		
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2023-02-21	1130	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 6	Ben takes a mozzarella masterclass, then whips up a fresh buttermilk and burnt onion iceberg salad.	AUSTRALIA	English-100		PG		
2023-02-21	1200	<b>Taste Of Australia With Hayden Quinn</b>	Albany And Denmark Western Australia	Hayden visits the most southern part of Western Australia, where he catches maron and cooks at the tranquil Greens Pool.	AUSTRALIA	English-100		PG		
2023-02-21	1230	<b>Royal Recipes</b>	Afternoon Tea	Presenter Michael Buerk is joined by chef Paul Ainsworth as Royal Recipes looks at food created for the meal which is said to be the Queen's favourite; afternoon tea.	UNITED KINGDOM	English-100		G		
2023-02-21	1325	<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	
2023-02-21	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 21	Lidia is in the region of Abruzzo, a place where the hearty food of the region has left her with such fond memories. Lidia makes a pasta with arugula and ricotta.	USA	English-100		G		
2023-02-21	1400	<b>Cook Like An Italian With Silvia Colloca</b>	Ferragosto	Ferragosto is a summer feast that Italians have celebrated at the peak of summer for over 2000 years. It's a family food ritual that sits all of Italy down at the table to eat and drink as one.	AUSTRALIA	English-100		G	Y	Y

2023-02-21	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 57	Matt cooks up a Chinese classic - drunken chicken. Michael is location in Murroka Farm in Gippsland, Victoria where he explains the benefits of grass fed beef and cooks up a tangy Thai Beef Salad.	AUSTRALIA	English-100		G		
2023-02-21	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria, Thai food in Kings Cross, and Greek food in SA.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-02-21	1530	<b>David Rocco's Dolce Africa</b>	Flavours Of Durban	Local chef Andrew Draper takes David on a culinary journey through his hometown of Durban, South Africa. From trendy cafes to massive street markets, they get a taste of how the locals eat.	CANADA	English-100		PG		
2023-02-21	1600	<b>David Rocco's Dolce Africa</b>	Walking Durban	Walking tours are all the rage in major metropolitan cities, and Durban is no different. Beset Durban is a free tour group who take David on a private trek through their beloved city.	CANADA	English-100		G		
2023-02-21	1630	<b>Pati's Mexican Table</b>	Food Meets Art	Pati explores some unique spots where food and art truly connect. At Ceramica Suro, she gets a tour of the ceramics factory that supplies dishware and textiles to some of the finest restaurants.	USA	English-100		G		Y
2023-02-21	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 7	Ben puts a spin on a seasonal favourite with his Easter bread scrolls, saves some old kale by turning it into a bowl of kale gnocchi, and shares a homemade mocktail.	AUSTRALIA	English-100		PG		
2023-02-21	1730	<b>Taste Of Australia With Hayden Quinn</b>	Margaret River Western Australia	Hayden goes abalone diving, surfs the breaks at Margaret River, walks the epic cape-to-cape trail, and then creates the ultimate 'surf and turf' cook-up at a local winery.	AUSTRALIA	English-100		PG		
2023-02-21	1800	<b>The Cook And The Chef</b>	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G		
2023-02-21	1830	<b>Food Safari</b>	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-21	1900	<b>The Cook Up With Adam Liaw</b>	Quick Wok Cooking	Adam is joined by food icon Elizabeth Chong and multi-talented comedian Jennifer Wong to make quick work of quick wok cooking.	AUSTRALIA	English-100				
2023-02-21	1930	<b>Rick Stein's Food Heroes</b>	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100		G		
2023-02-21	2000	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100		G	Y	
2023-02-21	2030	<b>Cheese: A Love Story</b>	France	Eating cheese is a national pastime in France. Here, Afrim uncovers the rich histories of cheesemaking across the country from Paris to Normandy.	CANADA	English-100		PG		Y
2023-02-21	2130	<b>Come Dine With Me UK Couples</b>	Plymouth 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		
