



WEEK 14: Sunday, 2 April - Saturday, 8 April 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-04-02	0500	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		PG		
2023-04-02	0530	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		
2023-04-02	0625	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		
2023-04-02	0630	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		
2023-04-02	0730	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		PG		
2023-04-02	0830	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		
2023-04-02	0925	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 9, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-02	0930	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		PG		
2023-04-02	1000	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		PG		
2023-04-02	1030	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		
2023-04-02	1125	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		
2023-04-02	1130	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		

2023-04-02	1230	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		PG	
2023-04-02	1330	A New Zealand Food Story	Spearfishing	Ben travels up to French Pass in the Marlborough Sounds to go spearfishing for butterflyfish, then visits the Marlborough Farmers Market, meeting the Cranky Goat Cheesemaker.	NEW ZEALAND	English-100		PG	
2023-04-02	1400	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	RPT	PG	Y
2023-04-02	1430	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	RPT	PG	Y
2023-04-02	1500	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	RPT	PG	Y
2023-04-02	1530	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	RPT	PG	Y
2023-04-02	1600	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	Y
2023-04-02	1630	Jamie's American Road Trip	Arizona	With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with Navajo Indian community.	UNITED KINGDOM	English-100		PG	Y
2023-04-02	1730	Giada At Home	Family Comfort	Giada De Laurentiis is making some of her favourite family recipes, from gnocchi with butter thyme sauce, to gorgeous stuffed tomatoes.	USA	English-100		G	
2023-04-02	1800	Mary Makes It Easy	Short List, The	Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, cooking peach bourbon chicken, red pepper roast salmon and zucchini cappelini.	CANADA	English-100		PG	
2023-04-02	1830	Food Chain: From Source To Table	Food Chain: From Source To Table Series 1 Ep, The 6	Chef Ming explores whether farms can be made more productive in a land-scarce country. He discovers a burgeoning agri-tech scene, then explores why the new technology isn't yet making an impact.	SINGAPORE	English-100		PG	
2023-04-02	1930	Bobby & Giada In Italy	When In Rome	Bobby Flay and Giada De Laurentiis arrive in Rome and immediately seek out their favorite foods. For Giada, it's the Pizza Bianca she grew up eating, while for Bobby, it's a gelato shop!	USA	English-100		G	Y
2023-04-02	2030	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G	
2023-04-02	2140	Anthony Bourdain: No Reservations	Vietnam	A vicarious thrill ride as Tony discovers Vietnam from the buzzing streets of Hanoi to the rural beauty of the Montagnards, and the mysterious island of Mr Sang. Tony's been seduced by Vietnam.	USA	English-100		PG	Y
2023-04-02	2235	Anthony Bourdain: Parts Unknown	Minas Gerais	Tony travels to Minas Gerais, Brazil - the place he's always heard about in his travels. Tony is here to embark on a culinary adventure into the heart of Mineiran gastronomy.	USA	English-100		PG	Y

2023-04-02	2330	Jamie's American Road Trip	Arizona	With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with Navajo Indian community.	UNITED KINGDOM	English-100		PG		Y
2023-04-02	2430	Giada At Home	Family Comfort	Giada De Laurentiis is making some of her favourite family recipes, from gnocchi with butter thyme sauce, to gorgeous stuffed tomatoes.	USA	English-100		G		
2023-04-02	2500	Mary Makes It Easy	Short List, The	Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, cooking peach bourbon chicken, red pepper roast salmon and zucchini cappelini.	CANADA	English-100		PG		
2023-04-02	2530	Food Chain: From Source To Table	Food Chain: From Source To Table Series 1 Ep, The 6	Chef Ming explores whether farms can be made more productive in a land-scarce country. He discovers a burgeoning agri-tech scene, then explores why the new technology isn't yet making an impact.	SINGAPORE	English-100		PG		
2023-04-02	2630	Bobby & Giada In Italy	When In Rome	Bobby Flay and Giada De Laurentiis arrive in Rome and immediately seek out their favorite foods. For Giada, it's the Pizza Bianca she grew up eating, while for Bobby, it's a gelato shop!	USA	English-100		G		Y
2023-04-02	2725	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G		
2023-04-02	2830	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	RPT	PG		Y
2023-04-03	0500	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	RPT	PG		Y
2023-04-03	0530	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	RPT	PG		Y
2023-04-03	0600	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	RPT	PG		Y
2023-04-03	0630	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		Y
2023-04-03	0700	Giada At Home	Family Comfort	Giada De Laurentiis is making some of her favourite family recipes, from gnocchi with butter thyme sauce, to gorgeous stuffed tomatoes.	USA	English-100		G		
2023-04-03	0730	Jamie's American Road Trip	Arizona	With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with Navajo Indian community.	UNITED KINGDOM	English-100		PG		Y
2023-04-03	0830	Food Chain: From Source To Table	Food Chain: From Source To Table Series 1 Ep, The 6	Chef Ming explores whether farms can be made more productive in a land-scarce country. He discovers a burgeoning agri-tech scene, then explores why the new technology isn't yet making an impact.	SINGAPORE	English-100		PG		
2023-04-03	0930	Bobby & Giada In Italy	When In Rome	Bobby Flay and Giada De Laurentiis arrive in Rome and immediately seek out their favorite foods. For Giada, it's the Pizza Bianca she grew up eating, while for Bobby, it's a gelato shop!	USA	English-100		G		Y
2023-04-03	1025	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

