



WEEK 53: Sunday, 25 December - Saturday, 31 December 2022 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-12-25	0500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 6	Canada is one of the most multicultural countries in the world, and has a lot to offer when it comes to food. Follow chef Eoin as he makes delicious traditional buttermilk pancakes and poutine.	CANADA	English-100		PG		
2022-12-25	0530	Gordon's Ultimate Christmas	Gordon's Ultimate Christmas Ep 2	Gordon proves that there's so much more to Christmas food than turkey - he goes through a wonderful array of alternative dishes from roast ham to a festive twist on his classic beef Wellington.	UNITED KINGDOM	English-100		G		
2022-12-25	0630	Jamie & Jimmy's Food Fight Club Special	Jamie & Jimmy's Festive Feast	Rocketman actor Taron Egerton joins Jamie and Jimmy to make Christmas dinner and trifle. There's also pigs in blankets and a trip to a turkey farm.	UNITED KINGDOM	English-100		PG		
2022-12-25	0725	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-25	0730	Jamie's American Road Trip	Wyoming	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	UNITED KINGDOM	English-100		PG		Y
2022-12-25	0830	Top Chef	Bronco Brouhala	Cooking for Michelin-starred Chef David Kinch adds pressure to an already stressful Sudden Death Quickfire based on edible flowers.	USA	English-100		PG		Y
2022-12-25	0925	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-25	0930	Taste Of Diversity	Taste Of Diversity Series 1 Ep 5	Sahar welcomes us into her home and shares some of the secrets of Persian cuisine, starting with the Persian classic Zerehs Polo Ba Morgh, a very popular barley soup.	CANADA	English-100		PG		
2022-12-25	1000	Taste Of Diversity	Taste Of Diversity Series 1 Ep 6	Canada is one of the most multicultural countries in the world, and has a lot to offer when it comes to food. Follow chef Eoin as he makes delicious traditional buttermilk pancakes and poutine.	CANADA	English-100		PG		
2022-12-25	1030	Flour Power Christmas: Edible Gifts	Flour Power Christmas: Edible Gifts	Christmas is near and host Jessica McGovern shows us how to bake something for everyone including crispy brittle bark covered in chocolate, and rich coal cookies that are sweet with a bit of heat.	CANADA	English-100		G		
2022-12-25	1100	Flour Power Christmas: Twisted Classics	Flour Power Christmas: Twists On The Classics	Host Jessica McGovern plays of some classic desserts, from sweet and fluffy gumdrop cakes drizzled with a light lemony glaze to a delectable eggnog ski slope cake decorated with rosemary trees.	CANADA	English-100		G		
2022-12-25	1130	Flour Power Christmas: Big Wow Desserts	Flour Power Christmas: Big Wow Desserts	The holidays are here and Jessica McGovern introduces two desserts that could impress any Scrooge. First, Jessica bakes a decadent chocolate yule log stuffed with a creamy salted caramel frosting.	CANADA	English-100		G		
2022-12-25	1200	The Cook Up with Adam Liaw	Christmas Dessert	Christmas is fast approaching, so for last-minute food ideas, The Cook Up is here for you. Host Adam Liaw is joined by food icon Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden.	AUSTRALIA	English-100	RPT	G	Y	

2022-12-25	1230	Heston's Feasts	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-12-25	1330	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G		
2022-12-25	1400	The Cook Up With Adam Liaw	Stress Free Starters	Adam and chefs Junda Khoo and Paul Farag are making The Cook Up kitchen very zen, as they create some stress free starters.	AUSTRALIA	English-100	RPT			
2022-12-25	1430	The Cook Up With Adam Liaw	Red Hot Summer	If you can stand the heat... get into the kitchen with Adam, restaurateur Callum Hann and comedian Lizzy Hoo for some recipes for a Red Hot Summer.	AUSTRALIA	English-100	RPT			
2022-12-25	1500	The Cook Up With Adam Liaw	Pantry Panic	Adam, political journalist Annabel Crabb, and scientist professor Steve Simpson are in the kitchen making delicious dishes for when your ingredients are running low.	AUSTRALIA	English-100	RPT			
2022-12-25	1530	The Cook Up With Adam Liaw	Signature Salad	Chef Nelly Robinson and appearance advocate Carly Findlay join Adam in The Cook Up Kitchen to make and share their signature salads.	AUSTRALIA	English-100	RPT			
2022-12-25	1600	The Cook Up With Adam Liaw	Sweet Heat	Adam and chefs Louis Tikaram and Jake Kellie are bringing incredible summer desserts to The Cook Up Kitchen.	AUSTRALIA	English-100				
2022-12-25	1630	Jimmy's Australian Food Adventure	Crocodile Farming	In Litchfield National Park, south-west of Darwin, Jimmy joins crocodile ranger Matt Wright for a close encounter with a giant saltwater crocodile.	UNITED KINGDOM	English-100		PG		
2022-12-25	1700	Jimmy's Australian Food Adventure	Bush Camp Cooking	Jimmy Doherty is on the trail of Australia's wild foods. At Adelaide Central Market in South Australia, he has a go at making gourmet kangaroo bangers with farmer Richard Gunner.	UNITED KINGDOM	English-100		PG		
2022-12-25	1730	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G		
2022-12-25	1800	Giada At Home	Special Delivery	Giada prepares chicken with chickpea and tomato ragu and chocolate hazelnut banana bread for her aunt and her new baby.	USA	English-100				
2022-12-25	1830	Secrets Of The Factories	Secrets Of The Kellogg's Factory	The Kellogg's factory in Manchester opens its doors to reveal step by step how some of United Kingdom's favourite breakfast cereals are made in one of Britain's biggest factories.	UNITED KINGDOM	English-100		PG		Y
2022-12-25	1930	Cheese: A Love Story	British Columbia	Afrim's final stop is beautiful British Columbia, Canada's West coast, where an innovative cheese culture is driven by its 'support local' mentality.	CANADA	English-100		PG		
2022-12-25	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				
2022-12-25	2130	Anthony Bourdain: Parts Unknown	Shanghai	Forget all the antiquated views you might hold about a communist-run, creativity-devoid bunch of State-controlled androids. The modern China, is to Bourdain, a vibrant, dynamic monument to capitalism.	USA	English-100		PG		Y
2022-12-25	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	

