



**WEEK 18: Sunday, 30 April - Saturday, 6 May 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-04-30	0500	<b>The Cook And The Chef</b>	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G		
2023-04-30	0530	<b>Ainsley's Good Mood Food</b>	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint.	UNITED KINGDOM	English-100		G		
2023-04-30	0625	<b>Destination Flavour Singapore Bitesize</b>	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2023-04-30	0630	<b>The Julia Child Challenge</b>	Meal That Changed Your Life, The	Eight home cooks and Julia Child superfans enter Julia's kitchen to compete in a competition inspired by her amazing life, with a little help from Julia herself.	USA	English-100		PG		
2023-04-30	0725	<b>Destination Flavour Singapore Bitesize</b>	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2023-04-30	0730	<b>Rick Stein And The Japanese Ambassador</b>	Rick Stein And The Japanese Ambassador	Rick Stein visits Japan to get a feel for its cuisine before creating a banquet at the invitation of the Japanese Ambassador.	UNITED KINGDOM	English-100		PG		
2023-04-30	0840	<b>Jeremy Pang's Asian Kitchen</b>	Bit Of Spice, A	In this episode all the dishes have a bit of spice, even the pudding. Jeremy starts with Sichuanese mouth-watering Chicken, a warming dish using Sichuan Peppercorns to create a unique numbing.	UNITED KINGDOM	English-100		G		
2023-04-30	0935	<b>Britain's Poshest Farm Shops</b>	Britain's Poshest Farm Shops Series 1 Ep 1	While much of the High Street has faltered in recent years, with the nostalgic appeal of a traditional countryside corner shop, these often expansive but charming rural delis are a retailing success.	UNITED KINGDOM	English-100				
2023-04-30	1035	<b>Ainsley's Good Mood Food</b>	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint.	UNITED KINGDOM	English-100		G		
2023-04-30	1130	<b>The Julia Child Challenge</b>	Meal That Changed Your Life, The	Eight home cooks and Julia Child superfans enter Julia's kitchen to compete in a competition inspired by her amazing life, with a little help from Julia herself.	USA	English-100		PG		
2023-04-30	1225	<b>Destination Flavour Singapore Bitesize</b>	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2023-04-30	1230	<b>Rick Stein And The Japanese Ambassador</b>	Rick Stein And The Japanese Ambassador	Rick Stein visits Japan to get a feel for its cuisine before creating a banquet at the invitation of the Japanese Ambassador.	UNITED KINGDOM	English-100		PG		

2023-04-30	1335	<b>The Cook And The Chef</b>	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G		
2023-04-30	1405	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 46	Adam is joined in The Cook Up kitchen by chefs, Tom Walton and Brent Savage to take ordinary recipes and make them extraordinary.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-30	1435	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 47	Esteemed chef, Christine Manfield and Enter Via Laundry's founder, Helly Raichura join Adam to celebrate the concept of the communal table - food made for sharing.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-30	1505	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 48	Adam and guests, chef and game harvester Ross O'Meara, and culinary travel journalist Sofia Levin are making easy autumnal dinners.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-30	1535	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 49	Adam and guests, fabulous food writer Hetty Lui McKinnon and remarkable TV and podcast host Zan Rowe are in the express lane, cooking dinner with 12 ingredients or less.	AUSTRALIA	English-100	RPT	PG		
2023-04-30	1605	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 50	Adam and guests Carol Ferrone and Mike Bennie are in The Cook Up kitchen and keen for food that can be made in 15 minutes flat.	AUSTRALIA	English-100		PG		
2023-04-30	1635	<b>Eat Me: Or Try Not To</b>	Taste, The	Our food preferences are influenced by dozens of factors, including genetics, environment and habit. But taste is also about perception. What does it take to create the next iconic food product?	CANADA	English-100		PG		
2023-04-30	1735	<b>The Spice Trails: Latin America</b>	Colombia-Coffee Belt	Jose's Colombian journey culminates in the coffee belt, where he discovers how Poleo herb, coffee, and pipilongo long pepper bind the gastronomic world.	INDIA	English-50; Spanish-50		PG		Y
2023-04-30	1800	<b>Mary Makes It Easy</b>	Fave Missed Steak	Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.	CANADA	English-100		G		
2023-04-30	1830	<b>Food To Change The World</b>	Food To Cure	Could we find the answer to chronic diseases in our poo...and in a pair of chopsticks? Chef Ming Tan uncovers how we can change our eating habits in order to fight chronic diseases.	SINGAPORE	English-100		PG		