2023-04-03	1030	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G			
2023-04-03	1135	Mary Makes It Easy	Short List, The	Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, cooking peach bourbon chicken, red pepper roast salmon and zucchini cappelini.	CANADA	English-100		PG			
2023-04-03	1200	Giada At Home	Family Comfort	Giada De Laurentiis is making some of her favourite family recipes, from gnocchi with butter thyme sauce, to gorgeous stuffed tomatoes.	USA	English-100		G			
2023-04-03	1230	Food Chain: From Source To Table	Food Chain: From Source To Table Series 1 Ep, The 6	Chef Ming explores whether farms can be made more productive in a land-scarce country. He discovers a burgeoning agri-tech scene, then explores why the new technology isn't yet making an impact.	SINGAPORE	English-100		PG			
2023-04-03	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 24	Lidia travels to Umbria where she creates two delicious dishes - strangozzi with veal and chicken liver sauce, and pork chops with capers, lemon, and peperoncino.	USA	English-100		G		Y	
2023-04-03	1400	United Plates Of America	San Fernando Valley	Every body knows Los Angeles but not everyone has ventured into the Valley just over the Hollywood hills. Gary Takle is taking you into his home town to try the food in the San Fernando valley.	USA	English-100		G			
2023-04-03	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 16	Matt kicks things off with his succulent Korean braised beef ribs, while Courtney dishes up chargrilled beans with a twist. Michael serves up prawn tacos with a refreshing pineapple salsa.	AUSTRALIA	English-100		G			
2023-04-03	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-03	1530	Food Markets: In The Belly Of	Firenze - Mercato Central	The Renaissance capitol is where the city food market as a concept was born. More than 1000 years ago farmers from the countryside came to the main square of Florence.	FRANCE	English-55; Italian-45	RPT	G		Y	Y
2023-04-03	1630	David Rocco's Dolce Homemade	Momofuko	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			
2023-04-03	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 36	Ben cooks peach clafoutis, then is joined by wine expert Belinda to talk all things Tasmanian wine and produce while plating up vanilla and vodka cured ocean trout.	AUSTRALIA	English-100		PG			
2023-04-03	1730	Bizarre Foods: Delicious Destinations	Quebec City	Andrew scopes out the creative and rustic comfort dishes of Quebec City, Canada. Influenced by French and English settlers, the city is full of old world charm, late-night diners, hearty food.	USA	English-100	RPT	G			
2023-04-03	1800	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100		G			
2023-04-03	1830	Food Safari	Food Safari Series 4 Ep 6	Maeve O'Meara explores the many fresh herbs and vegetables used in Lao cuisine. Lao-born Tony Inthavong introduces Maeve to the fragrant flavours of Southeast Asia.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-03	1900	The Cook Up With Adam Liaw	Leafy Greens	Watch as Adam and guests, Toni Pearen and Martin Boetz, prove that green food and tasty food aren't mutually exclusive with some delicious leafy dishes.	AUSTRALIA	English-100		PG			

2023-04-03	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 6	Luke visits the town of Dalat in the beautiful central highlands of Vietnam. He enjoys the cooler climate and the abundance of fresh produce on offer.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-03	2000	Cheese Slices	France - The Lyonnais Cheese Revolution	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system.	AUSTRALIA	English-100		G		
2023-04-03	2030	Rick Stein's Far Eastern Odyssey	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-04-03	2140	Come Dine With Me UK	Brighton Day 1	This week's competition is in and around Brighton, where the first to host is 30 year old Medical editor and rapper Adam.	UNITED KINGDOM	English-100		G		
2023-04-03	2205	Come Dine With Me UK	Brighton Day 2	It's the second day of the competition, and copy writer Will Grove is hoping his veggie menu will win him this weeks thousand pound prize.	UNITED KINGDOM	English-100		G		
2023-04-03	2230	The Cook Up With Adam Liaw	Leafy Greens	Watch as Adam and guests, Toni Pearen and Martin Boetz, prove that green food and tasty food aren't mutually exclusive with some delicious leafy dishes.	AUSTRALIA	English-100		PG		
2023-04-03	2300	Food Safari	Food Safari Series 4 Ep 6	Maeve O'Meara explores the many fresh herbs and vegetables used in Lao cuisine. Lao-born Tony Inthavong introduces Maeve to the fragrant flavours of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-03	2330	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
2023-04-03	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-03	2430	Rick Stein's Far Eastern Odyssey	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-04-03	2540	Come Dine With Me UK	Brighton Day 1	This week's competition is in and around Brighton, where the first to host is 30 year old Medical editor and rapper Adam.	UNITED KINGDOM	English-100		G		
2023-04-03	2605	Come Dine With Me UK	Brighton Day 2	It's the second day of the competition, and copy writer Will Grove is hoping his veggie menu will win him this weeks thousand pound prize.	UNITED KINGDOM	English-100		G		
2023-04-03	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 24	Lidia travels to Umbria where she creates two delicious dishes - strangozzi with veal and chicken liver sauce, and pork chops with capers, lemon, and pepperoncino.	USA	English-100		G		Y
2023-04-03	2700	United Plates Of America	San Fernando Valley	Every body knows Los Angeles but not everyone has ventured into the Valley just over the Hollywood hills. Gary Takle is taking you into his home town to try the food in the San Fernando valley.	USA	English-100		G		
2023-04-03	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 16	Matt kicks things off with his succulent Korean braised beef ribs, while Courtney dishes up chargrilled beans with a twist. Michael serves up prawn tacos with a refreshing pineapple salsa.	AUSTRALIA	English-100		G		