2022-12-25	2230	Top Chef	Red Rum And Then Some	With their Quickfire set at the iconic Stanley Hotel, the inspiration site for Stephen King's "The Shining," the chefs must put their scariest nightmares on a plate ... in dessert form.	USA	English-100		PG		Y
2022-12-25	2325	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2022-12-25	2330	Freddie Fries Down Under	Freddie Fries Down Under Series 1 Ep 6	Freddie Flintoff and his friend, writer Rob Penn, hit the Australian road for the last time as they head to Cairns. Freddie serves up a final feast that they'll never forget - a bug banquet.	UNITED KINGDOM	English-100		PG		
2022-12-25	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
2022-12-25	2430	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G		
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2022-12-25	2625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2022-12-25	2630	Cheese: A Love Story	British Columbia	Afrim's final stop is beautiful British Columbia, Canada's West coast, where an innovative cheese culture is driven by its 'support local' mentality.	CANADA	English-100		PG		
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2022-12-26	1125	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
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2022-12-26	1330	From Scratch	Braai Is A Braai In South Africa, A	David Higgs, is the one of the best known South African chefs and in his Johannesburg restaurant Marble he only cooks over wood fires.	UNITED KINGDOM	English-100		PG		Y
2022-12-26	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 16	Matt prepares a recipe that was shown to him by his wife - Afghani lamb curry.	AUSTRALIA	English-100		G		
2022-12-26	1500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simply Seafood	Ina Garten is serving up a seafood spread, starting with fresh crab and pea risotto for a comforting one-pot wonder.	USA	English-100				
2022-12-26	1530	Pacific Island Food Revolution	Tonga	Welcome to the Kingdom of Tonga. Host Robert Oliver introduces the talented teams competing to represent their country in the shows finals!	NEW ZEALAND	English-100	RPT	G		
2022-12-26	1630	Middle East Feast With Shane Delia	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100		G		Y

2022-12-26	1700	Gourmet Farmer	Gourmet Farmer Series 5 Ep 6	Matthew realises two long held day dreams when he installs an incredible outdoor fire pit and finally catches something from the ocean worth bragging about.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-26	1730	Come Dine With Me Couples	South Yorkshire B	Phil and Kate treat their guests to a menu inspired by their most romantic meals.	UNITED KINGDOM	English-100		PG		
2022-12-26	1830	Nigella Express	Season's Eatings	Forget the big day. This is a snap of a great meal for those all important days around it. From drinks and nibbles when the guests arrive through to a simple, delicious no effort dinner.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-26	1900	The Cook Up with Adam Liaw	Sponge	Food icon and writer Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden, join Adam Liaw in The Cook Up kitchen to share their best renditions of the classic sponge cake.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-26	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 2	Deep in the Cornish countryside, Rick Stein meets an extraordinary family who are making some of the best Gouda cheese in Britain, from which he cooks a tortilla dish with caramelised apples.	UNITED KINGDOM	English-100		PG		
2022-12-26	2000	Cooking With Curtis	Greg	Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. Intimidated to use Rob's favorite protein,	USA	English-100		PG		
2022-12-26	2030	Jamie & Jimmy's Food Fight Club	Ant & Dec	The kings of Saturday night telly - Ant and Dec - join Jamie and Jimmy on Southend Pier. The multi award-winning presenters swap their 'takeaway' for Jamie's delicious home-cooked feasts.	UNITED KINGDOM	English-100		G		
2022-12-26	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-26	2230	The Wine Show	Wine Show Series 1 Ep 1, The	Matthew Goode and Matthew Rhys investigate the stories behind some of the world's most fascinating wines. From their villa HQ in the Italian hills, they head to Tuscany for a barrel race.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-12-26	2330	Choccywoccydoodah	I Put A Spell On You	It's Halloween and the chocolatiers unleash their eccentricity to create wondrous chocolate masterpieces, including an extravagant gothic horror inspired cake to be delivered to rock god Alice Cooper.	UNITED KINGDOM	English-100		PG		
2022-12-26	2400	Choccywoccydoodah	It's Showtime	Choccywoccydoodah are renowned for their risque line of chocolate goodies. Today the focus is on the female form for two outlandish 1.2 metre high cakes, including one for The Classic Rock Awards.	UNITED KINGDOM	English-100		PG		
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2022-12-27	0900	Nigella Express	Season's Eatings	Forget the big day. This is a snap of a great meal for those all important days around it. From drinks and nibbles when the guests arrive through to a simple, delicious no effort dinner.	UNITED KINGDOM	English-100	RPT	G	Y
2022-12-27	0930	Come Dine With Me Couples	South Yorkshire B	Phil and Kate treat their guests to a menu inspired by their most romantic meals.	UNITED KINGDOM	English-100		PG	
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2022-12-27	1200	Cooking With Curtis	Greg	Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. Intimidated to use Rob's favorite protein,	USA	English-100		PG	
2022-12-27	1230	Jamie & Jimmy's Food Fight Club	Ant & Dec	The kings of Saturday night telly - Ant and Dec - join Jamie and Jimmy on Southend Pier. The multi award-winning presenters swap their 'takeaway' for Jamie's delicious home-cooked feasts.	UNITED KINGDOM	English-100		G	
2022-12-27	1330	From Scratch	Keep Your Friends Close, And Your Anemones Closer In Sardinia	David works with Michelin star chef Christiano Andreini, to recreate his coastal Sardinian dishes. David attempts to dive for octopus in open, rough waters, but must quickly find an alternative.	UNITED KINGDOM	English-100		PG	Y
2022-12-27	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 17	Matt is joined by food writer Melissa Leong and together they prepare a quick gluten free berry crumble.	AUSTRALIA	English-100		G	