2023-02-21	2225	<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	



2023-02-21	2230	<b>The Cook Up With Adam Liaw</b>	Quick Wok Cooking	Adam is joined by food icon Elizabeth Chong and multi-talented comedian Jennifer Wong to make quick work of quick wok cooking.	AUSTRALIA	English-100				
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2023-02-21	2330	<b>Royal Recipes</b>	Royal Consorts	On Royal Recipes, presenter Michael Buerk is joined by chef Anna Haugh in the splendour of one of Britain's finest stately homes.	UNITED KINGDOM	English-100		G		
2023-02-21	2425	<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	
2023-02-21	2430	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 21	Lidia is in the region of Abruzzo, a place where the hearty food of the region has left her with such fond memories. Lidia makes a pasta with arugula and ricotta.	USA	English-100		G		
2023-02-21	2500	<b>Cook Like An Italian With Silvia Colloca</b>	Ferragosto	Ferragosto is a summer feast that Italians have celebrated at the peak of summer for over 2000 years. It's a family food ritual that sits all of Italy down at the table to eat and drink as one.	AUSTRALIA	English-100		G	Y	Y
2023-02-21	2530	<b>Cheese: A Love Story</b>	France	Eating cheese is a national pastime in France. Here, Afrim uncovers the rich histories of cheesemaking across the country from Paris to Normandy.	CANADA	English-100		PG		Y
2023-02-21	2630	<b>Come Dine With Me UK Couples</b>	Plymouth 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		
2023-02-21	2725	<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	
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2023-02-22	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria, Thai food in Kings Cross, and Greek food in SA.	AUSTRALIA	English-100	RPT	G	Y	Y
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2023-02-22	0630	<b>Pati's Mexican Table</b>	Food Meets Art	Pati explores some unique spots where food and art truly connect. At Ceramica Suro, she gets a tour of the ceramics factory that supplies dishware and textiles to some of the finest restaurants.	USA	English-100		G		Y	
2023-02-22	0700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 7	Ben puts a spin on a seasonal favourite with his Easter bread scrolls, saves some old kale by turning it into a bowl of kale gnocchi, and shares a homemade mocktail.	AUSTRALIA	English-100		PG			
2023-02-22	0730	<b>Taste Of Australia With Hayden Quinn</b>	Margaret River Western Australia	Hayden goes abalone diving, surfs the breaks at Margaret River, walks the epic cape-to-cape trail, and then creates the ultimate 'surf and turf' cook-up at a local winery.	AUSTRALIA	English-100		PG			
2023-02-22	0800	<b>The Cook And The Chef</b>	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G			
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2023-02-22	0930	<b>Come Dine With Me UK Couples</b>	Plymouth 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			
2023-02-22	1025	<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	
2023-02-22	1030	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100		G		Y	
2023-02-22	1100	<b>The Cook Up With Adam Liaw</b>	Quick Wok Cooking	Adam is joined by food icon Elizabeth Chong and multi-talented comedian Jennifer Wong to make quick work of quick wok cooking.	AUSTRALIA	English-100					
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2023-02-22	1325	<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	
2023-02-22	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 22	Lidia prepares stuffed veal breast - known in Italy as the cima alla Genovese. It's the dish she first presented to television viewers on the classic Master Chef series with Julia Child.	USA	English-100		G			
2023-02-22	1400	<b>Cook Like An Italian With Silvia Colloca</b>	No Waste	Italian home cooks learn from a young age that resourcefulness in the kitchen can save the day, and the bank. The art of breathing fresh new life into leftovers is one of the most valuable things.	AUSTRALIA	English-100		G		Y	Y