2023-04-03	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-03	2830	David Rocco's Dolce Homemade	Momofuko	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		
2023-04-04	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 36	Ben cooks peach clafoutis, then is joined by wine expert Belinda to talk all things Tasmanian wine and produce while plating up vanilla and vodka cured ocean trout.	AUSTRALIA	English-100		PG		
2023-04-04	0530	Bizarre Foods: Delicious Destinations	Quebec City	Andrew scopes out the creative and rustic comfort dishes of Quebec City, Canada. Influenced by French and English settlers, the city is full of old world charm, late-night diners, hearty food.	USA	English-100	RPT	G		
2023-04-04	0600	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100		G		
2023-04-04	0630	Food Markets: In The Belly Of	Firenze - Mercato Central	The Renaissance capitol is where the city food market as a concept was born. More than 1000 years ago farmers from the countryside came to the main square of Florence.	FRANCE	English-55; Italian-45	RPT	G	Y	Y
2023-04-04	0730	Rick Stein's Far Eastern Odyssey	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-04-04	0840	Come Dine With Me UK	Brighton Day 1	This week's competition is in and around Brighton, where the first to host is 30 year old Medical editor and rapper Adam.	UNITED KINGDOM	English-100		G		
2023-04-04	0905	Come Dine With Me UK	Brighton Day 2	It's the second day of the competition, and copy writer Will Grove is hoping his veggie menu will win him this weeks thousand pound prize.	UNITED KINGDOM	English-100		G		
2023-04-04	0930	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
2023-04-04	1025	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-04	1030	Cheese Slices	France - The Lyonnais Cheese Revolution	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system.	AUSTRALIA	English-100		G		
2023-04-04	1100	The Cook Up With Adam Liaw	Leafy Greens	Watch as Adam and guests, Toni Pearen and Martin Boetz, prove that green food and tasty food aren't mutually exclusive with some delicious leafy dishes.	AUSTRALIA	English-100		PG		
2023-04-04	1130	My Market Kitchen	My Market Kitchen Series 5 Ep 36	Ben cooks peach clafoutis, then is joined by wine expert Belinda to talk all things Tasmanian wine and produce while plating up vanilla and vodka cured ocean trout.	AUSTRALIA	English-100		PG		
2023-04-04	1200	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 6	Luke visits the town of Dalat in the beautiful central highlands of Vietnam. He enjoys the cooler climate and the abundance of fresh produce on offer.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-04	1230	Bizarre Foods: Delicious Destinations	Quebec City	Andrew scopes out the creative and rustic comfort dishes of Quebec City, Canada. Influenced by French and English settlers, the city is full of old world charm, late-night diners, hearty food.	USA	English-100	RPT	G		

2023-04-04	1300	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100		G		
2023-04-04	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 25	Lidia travels to Emilia Romagna where she creates three wonderful dishes made of vegetables. She begins by making sweet and sour onions, followed by erbazzone with a delicious squash filling.	USA	English-100		G		
2023-04-04	1400	United Plates Of America	Solvang	Solvang is the Danish capital of America. This California village is known for it's old world, European charm, but its also home to a unique, international, culinary scene.	USA	English-100		G		
2023-04-04	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 17	Michael shows Matt how to make a classic smash burger, while Courtney serves up her most requested dish of all time - tuna tartare tostadas.	AUSTRALIA	English-100		G		
2023-04-04	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 5	Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	RPT	G		Y
2023-04-04	1530	Food Markets: In The Belly Of	Freiburg - Munstermarkt	Freiburg is the 'green' city of Germany and surrounding its imposing gothic cathedral there is the Munstermarkt, its food market.	FRANCE	English-50; German-50		PG		Y Y
2023-04-04	1630	David Rocco's Dolce Homemade	Bar Aperitivo	From Florence to Toronto, guest Nicholas Madella aka Buba, traveled from Italy to help David start his aperitivo bar, David Rocco Bar Aperitivo.	CANADA	English-100		G		
2023-04-04	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 37	Ben highlights a light and fluffy strawberry bread before Chef Leslie Chan drops by to make quick and easy stir-fried chicken fillets with mixed mushrooms.	AUSTRALIA	English-100		PG		
2023-04-04	1730	Bizarre Foods: Delicious Destinations	Porto	Adam, violinist Satu Vanska and chef Adam D'Sylva are in The Cook Up Kitchen, pouring pure emotion into their food to stimulate the senses and provide the ultimate food experience.	USA	English-100	RPT	G		
2023-04-04	1800	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G		
2023-04-04	1830	Food Safari	Food Safari Series 4 Ep 7	Maeve O'Meara explores the delicious world of Polish food as chef Judyta Slupnicki introduces her to the essentials - from smallgoods, to horseradish and pickled gherkins.	AUSTRALIA	English-100	RPT	G		Y
2023-04-04	1900	The Cook Up With Adam Liaw	Recipe Remix	Musician, Reuben Styles, and executive head chef, Josh Raine, join Adam to share how they like to mix it up in the kitchen.	AUSTRALIA	English-100		PG		
2023-04-04	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 7	Chef Luke Nguyen visits the beachside town of Nha Trang, a coastal town abundant with fresh seafood - and prepares char grilled lobster right on the beach.	AUSTRALIA	English-100	RPT	G		Y Y
2023-04-04	2000	The Spice Trails: Latin America	Guatemala	Jose visits the beating heart of the Mayan world, Guatemala, where a familiar spice, cardamom, reveals its secrets.	INDIA	English-50; Spanish-50		PG		
2023-04-04	2030	Hairy Bikers Go Local	Koptiam, Glasgow	In Glasgow the Bikers meet Julie, who runs Koptiam, an exciting and exclusive street food cafe. The Bikers enjoy Julie's special Scottish-Malaysian fusion menu and help her discover new produce.	UNITED KINGDOM	English-100		PG		
2023-04-04	2130	Come Dine With Me UK	Brighton Day 3	This week's competition is in Brighton and Hove. Today, retired advertising sales director Gill hopes to win over her guests with her middle eastern menu.	UNITED KINGDOM	English-100		PG		

