



WEEK 51: Sunday, 11 December - Saturday, 17 December 2022 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-12-11	0500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 2	Carlos Oliveira and his family run a popular Portuguese restaurant in the heart of Toronto, Canada. Carlos takes pride in cooking with some of the oldest ingredients in Portuguese cuisine.	CANADA	English-100				
2022-12-11	0530	Bbq Brawl	Master Of Cue	To decide who deserves the grand prize and supreme BBQ bragging rights, Bobby, Michael and Eddie watch on as the judges lay down the ultimate BBQ gauntlet: a super-sized, all-day competition.	USA	English-100		PG		
2022-12-11	0630	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 3	This week the confectioners are tasked with creating a supersize bar and mini bite-sized pieces full of bubbles, flakes and textures galore. With a place in the semi-final at stake the pressure is on.	UNITED KINGDOM	English-100		G		
2022-12-11	0730	Gordon Ramsay Uncharted	Peru	Chef Gordon Ramsay travels by motorbike through Peru's Sacred Valley of the Incas to discover traditional high-altitude cuisine. He samples local delicacies like fried worms, and rare potatoes.	UNITED KINGDOM	English-100		PG		Y
2022-12-11	0830	Weekend Breaks With Gregg Wallace	Athens	Gregg travels to Athens to explore its history and its amazing Mediterranean cuisine, including filo pies, amazing souvlaki and donuts, which were given out millennia ago at the original Olympics.	UNITED KINGDOM	English-100		PG		
2022-12-11	0925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-11	0930	Rick Stein's Spanish Christmas Special	Rick Stein's Spanish Christmas Special	Rick Stein believes that no-one celebrates Christmas in greater style than the Spanish, where the celebrations last for over a fortnight and the dishes they prepare are something different.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-12-11	1040	Bbq Brawl	Master Of Cue	To decide who deserves the grand prize and supreme BBQ bragging rights, Bobby, Michael and Eddie watch on as the judges lay down the ultimate BBQ gauntlet: a super-sized, all-day competition.	USA	English-100		PG		
2022-12-11	1130	Jamie's American Road Trip	Arizona	With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with Navajo Indian community.	UNITED KINGDOM	English-100		PG		Y
2022-12-11	1230	Taste Of Diversity	Taste Of Diversity Series 1 Ep 1	Chef Johl White Duck Ringuette of the Anishnawbe and Algonquin Mink clan is on a journey to bring back the Anishnawbe national food to his community.	CANADA	English-100				
2022-12-11	1300	Taste Of Diversity	Taste Of Diversity Series 1 Ep 2	Carlos Oliveira and his family run a popular Portuguese restaurant in the heart of Toronto, Canada. Carlos takes pride in cooking with some of the oldest ingredients in Portuguese cuisine.	CANADA	English-100				
2022-12-11	1330	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 7	In Kyoto, Adam Liaw takes us on a journey of discovery we meet a Tea Master, a Maiko and Michelin Star chef who makes risotto into sushi.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2022-12-11	1400	The Cook Up With Adam Liaw	Christmas Crackers	It's Christmas week on The Cook Up, so two of Australia's greatest performers, Courtney Act and Mitch Tambo join Adam to celebrate the festive period with the perfect snacks.	AUSTRALIA	English-100		PG		

2022-12-11	1430	The Cook Up With Adam Liaw	Take A Plate For Christmas	Samantha Harris and Karl Firla join Adam in The Cook Up Kitchen to give you some great ideas for dishes to make for a Festive Take a Plate.	AUSTRALIA	English-100		PG	
2022-12-11	1500	The Cook Up With Adam Liaw	Christmas Savoury	Adam, food icon Maggie Beer and Baker Natalie Paull are in The Cook Up Kitchen making savoury dishes that can be the centre of your Christmas buffet.	AUSTRALIA	English-100	RPT	PG	
2022-12-11	1530	The Cook Up With Adam Liaw	Christmas At Mine	It's a big night with Adam, chef George Calombaris, and singer Christine Anu in The Cook Up Kitchen creating festive food unique to their homes.	AUSTRALIA	English-100	RPT	PG	
2022-12-11	1600	The Cook Up With Adam Liaw	Christmas Dessert	Culinary queen Stephanie Alexander and paralympian gold medallist Kurt Fearnley join Adam in The Cook Up Kitchen to make Christmas desserts.	AUSTRALIA	English-100		PG	
2022-12-11	1630	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
2022-12-11	1735	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G	
2022-12-11	1805	Giada At Home	Pizza and Pasta	Giada De Laurentiis and her daughter, Jade, love nothing more than a day at home making pizza and pasta. People think making pizza dough from scratch is intimidating when it's actually a total blast!	USA	English-100			
2022-12-11	1830	Secrets Of The Factories	Inside Heinz	The Heinz Factory in Wigan opens its doors to reveal how it produces millions of cans of baked beans, soup and pasta in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G	Y
2022-12-11	1930	Cheese: A Love Story	Toronto	Afrim takes a mini cheese trip around the world in his own backyard, Toronto, one of the most diverse and cultural cities on the planet.	CANADA	English-100		PG	
2022-12-11	2030	Rick Stein's Far Eastern Odyssey	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G	Y
2022-12-11	2140	Anthony Bourdain: Parts Unknown	Vietnam	Tony returns to one of his favorite places on Earth, Vietnam. For this trip, he journeys to the center of the country, near the coast, to a city he has never been to, known as The City of Ghosts.	USA	English-100		PG	Y
2022-12-11	2235	Top Chef	Now That's A Lot Of Schnitzel	Padma and Richard Blais inspire the chefs using Tasty online videos and challenge them to transform the most laborious dishes from their own menus into accessible thirty minute dishes for home cooks.	USA	English-100		PG	Y
2022-12-11	2330	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 2	Freddie and Rob head toward the East Coast of Australia where they attempt to swim with sharks, and Rob's booked an unusual camping spot for the night - hanging off a cliff.	UNITED KINGDOM	English-100		PG	
2022-12-11	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2022-12-11	2430	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G	
2022-12-11	2535	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G	