2022-12-27	1500	Barefoot Contessa: Back To Basics	Modern Comfort Food: All Italian	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100			
2022-12-27	1530	Pacific Island Food Revolution	Fiji	The competition heads to Fiji where three new teams must showcase the best of healthy Fijian cuisine to impress the judges and secure a spot in the finals.	NEW ZEALAND	English-100	RPT	PG	
2022-12-27	1630	Middle East Feast With Shane Delia	Sunday Lunch	Shane Delia and guest chef Tom Sarafian share their family favourites for the perfect family lunch.	AUSTRALIA	English-100		G	Y
2022-12-27	1700	Gourmet Farmer	Gourmet Farmer Series 5 Ep 7	It's Spring on Fat Pig Farm, the hungry patch, everything is furiously growing, but there is almost nothing to harvest yet, so Matthew needs to make do and forage for some springtime food ideas.	AUSTRALIA	English-100	RPT	G	Y
2022-12-27	1730	Come Dine With Me Couples	West Midlands A	Sam and Karl serve up an eighties inspired menu, but rock-hard bread, soggy salmon and a hairy dessert leave a nasty taste in the guests' mouths.	UNITED KINGDOM	English-100		PG	
2022-12-27	1830	The Cook And The Chef	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G	
2022-12-27	1900	The Cook Up with Adam Liaw	Broccoli	Every Night of the Week's Lucy Tweed and the owner of Woodcut restaurant, Ross Lusted, chat to Adam Liaw in The Cook Up kitchen about all things broccoli.	AUSTRALIA	English-100	RPT	G	Y
2022-12-27	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100		PG	
2022-12-27	2000	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 5	Did you know that vegemite can be a great umami-rich substitute for soy sauce? Neither did Katie until Dan Hong chose her #shelfie to make faux fried rice using steak and pasta!	AUSTRALIA	English-100		PG	
2022-12-27	2030	John Torode's Ireland	County Clare And The Burren	John meets Stephen Hegarty, local farmer and Burren expert, and they go for a walk on the limestone pavement of The Burren.	IRELAND	English-100		G	
2022-12-27	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y
2022-12-27	2230	The Wine Show	Wine Show Series 1 Ep 2, The	The boys travel to Montalcino to meet a Super Tuscan called Cinzano, where they crash his vintage Fiat 500. Wine expert Joe Fattorini heads to Chile to find out if Gregorian chant can affect the wine.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-12-27	2330	Choccywoccydoodah	Cake And Cupids Conquer All	This time the team have two very different challenges: a wedding cake that's dripping in designer shoes and a cake designed around the tragic tale of Miss Havisham who was jilted on her wedding day.	UNITED KINGDOM	English-100		PG	
2022-12-27	2400	Choccywoccydoodah	Christmas Comes Early	It's November but in the world of Choccywoccydoodah that means one thing - Christmas! Chief cake artist Dave takes on his biggest challenge for the festive window display - a 1.2m chocolate stag.	UNITED KINGDOM	English-100		PG	
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2022-12-27	2500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100		PG	

2022-12-27	2530	John Torode's Ireland	County Clare And The Burren	John meets Stephen Hegarty, local farmer and Burren expert, and they go for a walk on the limestone pavement of The Burren.	IRELAND	English-100		G		
2022-12-27	2630	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG		Y
2022-12-27	2730	The Wine Show	Wine Show Series 1 Ep 2, The	The boys travel to Montalcino to meet a Super Tuscan called Cinzano, where they crash his vintage Fiat 500. Wine expert Joe Fattorini heads to Chile to find out if Gregorian chant can affect the wine.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-12-27	2830	Choccywoccydoodah	Cake And Cupids Conquer All	This time the team have two very different challenges: a wedding cake that's dripping in designer shoes and a cake designed around the tragic tale of Miss Havisham who was jilted on her wedding day.	UNITED KINGDOM	English-100		PG		
2022-12-28	0500	Choccywoccydoodah	Christmas Comes Early	It's November but in the world of Choccywoccydoodah that means one thing - Christmas! Chief cake artist Dave takes on his biggest challenge for the festive window display - a 1.2m chocolate stag.	UNITED KINGDOM	English-100		PG		
2022-12-28	0530	From Scratch	Keep Your Friends Close, And Your Anemones Closer In Sardinia	David works with Michelin star chef Christiano Andreini, to recreate his coastal Sardinian dishes. David attempts to dive for octopus in open, rough waters, but must quickly find an alternative.	UNITED KINGDOM	English-100		PG		Y
2022-12-28	0630	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 17	Matt is joined by food writer Melissa Leong and together they prepare a quick gluten free berry crumble.	AUSTRALIA	English-100		G		
2022-12-28	0700	Barefoot Contessa: Back To Basics	Modern Comfort Food: All Italian	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100				
2022-12-28	0730	Pacific Island Food Revolution	Fiji	The competition heads to Fiji where three new teams must showcase the best of healthy Fijian cuisine to impress the judges and secure a spot in the finals.	NEW ZEALAND	English-100	RPT	PG		
2022-12-28	0830	Middle East Feast With Shane Delia	Sunday Lunch	Shane Delia and guest chef Tom Sarafian share their family favourites for the perfect family lunch.	AUSTRALIA	English-100		G		Y
2022-12-28	0900	The Cook And The Chef	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G		
2022-12-28	0930	Come Dine With Me Couples	West Midlands A	Sam and Karl serve up an eighties inspired menu, but rock-hard bread, soggy salmon and a hairy dessert leave a nasty taste in the guests' mouths.	UNITED KINGDOM	English-100		PG		
2022-12-28	1030	Gourmet Farmer	Gourmet Farmer Series 5 Ep 7	It's Spring on Fat Pig Farm, the hungry patch, everything is furiously growing, but there is almost nothing to harvest yet, so Matthew needs to make do and forage for some springtime food ideas.	AUSTRALIA	English-100	RPT	G		Y
2022-12-28	1100	The Cook Up with Adam Liaw	Broccoli	Every Night of the Week's Lucy Tweed and the owner of Woodcut restaurant, Ross Lusted, chat to Adam Liaw in The Cook Up kitchen about all things broccoli.	AUSTRALIA	English-100	RPT	G		Y
2022-12-28	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100		PG		
2022-12-28	1200	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 5	Did you know that vegemite can be a great umami-rich substitute for soy sauce? Neither did Katie until Dan Hong chose her #shelfie to make faux fried rice using steak and pasta!	AUSTRALIA	English-100		PG		