2023-04-30	1930	<b>Alex Polizzi Secret Italy</b>	Alex Polizzi Secret Italy Series 1 Ep 1	The first leg of Alex's journey takes in some of the secrets that the North of Italy conceals. Venice is a city that Alex has been to at least forty times, but this is a trip like never before.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2023-04-30	2030	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 1	Chef Khanh Ong journeys to Far North Queensland to discover the culinary secrets of the Nywaigi people, and uses locally foraged ingredients to cook up a summer feast at a waterfall.	AUSTRALIA	English-100		PG		
2023-04-30	2130	<b>Anthony Bourdain: No Reservations</b>	South Florida	Tony begins his exploration of outer Miami in the vibrant Creole enclave of Little Haiti. Later, he heads out to the vast subtropical preserves of the Everglades.	USA	English-100		PG		
2023-04-30	2225	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-30	2230	<b>Anthony Bourdain: Parts Unknown</b>	Los Angeles	An alternative tour of Los Angeles by Anthony Bourdain focuses on the impact and contributions of its less photographed and often overlooked Latino communities.	USA	English-100		PG		

2023-04-30	2325	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-30	2330	<b>Eat Me: Or Try Not To</b>	Taste, The	Our food preferences are influenced by dozens of factors, including genetics, environment and habit. But taste is also about perception. What does it take to create the next iconic food product?	CANADA	English-100		PG		
2023-04-30	2430	<b>The Spice Trails: Latin America</b>	Colombia-Coffee Belt	Jose's Colombian journey culminates in the coffee belt, where he discovers how Poleo herb, coffee, and pipilongo long pepper bind the gastronomic world.	INDIA	English-50; Spanish-50		PG	Y	
2023-04-30	2500	<b>Mary Makes It Easy</b>	Fave Missed Steak	Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.	CANADA	English-100		G		
2023-04-30	2530	<b>Food To Change The World</b>	Food To Cure	Could we find the answer to chronic diseases in our poo...and in a pair of chopsticks? Chef Ming Tan uncovers how we can change our eating habits in order to fight chronic diseases.	SINGAPORE	English-100		PG		
2023-04-30	2630	<b>Alex Polizzi Secret Italy</b>	Alex Polizzi Secret Italy Series 1 Ep 1	The first leg of Alex's journey takes in some of the secrets that the North of Italy conceals. Venice is a city that Alex has been to at least fourty times, but this is a trip like never before.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2023-04-30	2730	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 1	Chef Khanh Ong journeys to Far North Queensland to discover the culinary secrets of the Nywaigi people, and uses locally foraged ingredients to cook up a summer feast at a waterfall.	AUSTRALIA	English-100		PG		
2023-04-30	2830	<b>This Is Mexico</b>	This Is Mexico Series 1 Ep 4	Explore rural Oaxaca and find out how the drink of the ancient gods, Mezcal, is made.	AUSTRALIA	English-100		PG		
2023-05-01	0500	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 46	Adam is joined in The Cook Up kitchen by chefs, Tom Walton and Brent Savage to take ordinary recipes and make them extraordinary.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-01	0530	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 47	Esteemed chef, Christine Manfield and Enter Via Laundry's founder, Helly Raichura join Adam to celebrate the concept of the communal table - food made for sharing.	AUSTRALIA	English-100	RPT	PG	Y	
2023-05-01	0600	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 48	Adam and guests, chef and game harvester Ross O'Meara, and culinary travel journalist Sofia Levin are making easy autumnal dinners.	AUSTRALIA	English-100	RPT	PG	Y	
2023-05-01	0630	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 49	Adam and guests, fabulous food writer Hetty Lui McKinnon and remarkable TV and podcast host Zan Rowe are in the express lane, cooking dinner with 12 ingredients or less.	AUSTRALIA	English-100	RPT	PG		
2023-05-01	0700	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 50	Adam and guests Carol Ferrone and Mike Bennie are in The Cook Up kitchen and keen for food that can be made in 15 minutes flat.	AUSTRALIA	English-100		PG		
2023-05-01	0730	<b>Eat Me: Or Try Not To</b>	Taste, The	Our food preferences are influenced by dozens of factors, including genetics, environment and habit. But taste is also about perception. What does it take to create the next iconic food product?	CANADA	English-100		PG		
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2023-05-01	0930	<b>Alex Polizzi Secret Italy</b>	Alex Polizzi Secret Italy Series 1 Ep 1	The first leg of Alex's journey takes in some of the secrets that the North of Italy conceals. Venice is a city that Alex has been to at least forty times, but this is a trip like never before.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2023-05-01	1030	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 1	Chef Khanh Ong journeys to Far North Queensland to discover the culinary secrets of the Nywaigi people, and uses locally foraged ingredients to cook up a summer feast at a waterfall.	AUSTRALIA	English-100		PG		