2022-12-11	2605	Giada At Home	Pizza and Pasta	Giada De Laurentiis and her daughter, Jade, love nothing more than a day at home making pizza and pasta. People think making pizza dough from scratch is intimidating when it's actually a total blast!	USA	English-100				
2022-12-11	2630	Secrets Of The Factories	Inside Heinz	The Heinz Factory in Wigan opens its doors to reveal how it produces millions of cans of baked beans, soup and pasta in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G		Y
2022-12-11	2725	Poh & Co. Bitesize	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-12-11	2730	Cheese: A Love Story	Toronto	Afrim takes a mini cheese trip around the world in his own backyard, Toronto, one of the most diverse and cultural cities on the planet.	CANADA	English-100		PG		
2022-12-11	2830	The Cook Up With Adam Liaw	Christmas Crackers	It's Christmas week on The Cook Up, so two of Australia's greatest performers, Courtney Act and Mitch Tambo join Adam to celebrate the festive period with the perfect snacks.	AUSTRALIA	English-100		PG		
2022-12-12	0500	The Cook Up With Adam Liaw	Take A Plate For Christmas	Samantha Harris and Karl Firla join Adam in The Cook Up Kitchen to give you some great ideas for dishes to make for a Festive Take a Plate.	AUSTRALIA	English-100		PG		
2022-12-12	0530	The Cook Up With Adam Liaw	Christmas Savoury	Adam, food icon Maggie Beer and Baker Natalie Paull are in The Cook Up Kitchen making savoury dishes that can be the centre of your Christmas buffet.	AUSTRALIA	English-100	RPT	PG		
2022-12-12	0600	The Cook Up With Adam Liaw	Christmas At Mine	It's a big night with Adam, chef George Calombaris, and singer Christine Anu in The Cook Up Kitchen creating festive food unique to their homes.	AUSTRALIA	English-100	RPT	PG		
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2022-12-12	1235	The Sweet Life With Elise Strachan	Sweet Life With Elise Strachan Series 1, The Ep 1	Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee.	AUSTRALIA	English-100		G		
2022-12-12	1340	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 4	Michela finds delicious deep fried polenta in Livorno - a traditional street food snack, a deli specialising in wild boar products in San Gimignano, and bee keeps in Montalcino, tasting local honey.	UNITED KINGDOM	English-100		G		Y
2022-12-12	1410	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 5	Matt runs us through a dish celebrating succulent sashimi, and Courtney goes out on location to a broccoli farm to create a baby broccoli soft egg salad.	AUSTRALIA	English-100		G		
2022-12-12	1435	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 5	Jasmine and Melissa share their favourite on-the-go recipes including a chicken and sesame noodle salad in a jar and their dark chocolate and coconut paradise bars.	UNITED KINGDOM	English-100		G		
2022-12-12	1505	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provençal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100		G		
2022-12-12	1530	Food Markets: In The Belly Of	Amsterdam	Food markets have a strong tradition in the Netherlands and many citizens count on their long street markets for their fresh food supplies.	FRANCE	English-63; Dutch-37	RPT	G	Y	Y
2022-12-12	1630	India Unplated	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing new food series, India Unplated.	AUSTRALIA	English-100		G	Y	
2022-12-12	1700	Gourmet Farmer	Gourmet Farmer Series 4 Ep 6	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-12	1730	Come Dine With Me Couples	Bristol B	Fitness fanatics Billy and Tasha bring a taste of the east to the west with their Thai inspired menu.	UNITED KINGDOM	English-100		PG		
2022-12-12	1830	Nigella Express	Hey Presto	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-12-12	1900	The Cook Up With Adam Liaw	My Secret Ingredient	Tonight in The Cook Up Kitchen secrets are revealed. Adam, Actor Aaron Fa'Aoso and Chef Nina Huynh cook with their secret ingredients.	AUSTRALIA	English-100		PG		
2022-12-12	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G		
2022-12-12	2000	Cooking With Curtis	Laura	Photographer Laura met her husband, Jason, while working at a restaurant - she was a server, he was a sommelier. Together they are raising their young daughter, Olivia, who has a rare condition.	USA	English-100		G		
2022-12-12	2030	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 12	Jamie and Jimmy welcome Hollywood star Josh Hartnett to the cafe. The star of Pearl Harbour loves ramen, so Jamie will be taking on a secretive recipe from Josh's favourite New York ramen restaurant.	UNITED KINGDOM	English-100		G		

2022-12-12	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 1	Fifteen years ago, Hugh Fearnley-Whittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-12	2230	The Cook Up With Adam Liaw	My Secret Ingredient	Tonight in The Cook Up Kitchen secrets are revealed. Adam, Actor Aaron Fa'Aoso and Chef Nina Huynh cook with their secret ingredients.	AUSTRALIA	English-100		PG		
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2022-12-12	2330	Bbq Brawl	Hometown Favorites	Captains Bobby Flay, Michael Symon and Eddie Jackson get to know their teams better through nostalgic challenges that inspire them to dig deep into their BBQ memory banks.	USA	English-100		PG		Y
2022-12-12	2425	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2022-12-12	2430	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G		
2022-12-12	2500	Gourmet Farmer	Gourmet Farmer Series 4 Ep 6	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-12	2530	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 4	Michela finds delicious deep fried polenta in Livorno - a traditional street food snack, a deli specialising in wild boar products in San Gimignano, and bee keeps in Montalcino, tasting local honey.	UNITED KINGDOM	English-100		G		Y
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2022-12-12	2630	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 5	Jasmine and Melissa share their favourite on-the-go recipes including a chicken and sesame noodle salad in a jar and their dark chocolate and coconut paradise bars.	UNITED KINGDOM	English-100		G		
2022-12-12	2700	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provençal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabbiata, the spiciest pasta in town.	USA	English-100		G		
2022-12-12	2730	Food Markets: In The Belly Of	Amsterdam	Food markets have a strong tradition in the Netherlands and many citizens count on their long street markets for their fresh food supplies.	FRANCE	English-63; Dutch-37	RPT	G	Y	Y
2022-12-12	2830	India Unplated	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing new food series, India Unplated.	AUSTRALIA	English-100		G	Y	
2022-12-13	0500	Nigella Express	Hey Presto	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-12-13	0530	Come Dine With Me Couples	Bristol B	Fitness fanatics Billy and Tasha bring a taste of the east to the west with their Thai inspired menu.	UNITED KINGDOM	English-100		PG		