2022-12-28	1230	John Torode's Ireland	County Clare And The Burren	John meets Stephen Hegarty, local farmer and Burren expert, and they go for a walk on the limestone pavement of The Burren.	IRELAND	English-100		G	
2022-12-28	1330	From Scratch	Ricing To The Occasion In The Philippines	David Moscow and family fly to his wife's Philippines homeland to harvest coconuts, rice and seafood for a classic Filipino ceviche by 2019 James Beard nominee, Margarita Manzke.	UNITED KINGDOM	English-100		G	Y
2022-12-28	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 18	Matt shares his recipe for simple, tasty sticky chicken wings, while Courtney and Michael dish up spiced falafels with pickled slaw.	AUSTRALIA	English-100		G	
2022-12-28	1500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Bake It Delicious	Ina puts a new spin on a decadent, elegant bittersweet chocolate cake that everyone adores, and kick-starts the day with a dramatic apple cinnamon Dutch Baby.	USA	English-100			
2022-12-28	1530	Pacific Island Food Revolution	Vanuatu	Join host Robert Oliver as he heads to beautiful Vanuatu to meet the new contestants. Which of the three teams will make it to the finals?	NEW ZEALAND	English-100	RPT	G	Y
2022-12-28	1630	Middle East Feast With Shane Delia	Turkish	Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ovaz to highlight the best of Turkish home cooking.	AUSTRALIA	English-100		G	Y
2022-12-28	1700	Gourmet Farmer	Gourmet Farmer Series 5 Ep 8	With Spring in full swing, Matthew begins to understand just how important insects are to the ecosystem and health of his farm and his food.	AUSTRALIA	English-100	RPT	PG	Y
2022-12-28	1730	Come Dine With Me Couples	West Midlands B	Rosie and Darren, who love to live the good life, are hoping their menu of home-grown classics will wow their guests.	UNITED KINGDOM	English-100		PG	
2022-12-28	1830	The Cook And The Chef	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100		G	
2022-12-28	1900	The Cook Up with Adam Liaw	Butter	Chef and owner of Marque, Mark Best, and social media baking queen Katherine Sabbath dive into the world of butter with Adam Liaw in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2022-12-28	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100		PG	
2022-12-28	2000	Long Weekend In... With Rory O'Connell	Bath	After a delicious exploration of Bath, Rory makes the perfect recipe to remind him of his trip, his own version of a Bath Bun.	IRELAND	English-100		PG	
2022-12-28	2030	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG	Y Y
2022-12-28	2100	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10		G	Y Y
2022-12-28	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-12-28	2230	The Wine Show	Wine Show Series 1 Ep 3, The	From their villa HQ in the Italian hills, the boys head to Italy's ancient capital, where they find out why ancient Romans added cheese to their wine.	UNITED KINGDOM	English-100	RPT	G	Y