2023-02-22	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 58	Matt heads to the banks of the Noosa River to create a delicious duck breast dish with green mango slaw, while Michael cooks an affordable, mid-week dinner of beef and broccoli with oyster sauce.	AUSTRALIA	English-100		G			

2023-02-22	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Japanese seaweed from Tasmania, Mediterranean-Australian cuisine, and food for Chinese New Year.	AUSTRALIA	English-100	RPT	G	Y
2023-02-22	1530	<b>David Rocco's Dolce Africa</b>	Welcome To Lalibela Ethiopia	David spends time with the locals in Lalibela, Ethiopia, where he learns how to make a few staples like shiro, injera and berbere, the traditional Ethiopian spice mix that's used in so many dishes.	CANADA	English-100		G	
2023-02-22	1600	<b>David Rocco's Dolce Africa</b>	Last Supper In Lalibela Ethiopia	Nestled in the northern foothills of Ethiopia is the remote small town of Lalibela. It's considered one of the holiest places in the world, especially during the Easter week celebrations.	CANADA	English-100		PG	
2023-02-22	1630	<b>Pati's Mexican Table</b>	Jalisco Classics	Pati stops at a couple of Guadalajara's most beloved restaurants for two of the region's classic recipes. At Super Menuderia Cano, Pati learns the secrets to their menudo recipe.	USA	English-100		G	Y
2023-02-22	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 8	Belinda joins Ben to pair some Australian wines with his crispy skin salmon salad. Ben then makes a beef biryani and plum tart your new go-to favourites.	AUSTRALIA	English-100		PG	
2023-02-22	1730	<b>Taste Of Australia With Hayden Quinn</b>	Hunter Valley NSW	Hayden enjoys riding through the Hunter Valley and touring some local vineyards, then cooks with one of the best views in Australia as the backdrop.	AUSTRALIA	English-100		PG	
2023-02-22	1800	<b>The Cook And The Chef</b>	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2023-02-22	1830	<b>Food Safari</b>	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry.	AUSTRALIA	English-100	RPT	G	Y
2023-02-22	1900	<b>The Cook Up With Adam Liaw</b>	Mangoes	It's mangoes-a-go-go as Lankan Filling Station's O Tama Carey, Always Add Lemon author Danielle Alvarez, and Adam cook fantastic things with this fantastic fruit.	AUSTRALIA	English-100			
2023-02-22	1930	<b>Rick Stein's Food Heroes</b>	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100		G	
2023-02-22	2000	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 2	Justine and her chef friend Cullum create beetroot risotto with fetta and hazelnuts, and tomato bruschetta. Justine then heads back to the Barossa Valley Wine Company to make crumbed lamb cutlets.	AUSTRALIA	English-100		PG	
2023-02-22	2030	<b>Gino's Italian Coastal Escape</b>	Tremiti Islands	Tonight Gino leaves the mainland of Italy behind and takes to the skies to visit the remote Islands of Tremiti. Using local herbs he cooks up his own twist on a classic Italian steak dinner.	UNITED KINGDOM	English-100		PG	
2023-02-22	2100	<b>Jamie's Great Italian Escape</b>	Le Marche	Jamie heads north to the mountains of Le Marche - a relatively unexplored region next door to Umbria - to stay with a family of hunters.	UNITED KINGDOM	English-100		PG	Y
2023-02-22	2130	<b>Come Dine With Me UK Couples</b>	Birmingham 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	
2023-02-22	2225	<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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2023-02-22	2425	<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	
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2023-02-23	1030	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 2	Justine and her chef friend Cullum create beetroot risotto with fetta and hazelnuts, and tomato bruschetta. Justine then heads back to the Barossa Valley Wine Company to make crumbed lamb cutlets.	AUSTRALIA	English-100		PG	
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2023-02-23	1325	<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