2022-12-13	0630	Gourmet Farmer	Gourmet Farmer Series 4 Ep 6	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y	
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2022-12-13	0800	Cooking With Curtis	Laura	Photographer Laura met her husband, Jason, while working at a restaurant - she was a server, he was a sommelier. Together they are raising their young daughter, Olivia, who has a rare condition.	USA	English-100		G		
2022-12-13	0830	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 12	Jamie and Jimmy welcome Hollywood star Josh Hartnett to the cafe. The star of Pearl Harbour loves ramen, so Jamie will be taking on a secretive recipe from Josh's favourite New York ramen restaurant.	UNITED KINGDOM	English-100		G		
2022-12-13	0930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 1	Fifteen years ago, Hugh Fearnley-Withthingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-13	1030	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 5	Jasmine and Melissa share their favourite on-the-go recipes including a chicken and sesame noodle salad in a jar and their dark chocolate and coconut paradise bars.	UNITED KINGDOM	English-100		G		
2022-12-13	1100	The Cook Up With Adam Liaw	My Secret Ingredient	Tonight in The Cook Up Kitchen secrets are revealed. Adam, Actor Aaron Fa'Aoso and Chef Nina Huynh cook with their secret ingredients.	AUSTRALIA	English-100		PG		
2022-12-13	1130	Nigella Express	Hey Presto	Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-12-13	1200	India Unplated	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing new food series, India Unplated.	AUSTRALIA	English-100		G	Y	
2022-12-13	1230	Come Dine With Me Couples	Bristol B	Fitness fanatics Billy and Tasha bring a taste of the east to the west with their Thai inspired menu.	UNITED KINGDOM	English-100		PG		
2022-12-13	1330	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 5	Along with sister Emi, Michela serves pork with mango and peperoncino, then turns her attention to an easy cheats version of mushroom risotto.	UNITED KINGDOM	English-100		G	Y	
2022-12-13	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 6	Matt shares unique recipe that he created for his Nan's birthday party - panko crusted prawn sliders. Courtney and Michael make the perfect dish for footy finals.	AUSTRALIA	English-100		G		
2022-12-13	1430	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 6	Always on the lookout for alternatives to refined sugar, Jasmine and Melissa visit two urban beekeepers who are making raw honey with London bees.	UNITED KINGDOM	English-100		G		
2022-12-13	1500	Barefoot Contessa: Back To Basics	Jeffreys Favos	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G		
2022-12-13	1530	Food Markets: In The Belly Of	Helsinki	Arriving by boat to the Baltic Sea Harbor of Helsinki it is the first building you see. Behind it is the square, the great dome of the city hall, and The Old Market Hall.	FRANCE	English-60; Finnish-40	RPT	PG	Y	Y

2022-12-13	1630	India Unplated	Assam	This episode includes Adam's duck and bamboo shoot curry, a delicious teatime snack by Helly called Kardoi, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100		G	Y
2022-12-13	1700	Gourmet Farmer	Gourmet Farmer Series 4 Ep 7	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	RPT	PG	Y
2022-12-13	1730	Come Dine With Me Couples	Liverpool A	Kelsey and Chris hope to spice up their guests' lives with a Mexican Fiesta.	UNITED KINGDOM	English-100		PG	
2022-12-13	1830	Nigella Express	Workday Wonders	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT	G	Y
2022-12-13	1900	The Cook Up With Adam Liaw	In The Middle	Paralympian Ellie Cole and Chef Victoria Rose join Adam in The Cook Up Kitchen to make dishes that are perfect for sharing.	AUSTRALIA	English-100		PG	
2022-12-13	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks pike in Pinot Noir, a popular duck confit with braised red cabbage.	UNITED KINGDOM	English-100		G	
2022-12-13	2000	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 3	Prepare to witness the creation of the most epic chicken sandwich of all time after Dan Hong receives a #shelfie from Rebecca, and her culinary-challenged partner, Ari.	AUSTRALIA	English-100		PG	
2022-12-13	2030	John Torode's Ireland	Wexford To Cork	John finds out about the Wexford phenomenon of strawberry huts by the side of roads, where local growers are allowed to sell their wares.	IRELAND	English-100		G	
2022-12-13	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-12-13	2230	The Cook Up With Adam Liaw	In The Middle	Paralympian Ellie Cole and Chef Victoria Rose join Adam in The Cook Up Kitchen to make dishes that are perfect for sharing.	AUSTRALIA	English-100		PG	
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2022-12-13	2330	Bbq Brawl	Bbq Hacks	A true Master of 'Cue must have the ability to handle any challenge or cooking condition, so the competitors have to prove their ability to pivot! Team captains keep an eye on who can adapt.	USA	English-100		PG	
2022-12-13	2425	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2022-12-13	2430	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks pike in Pinot Noir, a popular duck confit with braised red cabbage.	UNITED KINGDOM	English-100		G	
2022-12-13	2500	Gourmet Farmer	Gourmet Farmer Series 4 Ep 7	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	RPT	PG	Y
2022-12-13	2530	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 5	Along with sister Emi, Michela serves pork with mango and peperoncino, then turns her attention to an easy cheats version of mushroom risotto.	UNITED KINGDOM	English-100		G	Y

