



WEEK 13: Sunday, 26 March - Saturday, 1 April 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-03-26	0500	A New Zealand Food Story	Wallaby	Ben continues his South Island trip, visiting the Mackenzie Country, the Canterbury Plains and the Rakaia Gorge.	NEW ZEALAND	English-100				
2023-03-26	0530	Ainsley's Good Mood Food	Nuts And Seeds	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100		G		
2023-03-26	0625	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-26	0630	Best Of Britain With Ainsley And Grace	Carmarthenshire	Grace and Ainsley explore Carmarthenshire in Wales, then tuck into cockles, steak and traditional cawl.	UNITED KINGDOM	English-100		PG		
2023-03-26	0730	Jeremy Pang's Asian Kitchen	Lighter Bites	Jeremy kicks things off with fragrant turmeric and dill fish, a Vietnamese stir fried dish, then Joe Swash steps into the kitchen to try his hand at duck spring rolls.	UNITED KINGDOM	English-100				
2023-03-26	0830	Hairy Bikers Go North	Northumberland	This week The Hairy Bikers continue their Northern odyssey in the county of Northumberland. It's an area that Si King knows well having holidayed there many times throughout his childhood.	UNITED KINGDOM	English-100		PG		
2023-03-26	0940	Ainsley's Good Mood Food	Nuts And Seeds	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100		G		
2023-03-26	1035	Best Of Britain With Ainsley And Grace	Carmarthenshire	Grace and Ainsley explore Carmarthenshire in Wales, then tuck into cockles, steak and traditional cawl.	UNITED KINGDOM	English-100		PG		
2023-03-26	1130	Jeremy Pang's Asian Kitchen	Lighter Bites	Jeremy kicks things off with fragrant turmeric and dill fish, a Vietnamese stir fried dish, then Joe Swash steps into the kitchen to try his hand at duck spring rolls.	UNITED KINGDOM	English-100				
2023-03-26	1230	Hairy Bikers Go North	Northumberland	This week The Hairy Bikers continue their Northern odyssey in the county of Northumberland. It's an area that Si King knows well having holidayed there many times throughout his childhood.	UNITED KINGDOM	English-100		PG		
2023-03-26	1330	A New Zealand Food Story	Awarua	Ben's restaurant, Ahi, has now been open for over 18 months. Ben is keen to revisit some of the people who make up the Ahi menu, starting in Awarua.	NEW ZEALAND	English-100				
2023-03-26	1400	The Cook Up With Adam Liaw	Honey	We're buzzing as chef and photographer Luke Burgess and chef and content strategist Nina Huynh join Adam to cook with honey.	AUSTRALIA	English-100	RPT	PG	Y	

2023-03-26	1430	The Cook Up With Adam Liaw	Mix It Up With Miso	Cookbook author and broadcaster Alice Zaslavsky, and Venez-stralian comedian Ivan Aristeguieta, join Adam in the kitchen to take on a very misunderstood ingredient... miso!	AUSTRALIA	English-100	RPT	PG	Y
2023-03-26	1500	The Cook Up With Adam Liaw	Beans, Peas & Pulses	Adam, co-owner of The Bentley Restaurant Group, Brent Savage, and chef and author of More Fish, More Veg, Tom Walton, are cooking with beans, peas and pulses.	AUSTRALIA	English-100	RPT	PG	Y
2023-03-26	1530	The Cook Up With Adam Liaw	Favourite TV Dinners	TV personality and history buff Carol Ferrone, and wine and drinks writer Mike Bennie, join Adam on your favourite TV show to cook your favourite TV dinners.	AUSTRALIA	English-100	RPT	PG	
2023-03-26	1600	The Cook Up With Adam Liaw	Curing What Ails Ya	Adam is joined by Jeow head chef Thi Le and Luke Powell of LP's Quality Meats to cook with cured foods. Will it be salmon, bacon, sausages, ham? Whatever it is, we'll be curing what ails ya!	AUSTRALIA	English-100		PG	
2023-03-26	1630	Jamie's American Road Trip	Los Angeles	Jamie explores East Los Angeles where he discovers a community proud of its food, committed to family, and striving to make the American dream a reality.	UNITED KINGDOM	English-100		PG	
2023-03-26	1730	Giada At Home	Al Fresco	Giada De Laurentiis heads to Palm Springs with her daughter and boyfriend, where she creates a poolside al fresco feast with pasta, make-your-own flank steak hoagies and almond butter brownies.	USA	English-100		G	
2023-03-26	1800	Mary Makes It Easy	Bare Bones Baking	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100		PG	
2023-03-26	1830	Food Chain: From Source To Table	Food Chain: From Source To Table Series 1 Ep, The 5	COVID-19 has forced more than a thousand restaurants to close in Singapore. Fighting to save his own business, Chef Ming Tan embarks on a mission to find out how to make restaurants more resilient.	SINGAPORE	English-100		PG	
2023-03-26	1930	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 8	Michel visits La Chassagnette, a Michelin-starred restaurant with a stunning kitchen garden, then goes off the beaten track to investigate the craft beer revolution that's underway in Provence.	UNITED KINGDOM	English-100		PG	Y
2023-03-26	2030	Rick Stein's Long Weekends	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	
2023-03-26	2140	Anthony Bourdain: No Reservations	New Jersey	Anthony Bourdain comes out of the closet about his New Jersey roots and takes a sentimental journey through the New Jersey of his youth. And find out why the state can't shake it's bad reputation.	USA	English-100		PG	
2023-03-26	2235	Anthony Bourdain: Parts Unknown	Senegal	Tony lands in Senegal's capital, Dakar, which is the furthest western point on the entire continent. He gets his bearings by meeting up with Ofiebia Quist-Arcton at a local market.	USA	English-100		PG	Y
2023-03-26	2330	Jamie's American Road Trip	Los Angeles	Jamie explores East Los Angeles where he discovers a community proud of its food, committed to family, and striving to make the American dream a reality.	UNITED KINGDOM	English-100		PG	
2023-03-26	2430	Giada At Home	Al Fresco	Giada De Laurentiis heads to Palm Springs with her daughter and boyfriend, where she creates a poolside al fresco feast with pasta, make-your-own flank steak hoagies and almond butter brownies.	USA	English-100		G	
2023-03-26	2500	Mary Makes It Easy	Bare Bones Baking	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100		PG	