2023-04-04	2200	Come Dine With Me UK	Brighton Day 4	This week's competition is in Brighton and Hove. Today, teacher and surfer Jo is hoping her Tropical theme and Thai menu will stun her guests and win her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	
2023-04-04	2230	The Cook Up With Adam Liaw	Recipe Remix	Musician, Reuben Styles, and executive head chef, Josh Raine, join Adam to share how they like to mix it up in the kitchen.	AUSTRALIA	English-100		PG	
2023-04-04	2300	Food Safari	Food Safari Series 4 Ep 7	Maeve O'Meara explores the delicious world of Polish food as chef Judyta Slupnicki introduces her to the essentials - from smallgoods, to horseradish and pickled gherkins.	AUSTRALIA	English-100	RPT	G	Y
2023-04-04	2330	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	
2023-04-04	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2023-04-04	2430	Hairy Bikers Go Local	Kopitiam, Glasgow	In Glasgow the Bikers meet Julie, who runs Kopitiam, an exciting and exclusive street food cafe. The Bikers enjoy Julie's special Scottish-Malaysian fusion menu and help her discover new produce.	UNITED KINGDOM	English-100		PG	
2023-04-04	2530	Come Dine With Me UK	Brighton Day 3	This week's competition is in Brighton and Hove. Today, retired advertising sales director Gill hopes to win over her guests with her middle eastern menu.	UNITED KINGDOM	English-100		PG	
2023-04-04	2600	Come Dine With Me UK	Brighton Day 4	This week's competition is in Brighton and Hove. Today, teacher and surfer Jo is hoping her Tropical theme and Thai menu will stun her guests and win her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	
2023-04-04	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 25	Lidia travels to Emilia Romagna where she creates three wonderful dishes made of vegetables. She begins by making sweet and sour onions, followed by erbazzone with a delicious squash filling.	USA	English-100		G	
2023-04-04	2700	United Plates Of America	Solvang	Solvang is the Danish capital of America. This California village is known for it's old world, European charm, but its also home to a unique, international, culinary scene.	USA	English-100		G	
2023-04-04	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 17	Michael shows Matt how to make a classic smash burger, while Courtney serves up her most requested dish of all time - tuna tartare tostadas.	AUSTRALIA	English-100		G	
2023-04-04	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 5	Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	RPT	G	Y
2023-04-04	2830	David Rocco's Dolce Homemade	Bar Aperitivo	From Florence to Toronto, guest Nicholas Madella aka Buba, traveled from Italy to help David start his aperitivo bar, David Rocco Bar Aperitivo.	CANADA	English-100		G	
2023-04-05	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 37	Ben highlights a light and fluffy strawberry bread before Chef Leslie Chan drops by to make quick and easy stir-fried chicken fillets with mixed mushrooms.	AUSTRALIA	English-100		PG	
2023-04-05	0530	Bizarre Foods: Delicious Destinations	Porto	Adam, violinist Satu Vanska and chef Adam D'Sylva are in The Cook Up Kitchen, pouring pure emotion into their food to stimulate the senses and provide the ultimate food experience.	USA	English-100	RPT	G	
2023-04-05	0600	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G	

2023-04-05	0630	Food Markets: In The Belly Of	Freiburg - Munstermarkt	Freiburg is the 'green' city of Germany and surrounding its imposing gothic cathedral there is the Munstermarkt, its food market.	FRANCE	English-50; German-50		PG	Y	Y
2023-04-05	0730	Hairy Bikers Go Local	Kopitiam, Glasgow	In Glasgow the Bikers meet Julie, who runs Kopitiam, an exciting and exclusive street food cafe. The Bikers enjoy Julie's special Scottish-Malaysian fusion menu and help her discover new produce.	UNITED KINGDOM	English-100		PG		
2023-04-05	0830	Come Dine With Me UK	Brighton Day 3	This week's competition is in Brighton and Hove. Today, retired advertising sales director Gill hopes to win over her guests with her middle eastern menu.	UNITED KINGDOM	English-100		PG		
2023-04-05	0900	Come Dine With Me UK	Brighton Day 4	This week's competition is in Brighton and Hove. Today, teacher and surfer Jo is hoping her Tropical theme and Thai menu will stun her guests and win her the 1000 pound prize.	UNITED KINGDOM	English-100		PG		
2023-04-05	0930	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		
2023-04-05	1025	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-05	1030	The Spice Trails: Latin America	Guatemala	Jose visits the beating heart of the Mayan world, Guatemala, where a familiar spice, cardamom, reveals its secrets.	INDIA	English-50; Spanish-50		PG		
2023-04-05	1100	The Cook Up With Adam Liaw	Recipe Remix	Musician, Reuben Styles, and executive head chef, Josh Raine, join Adam to share how they like to mix it up in the kitchen.	AUSTRALIA	English-100		PG		
2023-04-05	1130	My Market Kitchen	My Market Kitchen Series 5 Ep 37	Ben highlights a light and fluffy strawberry bread before Chef Leslie Chan drops by to make quick and easy stir-fried chicken fillets with mixed mushrooms.	AUSTRALIA	English-100		PG		
2023-04-05	1200	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 7	Chef Luke Nguyen visits the beachside town of Nha Trang, a coastal town abundant with fresh seafood - and prepares char grilled lobster right on the beach.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-05	1230	Bizarre Foods: Delicious Destinations	Porto	Adam, violinist Satu Vanska and chef Adam D'Sylva are in The Cook Up Kitchen, pouring pure emotion into their food to stimulate the senses and provide the ultimate food experience.	USA	English-100	RPT	G		
2023-04-05	1300	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G		
2023-04-05	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 26	Lidia travels to Lombardy - a region known for its gorgeous scenery and beautiful fashion. Join Lidia as she shows us the beauty of flavour by creating braised cabbage rolls stuffed with sausage.	USA	English-100		G		
2023-04-05	1400	United Plates Of America	Tucson	Tucson's restaurant scene is bustling, with new spots being announced on an almost daily basis. So in this episode we try it all. From health food to Mexican, Tuscon food scene is hot right now.	USA	English-100		G		
2023-04-05	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 18	Matt prepares a French classic with his onion soup, while Courtney shares her version of a Basque cheesecake.	AUSTRALIA	English-100		G		
2023-04-05	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter.	AUSTRALIA	English-100	RPT	G	Y	