2022-12-13	2600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 6	Matt shares unique recipe that he created for his Nan's birthday party - panko crusted prawn sliders. Courtney and Michael make the perfect dish for footy finals.	AUSTRALIA	English-100		G		
2022-12-13	2630	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 6	Always on the lookout for alternatives to refined sugar, Jasmine and Melissa visit two urban beekeepers who are making raw honey with London bees.	UNITED KINGDOM	English-100		G		
2022-12-13	2700	Barefoot Contessa: Back To Basics	Jeffreys Favos	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G		
2022-12-13	2730	Food Markets: In The Belly Of	Helsinki	Arriving by boat to the Baltic Sea Harbor of Helsinki it is the first building you see. Behind it is the square, the great dome of the city hall, and The Old Market Hall.	FRANCE	English-60; Finnish-40	RPT	PG	Y	Y
2022-12-13	2830	India Unplated	Assam	This episode includes Adam's duck and bamboo shoot curry, a delicious teatime snack by Helly called Kardoi, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100		G	Y	
2022-12-14	0500	Nigella Express	Workday Wonders	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-14	0530	Come Dine With Me Couples	Liverpool A	Kelsey and Chris hope to spice up their guests' lives with a Mexican Fiesta.	UNITED KINGDOM	English-100		PG		
2022-12-14	0630	Gourmet Farmer	Gourmet Farmer Series 4 Ep 7	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	RPT	PG	Y	
2022-12-14	0700	Barefoot Contessa: Back To Basics	Jeffreys Favos	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G		
2022-12-14	0730	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks pike in Pinot Noir, a popular duck confit with braised red cabbage.	UNITED KINGDOM	English-100		G		
2022-12-14	0800	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 3	Prepare to witness the creation of the most epic chicken sandwich of all time after Dan Hong receives a #shelfie from Rebecca, and her culinary-challenged partner, Ari.	AUSTRALIA	English-100		PG		
2022-12-14	0830	John Torode's Ireland	Wexford To Cork	John finds out about the Wexford phenomenon of strawberry huts by the side of roads, where local growers are allowed to sell their wares.	IRELAND	English-100		G		
2022-12-14	0925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-14	0930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-14	1030	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 6	Always on the lookout for alternatives to refined sugar, Jasmine and Melissa visit two urban beekeepers who are making raw honey with London bees.	UNITED KINGDOM	English-100		G		
2022-12-14	1100	The Cook Up With Adam Liaw	In The Middle	Paralympian Ellie Cole and Chef Victoria Rose join Adam in The Cook Up Kitchen to make dishes that are perfect for sharing.	AUSTRALIA	English-100		PG		

2022-12-14	1130	Nigella Express	Workday Wonders	This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-14	1200	India Unplated	Assam	This episode includes Adam's duck and bamboo shoot curry, a delicious teatime snack by Helly called Kardoi, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100		G	Y	
2022-12-14	1230	Come Dine With Me Couples	Liverpool A	Kelsey and Chris hope to spice up their guests' lives with a Mexican Fiesta.	UNITED KINGDOM	English-100		PG		
2022-12-14	1330	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 6	A trip to a red onion farm in Certaldo in the region of Tuscany inspires Michela to prepare a mouth-watering panzanella salad - a local speciality made with fresh onion, tomato, and stale bread.	UNITED KINGDOM	English-100		G	Y	
2022-12-14	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 7	Matt is out on location at Boundary Bend, he shows the old school way of making baba ganoush. Michael whips up the perfect Sunday breakfast - cous cous stuffed mushrooms.	AUSTRALIA	English-100		G		
2022-12-14	1430	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 7	It's hard to get children to eat healthily all the time but foodie sisters Jasmine and Melissa have just the recipes to ensure little ones enjoy their food while still getting optimum nutrition.	UNITED KINGDOM	English-100		G		
2022-12-14	1500	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G		
2022-12-14	1530	Food Markets: In The Belly Of	Lisboa - Mercado De Ribeira	Mercado da Ribeira in Lisbon has been opened since 1800 and is the city's oldest marketplace. Here you can find all sort of dairy products, fresh fish, vegetables and fruits.	FRANCE	English-54; Portuguese-46	RPT	PG	Y	Y
2022-12-14	1630	India Unplated	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. The hosts prepare their favourite Bengali dishes.	AUSTRALIA	English-100		G	Y	
2022-12-14	1700	Gourmet Farmer	Gourmet Farmer Series 4 Ep 8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-14	1730	Come Dine With Me Couples	Liverool B	Nycola and Andy cook 'poshed up' versions of classic dishes, but the North/South divide makes the night go downhill quickly.	UNITED KINGDOM	English-100		PG		
2022-12-14	1830	Nigella Express	On The Run	Nigella whips up a minimum effort portable picnic with marinated buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-14	1900	The Cook Up With Adam Liaw	Eat With Your Eyes	Adam, Restaurateur Matteo Zamboni and Food Photographer Luisa Brimble are making dishes that are so visually appealing you won't be able to take your eyes off them!	AUSTRALIA	English-100		PG		
2022-12-14	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y	
2022-12-14	2000	Long Weekend In... With Rory O'Connell	Nantes	Rory creates a recipe to remind him of a magnificent weekend in Nantes - Baked Turbot with Sauce Beurre Blanc.	IRELAND	English-100		PG		
2022-12-14	2030	Gino's Italian Coastal Escape	Gargano And Polignano A Mare	This week Gino explores the magnificent mountain range of Gargano National Park and prepares a classic parmigiana di melanzane for locals.	UNITED KINGDOM	English-100		PG		