2022-12-28	2330	Choccywoccydoodah	All You Need Is Love	The chocolatiers at Choccywoccydoodah are in the business of love. Today they make a massive heart for Dannii Minogue's dressing room and build a spectacular winter wonderland wedding cake.	UNITED KINGDOM	English-100		PG		
2022-12-28	2400	Choccywoccydoodah	An Occasion To Remember	On this occasion Choccywoccydoodah make some of their biggest cakes ever - including a cake for TV presenter Zoe Ball's 40th birthday, and confectionery for a charity event featuring Fatboy Slim.	UNITED KINGDOM	English-100		PG		
2022-12-28	2430	The Cook Up with Adam Liaw	Butter	Chef and owner of Marque, Mark Best, and social media baking queen Katherine Sabbath dive into the world of butter with Adam Liaw in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2022-12-28	2500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100		PG		
2022-12-28	2530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG		Y Y
2022-12-28	2600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10		G		Y Y
2022-12-28	2630	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-12-28	2730	The Wine Show	Wine Show Series 1 Ep 3, The	From their villa HQ in the Italian hills, the boys head to Italy's ancient capital, where they find out why ancient Romans added cheese to their wine.	UNITED KINGDOM	English-100	RPT	G		Y
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2022-12-29	0630	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 18	Matt shares his recipe for simple, tasty sticky chicken wings, while Courtney and Michael dish up spiced falafels with pickled slaw.	AUSTRALIA	English-100		G		
2022-12-29	0700	Barefoot Contessa: Back To Basics	Modern Comfort Food: Bake It Delicious	Ina puts a new spin on a decadent, elegant bittersweet chocolate cake that everyone adores, and kick-starts the day with a dramatic apple cinnamon Dutch Baby.	USA	English-100				
2022-12-29	0730	Pacific Island Food Revolution	Vanuatu	Join host Robert Oliver as he heads to beautiful Vanuatu to meet the new contestants. Which of the three teams will make it to the finals?	NEW ZEALAND	English-100	RPT	G		Y
2022-12-29	0830	Middle East Feast With Shane Delia	Turkish	Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ozav to highlight the best of Turkish home cooking.	AUSTRALIA	English-100		G		Y
2022-12-29	0900	The Cook And The Chef	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100		G		

2022-12-29	0930	Come Dine With Me Couples	West Midlands B	Rosie and Darren, who love to live the good life, are hoping their menu of home-grown classics will wow their guests.	UNITED KINGDOM	English-100		PG		
2022-12-29	1030	Gourmet Farmer	Gourmet Farmer Series 5 Ep 8	With Spring in full swing, Matthew begins to understand just how important insects are to the ecosystem and health of his farm and his food.	AUSTRALIA	English-100	RPT	PG		Y
2022-12-29	1100	The Cook Up with Adam Liaw	Butter	Chef and owner of Marque, Mark Best, and social media baking queen Katherine Sabbath dive into the world of butter with Adam Liaw in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2022-12-29	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100		PG		
2022-12-29	1200	Long Weekend In... With Rory O'Connell	Bath	After a delicious exploration of Bath, Rory makes the perfect recipe to remind him of his trip, his own version of a Bath Bun.	IRELAND	English-100		PG		
2022-12-29	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG		Y Y
2022-12-29	1300	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10		G		Y Y
2022-12-29	1330	From Scratch	Mas-Cow In Texas	David Moscow heads to one of the most humane cattle processing plants and harvests a cow to prepare nose to tail at restaurants in the heart of beef country, South Central Texas.	UNITED KINGDOM	English-100		PG		Y
2022-12-29	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 19	Courtney and Matt get creative with leftovers to bake a pumpkin frittata. Matt cooks a dish he also serves at his restaurant - moo ping skewers.	AUSTRALIA	English-100		G		
2022-12-29	1500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Classics Made Over	Ina gets fresh with spring green spaghetti carbonara, and chocolate-dipped brown sugar shortbread livens up an old favourite sweet treat.	USA	English-100				
2022-12-29	1530	Pacific Island Food Revolution	Samoa	Join host Robert Oliver as he heads to stunning Samoa to meet the first round of contestants. Which of the three teams will make it to the finals?	NEW ZEALAND	English-100	RPT	G		Y
2022-12-29	1630	Middle East Feast With Shane Delia	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100		G		Y
2022-12-29	1700	Gourmet Farmer	Gourmet Farmer Series 5 Ep 9	It's high summer, and Matthew is focused on making the most of the garden's first flush of fruit.	AUSTRALIA	English-100	RPT	G		Y
2022-12-29	1730	Come Dine With Me Couples	South East London A	Michael and Laura relive their Ibiza wedding with a Spanish themed menu.	UNITED KINGDOM	English-100		PG		
2022-12-29	1830	The Cook And The Chef	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100		G		

2022-12-29	1900	The Cook Up with Adam Liaw	Peanuts	MasterChef alumni Amina Elshafei and home cook and wife of Manu Feildel, Clarissa Feildel, chat and cook with Adam Liaw in The Cook Up kitchen about all things peanuts.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-29	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100		PG		
2022-12-29	2000	Strait To The Plate	Thursday Island	Aaron arrives in the Kaywalagal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA	English-100				
2022-12-29	2030	Nadiya's Fast Flavours	Special Occasions	Nadiya creates a spectacular dinner party centrepiece: a roast leg of lamb with jewelled couscous, pomegranate seeds, preserved lemons, and pine nuts.	UNITED KINGDOM	English-100		PG		
2022-12-29	2100	Gok Wan's Easy Asian	Night In, A	Gok cooks up a menu for the perfect night in, starting with prawn toasts loaded with extra king prawns and a fragrant egg and roast potato curry.	UNITED KINGDOM	English-100		PG		
2022-12-29	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-29	2230	The Wine Show	Wine Show Series 1 Ep 4, The	From their villa HQ in the Italian hills, the boys head to the Vatican to meet a priest who needs a new communion wine. Expert Joe Fattorini heads to South Africa where he heads out on baboon patrol.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-12-29	2330	Choccywoccydoodah	Special Delivery	This time the team have two special cake deliveries. The first is a cake to Victoria Smurfit's mum to celebrate her 60th birthday. And the second, to hard rock band Saxon in concert in Wales.	UNITED KINGDOM	English-100		PG		
2022-12-29	2400	Choccywoccydoodah	Eat Cake And Be Merry	This time the crew have two very festive cakes to make. The first is a christening cake with a teddy on top and the second, a giant Cinderella cake for the cast at the Theatre Royal in Brighton.	UNITED KINGDOM	English-100		PG		
2022-12-29	2430	The Cook Up with Adam Liaw	Peanuts	MasterChef alumni Amina Elshafei and home cook and wife of Manu Feildel, Clarissa Feildel, chat and cook with Adam Liaw in The Cook Up kitchen about all things peanuts.	AUSTRALIA	English-100	RPT	G	Y	
2022-12-29	2500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100		PG		
2022-12-29	2530	Nadiya's Fast Flavours	Special Occasions	Nadiya creates a spectacular dinner party centrepiece: a roast leg of lamb with jewelled couscous, pomegranate seeds, preserved lemons, and pine nuts.	UNITED KINGDOM	English-100		PG		
2022-12-29	2600	Gok Wan's Easy Asian	Night In, A	Gok cooks up a menu for the perfect night in, starting with prawn toasts loaded with extra king prawns and a fragrant egg and roast potato curry.	UNITED KINGDOM	English-100		PG		
2022-12-29	2630	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-29	2730	The Wine Show	Wine Show Series 1 Ep 4, The	From their villa HQ in the Italian hills, the boys head to the Vatican to meet a priest who needs a new communion wine. Expert Joe Fattorini heads to South Africa where he heads out on baboon patrol.	UNITED KINGDOM	English-100	RPT	PG	Y	Y