2023-04-05	1530	Food Markets: In The Belly Of	Riga - Centralrigus	Latvia is a small country yet Riga Centralrigus is the biggest city food market in Europe. Located just aside the Old Town of the city famous for its Art-Nouveau architecture.	FRANCE	English-67; Latvian-32; Russian-1	RPT	PG	Y	Y
2023-04-05	1630	David Rocco's Dolce Homemade	Food Truckers, The	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG		
2023-04-05	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 38	Ben visits Damian from Pike's Mushrooms and serves up a bowl of heart-warming potato and mushroom soup and delicious risotto milanese.	AUSTRALIA	English-100		PG		
2023-04-05	1730	Bizarre Foods: Delicious Destinations	Frankfurt	Andrew takes a look at the hearty, simple and filling dishes of Frankfurt, Germany. Steeped in tradition and down-to-earth ingredients, Frankfurt's gastronomy showcases the city's regal history.	USA	English-100	RPT	PG		
2023-04-05	1800	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G		
2023-04-05	1830	Food Safari	Food Safari Series 4 Ep 8	Maeve O'Meara explores the fascinating food of Afghanistan where the guest is always seen as king and beautiful feasts are prepared using age-old recipes.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-05	1900	The Cook Up With Adam Liaw	Moreish Marinades	Adam, butcher and TikTok sensation Joel Young, and Commonwealth Games swimming gold medallist Col Pearse make moreish marinades.	AUSTRALIA	English-100		PG		
2023-04-05	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 8	Luke visits Quy Nhon on the central coast of Vietnam. He cooks vegetarian fried rice with a Monk, learns how to make Tofu, and spends time with two old ladies making the best noodles around.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-05	2000	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 2	Dan shows us how easy it is to make the Hong Kong favourite, Siu Mai, delicious dumplings made with yellow wrappers topped with orange crab roe.	AUSTRALIA	English-100		G	Y	
2023-04-05	2030	Field Trip With Curtis Stone	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100		G		Y
2023-04-05	2100	Tom Kerridge's American Feast	Pittsburgh	Tom Kerridge travels to America's former industrial heart -- Pittsburgh. The food of the so-called Steel City named after the industry that made it great still retains much of its blue-collar roots.	UNITED KINGDOM	English-100		PG		
2023-04-05	2130	Come Dine With Me UK	Brighton Final	It's the final day of the competition, and social worker Ruth XXX is hoping her Jewish/Irish fusion will win her this weeks thousand pound prize.	UNITED KINGDOM	English-100		PG		
2023-04-05	2200	Come Dine With Me UK	Edinburgh Day 1	This week's competition is in Edinburgh, where first to host is Christian radio DJ and gospel singer, Eloho and she's hoping to take her guests to church, gospel style, with a music filled evening.	UNITED KINGDOM	English-100		G		
2023-04-05	2230	The Cook Up With Adam Liaw	Moreish Marinades	Adam, butcher and TikTok sensation Joel Young, and Commonwealth Games swimming gold medallist Col Pearse make moreish marinades.	AUSTRALIA	English-100		PG		
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2023-04-05	2330	From Scratch	Wild Goose Chase In New York, A	While home for the holidays, David drops in on Dan Kluger of Loring Place to make a Northeast fall meal from scratch. With Duck on the menu, David heads north to the Canadian border.	UNITED KINGDOM	English-100		PG		Y

2023-04-05	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-05	2430	Field Trip With Curtis Stone	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100		G		Y
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2023-04-05	2830	David Rocco's Dolce Homemade	Food Truckers, The	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG		
2023-04-06	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 38	Ben visits Damian from Pike's Mushrooms and serves up a bowl of heart-warming potato and mushroom soup and delicious risotto milanese.	AUSTRALIA	English-100		PG		
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2023-04-06	0730	Field Trip With Curtis Stone	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100		G		Y

2023-04-06	0800	Tom Kerridge's American Feast	Pittsburgh	Tom Kerridge travels to America's former industrial heart -- Pittsburgh. The food of the so-called Steel City named after the industry that made it great still retains much of its blue-collar roots.	UNITED KINGDOM	English-100		PG		
2023-04-06	0830	Come Dine With Me UK	Brighton Final	It's the final day of the competition, and social worker Ruth XXX is hoping her Jewish/Irish fusion will win her this weeks thousand pound prize.	UNITED KINGDOM	English-100		PG		
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2023-04-06	0930	From Scratch	Wild Goose Chase In New York, A	While home for the holidays, David drops in on Dan Kluger of Loring Place to make a Northeast fall meal from scratch. With Duck on the menu, David heads north to the Canadian border.	UNITED KINGDOM	English-100		PG		Y
2023-04-06	1025	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-06	1030	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 2	Dan shows us how easy it is to make the Hong Kong favourite, Siu Mai, delicious dumplings made with yellow wrappers topped with orange crab roe.	AUSTRALIA	English-100		G	Y	
2023-04-06	1100	The Cook Up With Adam Liaw	Moreish Marinades	Adam, butcher and TikTok sensation Joel Young, and Commonwealth Games swimming gold medalist Col Pearse make moreish marinades.	AUSTRALIA	English-100		PG		
2023-04-06	1130	My Market Kitchen	My Market Kitchen Series 5 Ep 38	Ben visits Damian from Pike's Mushrooms and serves up a bowl of heart-warming potato and mushroom soup and delicious risotto milanese.	AUSTRALIA	English-100		PG		
2023-04-06	1200	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 8	Luke visits Quy Nhon on the central coast of Vietnam. He cooks vegetarian fried rice with a Monk, learns how to make Tofu, and spends time with two old ladies making the best noodles around.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-06	1230	Bizarre Foods: Delicious Destinations	Frankfurt	Andrew takes a look at the hearty, simple and filling dishes of Frankfurt, Germany. Steeped in tradition and down-to-earth ingredients, Frankfurt's gastronomy showcases the city's regal history.	USA	English-100	RPT	PG		
2023-04-06	1300	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G		
2023-04-06	1330	Lidia's Kitchen	Layering Italian Flavours	Lidia prepares a light version of chicken parmigiana, and a simple steamed broccoli dish with red wine vinegar and hard boiled eggs.	USA	English-100		G		
2023-04-06	1400	United Plates Of America	Oakland	Located on the opposite side of a San Francisco Bay, Oakland is fast becoming a cool city with cache. The new food movement is also on the rise.	USA	English-100		G		
2023-04-06	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 19	Matt kicks things off with one of Australia's most iconic dishes - salt and pepper squid, while Courtney cooks up a delicious butter chicken, making the sauce from scratch.	AUSTRALIA	English-100		G		
2023-04-06	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT	G	Y	