2023-02-23	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 23	During Lidia's travels inland in Sardegna, she discovers the wonderful homemade pastas of the region including the malloreddus - a loosely formed dumpling-like pasta.	USA	English-100		G	
2023-02-23	1400	<b>Cook Like An Italian With Silvia Colloca</b>	Salami Making Day	Once a year Silvia's friend Michael and his whole family come together for one of their most cherished family food rituals, Salami Day.	AUSTRALIA	English-100		G	Y
2023-02-23	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 59	Matt is in his hometown of Noosa, sharing one of his favourite recipes - the prawn slider, while Michael prepares a simple dinner dish - coleslaw with grilled chicken.	AUSTRALIA	English-100		G	
2023-02-23	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G	Y
2023-02-23	1530	<b>David Rocco's Dolce India</b>	Indian Vino	David takes the road less travelled and finds a tranquil vineyard outside busy Mumbai that produces fine Italian wine. The discovery inspires an Italian-Indian culinary adventure.	CANADA	English-100		PG	
2023-02-23	1600	<b>David Rocco's Dolce India</b>	Weekend In Mumbai	With a weekend to spend in Mumbai, David explores the city's vast and extraordinary food scene - from small traditional cafes to hip new restaurants.	CANADA	English-100		G	
2023-02-23	1630	<b>Pati's Mexican Table</b>	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved Mexican music.	USA	English-100		G	Y
2023-02-23	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 9	Join Ben as he makes a showstopping lamb wellington, and then uses the leftovers to whip up an elegant bowl of mushroom, olive and ricotta fusilli.	AUSTRALIA	English-100		PG	
2023-02-23	1730	<b>Taste Of Australia With Hayden Quinn</b>	Darwin Northern Territory	Hayden attends the Darwin International Laksa Festival, where he catches and cooks a barramundi and makes laksa with tips from local experts!	AUSTRALIA	English-100		PG	
2023-02-23	1800	<b>The Cook And The Chef</b>	100th Special	The Cook and the Chef is 100 episodes old and to celebrate, Simon has organised a visit from Peter Cundall of Gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2023-02-23	1830	<b>Food Safari</b>	Japanese Safari	Maeve joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste.	AUSTRALIA	English-100	RPT	G	Y
2023-02-23	1900	<b>The Cook Up With Adam Liaw</b>	Limes	Distinguished chef and gardener, Martin Boetz, and actor-singer-songwriter Toni Pearen join Adam in the kitchen to cook up some zesty dishes.	AUSTRALIA	English-100			
2023-02-23	1930	<b>Rick Stein's Food Heroes</b>	North East England And Scotland	Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for generations.	UNITED KINGDOM	English-100		G	

2023-02-23	2000	<b>Curtis Stone's Travel, Cook, Repeat</b>	Lombardy, Italy	Chef Stone travels to Lombardy with longtime mate, Richie, where they toss pizza dough and visit a cheese cave. Back home in his kitchen, he makes a simple pizza with salumi from his local butcher.	USA	English-100		G	
2023-02-23	2030	<b>Long Weekend In... With Rory O'Connell</b>	Palma De Mallorca	Rory visits a beautiful art nouveau bakery where traditional ensaimada pastries are made. Back home in his Ballycotton kitchen, Rory bakes a delicious orange and almond cake.	IRELAND	English-100		G	
2023-02-23	2100	<b>Gok Wan's Easy Asian</b>	Simple Snacks	In this episode Gok explores what to cook when you don't want a big meal and something small will do. East Asian cuisine has so many dishes to satisfy that need.	UNITED KINGDOM	English-100		G	
2023-02-23	2130	<b>Come Dine With Me UK Couples</b>	Manchester 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	
2023-02-23	2225	<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
2023-02-23	2230	<b>The Cook Up With Adam Liaw</b>	Limes	Distinguished chef and gardener, Martin Boetz, and actor-singer-songwriter Toni Pearen join Adam in the kitchen to cook up some zesty dishes.	AUSTRALIA	English-100		G	
2023-02-23	2300	<b>Food Safari</b>	Japanese Safari	Maeve joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste.	AUSTRALIA	English-100	RPT	G	Y
2023-02-23	2330	<b>Royal Recipes</b>	Spice	In today's programme, presenter Michael Buerk and chef Anna Haugh recreate George V's favourite curry.	UNITED KINGDOM	English-100		G	