2022-12-14	2100	Paul Hollywood: A Baker's Life	Pork Pie, Donuts & Danish Pastries	Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.	UNITED KINGDOM	English-100		G			
2022-12-14	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	UNITED KINGDOM	English-100	RPT	PG		Y	
2022-12-14	2230	The Cook Up With Adam Liaw	Eat With Your Eyes	Adam, Restaurateur Matteo Zamboni and Food Photographer Luisa Brimble are making dishes that are so visually appealing you won't be able to take your eyes off them!	AUSTRALIA	English-100		PG			
2022-12-14	2300	India Unplated	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. The hosts prepare their favourite Bengali dishes.	AUSTRALIA	English-100		G		Y	
2022-12-14	2330	Bbq Brawl	Game Day Bbq	The teams celebrate a classic BBQ tradition: tailgating! Team captains Bobby Flay, Michael Symon and Eddie Jackson mentor their pitmasters as they explore the sporty side of BBQ.	USA	English-100		PG			
2022-12-14	2425	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG			
2022-12-14	2430	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G		Y	
2022-12-14	2500	Gourmet Farmer	Gourmet Farmer Series 4 Ep 8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT	G		Y	
2022-12-14	2530	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 6	A trip to a red onion farm in Certaldo in the region of Tuscany inspires Michela to prepare a mouth-watering panzanella salad - a local speciality made with fresh onion, tomato, and stale bread.	UNITED KINGDOM	English-100		G		Y	
2022-12-14	2600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 7	Matt is out on location at Boundary Bend, he shows the old school way of making baba ganoush. Michael whips up the perfect Sunday breakfast - cous cous stuffed mushrooms.	AUSTRALIA	English-100		G			
2022-12-14	2630	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 7	It's hard to get children to eat healthily all the time but foodie sisters Jasmine and Melissa have just the recipes to ensure little ones enjoy their food while still getting optimum nutrition.	UNITED KINGDOM	English-100		G			
2022-12-14	2700	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G			
2022-12-14	2730	Food Markets: In The Belly Of	Lisboa - Mercado De Ribeira	Mercado da Ribeira in Lisbon has been opened since 1800 and is the city's oldest marketplace. Here you can find all sort of dairy products, fresh fish, vegetables and fruits.	FRANCE	English-54; Portuguese-46	RPT	PG		Y	Y
2022-12-14	2830	India Unplated	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. The hosts prepare their favourite Bengali dishes.	AUSTRALIA	English-100		G		Y	
2022-12-15	0500	Nigella Express	On The Run	Nigella whips up a minimum effort portable picnic with marinated buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-12-15	0530	Come Dine With Me Couples	Liverool B	Nycola and Andy cook 'poshed up' versions of classic dishes, but the North/South divide makes the night go downhill quickly.	UNITED KINGDOM	English-100		PG			

2022-12-15	0630	Gourmet Farmer	Gourmet Farmer Series 4 Ep 8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2022-12-15	0700	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G	
2022-12-15	0730	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y
2022-12-15	0800	Long Weekend In... With Rory O'Connell	Nantes	Rory creates a recipe to remind him of a magnificent weekend in Nantes - Baked Turbot with Sauce Beurre Blanc.	IRELAND	English-100		PG	
2022-12-15	0830	Gino's Italian Coastal Escape	Gargano And Polignano A Mare	This week Gino explores the magnificent mountain range of Gargano National Park and prepares a classic parmigiana di melanzane for locals.	UNITED KINGDOM	English-100		PG	
2022-12-15	0900	Paul Hollywood: A Baker's Life	Pork Pie, Donuts & Danish Pastries	Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.	UNITED KINGDOM	English-100		G	
2022-12-15	0930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-12-15	1030	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 7	It's hard to get children to eat healthily all the time but foodie sisters Jasmine and Melissa have just the recipes to ensure little ones enjoy their food while still getting optimum nutrition.	UNITED KINGDOM	English-100		G	
2022-12-15	1100	The Cook Up With Adam Liaw	Eat With Your Eyes	Adam, Restaurateur Matteo Zamboni and Food Photographer Luisa Brimble are making dishes that are so visually appealing you won't be able to take your eyes off them!	AUSTRALIA	English-100		PG	
2022-12-15	1130	Nigella Express	On The Run	Nigella whips up a minimum effort portable picnic with marinated buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.	UNITED KINGDOM	English-100	RPT	G	Y
2022-12-15	1200	India Unplated	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. The hosts prepare their favourite Bengali dishes.	AUSTRALIA	English-100		G	Y
2022-12-15	1230	Come Dine With Me Couples	Liverool B	Nycola and Andy cook 'poshed up' versions of classic dishes, but the North/South divide makes the night go downhill quickly.	UNITED KINGDOM	English-100		PG	
2022-12-15	1330	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100		G	Y
2022-12-15	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 8	Matt runs us through one of his childhood favourites, Mexican rice with a twist.	AUSTRALIA	English-100		PG	
2022-12-15	1430	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 8	When throwing a party it's easy for nutrition to take a back seat. Not so for Jasmine and Melissa who have come up with a menu that will impress your guests as well as keep them eating healthily.	UNITED KINGDOM	English-100		G	
2022-12-15	1500	Barefoot Contessa: Back To Basics	Incredible Vegetables	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100		G	

2022-12-15	1530	Food Markets: In The Belly Of	Muchen - Viktualienmarkt	The Viktualienmarkt in Munich developed from an original farmers' market to a popular market for gourmets. The market also hosts a number of traditional and folkloric events.	FRANCE	English-60, German-40	RPT	PG	Y	Y
2022-12-15	1630	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, Keralan food is the perfect example of Indian coastal cuisine. Helly prepares Kadala curry - a traditional vegetarian dish using curry leaves.	AUSTRALIA	English-100		G	Y	
2022-12-15	1700	Gourmet Farmer	Gourmet Farmer Series 4 Ep 9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-15	1730	Come Dine With Me Couples	Northampton A	Ilyas and Amanda present a menu of tried and tested food along with a little homegrown southern hospitality.	UNITED KINGDOM	English-100		PG		
2022-12-15	1830	Nigella Express	Get Up And Go	Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-15	1900	The Cook Up With Adam Liaw	Self Care	Brooke Blurton and Mark Humphries are in The Cook Up Kitchen with Adam, making dishes that bring us that warm little hug when we need it most.	AUSTRALIA	English-100		PG		
2022-12-15	1930	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G		
2022-12-15	2000	Strait To The Plate	Strait To The Plate Series 2 Episode 1 - Warraber	Aaron Fa'Aoso kick starts this season by visiting the Island of Warraber. Upon arrival, Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus inspired Crayfish Mornay.	AUSTRALIA	English-100				
2022-12-15	2030	Dishing It Up Christmas Special	Dishing It Up Christmas Special 2022	This Christmas Dishing it Up takes viewers into the homes of Australian households as they watch the latest Christmas cooking shows on TV and attempt to cook festive dishes in their own kitchen.	AUSTRALIA	English-100				
2022-12-15	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-15	2230	The Cook Up With Adam Liaw	Self Care	Brooke Blurton and Mark Humphries are in The Cook Up Kitchen with Adam, making dishes that bring us that warm little hug when we need it most.	AUSTRALIA	English-100		PG		
2022-12-15	2300	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, Keralan food is the perfect example of Indian coastal cuisine. Helly prepares Kadala curry - a traditional vegetarian dish using curry leaves.	AUSTRALIA	English-100		G	Y	
2022-12-15	2330	Bbq Brawl	Competition Cue	Inspired by the BBQ competition circuit, it's all about low and slow as captains Bobby Flay, Michael Symon and Eddie Jackson see how well their contenders handle the classic BBQ cuts.	USA	English-100		PG		
2022-12-15	2425	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2022-12-15	2430	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G		
2022-12-15	2500	Gourmet Farmer	Gourmet Farmer Series 4 Ep 9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT	G	Y	