2023-05-01	1125	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2023-05-01	1130	<b>Mary Makes It Easy</b>	Fave Missed Steak	Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.	CANADA	English-100		G		
2023-05-01	1200	<b>The Spice Trails: Latin America</b>	Colombia-Coffee Belt	Jose's Colombian journey culminates in the coffee belt, where he discovers how Poleo herb, coffee, and pipilongo long pepper bind the gastronomic world.	INDIA	English-50; Spanish-50		PG		Y
2023-05-01	1230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 49	Adam and guests, fabulous food writer Hetty Lui McKinnon and remarkable TV and podcast host Zan Rowe are in the express lane, cooking dinner with 12 ingredients or less.	AUSTRALIA	English-100	RPT	PG		
2023-05-01	1300	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 50	Adam and guests Carol Ferrone and Mike Bennie are in The Cook Up kitchen and keen for food that can be made in 15 minutes flat.	AUSTRALIA	English-100		PG		
2023-05-01	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 18	Lidia travels to Basilicata - a region known for its comfort and spice. Join her as she creates fiery maccheroni - pasta with breadcrumbs and pepperoncino - topped with pecorino and parsley.	USA	English-100		G		
2023-05-01	1400	<b>The Zimmern List</b>	Birmingham	Andrew travels to Birmingham to explore one of the fastest growing food scenes in America. From the state's signature barbecue to innovative Southern cuisine, he gets a taste of this unique city.	USA	English-100		PG		
2023-05-01	1430	<b>The Chefs' Line</b>	Chinese	Watch apprentice chef Kevin from top Sydney Chinese restaurant, Lotus, go up against four passionate home cooks in a classic Dumpling battle.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-01	1500	<b>The Chefs' Line</b>	Chinese	Watch station chef Bowen from top Sydney Chinese restaurant, Lotus, go up against three passionate home cooks in the ultimate Sago Pudding challenge.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-01	1530	<b>Amy Schumer Learns To Cook</b>	Amy's Steakhouse Dinner, Bbq	Amy is ready to show off her chef skills by taking the lead and attempting to cook her favourite meal - a classic steakhouse dinner featuring seared skirt steak and creamed spinach.	USA	English-100		PG		Y
2023-05-01	1625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 9	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	
2023-05-01	1630	<b>Barefoot Contessa: Back To Basics</b>	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella (updated) is a dinner party classic made over.	USA	English-100		G		
2023-05-01	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 56	Georgia Barnes shares her recipes for mango and pineapple chia pudding and rainbow chard primavera spaghetti.	AUSTRALIA	English-100		PG		

2023-05-01	1730	<b>Pati's Mexican Table</b>	Pati's Mexican Table Series 11 Ep 1	Pati explores Nuevo Leon, a sprawling northeastern border state, whose distinctive flavours are transformed into familiar but exciting new experiences.	USA	English-100			
2023-05-01	1800	<b>The Cook And The Chef</b>	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2023-05-01	1830	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 3	Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread.	AUSTRALIA	English-100	RPT	G	Y
2023-05-01	1900	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 51	Most people think it's a vegetable but it's actually a fruit. Tonight, Adam, Montaigne and Adam Wolfers are cooking with eggplant!	AUSTRALIA	English-100		PG	
2023-05-01	1930	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G	Y
2023-05-01	2000	<b>Cheese Slices</b>	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100		G	
2023-05-01	2030	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extramadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y
2023-05-01	2140	<b>Come Dine With Me Couples</b>	Essex B	Today's brand new Couples Come Dine With Me heads to Essex where married couple Kellie and Scott kick off with a love themed menu.	UNITED KINGDOM	English-100		PG	
2023-05-01	2230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 51	Most people think it's a vegetable but it's actually a fruit. Tonight, Adam, Montaigne and Adam Wolfers are cooking with eggplant!	AUSTRALIA	English-100		PG	
2023-05-01	2300	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 3	Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread.	AUSTRALIA	English-100	RPT	G	Y