2022-12-29	2830	Choccywoccydoodah	Special Delivery	This time the team have two special cake deliveries. The first is a cake to Victoria Smurfitt's mum to celebrate her 60th birthday. And the second, to hard rock band Saxon in concert in Wales.	UNITED KINGDOM	English-100		PG	
2022-12-30	0500	Choccywoccydoodah	Eat Cake And Be Merry	This time the crew have two very festive cakes to make. The first is a christening cake with a teddy on top and the second, a giant Cinderella cake for the cast at the Theatre Royal in Brighton.	UNITED KINGDOM	English-100		PG	
2022-12-30	0530	From Scratch	Mas-Cow In Texas	David Moscow heads to one of the most humane cattle processing plants and harvests a cow to prepare nose to tail at restaurants in the heart of beef country, South Central Texas.	UNITED KINGDOM	English-100		PG	Y
2022-12-30	0630	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 19	Courtney and Matt get creative with leftovers to bake a pumpkin frittata. Matt cooks a dish he also serves at his restaurant - moo ping skewers.	AUSTRALIA	English-100		G	
2022-12-30	0700	Barefoot Contessa: Back To Basics	Modern Comfort Food: Classics Made Over	Ina gets fresh with spring green spaghetti carbonara, and chocolate-dipped brown sugar shortbread livens up an old favourite sweet treat.	USA	English-100			
2022-12-30	0730	Pacific Island Food Revolution	Samoa	Join host Robert Oliver as he heads to stunning Samoa to meet the first round of contestants. Which of the three teams will make it to the finals?	NEW ZEALAND	English-100	RPT	G	Y
2022-12-30	0830	Middle East Feast With Shane Delia	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100		G	Y
2022-12-30	0900	The Cook And The Chef	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100		G	
2022-12-30	0930	Come Dine With Me Couples	South East London A	Michael and Laura relive their Ibiza wedding with a Spanish themed menu.	UNITED KINGDOM	English-100		PG	
2022-12-30	1030	Gourmet Farmer	Gourmet Farmer Series 5 Ep 9	It's high summer, and Matthew is focused on making the most of the garden's first flush of fruit.	AUSTRALIA	English-100	RPT	G	Y
2022-12-30	1100	The Cook Up with Adam Liaw	Peanuts	MasterChef alumni Amina Elshafei and home cook and wife of Manu Feildel, Clarissa Feildel, chat and cook with Adam Liaw in The Cook Up kitchen about all things peanuts.	AUSTRALIA	English-100	RPT	G	Y
2022-12-30	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100		PG	
2022-12-30	1200	Strait To The Plate	Thursday Island	Aaron arrives in the Kaywalagal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA	English-100	RPT		
2022-12-30	1230	Nadiya's Fast Flavours	Special Occasions	Nadiya creates a spectacular dinner party centrepiece: a roast leg of lamb with jewelled couscous, pomegranate seeds, preserved lemons, and pine nuts.	UNITED KINGDOM	English-100		PG	
2022-12-30	1300	Gok Wan's Easy Asian	Night In, A	Gok cooks up a menu for the perfect night in, starting with prawn toasts loaded with extra king prawns and a fragrant egg and roast potato curry.	UNITED KINGDOM	English-100		PG	