2022-12-15	2530	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100		G		Y
2022-12-15	2600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 8	Matt runs us through one of his childhood favourites, Mexican rice with a twist.	AUSTRALIA	English-100		PG		
2022-12-15	2630	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 8	When throwing a party it's easy for nutrition to take a back seat. Not so for Jasmine and Melissa who have come up with a menu that will impress your guests as well as keep them eating healthily.	UNITED KINGDOM	English-100		G		
2022-12-15	2700	Barefoot Contessa: Back To Basics	Incredible Vegetables	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100		G		
2022-12-15	2730	Food Markets: In The Belly Of	Muchen - Viktualienmarkt	The Viktualienmarkt in Munich developed from an original farmers' market to a popular market for gourmets. The market also hosts a number of traditional and folkloric events.	FRANCE	English-60; German-40	RPT	PG	Y	Y
2022-12-15	2830	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, Keralan food is the perfect example of Indian coastal cuisine. Helly prepares Kadala curry - a traditional vegetarian dish using curry leaves.	AUSTRALIA	English-100		G	Y	
2022-12-16	0500	Nigella Express	Get Up And Go	Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-16	0530	Come Dine With Me Couples	Northampton A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		
2022-12-16	0630	Gourmet Farmer	Gourmet Farmer Series 4 Ep 9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-16	0700	Barefoot Contessa: Back To Basics	Incredible Vegetables	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100		G		
2022-12-16	0730	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G		
2022-12-16	0800	Strait To The Plate	Strait To The Plate Series 2 Episode 1 Warraber	Aaron Fa'Aoso kick starts this season by visiting the Island of Warraber. Upon arrival, Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus inspired Crayfish Mornay.	AUSTRALIA	English-100	RPT			
2022-12-16	0830	Dishing It Up Christmas Special	Dishing It Up Christmas Special 2022	This Christmas Dishing it Up takes viewers into the homes of Australian households as they watch the latest Christmas cooking shows on TV and attempt to cook festive dishes in their own kitchen.	AUSTRALIA	English-100				
2022-12-16	0930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-16	1030	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 8	When throwing a party it's easy for nutrition to take a back seat. Not so for Jasmine and Melissa who have come up with a menu that will impress your guests as well as keep them eating healthily.	UNITED KINGDOM	English-100		G		
2022-12-16	1100	The Cook Up With Adam Liaw	Self Care	Brooke Blurton and Mark Humphries are in The Cook Up Kitchen with Adam, making dishes that bring us that warm little hug when we need it most.	AUSTRALIA	English-100		PG		

2022-12-16	1130	Nigella Express	Get Up And Go	Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-16	1200	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, Keralan food is the perfect example of Indian coastal cuisine. Helly prepares Kadala curry - a traditional vegetarian dish using curry leaves.	AUSTRALIA	English-100		G	Y	
2022-12-16	1230	Come Dine With Me Couples	Northampton A	Ilyas and Amanda present a menu of tried and tested food along with a little homegrown southern hospitality.	UNITED KINGDOM	English-100		PG		
2022-12-16	1330	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 8	Michela is back in Tuscany where she explores an olive estate during the annual olive harvest in the south of the region. Back in her kitchen she prepares rainbow ricotta gnocchi.	UNITED KINGDOM	English-100		G	Y	
2022-12-16	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 9	Matt cooks up a delicious family favourite - the classic Sunday roast - a succulent braised lamb shoulder.	AUSTRALIA	English-100		G		
2022-12-16	1430	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 9	Foodie sisters Jasmine and Melissa share the perfect menu for a hot day. A cauliflower tabbouleh is the cooling accompaniment to lamb and carrot meatballs for a healthy lunch.	UNITED KINGDOM	English-100		G		
2022-12-16	1500	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		G		
2022-12-16	1530	Food Markets: In The Belly Of	Palermo - Ballaro	Placed in the middle of Palermo's ancient streets, Ballaro is one of the oldest street markets in the city, and one of the most lively and picturesque in Sicily.	FRANCE	English-50; Italian-50	RPT	PG	Y	Y
2022-12-16	1630	India Unplated	Kashmir	In this episode, we visit the beautiful Kashmir valley also proudly known as 'heaven on earth' in India. Not only is the place beautiful, its cuisine is distinct, with rice and meat as staples.	AUSTRALIA	English-100		G	Y	
2022-12-16	1700	Gourmet Farmer	Gourmet Farmer Series 4 Ep 10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT	PG	Y	
2022-12-16	1730	Come Dine With Me Couples	Northampton B	Georgia and Ollie are pulling out all the stops with a posh pub grub menu.	UNITED KINGDOM	English-100		PG		
2022-12-16	1830	Nigella Express	Instant Calmer	Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-16	1900	The Cook Up With Adam Liaw	Short But Sweet	Adam, Chefs Sharon Salloum and Morgan Hipworth are in The Cook Up Kitchen combining short with sweet. And it's a winning formula.	AUSTRALIA	English-100		PG		
2022-12-16	1930	Gordon Ramsay's Christmas Cookalong	Gordon Ramsay's Christmas Cookalong Specials 2012	Join Gordon for Christmas as he invites you into his family home on Christmas Day morning, sharing tips and expertise, showing the nation how to prepare the tastiest Christmas Day menu, step by step.	UNITED KINGDOM	English-100				
2022-12-16	2100	Gok Wan's Easy Asian	Christmas	Gok Wan's eight stunning Asian influenced Christmas dishes will leave you salivating for more!	UNITED KINGDOM	English-100		PG		
2022-12-16	2200	Donal's Meals In Minutes	Christmas Entertaining Meals	Donal tackles one area that he gets asked about all the time - what are the best recipes to serve at Christmas? Donal has got five recipes that are guaranteed to go down a treat this Christmas.	IRELAND	English-100		G		