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2023-03-26	2730	Rick Stein's Long Weekends	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	
2023-03-26	2835	Giada At Home	Al Fresco	Giada De Laurentiis heads to Palm Springs with her daughter and boyfriend, where she creates a poolside al fresco feast with pasta, make-your-own flank steak hoagies and almond butter brownies.	USA	English-100		G	
2023-03-27	0500	The Cook Up With Adam Liaw	Honey	We're buzzing as chef and photographer Luke Burgess and chef and content strategist Nina Huynh join Adam to cook with honey.	AUSTRALIA	English-100	RPT	PG	Y
2023-03-27	0530	The Cook Up With Adam Liaw	Mix It Up With Miso	Cookbook author and broadcaster Alice Zaslavsky, and Venez-stralian comedian Ivan Aristeguieta, join Adam in the kitchen to take on a very misunderstood ingredient... miso!	AUSTRALIA	English-100	RPT	PG	Y
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2023-03-27	1130	Rick Stein's Long Weekends	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	
2023-03-27	1235	The Cook Up With Adam Liaw	Honey	We're buzzing as chef and photographer Luke Burgess and chef and content strategist Nina Huynh join Adam to cook with honey.	AUSTRALIA	English-100	RPT	PG	Y

2023-03-27	1305	The Cook Up With Adam Liaw	Mix It Up With Miso	Cookbook author and broadcaster Alice Zaslavsky, and Venez-stralian comedian Ivan Aristeguieta, join Adam in the kitchen to take on a very misunderstood ingredient... miso!	AUSTRALIA	English-100	RPT	PG	Y	
2023-03-27	1335	Lidia's Italy	Lidia's Italy Series 4 Ep 19	Join Lidia as she travels to Abruzzo and creates two delicious maccheroni dishes. With the help of chef Billy Gallagher from Becco, Lidia makes a version of maccheroni with sliced zucchini and eggs.	USA	English-100		G		Y
2023-03-27	1400	United Plates Of America	Orange County	This California town is an ideal getaway for anyone looking to relax. But many people call this pristine beach town home. Today we meet the locals who make this Southern California place a getaway.	USA	English-100		G		
2023-03-27	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 11	Matt kicks things off with a knockout midweek dinner - zesty Greek lamb gyros. Courtney shares her delicious chilli salt prawns recipe, and Michael prepares a classic BLT.	AUSTRALIA	English-100		G		
2023-03-27	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, the fishermen of Ceduna, cake decorating with Amanda Way, and the dancing ginger growers.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-27	1530	Food Markets: In The Belly Of	Barcelona - La Boqueria	In a country where la tortilla is king, meet the farmer with 125,000 hens, unveil the region's most precious pastry sold every morning at the market and explore the most valued prawns in Europe.	FRANCE	English-52; Catalan-24; Spanish-24	RPT	PG	Y	Y
2023-03-27	1630	David Rocco's Dolce Homemade	Childhood Memories	David and his mom, Josie, make dishes that bring back his childhood memories, some good and some not so good.	CANADA	English-100		PG		
2023-03-27	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 31	Ben makes Carolina Reaper chilli sauce, and resident nutritionist Jemma makes a healthy fish and chips dish for a great dinner alternative.	AUSTRALIA	English-100		PG		
2023-03-27	1730	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes.	USA	English-100	RPT	G		
2023-03-27	1800	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G		
2023-03-27	1830	Food Safari	Food Safari Series 4 Ep 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-27	1900	The Cook Up With Adam Liaw	Alfresco At Home	It's time to cook alfresco at home as Adam is joined by two Australian food legends, Ray Capaldi and Janelle Bloom, who will show you how to create a great alfresco environment.	AUSTRALIA	English-100		PG		
2023-03-27	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 1	Acclaimed Sydney chef Luke Nguyen returns to the country of his heritage to take a culinary journey through the southern regions of Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-03-27	2000	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100		G		
2023-03-27	2030	Rick Stein's Far Eastern Odyssey	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G	Y	

2023-03-27	2140	Come Dine With Me Daytime	Brighton Day 1	This week's competition is in and around Brighton where the first to host is 47-year-old Radio Presenter Guy, who's hoping to be a hit with his musical and Mexican themed menu.	UNITED KINGDOM	English-100		PG	
2023-03-27	2205	Come Dine With Me Daytime	Brighton Day 2	It's the second day in and around Brighton, where bubbly 26 year old Emma is hosting a beach themed dinner party. After a day of forgotten ingredients and culinary calamities, Emma has some questions.	UNITED KINGDOM	English-100		PG	
2023-03-27	2230	The Cook Up With Adam Liaw	Alfresco At Home	It's time to cook alfresco at home as Adam is joined by two Australian food legends, Ray Capaldi and Janelle Bloom, who will show you how to create a great alfresco environment.	AUSTRALIA	English-100		PG	
2023-03-27	2300	Food Safari	Food Safari Series 4 Ep 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G	Y
2023-03-27	2330	From Scratch	Let Taco Bout Mexican Food	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG	Y
2023-03-27	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-03-27	2430	Rick Stein's Far Eastern Odyssey	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G	Y
2023-03-27	2540	Come Dine With Me Daytime	Brighton Day 1	This week's competition is in and around Brighton where the first to host is 47-year-old Radio Presenter Guy, who's hoping to be a hit with his musical and Mexican themed menu.	UNITED KINGDOM	English-100		PG	
2023-03-27	2605	Come Dine With Me Daytime	Brighton Day 2	It's the second day in and around Brighton, where bubbly 26 year old Emma is hosting a beach themed dinner party. After a day of forgotten ingredients and culinary calamities, Emma has some questions.	UNITED KINGDOM	English-100		PG	
2023-03-27	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 19	Join Lidia as she travels to Abruzzo and creates two delicious maccheroni dishes. With the help of chef Billy Gallagher from Becco, Lidia makes a version of maccheroni with sliced zucchini and eggs.	USA	English-100		G	Y
2023-03-27	2700	United Plates Of America	Orange County	This California town is an ideal getaway for anyone looking to relax. But many people call this pristine beach town home. Today we meet the locals who make this Southern California place a getaway.	USA	English-100		G	
2023-03-27	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 11	Matt kicks things off with a knockout midweek dinner - zesty Greek lamb gyros. Courtney shares her delicious chilli salt prawns recipe, and Michael prepares a classic BLT.	AUSTRALIA	English-100		G	
2023-03-27	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, the fishermen of Ceduna, cake decorating with Amanda Way, and the dancing ginger growers.	AUSTRALIA	English-100	RPT	G	Y
2023-03-27	2830	David Rocco's Dolce Homemade	Childhood Memories	David and his mom, Josie, make dishes that bring back his childhood memories, some good and some not so good.	CANADA	English-100		PG	
2023-03-28	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 31	Ben makes Carolina Reaper chilli sauce, and resident nutritionist Jemma makes a healthy fish and chips dish for a great dinner alternative.	AUSTRALIA	English-100		PG	