2023-02-23	2425	<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
2023-02-23	2430	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 23	During Lidia's travels inland in Sardegna, she discovers the wonderful homemade pastas of the region including the malloreddus - a loosely formed dumpling-like pasta.	USA	English-100		G	
2023-02-23	2500	<b>Cook Like An Italian With Silvia Colloca</b>	Salami Making Day	Once a year Silvia's friend Michael and his whole family come together for one of their most cherished family food rituals, Salami Day.	AUSTRALIA	English-100		G	Y
2023-02-23	2530	<b>Long Weekend In... With Rory O'Connell</b>	Palma De Mallorca	Rory visits a beautiful art nouveau bakery where traditional ensaimada pastries are made. Back home in his Ballycotton kitchen, Rory bakes a delicious orange and almond cake.	IRELAND	English-100		G	
2023-02-23	2600	<b>Gok Wan's Easy Asian</b>	Simple Snacks	In this episode Gok explores what to cook when you don't want a big meal and something small will do. East Asian cuisine has so many dishes to satisfy that need.	UNITED KINGDOM	English-100		G	
2023-02-23	2630	<b>Come Dine With Me UK Couples</b>	Manchester 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	
2023-02-23	2725	<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

2023-02-23	2730	<b>Royal Recipes</b>	Spice	In today's programme, presenter Michael Buerk and chef Anna Haugh recreate George V's favourite curry.	UNITED KINGDOM	English-100		G	
2023-02-23	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
2023-02-23	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 59	Matt is in his hometown of Noosa, sharing one of his favourite recipes - the prawn slider, while Michael prepares a simple dinner dish - coleslaw with grilled chicken.	AUSTRALIA	English-100		G	
2023-02-24	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G	Y
2023-02-24	0530	<b>David Rocco's Dolce India</b>	Indian Vino	David takes the road less travelled and finds a tranquil vineyard outside busy Mumbai that produces fine Italian wine. The discovery inspires an Italian-Indian culinary adventure.	CANADA	English-100		PG	
2023-02-24	0600	<b>David Rocco's Dolce India</b>	Weekend In Mumbai	With a weekend to spend in Mumbai, David explores the city's vast and extraordinary food scene - from small traditional cafes to hip new restaurants.	CANADA	English-100		G	
2023-02-24	0630	<b>Pati's Mexican Table</b>	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved Mexican music.	USA	English-100		G	Y
2023-02-24	0700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 9	Join Ben as he makes a showstopping lamb wellington, and then uses the leftovers to whip up an elegant bowl of mushroom, olive and ricotta fusilli.	AUSTRALIA	English-100		PG	
2023-02-24	0730	<b>Taste Of Australia With Hayden Quinn</b>	Darwin Northern Territory	Hayden attends the Darwin International Laksa Festival, where he catches and cooks a barramundi and makes laksa with tips from local experts!	AUSTRALIA	English-100		PG	
2023-02-24	0800	<b>The Cook And The Chef</b>	100th Special	The Cook and the Chef is 100 episodes old and to celebrate, Simon has organised a visit from Peter Cundall of Gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G	
2023-02-24	0830	<b>Long Weekend In... With Rory O'Connell</b>	Palma De Mallorca	Rory visits a beautiful art nouveau bakery where traditional ensaimada pastries are made. Back home in his Ballycotton kitchen, Rory bakes a delicious orange and almond cake.	IRELAND	English-100		G	
2023-02-24	0900	<b>Gok Wan's Easy Asian</b>	Simple Snacks	In this episode Gok explores what to cook when you don't want a big meal and something small will do. East Asian cuisine has so many dishes to satisfy that need.	UNITED KINGDOM	English-100		G	
2023-02-24	0930	<b>Come Dine With Me UK Couples</b>	Manchester 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	
2023-02-24	1025	<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