2022-12-16	2230	The Cook Up With Adam Liaw	Short But Sweet	Adam, Chefs Sharon Salloum and Morgan Hipworth are in The Cook Up Kitchen combining short with sweet. And it's a winning formula.	AUSTRALIA	English-100		PG		
2022-12-16	2300	India Unplated	Kashmir	In this episode, we visit the beautiful Kashmir valley also proudly known as 'heaven on earth' in India. Not only is the place beautiful, its cuisine is distinct, with rice and meat as staples.	AUSTRALIA	English-100		G		Y
2022-12-16	2330	Bbq Brawl	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		
2022-12-16	2425	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2022-12-16	2430	Gordon Ramsay's Christmas Cookalong	Gordon Ramsay's Christmas Cookalong Specials 2012	Join Gordon for Christmas as he invites you into his family home on Christmas Day morning, sharing tips and expertise, showing the nation how to prepare the tastiest Christmas Day menu, step by step.	UNITED KINGDOM	English-100				
2022-12-16	2550	Gamer Snacks Bitesize	Deepfried Weird Stuff	How far can you go with deep frying? This bitesized episode is all about exploring unconventional deep fried foods.	USA	English-100		PG		
2022-12-16	2600	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 9	Matt cooks up a delicious family favourite - the classic Sunday roast - a succulent braised lamb shoulder.	AUSTRALIA	English-100		G		
2022-12-16	2630	Hemsley & Hemsley: Healthy And Delicious	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 9	Foodie sisters Jasmine and Melissa share the perfect menu for a hot day. A cauliflower tabbouleh is the cooling accompaniment to lamb and carrot meatballs for a healthy lunch.	UNITED KINGDOM	English-100		G		
2022-12-16	2700	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		G		
2022-12-16	2730	Food Markets: In The Belly Of	Palermo - Ballaro	Placed in the middle of Palermo's ancient streets, Ballaro is one of the oldest street markets in the city, and one of the most lively and picturesque in Sicily.	FRANCE	English-50; Italian-50	RPT	PG	Y	Y
2022-12-16	2830	India Unplated	Kashmir	In this episode, we visit the beautiful Kashmir valley also proudly known as 'heaven on earth' in India. Not only is the place beautiful, its cuisine is distinct, with rice and meat as staples.	AUSTRALIA	English-100		G		Y
2022-12-17	0500	Nigella Express	Instant Calmer	Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments.	UNITED KINGDOM	English-100	RPT	G		Y
2022-12-17	0530	Come Dine With Me Couples	Northampton B	Georgia and Ollie are pulling out all the stops with a posh pub grub menu.	UNITED KINGDOM	English-100		PG		
2022-12-17	0630	Gourmet Farmer	Gourmet Farmer Series 4 Ep 10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT	PG		Y
2022-12-17	0700	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		G		

2022-12-17	0730	Gordon Ramsay's Christmas Cookalong	Gordon Ramsay's Christmas Cookalong Specials 2012	Join Gordon for Christmas as he invites you into his family home on Christmas Day morning, sharing tips and expertise, showing the nation how to prepare the tastiest Christmas Day menu, step by step.	UNITED KINGDOM	English-100				
2022-12-17	0850	Gamer Snacks Bitesize	Deepfried Weird Stuff	How far can you go with deep frying? This bitesized episode is all about exploring unconventional deep fried foods.	USA	English-100		PG		
2022-12-17	0900	Gok Wan's Easy Asian	Christmas	Gok Wan's eight stunning Asian influenced Christmas dishes will leave you salivating for more!	UNITED KINGDOM	English-100		PG		
2022-12-17	1000	Donal's Meals In Minutes	Christmas Entertaining Meals	Donal tackles one area that he gets asked about all the time - what are the best recipes to serve at Christmas? Donal has got five recipes that are guaranteed to go down a treat this Christmas.	IRELAND	English-100		G		
2022-12-17	1030	Hemsley & Hemsley: Healthy And Delicious	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 9	Foodie sisters Jasmine and Melissa share the perfect menu for a hot day. A cauliflower tabbouleh is the cooling accompaniment to lamb and carrot meatballs for a healthy lunch.	UNITED KINGDOM	English-100		G		
2022-12-17	1100	The Cook Up With Adam Liaw	Short But Sweet	Adam, Chefs Sharon Salloum and Morgan Hipworth are in The Cook Up Kitchen combining short with sweet. And it's a winning formula.	AUSTRALIA	English-100		PG		
2022-12-17	1130	Nigella Express	Instant Calmer	Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-17	1200	The Cook Up With Adam Liaw	Christmas Crackers	It's Christmas week on The Cook Up, so two of Australia's greatest performers, Courtney Act and Mitch Tambo join Adam to celebrate the festive period with the perfect snacks.	AUSTRALIA	English-100		PG		
2022-12-17	1230	The Cook Up With Adam Liaw	Take A Plate For Christmas	Samantha Harris and Karl Firla join Adam in The Cook Up Kitchen to give you some great ideas for dishes to make for a Festive Take a Plate.	AUSTRALIA	English-100		PG		
2022-12-17	1300	The Cook Up With Adam Liaw	Christmas Savoury	Adam, food icon Maggie Beer and Baker Natalie Paull are in The Cook Up Kitchen making savoury dishes that can be the centre of your Christmas buffet.	AUSTRALIA	English-100	RPT	PG		
2022-12-17	1330	The Cook Up With Adam Liaw	Christmas At Mine	It's a big night with Adam, chef George Calombaris, and singer Christine Anu in The Cook Up Kitchen creating festive food unique to their homes.	AUSTRALIA	English-100	RPT	PG		
2022-12-17	1400	The Cook Up With Adam Liaw	Christmas Dessert	Culinary queen Stephanie Alexander and paralympian gold medallist Kurt Fearnley join Adam in The Cook Up Kitchen to make Christmas desserts.	AUSTRALIA	English-100	RPT	PG		
2022-12-17	1430	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 4	The semi-final gets underway as the four remaining chocolatiers have to create a scrumptious Easter egg, choc-a-block full of treats. This is the first time that many of them have made an Easter egg!	UNITED KINGDOM	English-100		PG		
2022-12-17	1525	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-17	1530	Gordon Ramsay Uncharted	Morocco	Chef Gordon Ramsay travels to Morocco, North Africa, where he embarks on an adventure deep in the Middle Atlas Mountains to understand ancient Berber cuisine.	UNITED KINGDOM	English-100		PG	Y	
2022-12-17	1625	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y