2023-03-28	0530	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes.	USA	English-100	RPT	G		
2023-03-28	0600	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G		
2023-03-28	0630	From Scratch	Let Taco Bout Mexican Food	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG		Y
2023-03-28	0725	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-28	0730	Food Markets: In The Belly Of	Barcelona - La Boqueria	In a country where la tortilla is king, meet the farmer with 125,000 hens, unveil the region's most precious pastry sold every morning at the market and explore the most valued prawns in Europe.	FRANCE	English-52; Catalan-24; Spanish-24	RPT	PG	Y	Y
2023-03-28	0830	Rick Stein's Far Eastern Odyssey	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-03-28	0940	Come Dine With Me Daytime	Brighton Day 1	This week's competition is in and around Brighton where the first to host is 47-year-old Radio Presenter Guy, who's hoping to be a hit with his musical and Mexican themed menu.	UNITED KINGDOM	English-100		PG		
2023-03-28	1005	Come Dine With Me Daytime	Brighton Day 2	It's the second day in and around Brighton, where bubbly 26 year old Emma is hosting a beach themed dinner party. After a day of forgotten ingredients and culinary calamities, Emma has some questions.	UNITED KINGDOM	English-100		PG		
2023-03-28	1030	My Market Kitchen	My Market Kitchen Series 5 Ep 31	Ben makes Carolina Reaper chilli sauce, and resident nutritionist Jemma makes a healthy fish and chips dish for a great dinner alternative.	AUSTRALIA	English-100		PG		
2023-03-28	1100	The Cook Up With Adam Liaw	Alfresco At Home	It's time to cook alfresco at home as Adam is joined by two Australian food legends, Ray Capaldi and Janelle Bloom, who will show you how to create a great alfresco environment.	AUSTRALIA	English-100		PG		
2023-03-28	1130	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100		G		
2023-03-28	1200	Food Safari	Food Safari Series 4 Ep 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-28	1230	From Scratch	Let Taco Bout Mexican Food	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG		Y
2023-03-28	1325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-28	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 20	Join Lidia as she travels to Molise - a region known for both hearty foods and fresh vegetables. Lidia creates a pasta dish with cavatelli, favas, and onions.	USA	English-100		G		
2023-03-28	1400	United Plates Of America	Santa Barbara	From farm to table, grape to glass. The Santa Barbara food and wine industry is booming. We get a lesson in fine wines and some pointers on getting the most instagram-worthy photos.	USA	English-100		PG		

2023-03-28	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 12	Matt prepares a burnt honey panna cotta - a set and forget type of dessert that's perfect for entertaining, while Courtney makes healthy silver beet rolls.	AUSTRALIA	English-100		G		
2023-03-28	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-28	1530	Food Markets: In The Belly Of	Budapest - Kozponti Vasarcsarnok	The largest indoor market in Budapest is also the most elegant in Europe! Spanning over three levels, the impressive building that holds the central food market is long recognised as a marvel.	FRANCE	English-60; Hungarian-40	RPT	PG	Y	Y
2023-03-28	1630	David Rocco's Dolce Homemade	Ethiopia	Meet guest Banchi Kinde, she was born and raised in Ethiopia. When traveling to Canada, she realized that not many people were familiar with Ethiopian cuisine she decided to start her restaurant.	CANADA	English-100		G		
2023-03-28	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 32	Ben kicks this episode off with a breakfast extravaganza, cooking up his twice baked souffle and silky smooth hollandaise sauce.	AUSTRALIA	English-100		PG		
2023-03-28	1730	Bizarre Foods: Delicious Destinations	Denver	Andrew explores the frontier fare of Denver, Colorado. From classic game meats to the signature green chili sauce of Den-Mex cuisine, Denver has become the region's cultural hub.	USA	English-100	RPT	G		
2023-03-28	1800	The Cook And The Chef	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G		
2023-03-28	1830	Food Safari	Food Safari Series 4 Ep 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-28	1900	The Cook Up With Adam Liaw	Noodles	Tonight's featured ingredient is long and distinguished. Adam, award-winning cookbook author Hetty Lui McKinnon, and broadcaster Zan Rowe are cooking with noodles!	AUSTRALIA	English-100		PG		
2023-03-28	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 2	Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-03-28	2000	The Spice Trails: Latin America	Mexico South-Oaxaca	The first leg of Jose's journey concludes as he visits Oaxaca, a city in Southwest Mexico, to learn about coastal red chili, corn ashes, and hoja santa.	INDIA	English-50; Spanish-50		PG		Y
2023-03-28	2030	Hairy Bikers Go Local	Home: Penarth, South Wales	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". The Bikers delight in their eight-course tasting menu.	UNITED KINGDOM	English-100				
2023-03-28	2130	Come Dine With Me Daytime	Brighton Day 3	It's the third day in and around Brighton and the turn of Dutch Pilot Tim to try and host his way to the cash prize. Tonight Tim's taking advantage of his worldly travels with an international menu.	UNITED KINGDOM	English-100		PG		
2023-03-28	2200	Come Dine With Me Daytime	Brighton Day 4	It's day four of the competition in Brighton and the turn of personal trainer Hannah. There's no shortage of shocks and surprises as layer after saucy layer is peeled away from the usually quiet host.	UNITED KINGDOM	English-100		PG		
2023-03-28	2230	The Cook Up With Adam Liaw	Noodles	Tonight's featured ingredient is long and distinguished. Adam, award-winning cookbook author Hetty Lui McKinnon, and broadcaster Zan Rowe are cooking with noodles!	AUSTRALIA	English-100		PG		
2023-03-28	2300	Food Safari	Food Safari Series 4 Ep 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G	Y	