2023-02-24	1030	<b>Curtis Stone's Travel, Cook, Repeat</b>	Lombardy, Italy	Chef Stone travels to Lombardy with longtime mate, Richie, where they toss pizza dough and visit a cheese cave. Back home in his kitchen, he makes a simple pizza with salumi from his local butcher.	USA	English-100		G		
2023-02-24	1100	<b>The Cook Up With Adam Liaw</b>	Limes	Distinguished chef and gardener, Martin Boetz, and actor-singer-songwriter Toni Pearen join Adam in the kitchen to cook up some zesty dishes.	AUSTRALIA	English-100				
2023-02-24	1130	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 9	Join Ben as he makes a showstopping lamb wellington, and then uses the leftovers to whip up an elegant bowl of mushroom, olive and ricotta fusilli.	AUSTRALIA	English-100		PG		
2023-02-24	1200	<b>Taste Of Australia With Hayden Quinn</b>	Darwin Northern Territory	Hayden attends the Darwin International Laksa Festival, where he catches and cooks a barramundi and makes laksa with tips from local experts!	AUSTRALIA	English-100		PG		
2023-02-24	1230	<b>Royal Recipes</b>	Spice	In today's programme, presenter Michael Buerk and chef Anna Haugh recreate George V's favourite curry.	UNITED KINGDOM	English-100		G		
2023-02-24	1325	<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	
2023-02-24	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 24	Lidia teaches her son all about the flavors of Basilicata, laid out in three simple pasta dishes - bucatini with sausage, ditalini with broccoli rabe, and rigatoni with lentils.	USA	English-100		G		
2023-02-24	1400	<b>Cook Like An Italian With Silvia Colloca</b>	Sunday Lunch	The Sunday lunch in Italy is a truly special family food ritual, its respected and celebrated across the whole country and when friends are invited it creates a very special sense of belonging.	AUSTRALIA	English-100		G	Y	
2023-02-24	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 60	Matt and Michael share a recipe that's worth the wait - red curry Maryland, while Courtney cooks up a cracking dish for all the meatball lovers out there - meatballs with tomato sugo.	AUSTRALIA	English-100		G		
2023-02-24	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, prawn fishermen on the Clarence River, and Ukrainian Easter egg decorating.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-02-24	1530	<b>David Rocco's Dolce India</b>	Holi Gurudwara	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100		G		
2023-02-24	1600	<b>David Rocco's Dolce India</b>	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100		PG		Y
2023-02-24	1630	<b>Pati's Mexican Table</b>	Escaramuza	Jalisco is famous for its charros. But, in this episode, Pati experiences a unique and storied part of this part of the culture: the Escaramuza.	USA	English-100		G		Y
2023-02-24	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 10	Ben starts off with the holiday favourite, hot cross buns, then creates a flavoursome and vibrant pork belly salad, and salmon fishcakes.	AUSTRALIA	English-100		PG		

2023-02-24	1730	<b>Taste Of Australia With Hayden Quinn</b>	Sydney Fish Markets And Manly NSW	After a morning auction at the Sydney Fish Markets, Hayden cooks breakfast for the returning fishermen, then his family and friends back at Manly.	AUSTRALIA	English-100		PG			
2023-02-24	1800	<b>The Cook And The Chef</b>	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G			
2023-02-24	1830	<b>Food Safari</b>	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi. He gives the rundown on the essential French ingredients - great butter and salt, bread, fresh herbs, mustard and cheeses.	AUSTRALIA	English-100	RPT	G		Y	
2023-02-24	1900	<b>The Cook Up With Adam Liaw</b>	Weekend Feasts	Filmmaker Bjorn Stewart and renowned chef, Ben Shewry, are with Adam in The Cook Up Kitchen making their weekend feasts.	AUSTRALIA	English-100					
2023-02-24	1930	<b>Rick Stein's Food Heroes</b>	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front.	UNITED KINGDOM	English-100		PG			
2023-02-24	2000	<b>Dishing It Up</b>	Family Faves	We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? In this episode, everyday home cooks put family favourite recipes to the test,	AUSTRALIA	English-100	RPT	PG		Y	