2023-05-01	2330	<b>James Martin's American Adventure</b>	San Antonio	James Martin begins the Texan leg of his American Adventure by visiting a place with more than a hint of Mexican spice. San Antonio was once a part of Mexico - and its influence is all around.	UNITED KINGDOM	English-100		PG	
2023-05-01	2425	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 1	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-01	2430	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 2	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-01	2435	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 3	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-01	2440	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 4	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			

2023-05-01	2445	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 5	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-01	2455	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 6	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-01	2500	<b>Cheese Slices</b>	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100		G	
2023-05-01	2530	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extramadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y
2023-05-01	2640	<b>Come Dine With Me Couples</b>	Essex B	Today's brand new Couples Come Dine With Me heads to Essex where married couple Kellie and Scott kick off with a love themed menu.	UNITED KINGDOM	English-100		PG	
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2023-05-01	2830	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 18	Lidia travels to Basilicata - a region known for its comfort and spice. Join her as she creates fiery maccheroni - pasta with breadcrumbs and peperoncino - topped with pecorino and parsley.	USA	English-100		G	
2023-05-02	0500	<b>The Zimmern List</b>	Birmingham	Andrew travels to Birmingham to explore one of the fastest growing food scenes in America. From the state's signature barbecue to innovative Southern cuisine, he gets a taste of this unique city.	USA	English-100		PG	
2023-05-02	0530	<b>The Chefs' Line</b>	Chinese	Watch apprentice chef Kevin from top Sydney Chinese restaurant, Lotus, go up against four passionate home cooks in a classic Dumpling battle.	AUSTRALIA	English-100	RPT	G	Y
2023-05-02	0600	<b>The Chefs' Line</b>	Chinese	Watch station chef Bowen from top Sydney Chinese restaurant, Lotus, go up against three passionate home cooks in the ultimate Sago Pudding challenge.	AUSTRALIA	English-100	RPT	G	Y
2023-05-02	0630	<b>Amy Schumer Learns To Cook</b>	Amy's Steakhouse Dinner, Bbq	Amy is ready to show off her chef skills by taking the lead and attempting to cook her favourite meal - a classic steakhouse dinner featuring seared skirt steak and creamed spinach.	USA	English-100		PG	Y
2023-05-02	0725	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 9	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
2023-05-02	0730	<b>Barefoot Contessa: Back To Basics</b>	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella (updated) is a dinner party classic made over.	USA	English-100		G	
2023-05-02	0800	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 56	Georgia Barnes shares her recipes for mango and pineapple chia pudding and rainbow chard primavera spaghetti.	AUSTRALIA	English-100		PG	

2023-05-02	0830	<b>Pati's Mexican Table</b>	Pati's Mexican Table Series 11 Ep 1	Pati explores Nuevo Leon, a sprawling northeastern border state, whose distinctive flavours are transformed into familiar but exciting new experiences.	USA	English-100			
2023-05-02	0900	<b>The Cook And The Chef</b>	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2023-05-02	0930	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 3	Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread.	AUSTRALIA	English-100	RPT	G	Y
2023-05-02	1000	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G	Y
2023-05-02	1030	<b>Cheese Slices</b>	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100		G	
2023-05-02	1100	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 51	Most people think it's a vegetable but it's actually a fruit. Tonight, Adam, Montaigne and Adam Wolfers are cooking with eggplant!	AUSTRALIA	English-100		PG	
2023-05-02	1130	<b>Amy Schumer Learns To Cook</b>	Amy's Steakhouse Dinner, Bbq	Amy is ready to show off her chef skills by taking the lead and attempting to cook her favourite meal - a classic steakhouse dinner featuring seared skirt steak and creamed spinach.	USA	English-100		PG	Y
2023-05-02	1225	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 9	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
2023-05-02	1230	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extremadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y
2023-05-02	1335	<b>Lidia's Italy</b>	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
2023-05-02	1400	<b>The Zimmern List</b>	Miami	Andrew travels to Miami, where the food scene fuses new ideas with old classics. From sizzling Cuban dishes to Peruvian bites with a glitzy Miami twist, Andrew immerses himself in bold flavours.	USA	English-100		G	Y