2023-03-28	2330	From Scratch	Seasoning The Day In Iceland	Chef Gunnar Karl of Dill in Reykjavik challenges David to source a traditional Icelandic cod dish with ingredients he can only get dry suit diving in the North Atlantic Sea.	UNITED KINGDOM	English-100		PG		Y	
2023-03-28	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 2, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2023-03-28	2430	Hairy Bikers Go Local	Home: Penarth, South Wales	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". The Bikers delight in their eight-course tasting menu.	UNITED KINGDOM	English-100					
2023-03-28	2530	Come Dine With Me Daytime	Brighton Day 3	It's the third day in and around Brighton and the turn of Dutch Pilot Tim to try and host his way to the cash prize. Tonight Tim's taking advantage of his worldly travels with an international menu.	UNITED KINGDOM	English-100		PG			
2023-03-28	2600	Come Dine With Me Daytime	Brighton Day 4	It's day four of the competition in Brighton and the turn of personal trainer Hannah. There's no shortage of shocks and surprises as layer after saucy layer is peeled away from the usually quiet host.	UNITED KINGDOM	English-100		PG			
2023-03-28	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 20	Join Lidia as she travels to Molise - a region known for both hearty foods and fresh vegetables. Lidia creates a pasta dish with cavatelli, favas, and onions.	USA	English-100		G			
2023-03-28	2700	United Plates Of America	Santa Barbara	From farm to table, grape to glass. The Santa Barbara food and wine industry is booming. We get a lesson in fine wines and some pointers on getting the most instagram-worthy photos.	USA	English-100		PG			
2023-03-28	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 12	Matt prepares a burnt honey panna cotta - a set and forget type of dessert that's perfect for entertaining, while Courtney makes healthy silver beet rolls.	AUSTRALIA	English-100		G			
2023-03-28	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G		Y	
2023-03-28	2830	David Rocco's Dolce Homemade	Ethiopia	Meet guest Banchi Kinde, she was born and raised in Ethiopia. When traveling to Canada, she realized that not many people were familiar with Ethiopian cuisine she decided to start her restaurant.	CANADA	English-100		G			
2023-03-29	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 32	Ben kicks this episode off with a breakfast extravaganza, cooking up his twice baked souffle and silky smooth hollandaise sauce.	AUSTRALIA	English-100		PG			
2023-03-29	0530	Bizarre Foods: Delicious Destinations	Denver	Andrew explores the frontier fare of Denver, Colorado. From classic game meats to the signature green chili sauce of Den-Mex cuisine, Denver has become the region's cultural hub.	USA	English-100	RPT	G			
2023-03-29	0600	The Cook And The Chef	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G			
2023-03-29	0630	From Scratch	Seasoning The Day In Iceland	Chef Gunnar Karl of Dill in Reykjavik challenges David to source a traditional Icelandic cod dish with ingredients he can only get dry suit diving in the North Atlantic Sea.	UNITED KINGDOM	English-100		PG		Y	
2023-03-29	0725	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 2, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2023-03-29	0730	Food Markets: In The Belly Of	Budapest - Kozpontí Vásarcsarnok	The largest indoor market in Budapest is also the most elegant in Europe! Spanning over three levels, the impressive building that holds the central food market is long recognised as a marvel.	FRANCE	English-60; Hungarian-40	RPT	PG		Y	Y

2023-03-29	0830	Hairy Bikers Go Local	Home: Penarth, South Wales	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". The Bikers delight in their eight-course tasting menu.	UNITED KINGDOM	English-100				
2023-03-29	0930	Come Dine With Me Daytime	Brighton Day 3	It's the third day in and around Brighton and the turn of Dutch Pilot Tim to try and host his way to the cash prize. Tonight Tim's taking advantage of his worldly travels with an international menu.	UNITED KINGDOM	English-100			PG	
2023-03-29	1000	Come Dine With Me Daytime	Brighton Day 4	It's day four of the competition in Brighton and the turn of personal trainer Hannah. There's no shortage of shocks and surprises as layer after saucy layer is peeled away from the usually quiet host.	UNITED KINGDOM	English-100			PG	
2023-03-29	1030	My Market Kitchen	My Market Kitchen Series 5 Ep 32	Ben kicks this episode off with a breakfast extravaganza, cooking up his twice baked soufflé and silky smooth hollandaise sauce.	AUSTRALIA	English-100			PG	
2023-03-29	1100	The Cook Up With Adam Liaw	Noodles	Tonight's featured ingredient is long and distinguished. Adam, award-winning cookbook author Hetty Lui McKinnon, and broadcaster Zan Rowe are cooking with noodles!	AUSTRALIA	English-100			PG	
2023-03-29	1130	The Spice Trails: Latin America	Mexico South-Oaxaca	The first leg of Jose's journey concludes as he visits Oaxaca, a city in Southwest Mexico, to learn about coastal red chili, corn ashes, and hoja santa.	INDIA	English-50; Spanish-50			PG	Y
2023-03-29	1200	Food Safari	Food Safari Series 4 Ep 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-29	1230	From Scratch	Seasoning The Day In Iceland	Chef Gunnar Karl of Dill in Reykjavik challenges David to source a traditional Icelandic cod dish with ingredients he can only get dry suit diving in the North Atlantic Sea.	UNITED KINGDOM	English-100			PG	Y
2023-03-29	1325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 2, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-29	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 21	Join Lidia as she travels to Le Marche - a region known for its beautiful hills and mountains where you will certainly find lambs and sheep roaming. Lidia creates a wonderful meatloaf with ricotta.	USA	English-100			G	Y
2023-03-29	1400	United Plates Of America	Palm Springs	The deserts of America are hot and hostile. Known for its mid-century modern architecture and its cool bespoke resorts. No town does cool like Palm Springs, California.	USA	English-100			G	
2023-03-29	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 13	MasterChef Australia semi-finalist Khanh Ong is in the kitchen with Matt, where they demonstrate how easy it is to make a tasty caramel chicken with only a few ingredients.	AUSTRALIA	English-100			G	
2023-03-29	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-29	1530	Food Markets: In The Belly Of	Lyon - La Croix Rousse	A natural haven of tasty delights and local delicacies, the Croix Rousse is Lyon's market gem. The Croix Rousse specializes in its supply of rich local products and weekly organic market.	FRANCE	English-66; French-34	RPT	PG	Y	Y
2023-03-29	1630	David Rocco's Dolce Homemade	Cocktails	David and guest Nick Masci, David Rocco Bar Aperitivo's cocktail manager, take us on a journey of his unique cocktails. From smoked rosemary to fat-washed liquor, Nick transforms traditional cocktails	CANADA	English-100			PG	
2023-03-29	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 33	Ben is joined by wine expert Adam to cook up a perfect steak with potato gratin as they talk about the wine and produce of the Geographe region of Western Australia.	AUSTRALIA	English-100			PG	