2023-04-06	1530	Food Markets: In The Belly Of	Toulouse - Victor Hugo	In the deep south of France the so called pink city of Toulouse hosts a coffer full of world wide famous food treasures - the Victor Hugo Market.	FRANCE	English-50; French-50	RPT	G	Y	Y
2023-04-06	1630	David Rocco's Dolce Homemade	Favourite Meals	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG		
2023-04-06	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 39	Ben creates the ultimate cheat day meal with his fried chicken brioche burgers, then Kathy from Sweet Greek serves up a bowl of wholesome chicken meatball soup.	AUSTRALIA	English-100		PG		
2023-04-06	1730	Bizarre Foods: Delicious Destinations	Tuscany	Andrew explores Tuscany, Italy, which is rooted in the tradition of simple, local ingredients. He highlights specialties like spicy fish stew served over crusty bread.	USA	English-100	RPT	G		Y
2023-04-06	1800	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G		
2023-04-06	1830	Food Safari	Food Safari Series 4 Ep 9	Maeve O'Meara explores the world of Danish food, a cuisine crafted for the cold - some dishes date back to the days of the Vikings, others like the sandwich smorrebrod are modern.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-06	1900	The Cook Up With Adam Liaw	Chilli & Garlic	ARIA award-winning singer, Montaigne, and executive chef Adam Wolfers are in the kitchen with Adam exploring all the possibilities when cooking with chilli and garlic.	AUSTRALIA	English-100		PG		
2023-04-06	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 9	Luke travels to the ancient town of Hoi An - which used to be one of the main trading ports in Vietnam, thus influencing the food and making it a very special place for Luke.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-06	2000	Nadiya's Everyday Baking	Weekend Breakfasts	Nadiya presents the very best weekend breakfasts: delectable granola cupcakes, a kiwi, mint and spinach smoothie, and sweet breakfast wraps.	UNITED KINGDOM	English-100		PG		
2023-04-06	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 1	Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof soufflé with artisan Cornish goat's cheese.	UNITED KINGDOM	English-100				
2023-04-06	2100	Gok Wan's Easy Asian	Sweet Endings	If you're looking for the perfect ending to a meal, Gok's got you covered with his Sticky Pineapple Doughnuts with a spicy Asian kick and beautiful Lace Pancakes.	UNITED KINGDOM	English-100		G		
2023-04-06	2130	Come Dine With Me UK	Edinburgh Day 2	The second night in Edinburgh this week sees Cabin Crew Trainer Julie hoping to win over her guests with an evening of Scottish fine dining.	UNITED KINGDOM	English-100		PG		
2023-04-06	2200	Come Dine With Me UK	Edinburgh Day 3	This week's competition is in Edinburgh, where it's the turn of IT manager and occasional stand up comic, Ryan, to wow his guests.	UNITED KINGDOM	English-100		PG		
2023-04-06	2230	The Cook Up With Adam Liaw	Chilli & Garlic	ARIA award-winning singer, Montaigne, and executive chef Adam Wolfers are in the kitchen with Adam exploring all the possibilities when cooking with chilli and garlic.	AUSTRALIA	English-100		PG		
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2023-04-06	2330	From Scratch	Flexing Mussels In Khayelitsha	David Moscow meets with chef Abigail Mbalo-Mokoena of 4Roomed EKasi, one of Food and Wines top 30 restaurants in the world. He learns of how apartheid has shaped what cooking and family means to her.	UNITED KINGDOM	English-100		PG			Y
2023-04-06	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y		Y
2023-04-06	2430	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 1	Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof soufflé with artisan Cornish goat's cheese.	UNITED KINGDOM	English-100					
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2023-04-06	2700	United Plates Of America	Oakland	Located on the opposite side of a San Francisco Bay, Oakland is fast becoming a cool city with cache. The new food movement is also on the rise.	USA	English-100		G			
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2023-04-06	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT	G	Y		
2023-04-06	2830	David Rocco's Dolce Homemade	Favourite Meals	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG			
2023-04-07	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 39	Ben creates the ultimate cheat day meal with his fried chicken brioche burgers, then Kathy from Sweet Greek serves up a bowl of wholesome chicken meatball soup.	AUSTRALIA	English-100		PG			
2023-04-07	0530	Bizarre Foods: Delicious Destinations	Tuscany	Andrew explores Tuscany, Italy, which is rooted in the tradition of simple, local ingredients. He highlights specialties like spicy fish stew served over crusty bread.	USA	English-100	RPT	G			Y
2023-04-07	0600	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G			
2023-04-07	0630	Food Markets: In The Belly Of	Toulouse - Victor Hugo	In the deep south of France the so called pink city of Toulouse hosts a coffer full of world wide famous food treasures - the Victor Hugo Market.	FRANCE	English-50; French-50	RPT	G	Y		Y
2023-04-07	0730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 1	Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof soufflé with artisan Cornish goat's cheese.	UNITED KINGDOM	English-100					