2022-12-30	1330	From Scratch	Something Fishy In Finland	David visits Olo, one of the 50 best restaurants in the world, in Helsinki and works with chef Jari Vesivalo to craft a local sustainable Scandinavian feast from scratch.	UNITED KINGDOM	English-100		PG			
2022-12-30	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 20	Matt's on location at his restaurant in Noosa - Sum Yung Guys - where he shares his recipes for one of the restaurant's most requested desserts - salted coconut panna cotta.	AUSTRALIA	English-100		PG			
2022-12-30	1500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Good Cheese	Ina Garten indulges in incredible recipes starring some of her favorite cheeses, featuring a panko-cruste rack of lamb for a fast and fancy dinner.	USA	English-100					
2022-12-30	1530	Pacific Island Food Revolution	Tonga	Join host Robert Oliver as he heads to beautiful Tonga to meet with the two remaining Tongan teams as they go head to head for the chance to compete at the finals of Pacific Island Food Revolution.	NEW ZEALAND	English-100	RPT	G		Y	
2022-12-30	1630	Middle East Feast With Shane Delia	Middle Eastern Sweets	With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast.	AUSTRALIA	English-100		G		Y	
2022-12-30	1700	Gourmet Farmer	Gourmet Farmer Series 5 Ep 10	it's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm.	AUSTRALIA	English-100	RPT	PG		Y	
2022-12-30	1730	Come Dine With Me Couples	South East London B	Will Cherry and Lawrence's different take on meat snatch them the victory or leave them feeling sheepish?	UNITED KINGDOM	English-100		PG			
2022-12-30	1830	The Cook And The Chef	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G			
2022-12-30	1900	The Cook Up with Adam Liaw	Chocolate	Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook Elizabeth Hewson and food writer Myffy Rigby as they dissect the world of chocolate!	AUSTRALIA	English-100	RPT	G		Y	
2022-12-30	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100		PG			
2022-12-30	2000	This Is Mexico	This Is Mexico Series 1 Ep 1	Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course, the people of this amazing land.	AUSTRALIA	English-100					
2022-12-30	2030	Heston's Feasts	Victorian	Top UK chef Heston Blumenthal does what he does best: cooking up a feast. In this first episode, Heston cooks up extreme edibles inspired by the Victorians.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2022-12-30	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG		Y	
2022-12-30	2230	The Wine Show	Wine Show Series 1 Ep 5, The	From their villa HQ in the Italian hills, the boys the head to Chianti and the one time home of Mona Lisa Gherardini, subject of Da Vinci's famous portrait.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2022-12-30	2330	Choccywoccydoodah	Spring Is In The Air	The Choccywoccydoodah crew are back with more fantastical cakes than ever! It's Easter and the team creates a giant Easter egg as a gift for Paul O'Grady and a royalty-themed window display.	UNITED KINGDOM	English-100		PG			
2022-12-30	2400	Choccywoccydoodah	Square Pegs In Round Holes	The team makes an eccentric window display and a cake for Boy George's 50th birthday, and a new member of staff, Rebecca, begins her first week.	UNITED KINGDOM	English-100		PG			

2022-12-30	2430	The Cook Up with Adam Liaw	Chocolate	Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook Elizabeth Hewson and food writer Myffy Rigby as they dissect the world of chocolate!	AUSTRALIA	English-100	RPT	G	Y	
2022-12-30	2500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100		PG		
2022-12-30	2530	Heston's Feasts	Victorian	Top UK chef Heston Blumenthal does what he does best: cooking up a feast. In this first episode, Heston cooks up extreme edibles inspired by the Victorians.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-12-30	2630	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-30	2730	The Wine Show	Wine Show Series 1 Ep 5, The	From their villa HQ in the Italian hills, the boys the head to Chianti and the one time home of Mona Lisa Gherardini, subject of Da Vinci's famous portrait.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-12-30	2830	Choccywoccydoodah	Spring Is In The Air	The Choccywoccydoodah crew are back with more fantastical cakes than ever! It's Easter and the team creates a giant Easter egg as a gift for Paul O'Grady and a royalty-themed window display.	UNITED KINGDOM	English-100		PG		
2022-12-31	0500	Choccywoccydoodah	Square Pegs In Round Holes	The team makes an eccentric window display and a cake for Boy George's 50th birthday, and a new member of staff, Rebecca, begins her first week.	UNITED KINGDOM	English-100		PG		
2022-12-31	0530	From Scratch	Something Fishy In Finland	David visits Olo, one of the 50 best restaurants in the world, in Helsinki and works with chef Jari Vesivalo to craft a local sustainable Scandinavian feast from scratch.	UNITED KINGDOM	English-100		PG		
2022-12-31	0630	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 20	Matt's on location at his restaurant in Noosa - Sum Yung Guys - where he shares his recipes for one of the restaurant's most requested desserts - salted coconut panna cotta.	AUSTRALIA	English-100		PG		
2022-12-31	0700	Barefoot Contessa: Back To Basics	Modern Comfort Food: Good Cheese	Ina Garten indulges in incredible recipes starring some of her favorite cheeses, featuring a panko-crusting rack of lamb for a fast and fancy dinner.	USA	English-100				
2022-12-31	0730	Pacific Island Food Revolution	Tonga	Join host Robert Oliver as he heads to beautiful Tonga to meet with the two remaining Tongan teams as they go head to head for the chance to compete at the finals of Pacific Island Food Revolution.	NEW ZEALAND	English-100	RPT	G		Y
2022-12-31	0830	Middle East Feast With Shane Delia	Middle Eastern Sweets	With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast.	AUSTRALIA	English-100		G	Y	
2022-12-31	0900	The Cook And The Chef	Eggplant And Bananas	While wandering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G		
2022-12-31	0930	Come Dine With Me Couples	South East London B	Will Cherry and Lawrence's different take on meat snatch them the victory or leave them feeling sheepish?	UNITED KINGDOM	English-100		PG		
2022-12-31	1030	Gourmet Farmer	Gourmet Farmer Series 5 Ep 10	it's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm.	AUSTRALIA	English-100	RPT	PG	Y	