2023-03-29	1730	Bizarre Foods: Delicious Destinations	London: A Second Bite	Andrew highlights the iconic British dishes and ethnically diverse foods that have put London on the culinary map, from humble shepherd's pie and posh beef Wellington to sizzling seekh kebabs.	USA	English-100	RPT	G	Y
2023-03-29	1800	The Cook And The Chef	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G	
2023-03-29	1830	Food Safari	Food Safari Series 4 Ep 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G	Y
2023-03-29	1900	The Cook Up With Adam Liaw	Marvellous Midweek	Adam and his marvellous guests, founder of Cafe Sunshine and Salamatea's Hamed Allahyari, and writer Dani Valent, are making marvellous midweek dinners.	AUSTRALIA	English-100		PG	
2023-03-29	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 3	Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta.	AUSTRALIA	English-100	RPT	PG	Y
2023-03-29	2000	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 1	Water, cornmeal, salt - Dan explores a South American classic, the arepa, then adds his twist by pairing it with South Asian favours.	AUSTRALIA	English-100		G	Y
2023-03-29	2030	Field Trip With Curtis Stone	South Australia	Curtis and his team from Maude meet up with winemaker Chester Osborn to taste wine on the rooftop of the D'arenberg Cube, before heading to Hutton Vale Farm to get a tiring lesson in sheep shearing.	USA	English-100		PG	
2023-03-29	2100	Tom Kerridge's American Feast	Tucson	Tom visits Tucson, Arizona, to find out how chefs are combining 21st century cooking techniques with some very unusual local ingredients to create dishes unique to the city.	UNITED KINGDOM	English-100		PG	
2023-03-29	2130	Come Dine With Me Daytime	Brighton Day 5	It's the final night of the competition in and around Brighton and time for 50 year old love doctor Monti to try and cast his love spells over his guests.	UNITED KINGDOM	English-100		PG	
2023-03-29	2200	Come Dine With Me UK	Gloucestershire Day 1	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G	
2023-03-29	2230	The Cook Up With Adam Liaw	Marvellous Midweek	Adam and his marvellous guests, founder of Cafe Sunshine and Salamatea's Hamed Allahyari, and writer Dani Valent, are making marvellous midweek dinners.	AUSTRALIA	English-100		PG	
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2023-03-29	2330	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
2023-03-29	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-03-29	2430	Field Trip With Curtis Stone	South Australia	Curtis and his team from Maude meet up with winemaker Chester Osborn to taste wine on the rooftop of the D'arenberg Cube, before heading to Hutton Vale Farm to get a tiring lesson in sheep shearing.	USA	English-100		PG	
2023-03-29	2500	Tom Kerridge's American Feast	Tucson	Tom visits Tucson, Arizona, to find out how chefs are combining 21st century cooking techniques with some very unusual local ingredients to create dishes unique to the city.	UNITED KINGDOM	English-100		PG	

2023-03-29	2530	Come Dine With Me Daytime	Brighton Day 5	It's the final night of the competition in and around Brighton and time for 50 year old love doctor Monti to try and cast his love spells over his guests.	UNITED KINGDOM	English-100		PG		
2023-03-29	2600	Come Dine With Me UK	Gloucestershire Day 1	Join home cooks from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
2023-03-29	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 21	Join Lidia as she travels to Le Marche - a region known for its beautiful hills and mountains where you will certainly find lambs and sheep roaming. Lidia creates a wonderful meatloaf with ricotta.	USA	English-100		G		Y
2023-03-29	2700	United Plates Of America	Palm Springs	The deserts of America are hot and hostile. Known for its mid-century modern architecture and its cool bespoke resorts. No town does cool like Palm Springs, California.	USA	English-100		G		
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2023-03-29	2830	David Rocco's Dolce Homemade	Cocktails	David and guest Nick Masci, David Rocco Bar Aperitivo's cocktail manager, take us on a journey of his unique cocktails. From smoked rosemary to fat-washed liquor, Nick transforms traditional cocktails	CANADA	English-100		PG		
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2023-03-30	0725	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-03-30	0730	Food Markets: In The Belly Of	Lyon - La Croix Rousse	A natural haven of tasty delights and local delicacies, the Croix Rousse is Lyon's market gem. The Croix Rousse specializes in its supply of rich local products and weekly organic market.	FRANCE	English-66; French-34	RPT	PG	Y	Y
2023-03-30	0830	Field Trip With Curtis Stone	South Australia	Curtis and his team from Maude meet up with winemaker Chester Osborn to taste wine on the rooftop of the D'arenberg Cube, before heading to Hutton Vale Farm to get a tiring lesson in sheep shearing.	USA	English-100		PG		
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2023-03-30	1100	The Cook Up With Adam Liaw	Marvellous Midweek	Adam and his marvellous guests, founder of Cafe Sunshine and Salamatea's Hamed Allahyari, and writer Dani Valent, are making marvellous midweek dinners.	AUSTRALIA	English-100		PG			
2023-03-30	1130	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 1	Water, cornmeal, salt - Dan explores a South American classic, the arepa, then adds his twist by pairing it with South Asian favours.	AUSTRALIA	English-100		G		Y	
2023-03-30	1200	Food Safari	Food Safari Series 4 Ep 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G		Y	
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2023-03-30	1325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2023-03-30	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 22	Lidia travels to Valle D'Aosta - a region known for its cheese and dairy. With the help of Chef Cody from Felidia Kansas City, Lidia demonstrates how to make three delicious hearty recipes.	USA	English-100		G		Y	
2023-03-30	1400	United Plates Of America	Island Of Hawaii, The	Most people who visit Hawaii head straight to Honolulu. But there's so much more to Hawaii than Honolulu. We discover the food and farms that make this island so special on the Island of Hawaii.	USA	English-100		G			
2023-03-30	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 14	Matt kicks things off with a lovely yoghurt semifreddo, while Courtney prepares a sabich - a popular Israeli sandwich. Michael cooks up braised baby potatoes - a perfect side for a Sunday roast.	AUSTRALIA	English-100		G			
2023-03-30	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G		Y	
2023-03-30	1530	Food Markets: In The Belly Of	Torino - Porta Palazzo	At Europe's biggest open air market there is a world to discover! With its 1000 stalls, Torino's Porta Palazzo is a reverberating hub full of colours and people.	FRANCE	English-65; Italian-35	RPT	G		Y	Y
2023-03-30	1630	David Rocco's Dolce Homemade	Cooking Together	David's children, Emma, Giorgia and Dante take the lead in the kitchen today. Seems like the students have become the teachers and as it turns out, David even learns a thing or two.	CANADA	English-100		PG			
2023-03-30	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 34	Resident nutritionist Jemma is back with another one of her fabulously healthy recipes: a chocolate avocado mousse using avocados straight from the farm.	AUSTRALIA	English-100		PG			