2023-02-24	2030	<b>Heston's Feasts</b>	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster, plus a graveyard dessert.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2023-02-24	2130	<b>Come Dine With Me UK Couples</b>	North London 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			
2023-02-24	2225	<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	
2023-02-24	2230	<b>The Cook Up With Adam Liaw</b>	Weekend Feasts	Filmmaker Bjorn Stewart and renowned chef, Ben Shewry, are with Adam in The Cook Up Kitchen making their weekend feasts.	AUSTRALIA	English-100					
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2023-02-24	2330	<b>Royal Recipes</b>	Holidays And Travels	On today's show, presenter Michael Buerk and chef Anna Haugh fire up the barbecue to cook a favourite dish of Princess Anne.	UNITED KINGDOM	English-100		G			
2023-02-24	2425	<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	
2023-02-24	2430	<b>Lidia's Italy</b>	Lidia's Italy Series 3 Ep 24	Lidia teaches her son all about the flavors of Basilicata, laid out in three simple pasta dishes - bucatini with sausage, ditalini with broccoli rabe, and rigatoni with lentils.	USA	English-100		G			
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2023-02-24	2630	<b>Come Dine With Me UK Couples</b>	North London 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		
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2023-02-24	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 60	Matt and Michael share a recipe that's worth the wait - red curry Maryland, while Courtney cooks up a cracking dish for all the meatball lovers out there - meatballs with tomato sugo.	AUSTRALIA	English-100		G		
2023-02-25	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, prawn fishermen on the Clarence River, and Ukrainian Easter egg decorating.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-02-25	0530	<b>David Rocco's Dolce India</b>	Holi Gurudwara	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100		G		
2023-02-25	0600	<b>David Rocco's Dolce India</b>	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100		PG		Y
2023-02-25	0630	<b>Pati's Mexican Table</b>	Escaramuza	Jalisco is famous for its charros. But, in this episode, Pati experiences a unique and storied part of this part of the culture: the Escaramuza.	USA	English-100		G		Y
2023-02-25	0700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 10	Ben starts off with the holiday favourite, hot cross buns, then creates a flavoursome and vibrant pork belly salad, and salmon fishcakes.	AUSTRALIA	English-100		PG		
2023-02-25	0730	<b>Taste Of Australia With Hayden Quinn</b>	Sydney Fish Markets And Manly NSW	After a morning auction at the Sydney Fish Markets, Hayden cooks breakfast for the returning fishermen, then his family and friends back at Manly.	AUSTRALIA	English-100		PG		
2023-02-25	0800	<b>The Cook And The Chef</b>	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G		
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2023-02-25	1030	<b>Dishing It Up</b>	Family Faves	We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? In this episode, everyday home cooks put family favourite recipes to the test,	AUSTRALIA	English-100	RPT	PG	Y	

2023-02-25	1100	<b>The Cook Up With Adam Liaw</b>	Weekend Feasts	Filmmaker Bjorn Stewart and renowned chef, Ben Shewry, are with Adam in The Cook Up Kitchen making their weekend feasts.	AUSTRALIA	English-100					
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2023-02-25	1325	<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	
2023-02-25	1330	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT		G	Y	Y
2023-02-25	1430	<b>Flintoff's Great British Road Trip</b>	Flintoff's Great British Road Trip Series 2 Ep 5	Rob takes Freddie to his adopted homeland of Wales to see if he can persuade him that it truly is the best place in the British Isles.	UNITED KINGDOM	English-100			PG		
2023-02-25	1525	<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	
2023-02-25	1530	<b>Come Dine With Me UK Couples</b>	North London 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		