2023-04-07	0800	Gok Wan's Easy Asian	Sweet Endings	If you're looking for the perfect ending to a meal, Gok's got you covered with his Sticky Pineapple Doughnuts with a spicy Asian kick and beautiful Lace Pancakes.	UNITED KINGDOM	English-100		G		
2023-04-07	0830	Come Dine With Me UK	Edinburgh Day 2	The second night in Edinburgh this week sees Cabin Crew Trainer Julie hoping to win over her guests with an evening of Scottish fine dining.	UNITED KINGDOM	English-100		PG		
2023-04-07	0900	Come Dine With Me UK	Edinburgh Day 3	This week's competition is in Edinburgh, where it's the turn of IT manager and occasional stand up comic, Ryan, to wow his guests.	UNITED KINGDOM	English-100		PG		
2023-04-07	0930	From Scratch	Flexing Mussels In Khayelitsha	David Moscow meets with chef Abigail Mbalo-Mokoena of 4Roomed EKasi, one of Food and Wines top 30 restaurants in the world. He learns of how apartheid has shaped what cooking and family means to her.	UNITED KINGDOM	English-100		PG		Y
2023-04-07	1025	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-07	1030	Nadiya's Everyday Baking	Weekend Breakfasts	Nadiya presents the very best weekend breakfasts: delectable granola cupcakes, a kiwi, mint and spinach smoothie, and sweet breakfast wraps.	UNITED KINGDOM	English-100		PG		
2023-04-07	1100	The Cook Up With Adam Liaw	Chilli & Garlic	ARIA award-winning singer, Montaigne, and executive chef Adam Wolfers are in the kitchen with Adam exploring all the possibilities when cooking with chilli and garlic.	AUSTRALIA	English-100		PG		
2023-04-07	1130	My Market Kitchen	My Market Kitchen Series 5 Ep 39	Ben creates the ultimate cheat day meal with his fried chicken brioche burgers, then Kathy from Sweet Greek serves up a bowl of wholesome chicken meatball soup.	AUSTRALIA	English-100		PG		
2023-04-07	1200	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 9	Luke travels to the ancient town of Hoi An - which used to be one of the main trading ports in Vietnam, thus influencing the food and making it a very special place for Luke.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-07	1230	Bizarre Foods: Delicious Destinations	Tuscany	Andrew explores Tuscany, Italy, which is rooted in the tradition of simple, local ingredients. He highlights specialties like spicy fish stew served over crusty bread.	USA	English-100	RPT	G		Y
2023-04-07	1300	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G		
2023-04-07	1330	Lidia's Kitchen	Poached Eggs	Lidia shares her recipes for a warm mushroom salad, eggs poached in tomato sauce and served with grilled country bread, and an Italian hazelnut cookie made with meringue.	USA	English-100		G		
2023-04-07	1400	United Plates Of America	Sonoma	Sonoma has over 500 wineries, beautiful scenery, down to earth locals, farmers, winemakers and acclaimed chefs at farm to table restaurants	USA	English-100		G		
2023-04-07	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 20	Matt cooks a cracking chicken parmigiana, while Michael is on location with guest John Said from Fresh Select. Together they create a chargrilled cauliflower dish.	AUSTRALIA	English-100		G		
2023-04-07	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there.	AUSTRALIA	English-100	RPT	G	Y	

2023-04-07	1530	Food Markets: In The Belly Of	Zagred - Dolac	Looking at the 'Kumice' selling their baskets full of vegetables and cheese on the Dolac market stalls in Zagreb is like going back in time.	FRANCE	English-58; Croatian-42	RPT	PG	Y	Y
2023-04-07	1630	David Rocco's Dolce Homemade	Ice Wine	Canada has an international reputation for having some of the best icewine. David and guest Don Ziraldo, co-founder of Inniskillin, discuss the creation of the world renowned icewine company.	CANADA	English-100		PG		
2023-04-07	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 40	Charlie Carrington returns to show off his Lebanese za'tar roasted chicken and Chef Mod is back with Ben to plate up a red Thai curry grilled chicken.	AUSTRALIA	English-100		PG		
2023-04-07	1730	Bizarre Foods: Delicious Destinations	Genoa	Andrew explores the inventive eats of Genoa, Italy. A stunning location bursting with vibrant herbs and ancient technique, Genoa is home to favorites like peasant-created seafood salad.	USA	English-100	RPT	G		Y
2023-04-07	1800	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G		Y
2023-04-07	1830	Food Safari	Food Safari Series 4 Ep 10	Maeve O'Meara explores the fascinating creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-07	1900	The Cook Up With Adam Liaw	On The Table In 30 Minutes	Adam and guests Christine Manfield and Helly Raichura are making fantasy a reality as they get food on the table in 30 minutes.	AUSTRALIA	English-100		PG		
2023-04-07	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 1 Episode 10	In the final episode of his journey, Luke continues in Hoi An where vibrant markets are bustling and magnificent produce is on offer for him to cook with.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-07	2000	Dishing It Up	Returning To Roots	This episode, everyday home cooks put celebrity chefs Rick Stein, Warren Mendes, Luke Nguyen and Guillaume Brahimi's recipes from their roots to the test.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-07	2030	River Cottage: Three Go Mad	At Christmas	It's Christmas at River Cottage and Hugh is opening the kitchen to some friends: Harry Enfield, Kathy Burke, Stephen Mangan and Mark Heap. What could go wrong?	UNITED KINGDOM	English-100		PG		
2023-04-07	2130	Come Dine With Me UK	Edinburgh Day 4	It's night four in Edinburgh and cabbie Jamie's turn to host. He's pulling all the stops out with a fine dining menu and whilst his cooking goes to plan it's Jamie's choice of chat at the table.	UNITED KINGDOM	English-100		PG		
2023-04-07	2200	Come Dine With Me UK	Edinburgh Final	It's the final night in Edinburgh and Business Owner Maz is hoping her top-notch hosting skills and a charm offensive will see her walk away with this week's thousand pound prize.	UNITED KINGDOM	English-100		PG		
2023-04-07	2230	The Cook Up With Adam Liaw	On The Table In 30 Minutes	Adam and guests Christine Manfield and Helly Raichura are making fantasy a reality as they get food on the table in 30 minutes.	AUSTRALIA	English-100		PG		
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2023-04-07	2330	From Scratch	Utah	As the clock ticks, David desperately tries to catch a fish for a dish whose three main ingredients are trout trout trout.	UNITED KINGDOM	English-100		PG		