2023-03-30	1730	Bizarre Foods: Delicious Destinations	Scottish Highlands	Andrew explores the bountiful larder of the Scottish Highlands from lean, flavorful Highland beef and sweet, buttery shellfish to handheld meat pies and smoked salmon.	USA	English-100	RPT	PG		Y
2023-03-30	1800	The Cook And The Chef	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100		G		
2023-03-30	1830	Food Safari	Food Safari Series 4 Ep 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G		Y
2023-03-30	1900	The Cook Up With Adam Liaw	Hot Lunch	Move over dinner because lunch is now the main event! Chef Rosheen Kaul, and comedian Craig Quartermaine, join Adam in the kitchen to share their hot lunch dishes.	AUSTRALIA	English-100		PG		
2023-03-30	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 4	The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke.	AUSTRALIA	English-100	RPT	G		Y
2023-03-30	2000	Nadiya's Everyday Baking	Family Bakes	Nadiya shares go-to family bakes that are fool proof and delicious: triple stack tandoori naan sarnie, Mexican one pot, and chocolate cookie pie!	UNITED KINGDOM	English-100		PG		
2023-03-30	2030	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		G		
2023-03-30	2100	Gok Wan's Easy Asian	Street Food	Gok's cooking three street food classics. From China's plump and fluffy Bao Buns that will blow your taste buds away, to Malaysia's favourite Char Kway Teow.	UNITED KINGDOM	English-100		G		
2023-03-30	2130	Come Dine With Me UK	Gloucestershire Day 2	Hoping to finish the week a grand better off is gas company manager, Adam but will an evening of posh plonk and fine food tickle taste buds or leave a nasty taste in the mouth?	UNITED KINGDOM	English-100		PG		
2023-03-30	2200	Come Dine With Me UK	Gloucestershire Day 3	It's the third night of the competition and the turn of Marketing manager and cycling enthusiast Steve to take the group on a culinary journey with his food, taking inspiration from all of his travels	UNITED KINGDOM	English-100		PG		
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2023-03-30	2330	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
2023-03-30	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-03-30	2430	Long Weekend In... With Rory O'Connell	Edinburgh	Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce.	IRELAND	English-100		G		

2023-03-30	2500	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		G		
2023-03-30	2530	Come Dine With Me UK	Gloucestershire Day 2	Hoping to finish the week a grand better off is gas company manager, Adam but will an evening of posh plonk and fine food tickle taste buds or leave a nasty taste in the mouth?	UNITED KINGDOM	English-100		PG		
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2023-03-30	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-30	2830	David Rocco's Dolce Homemade	Cooking Together	David's children, Emma, Giorgia and Dante take the lead in the kitchen today. Seems like the students have become the teachers and as it turns out, David even learns a thing or two.	CANADA	English-100		PG		
2023-03-31	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 34	Resident nutritionist Jemma is back with another one of her fabulously healthy recipes: a chocolate avocado mousse using avocados straight from the farm.	AUSTRALIA	English-100		PG		
2023-03-31	0530	Bizarre Foods: Delicious Destinations	Scottish Highlands	Andrew explores the bountiful larder of the Scottish Highlands from lean, flavorful Highland beef and sweet, buttery shellfish to handheld meat pies and smoked salmon.	USA	English-100	RPT	PG	Y	
2023-03-31	0600	The Cook And The Chef	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100		G		
2023-03-31	0630	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	
2023-03-31	0725	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-31	0730	Food Markets: In The Belly Of	Torino - Porta Palazzo	At Europe's biggest open air market there is a world to discover! With its 1000 stalls, Torino's Porta Palazzo is a reverberating hub full of colours and people.	FRANCE	English-65; Italian-35	RPT	G	Y	Y
2023-03-31	0830	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		G		
2023-03-31	0900	Gok Wan's Easy Asian	Street Food	Gok's cooking three street food classics. From China's plump and fluffy Bao Buns that will blow your taste buds away, to Malaysia's favourite Char Kway Teow.	UNITED KINGDOM	English-100		G		

2023-03-31	0930	Come Dine With Me UK	Gloucestershire Day 2	Hoping to finish the week a grand better off is gas company manager, Adam but will an evening of posh plonk and fine food tickle taste buds or leave a nasty taste in the mouth?	UNITED KINGDOM	English-100		PG		
2023-03-31	1000	Come Dine With Me UK	Gloucestershire Day 3	It's the third night of the competition and the turn of Marketing manager and cycling enthusiast Steve to take the group on a culinary journey with his food, taking inspiration from all of his travels	UNITED KINGDOM	English-100		PG		
2023-03-31	1030	My Market Kitchen	My Market Kitchen Series 5 Ep 34	Resident nutritionist Jemma is back with another one of her fabulously healthy recipes: a chocolate avocado mousse using avocados straight from the farm.	AUSTRALIA	English-100		PG		
2023-03-31	1100	The Cook Up With Adam Liaw	Hot Lunch	Move over dinner because lunch is now the main event! Chef Rosheen Kaul, and comedian Craig Quartermaine, join Adam in the kitchen to share their hot lunch dishes.	AUSTRALIA	English-100		PG		
2023-03-31	1130	Nadiya's Everyday Baking	Family Bakes	Nadiya shares go-to family bakes that are fool proof and delicious: triple stack tandoori naan sarnie, Mexican one pot, and chocolate cookie pie!	UNITED KINGDOM	English-100		PG		
2023-03-31	1200	Food Safari	Food Safari Series 4 Ep 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-31	1230	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
2023-03-31	1325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-31	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 23	Join Lidia as she travels to Trentino Alto Adige - a beautiful region known for hiking, skiing, and apple picking. Lidia makes three wonderful recipes all containing fresh apples.	USA	English-100		G		
2023-03-31	1400	United Plates Of America	Phoenix	The capital city of Phoenix is known as the valley of the sun. This sprawling metropolis located in the heart of the Sonora Desert, Today i savor some of these desert flavors in Phoenix Arizona.	USA	English-100		G		
2023-03-31	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 15	Matt kicks things off with a simple and nourishing miso soup, while Courtney jazzes up a sweet potato and chicken salad.	AUSTRALIA	English-100		G		
2023-03-31	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-31	1530	Food Markets: In The Belly Of	Vienna - Naschmarkt	Lying in the culinary heart of Vienna like an island, a little world of treats rises in the midst - the Naschmarkt food market. Here you can find a colorful crowd blended in with the fresh produce.	FRANCE	English-54; German-46	RPT	G	Y	Y
2023-03-31	1630	David Rocco's Dolce Homemade	Winstons	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100		PG		
2023-03-31	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 35	Ben makes Morton Bay bug skewers that have been given the tick of approval by multiple world leaders. Next up, Ben meets Charlie Carrington from Atlas Dining and hands him the keys to the kitchen.	AUSTRALIA	English-100		PG		