2022-12-31	1100	The Cook Up with Adam Liaw	Chocolate	Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook Elizabeth Hewson and food writer Myffy Rigby as they dissect the world of chocolate!	AUSTRALIA	English-100	RPT	G	Y	
2022-12-31	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100		PG		
2022-12-31	1200	This Is Mexico	This Is Mexico Series 1 Ep 1	Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course, the people of this amazing land.	AUSTRALIA	English-100				
2022-12-31	1230	Heston's Feasts	Victorian	Top UK chef Heston Blumenthal does what he does best: cooking up a feast. In this first episode, Heston cooks up extreme edibles inspired by the Victorians.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-12-31	1330	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-12-31	1430	Hairy Bikers Chocolate Challenge	Hairy Bikers Chocolate Challenge Series 1 Ep 5	The final three chocolatiers embark on the ultimate chocolate challenge. First, they face a brutal knock out round where they have to create three different versions of their signature chocolate bar.	UNITED KINGDOM	English-100		G		
2022-12-31	1530	Gordon Ramsay Uncharted	Laos	Gordon travels to Laos, where he takes on a rapid stretch of white water, kayaking down the Mekong in search of culinary inspiration, and learning from the locals, he treks through dense jungle.	UNITED KINGDOM	English-100		PG		Y
2022-12-31	1630	Weekend Breaks With Gregg Wallace	Madeira	Gregg Wallace explores the fantastic foods, amazing traditions and spectacular sights of Madeira.	UNITED KINGDOM	English-100		PG		
2022-12-31	1730	Taste Of Diversity	Taste Of Diversity Series 1 Ep 7	Why does the preparation of one of the most popular Philippine dishes called Sisi look like a horror movie? Is it true that they use blood to cook some meals? Learn all the answers in this surprising episode!	CANADA	English-100		PG		
2022-12-31	1800	Taste Of Diversity	Taste Of Diversity Series 1 Ep 8	Amr prepares a one-thousand-year-old Egyptian sandwich called Ta'ameya, and a popular family homecooked dish named Besarah.	CANADA	English-100		PG		
2022-12-31	1830	Tiny Kitchen Cook Off	Spaghetti Meatballs With Miranda-Whitney	Whitney Cummings and Miranda Cosgrove go head-to-head as they attempt to recreate our tiny spaghetti and meatballs. We dive into their love for animals, and the history of their friendship.	USA	English-100		PG		
2022-12-31	1900	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-12-31	1930	Rachel Khoo's Simple Pleasures	Tips And Tricks	Rachel Khoo gives us her culinary tips and tricks of the trade for creating breathtaking food at home. With Rachel's knowledge and hints, ordinary ingredients can be elevated into extraordinary meals.	USA	English-100		G		
2022-12-31	2000	Rachel Khoo's Simple Pleasures	Make Your Own	Rachel Khoo shares her favorite recipes that she loves to make in her own kitchen. Although it's often easier to buy shop-bought meals,	USA	English-100		G		
2022-12-31	2030	Joanna And Jennifer: Absolutely Changers	Joanna And Jennifer: Absolutely Changers	Absolutely Fabulous duo Jennifer Saunders and Joanna Lumley are reuniting on-screen to take a trip to the Champagne region of France to find out exactly how to put the bubbles into bubbly.	UNITED KINGDOM	English-100		PG		Y
2022-12-31	2140	Anthony Bourdain: Parts Unknown	Bronx, The	Tony experiences the Bronx from a legendary collection of Bronx native - Hip Hop originators Kool Herc, Afrika Bambaataa, and Melle Mel discuss the early years of hip hop.	USA	English-100		PG		

2022-12-31	2235	Top Chef	Cooking High	In breathtaking Telluride, Colorado, the Chefs embark on the first leg of the finals. For the Quickfire challenge, they are tasked to make a dish incorporating the beverage, sarsaparilla.	USA	English-100		PG		Y
2022-12-31	2330	Flintoff's Great British Road Trip	Flintoff's Great British Road Trip Series 2 Ep 1	Reunited with the fish and chip van, Freddie and Rob set off into the unfamiliar wilds of Northumberland. First stop is a date with a thousand seals where Freddie gets an unexpected kiss.	UNITED KINGDOM	English-100		PG		
2022-12-31	2425	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-12-31	2430	Taste Of Diversity	Taste Of Diversity Series 1 Ep 7	Why does the preparation of one of the most popular Philippine dishes called Sisi look like a horror movie? Is it true that they use blood to cook some meals? Learn all the answers in this surprising episode!	CANADA	English-100		PG		
2022-12-31	2500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 8	Amr prepares a one-thousand-year-old Egyptian sandwich called Ta'ameya, and a popular family homecooked dish named Besarrah.	CANADA	English-100		PG		
2022-12-31	2530	Tiny Kitchen Cook Off	Spaghetti Meatballs With Miranda-Whitney	Whitney Cummings and Miranda Cosgrove go head-to-head as they attempt to recreate our tiny spaghetti and meatballs. We dive into their love for animals, and the history of their friendship.	USA	English-100		PG		
2022-12-31	2600	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G		Y
2022-12-31	2630	Rachel Khoo's Simple Pleasures	Tips And Tricks	Rachel Khoo gives us her culinary tips and tricks of the trade for creating breathtaking food at home. With Rachel's knowledge and hints, ordinary ingredients can be elevated into extraordinary meals.	USA	English-100		G		
2022-12-31	2700	Rachel Khoo's Simple Pleasures	Make Your Own	Rachel Khoo shares her favorite recipes that she loves to make in her own kitchen. Although it's often easier to buy shop-bought meals,	USA	English-100		G		
2022-12-31	2730	Joanna And Jennifer: Absolutely Changers	Joanna And Jennifer: Absolutely Changers	Absolutely Fabulous duo Jennifer Saunders and Joanna Lumley are reuniting on-screen to take a trip to the Champagne region of France to find out exactly how to put the bubbles into bubbly.	UNITED KINGDOM	English-100		PG		Y
2022-12-31	2835	Taste Of Diversity	Taste Of Diversity Series 1 Ep 7	Why does the preparation of one of the most popular Philippine dishes called Sisi look like a horror movie? Is it true that they use blood to cook some meals? Learn all the answers in this surprising episode!	CANADA	English-100		PG		