2023-04-07	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-07	2430	River Cottage: Three Go Mad	At Christmas	It's Christmas at River Cottage and Hugh is opening the kitchen to some friends: Harry Enfield, Kathy Burke, Stephen Mangan and Mark Heap. What could go wrong?	UNITED KINGDOM	English-100		PG		
2023-04-07	2530	Come Dine With Me UK	Edinburgh Day 4	It's night four in Edinburgh and cabbie Jamie's turn to host. He's pulling all the stops out with a fine dining menu and whilst his cooking goes to plan it's Jamie's choice of chat at the table.	UNITED KINGDOM	English-100		PG		
2023-04-07	2600	Come Dine With Me UK	Edinburgh Final	It's the final night in Edinburgh and Business Owner Maz is hoping her top-notch hosting skills and a charm offensive will see her walk away with this week's thousand pound prize.	UNITED KINGDOM	English-100		PG		
2023-04-07	2630	Lidia's Kitchen	Poached Eggs	Lidia shares her recipes for a warm mushroom salad, eggs poached in tomato sauce and served with grilled country bread, and an Italian hazelnut cookie made with meringue.	USA	English-100		G		
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2023-04-08	1000	The Cook And The Chef	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G		
2023-04-08	1030	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G		
2023-04-08	1100	Martha Bakes	Never Enough Chocolate	Attention chocolate lovers! Martha shares how to prepare three standout chocolate desserts, including a rich flourless Roberta Heart cake. Chocolatier Jacques Torres also stops by.	USA	English-100		G		
2023-04-08	1130	The Chocolate Queen	Chocolate Queen Series 2, The Ep 10	Perfect pairings is on the agenda today with a classic Raspberry Chocolate Mousse, Chocolate Popcorn and the less conventional Chocolate Glazed Ginger Cake that is a match made in heaven.	AUSTRALIA	English-100		G		
2023-04-08	1200	Cook Like A Chef	Chocolate	Masterful chef-host Katie Ardington loves chocolate, don't we all? Watch as she shares her chocolate handling knowledge and skill in this episode.	CANADA	English-100		G		
2023-04-08	1230	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles.	UNITED KINGDOM	English-100		G		
2023-04-08	1330	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
2023-04-08	1400	Giada Entertains	Chocolate For Breakfast	Giada invites friends over for a Valentine's Day-themed breakfast with chocolate in every dish. She treats them to a playful, laid-back morning with games and an indulgent, buffet-style menu.	USA	English-100		G		
2023-04-08	1430	Heston's Feasts	Chocolate Feast	Heston explores the 1960s, an amazing age of food experimentation, with a Charlie and the Chocolate Factory feast including psychedelic duck a l'orange.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-04-08	1530	Bake With Anna Olson	Chocolate Truffles	Chef Anna Olson shares her secret to silky, rich truffles. She uses the principles behind truffle making to create some decadent chocolate desserts.	CANADA	English-100		G		
2023-04-08	1600	The Chocolate Queen	Chocolate Queen Series 2, The Ep 3	Get tangled in today's episode with Kirsten's delicious Babka Knots. The Chocolate Queen also gives her best recipes for entertaining with Chocolate Truffle Cups and a Hazelnut Tart.	AUSTRALIA	English-100		G		
2023-04-08	1630	Ainsley's Good Mood Food	Herbs And Spices	In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour.	UNITED KINGDOM	English-100		G		
2023-04-08	1730	A New Zealand Food Story	Whanganui	Ben goes hunting with All Black legend Glenn Osborne, who teaches Ben a thing or two about eels before visiting Woodhaven Gardens, a family-run -business producing quality vegetables.	NEW ZEALAND	English-100		PG		
2023-04-08	1800	A New Zealand Food Story	Southland	This week Ben is in Southland; he visits the natural beauty of Granity Downs where he learns about Hoggart, then tries to perfect the art of making cheese rolls.	NEW ZEALAND	English-100		PG		
2023-04-08	1830	Best Of Britain With Ainsley And Grace	Norfolk	Grace and Ainsley explore the English County of Norfolk, where they indulge in an extraordinary afternoon tea, sample a Michelin-approved tasting menu, and get a taste of boatlife on Norfolk broads.	UNITED KINGDOM	English-100		G		

2023-04-08	1930	Jeremy Pang's Asian Kitchen	Simple Suppers	Jeremy proves that Asian cooking can be perfect for a midweek meal by cooking steamed salmon with chilli bean, sesame prawn toast, and lemongrass pork chops.	UNITED KINGDOM	English-100		PG		
2023-04-08	2030	Hairy Bikers Go North	Tyne And Wear/ Newcastle	After weeks travelling across the stunning northern countryside, the bikers are having an urban adventure. Si takes Dave around his beloved home turf to introduce him to some of the best local food.	UNITED KINGDOM	English-100		G		
2023-04-08	2130	Anthony Bourdain: No Reservations	New Zealand	Tony's in Christchurch, New Zealand to give a guest lecture at an upscale food & wine convention. When he can't connect with the audience, he heads for the countryside to find the real Kiwi lifestyle.	USA	English-100		PG		
2023-04-08	2225	Poh & Co. Bitesize	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-08	2230	Anthony Bourdain: Parts Unknown	New Mexico	Tony takes a close look at the mash-up of cultures that comprise this uniquely American state. He samples New Mexico's food - a combination of Spanish, Mediterranean, Mexican and Pueblo influences.	USA	English-100		PG		
2023-04-08	2325	Poh & Co. Bitesize	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
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