2023-02-25	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT		G	Y	
2023-02-25	1630	<b>Ainsley's Good Mood Food</b>	Going Green	Leafy greens are guaranteed to make you feel good, and all today's dishes have a healthy portion of the glorious green stuff. Starting with breakfast muffins so tasty you will want them for breakfast.	UNITED KINGDOM	English-100			G		
2023-02-25	1725	<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	
2023-02-25	1730	<b>A New Zealand Food Story</b>	New Zealand Food Story Series 1 Ep, A 1	Ben Bayly walks away from his chef career to start a restaurant that will showcase New Zealand food. While the restaurant takes shape, he travels to the South Island to learn about crayfish.	NEW ZEALAND	English-100					
2023-02-25	1800	<b>A New Zealand Food Story</b>	New Zealand Food Story Series 1 Ep, A 2	Ben visits Minaret Station to learn about high country lamb, and goes gravity fishing in Bluff to learn about Titi, the mutton bird.	NEW ZEALAND	English-100					
2023-02-25	1830	<b>Jamie's Food Escapes</b>	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100			PG		
2023-02-25	1930	<b>The Zimmern List</b>	Reno	Andrew heads to Reno for a food scene that loves to entertain. He embraces Reno's small town pride as he savours homemade meatballs and ravioli, and gets a taste of Basque culture.	USA	English-100			PG		
2023-02-25	2000	<b>The Zimmern List</b>	Cleveland	Andrew visits Cleveland for a taste of the city's culinary comeback. He gets nostalgic at the West Side Market, discovers new classics in a 100-year-old food hall and swings by a neighborhood butcher.	USA	English-100			PG		

2023-02-25	2030	<b>Hairy Bikers Go North</b>	Yorkshire Coast	The plan is simple, riding through this beautiful location and visiting top food producers who not only have amazing products but equally amazing stories to tell.	UNITED KINGDOM	English-100		PG		
2023-02-25	2130	<b>Anthony Bourdain: Parts Unknown</b>	Borneo	Tony travels to Malaysia to fulfil a decade-old promise to return to the Iban longhouse of Entalau deep in the jungles of Borneo - the home of one of Malaysia's oldest ethnic groups.	USA	English-100		PG		Y
2023-02-25	2225	<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	
2023-02-25	2230	<b>Restaurants On The Edge</b>	Tobermory	Coconut Joe's is a tiki-inspired restaurant perched on the shores of Canada's Caribbean, but the owner's kitschy DIY outdoor patio is constantly battered by Tobermory's extreme elements.	CANADA	English-100		PG		
2023-02-25	2325	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-25	2330	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-02-25	2430	<b>Flintoff's Great British Road Trip</b>	Flintoff's Great British Road Trip Series 2 Ep 5	Rob takes Freddie to his adopted homeland of Wales to see if he can persuade him that it truly is the best place in the British Isles.	UNITED KINGDOM	English-100		PG		
2023-02-25	2525	<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	
2023-02-25	2530	<b>Flintoff's Great British Road Trip</b>	Flintoff's Great British Road Trip Series 2 Ep 6	It's time for Freddie to try and connect with his inner spirituality as the boys spend a morning with two of Ireland's foremost Shaman on The Hill of Tara.	UNITED KINGDOM	English-100		PG		
2023-02-25	2625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2023-02-25	2630	<b>Ainsley's Good Mood Food</b>	Going Green	Leafy greens are guaranteed to make you feel good, and all today's dishes have a healthy portion of the glorious green stuff. Starting with breakfast muffins so tasty you will want them for breakfast.	UNITED KINGDOM	English-100		G		
2023-02-25	2725	<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	
2023-02-25	2730	<b>Jamie's Food Escapes</b>	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100		PG		
2023-02-25	2830	<b>A New Zealand Food Story</b>	New Zealand Food Story Series 1 Ep, A 1	Ben Bayly walks away from his chef career to start a restaurant that will showcase New Zealand food. While the restaurant takes shape, he travels to the South Island to learn about crayfish.	NEW ZEALAND	English-100				