2023-03-31	1730	Bizarre Foods: Delicious Destinations	Nova Scotia	Andrew Zimmern explores iconic dishes of picturesque Nova Scotia, Canada, where the proximity to the sea, it's never more than 42 miles away, influences the local cuisine.	USA	English-100	RPT	PG		Y
2023-03-31	1800	The Cook And The Chef	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always been part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100			G	
2023-03-31	1830	Food Safari	Food Safari Series 4 Ep 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G		Y
2023-03-31	1900	The Cook Up With Adam Liaw	High E-Steam	It's getting steamy in the kitchen tonight as Adam and his guests, Mabel Li and Billy Hannigan, explore this underrated cooking technique... cooking with steam!	AUSTRALIA	English-100			PG	
2023-03-31	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 5	Chef Luke Nguyen reaches the beautiful beaches of the east coast of Vietnam, stopping to visit relatives in Phan Thiet. In Mui Ne, he creates a razor clam salad on the beach.	AUSTRALIA	English-100	RPT	G		Y
2023-03-31	2000	Dishing It Up	Street Food	Everyday home cooks put four street food recipes to the test. Will Dan Hong's spin on choripan burn down the house? Can they rise to the challenge in Marion Grasby and Silvia Colloca's Wok vs Pot?	AUSTRALIA	English-100	RPT	PG		Y
2023-03-31	2030	River Cottage: Three Go Mad	Comedians, The	Hugh Fearnley-Whittingstall is joined at River Cottage by three much loved comedians: Robert Webb, Lee Mack and Ruby Wax. But can their talent on the stage translate to the plate?	UNITED KINGDOM	English-100				
2023-03-31	2130	Come Dine With Me UK	Gloucestershire Day 4	It's the fourth night in and around Cheltenham and Gloucester and shark loving mum of four Lisa's turn to host. And after the events of the last few nights she's aiming for an evening of no frills.	UNITED KINGDOM	English-100			PG	
2023-03-31	2200	Come Dine With Me UK	Gloucestershire Final	It's the final day in Gloucestershire and hairdresser Lorna hopes to scoop the grand by taking her guests back in time to 1950's America, but as the evening pans out, things don't quite go to plan.	UNITED KINGDOM	English-100			G	
2023-03-31	2230	The Cook Up With Adam Liaw	High E-Steam	It's getting steamy in the kitchen tonight as Adam and his guests, Mabel Li and Billy Hannigan, explore this underrated cooking technique... cooking with steam!	AUSTRALIA	English-100			PG	
2023-03-31	2300	Food Safari	Food Safari Series 4 Ep 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G		Y
2023-03-31	2330	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
2023-03-31	2425	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
2023-03-31	2430	River Cottage: Three Go Mad	Comedians, The	Hugh Fearnley-Whittingstall is joined at River Cottage by three much loved comedians: Robert Webb, Lee Mack and Ruby Wax. But can their talent on the stage translate to the plate?	UNITED KINGDOM	English-100				
2023-03-31	2530	Come Dine With Me UK	Gloucestershire Day 4	It's the fourth night in and around Cheltenham and Gloucester and shark loving mum of four Lisa's turn to host. And after the events of the last few nights she's aiming for an evening of no frills.	UNITED KINGDOM	English-100			PG	

2023-03-31	2600	Come Dine With Me UK	Gloucestershire Final	It's the final day in Gloucestershire and hairdresser Lorna hopes to scoop the grand by taking her guests back in time to 1950's America, but as the evening pans out, things don't quite go to plan.	UNITED KINGDOM	English-100		G		
2023-03-31	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 23	Join Lidia as she travels to Trentino Alto Adige - a beautiful region known for hiking, skiing, and apple picking. Lidia makes three wonderful recipes all containing fresh apples.	USA	English-100		G		
2023-03-31	2700	United Plates Of America	Phoenix	The capital city of Phoenix is known as the valley of the sun. This sprawling metropolis located in the heart of the Sonora Desert, Today i savor some of these desert flavors in Phoenix Arizona.	USA	English-100		G		
2023-03-31	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 15	Matt kicks things off with a simple and nourishing miso soup, while Courtney jazzes up a sweet potato and chicken salad.	AUSTRALIA	English-100		G		
2023-03-31	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G		Y
2023-03-31	2830	David Rocco's Dolce Homemade	Winstons	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100		PG		
2023-04-01	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 35	Ben makes Morton Bay bug skewers that have been given the tick of approval by multiple world leaders. Next up, Ben meets Charlie Carrington from Atlas Dining and hands him the keys to the kitchen.	AUSTRALIA	English-100		PG		
2023-04-01	0530	Bizarre Foods: Delicious Destinations	Nova Scotia	Andrew Zimmern explores iconic dishes of picturesque Nova Scotia, Canada, where the proximity to the sea, it's never more than 42 miles away, influences the local cuisine.	USA	English-100	RPT	PG		Y
2023-04-01	0600	The Cook And The Chef	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always being part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100		G		
2023-04-01	0630	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
2023-04-01	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
2023-04-01	0730	Food Markets: In The Belly Of	Vienna - Naschmarkt	Lying in the culinary heart of Vienna like an island, a little world of treats rises in the midst - the Naschmarkt food market. Here you can find a colorful crowd blended in with the fresh produce.	FRANCE	English-54; German-46	RPT	G	Y	Y
2023-04-01	0830	River Cottage: Three Go Mad	Comedians, The	Hugh Fearnley-Whittingstall is joined at River Cottage by three much loved comedians: Robert Webb, Lee Mack and Ruby Wax. But can their talent on the stage translate to the plate?	UNITED KINGDOM	English-100				
2023-04-01	0930	Come Dine With Me UK	Gloucestershire Day 4	It's the fourth night in and around Cheltenham and Gloucester and shark loving mum of four Lisa's turn to host. And after the events of the last few nights she's aiming for an evening of no frills.	UNITED KINGDOM	English-100		PG		
2023-04-01	1000	Come Dine With Me UK	Gloucestershire Final	It's the final day in Gloucestershire and hairdresser Lorna hopes to scoop the grand by taking her guests back in time to 1950's America, but as the evening pans out, things don't quite go to plan.	UNITED KINGDOM	English-100		G		
2023-04-01	1030	My Market Kitchen	My Market Kitchen Series 5 Ep 35	Ben makes Morton Bay bug skewers that have been given the tick of approval by multiple world leaders. Next up, Ben meets Charlie Carrington from Atlas Dining and hands him the keys to the kitchen.	AUSTRALIA	English-100		PG		