2022-12-17	1630	Weekend Breaks With Gregg Wallace	York	In York, Gregg Wallace visits the famous Minster, climbs the city walls and meets one of Yorkshire's best chefs who cooks a menu filled with one of his favourite ingredients, rhubarb.	UNITED KINGDOM	English-100		G		
2022-12-17	1725	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-17	1730	Taste Of Diversity	Taste Of Diversity Series 1 Ep 3	Learn the secrets of Japanese cuisine, see how to handle a knife masterfully and discover why all plates on Japanese table have a different shape. Come into the wonderful world of Japanese cuisine!	CANADA	English-100				
2022-12-17	1800	Taste Of Diversity	Taste Of Diversity Series 1 Ep 4	Ukrainian cuisine is a jewel of Eastern Europe, from dishes like borscht to Perogies. Olga shares the tradition of passing on cooking techniques and recipes to ensure that Ukrainian cuisine lives on.	CANADA	English-100				
2022-12-17	1830	Gordon's Ultimate Christmas	Gordon's Ultimate Christmas Ep 1	Gordon prepares a spectacular set of Christmas dishes that include his recipe for the ultimate turkey, superb stuffing, perfectly cooked vegetables and a stunning Christmas dessert.	UNITED KINGDOM	English-100		G		
2022-12-17	1930	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 9	In Japan's southern Islands Kyushu and Shikoku, Adam Liaw finds a vibrant, warm culture where old ladies use iPads to harvest the forests, and the cuisine is as fascinating as its people.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y	Y
2022-12-17	2000	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 10	Adam Liaw travels to Okinawa, the island home of his favourite Japanese cuisine, is made up of an eclectic assortment of unique dishes, and where the locals love to sing and dance.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2022-12-17	2030	Jamie's American Road Trip	Georgia	Jamie searches for the best cheap food in America. He starts his journey in Georgia, where despite a recession, he finds a hopeful nation.	UNITED KINGDOM	English-100		PG		Y
2022-12-17	2130	Anthony Bourdain: Parts Unknown	Safari	Tony and Saleh chat over a cup of traditional Arabic coffee before everyone disperses at noon for the midday prayers at the nearby mosques.	USA	English-100		PG		Y
2022-12-17	2225	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-17	2230	Top Chef	Olympic Dreams	On the eve of the Quickfire, one of the chefs has a very special delivery. Padma and Season 14 Winner Brooke Williamson surprise the chefs at their house with breakfast ingredients.	USA	English-100		PG		Y
2022-12-17	2325	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-17	2330	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 3	Freddie and Rob continue their Australian adventure. They get up close and personal with some the country's deadliest animals by becoming snake catchers for the day.	UNITED KINGDOM	English-100		PG		
2022-12-17	2425	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-17	2430	Taste Of Diversity	Taste Of Diversity Series 1 Ep 3	Learn the secrets of Japanese cuisine, see how to handle a knife masterfully and discover why all plates on Japanese table have a different shape. Come into the wonderful world of Japanese cuisine!	CANADA	English-100				
2022-12-17	2500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 4	Ukrainian cuisine is a jewel of Eastern Europe, from dishes like borscht to Perogies. Olga shares the tradition of passing on cooking techniques and recipes to ensure that Ukrainian cuisine lives on.	CANADA	English-100				
2022-12-17	2530	Gordon's Ultimate Christmas	Gordon's Ultimate Christmas Ep 1	Gordon prepares a spectacular set of Christmas dishes that include his recipe for the ultimate turkey, superb stuffing, perfectly cooked vegetables and a stunning Christmas dessert.	UNITED KINGDOM	English-100		G		

2022-12-17	2630	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 9	In Japan's southern Islands Kyushu and Shikoku, Adam Liaw finds a vibrant, warm culture where old ladies use iPads to harvest the forests, and the cuisine is as fascinating as its people.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y	Y
2022-12-17	2700	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 10	Adam Liaw travels to Okinawa, the island home of his favourite Japanese cuisine, is made up of an eclectic assortment of unique dishes, and where the locals love to sing and dance.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
2022-12-17	2730	Jamie's American Road Trip	Georgia	Jamie searches for the best cheap food in America. He starts his journey in Georgia, where despite a recession, he finds a hopeful nation.	UNITED KINGDOM	English-100		PG		Y
2022-12-17	2830	Taste Of Diversity	Taste Of Diversity Series 1 Ep 3	Learn the secrets of Japanese cuisine, see how to handle a knife masterfully and discover why all plates on Japanese table have a different shape. Come into the wonderful world of Japanese cuisine!	CANADA	English-100				