2023-04-01	1100	The Cook Up With Adam Liaw	High E-Steam	It's getting steamy in the kitchen tonight as Adam and his guests, Mabel Li and Billy Hannigan, explore this underrated cooking technique... cooking with steam!	AUSTRALIA	English-100		PG		
2023-04-01	1130	Dishing It Up	Street Food	Everyday home cooks put four street food recipes to the test. Will Dan Hong's spin on choripan burn down the house? Can they rise to the challenge in Marion Grasby and Silvia Colloca's Wok vs Pot?	AUSTRALIA	English-100	RPT	PG		Y
2023-04-01	1200	Food Safari	Food Safari Series 4 Ep 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G		Y
2023-04-01	1230	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
2023-04-01	1325	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
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2023-04-01	1430	River Cottage: Three Go Mad	Comedians, The	Hugh Fearnley-Whittinghall is joined at River Cottage by three much loved comedians: Robert Webb, Lee Mack and Ruby Wax. But can their talent on the stage translate to the plate?	UNITED KINGDOM	English-100				
2023-04-01	1530	Come Dine With Me UK	Gloucestershire Day 4	It's the fourth night in and around Cheltenham and Gloucester and shark loving mum of four Lisa's turn to host. And after the events of the last few nights she's aiming for an evening of no frills.	UNITED KINGDOM	English-100		PG		
2023-04-01	1600	Come Dine With Me UK	Gloucestershire Final	It's the final day in Gloucestershire and hairdresser Lorna hopes to scoop the grand by taking her guests back in time to 1950's America, but as the evening pans out, things don't quite go to plan.	UNITED KINGDOM	English-100		G		
2023-04-01	1630	Ainsley's Good Mood Food	Vegetables	A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite.	UNITED KINGDOM	English-100		G		
2023-04-01	1725	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2023-04-01	1730	A New Zealand Food Story	Spearfishing	Ben travels up to French Pass in the Marlborough Sounds to go spearfishing for butterfish, then visits the Marlborough Farmers' Market, meeting the Cranky Goat Cheesemaker.	NEW ZEALAND	English-100				
2023-04-01	1800	A New Zealand Food Story	Bay Of Plenty	From avocado and truffles to macadamia and vanilla, the stunning Bay of Plenty is a growers' paradise. Join Ben as he learns the secrets to its delicious produce.	NEW ZEALAND	English-100				
2023-04-01	1830	Best Of Britain With Ainsley And Grace	Devon	Grace Dent and Ainsley Harriott uncover the south coast of Devon. They take a trip to a hotel on its very own island, then eat extraordinary hand-dived scallops and mushy pea fritters in Dartmouth.	UNITED KINGDOM	English-100		PG		
2023-04-01	1930	Jeremy Pang's Asian Kitchen	Family Feasts	Who doesn't love to cook for the ones they love? Jeremy showcases the Asian dishes perfect for family feasts, starting with Malaysian chicken curry and Korean BBQ beef.	UNITED KINGDOM	English-100				
2023-04-01	2030	Hairy Bikers Go North	Peak District, The	The hairy bikers are riding through the amazing beauty of the Peak District. Created in 1951 it's the UK's first ever, National Park and is visited by 13 million people every year.	UNITED KINGDOM	English-100		G		
2023-04-01	2130	Anthony Bourdain: No Reservations	Iceland	It is the middle of winter in Iceland, with only four hours of daylight each day. Anthony checks out rumours that the darkness is an excuse for Icelanders to party the night away.	USA	English-100		PG		Y

2023-04-01	2225	Please Eat Slowly Bitesize	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G	
2023-04-01	2230	Anthony Bourdain: Parts Unknown	Buenos Aires	Tony ventures to Buenos Aires. Against popular wisdom, he arrives in the middle of summer, when most Portenos leave the city to escape the heat.	USA	English-100		PG	
2023-04-01	2325	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-04-01	2330	Best Of Britain With Ainsley And Grace	Devon	Grace Dent and Ainsley Harriott uncover the south coast of Devon. They take a trip to a hotel on its very own island, then eat extraordinary hand-dived scallops and mushy pea fritters in Dartmouth.	UNITED KINGDOM	English-100		PG	
2023-04-01	2430	Ainsley's Good Mood Food	Vegetables	A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite.	UNITED KINGDOM	English-100		G	
2023-04-01	2525	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G	
2023-04-01	2530	A New Zealand Food Story	Spearfishing	Ben travels up to French Pass in the Marlborough Sounds to go spearfishing for butterfish, then visits the Marlborough Farmers' Market, meeting the Cranky Goat Cheesemaker.	NEW ZEALAND	English-100			
2023-04-01	2559	Anthony Bourdain: No Reservations	Iceland	It is the middle of winter in Iceland, with only four hours of daylight each day. Anthony checks out rumours that the darkness is an excuse for Icelanders to party the night away.	USA	English-100		PG	Y
2023-04-01	2600	Hairy Bikers Go North	Peak District, The	The hairy bikers are riding through the amazing beauty of the Peak District. Created in 1951 it's the UK's first ever, National Park and is visited by 13 million people every year.	UNITED KINGDOM	English-100		G	
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