2023-05-02	1430	<b>The Chefs' Line</b>	Chinese	Watch sous chef Brandon from top Sydney Chinese restaurant, Lotus, go up against two passionate home cooks in a bid to make the best classic Chinese Stir Fry dish.	AUSTRALIA	English-100	RPT	G	Y
2023-05-02	1500	<b>The Chefs' Line</b>	Chinese	Watch Head Chef Chris Yan from top Sydney Chinese restaurant, Lotus, face off against this week's final home cook, Sam, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2023-05-02	1530	<b>Choccywoccydoodah: Extra Slices</b>	Animal Magic	There's animal magic as the team put together a chocolate menagerie. The chocolatiers join forces and go ape to create a nine-monkey cake for the charity, Monkey World.	UNITED KINGDOM	English-100		PG	
2023-05-02	1600	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100		PG	

2023-05-02	1630	<b>Barefoot Contessa: Back To Basics</b>	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100		G		
2023-05-02	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 57	Ben and David Mann set up at a communal BBQ to cook BBQ Prawns with a peach salad that David feeds to the local wildlife.	AUSTRALIA	English-100		PG		
2023-05-02	1730	<b>Pati's Mexican Table</b>	Pati's Mexican Table Series 11 Ep 2	On the river Ramos, two sisters have taken a shack that serves one dish, traditional cortadillo stew, and made it into a must-visit restaurant.	USA	English-100				
2023-05-02	1800	<b>The Cook And The Chef</b>	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100		G		
2023-05-02	1830	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 4	Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-02	1900	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 52	There's flavour to be found in pushing the boundaries of food, so tonight Adam and guests Rosheen Kaul and Craig Quartermaine show you how.	AUSTRALIA	English-100		PG		
2023-05-02	1930	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-05-02	2000	<b>Donal's Meals In Minutes</b>	Quick Shop Meals	Donal shows just how easy it is to make amazing meals after a quick stop in your local shop for a few essentials to top up on your store cupboard ingredients. He prepares a tomato and ricotta tart.	IRELAND	English-100		PG		
2023-05-02	2030	<b>Hairy Bikers Go Local</b>	Prashad, Bradford	The Bikers continue their adventure in Yorkshire, on the hunt for new, local ingredients for a high-end Indian vegetarian restaurant.	UNITED KINGDOM	English-100		PG		
2023-05-02	2130	<b>Come Dine With Me Couples</b>	Manchester A	Today's all new Couples Come Dine with Me heads to Manchester where married couple Victoria and Andrew kick off the competition with an Italian themed menu.	UNITED KINGDOM	English-100		PG		
2023-05-02	2225	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2023-05-02	2230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 52	There's flavour to be found in pushing the boundaries of food, so tonight Adam and guests Rosheen Kaul and Craig Quartermaine show you how.	AUSTRALIA	English-100		PG		
2023-05-02	2300	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 4	Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-02	2330	<b>James Martin's American Adventure</b>	Austin	James Martin continues his road trip through Texas, stopping off in Austin. He starts his day with breakfast at the iconic Torchy's Tacos, followed by a cowboy-themed shopping spree at Allen's Boots.	UNITED KINGDOM	English-100		G		
2023-05-02	2425	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 7	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100				



2023-05-02	2430	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 8	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-02	2440	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 9	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-02	2445	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 10	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-02	2450	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 11	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-02	2455	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 12	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-02	2500	<b>Donal's Meals In Minutes</b>	Quick Shop Meals	Donal shows just how easy it is to make amazing meals after a quick stop in your local shop for a few essentials to top up on your store cupboard ingredients. He prepares a tomato and ricotta tart.	IRELAND	English-100		PG	
2023-05-02	2530	<b>Hairy Bikers Go Local</b>	Prashad, Bradford	The Bikers continue their adventure in Yorkshire, on the hunt for new, local ingredients for a high-end Indian vegetarian restaurant.	UNITED KINGDOM	English-100		PG	
2023-05-02	2630	<b>Come Dine With Me Couples</b>	Manchester A	Today's all new Couples Come Dine with Me heads to Manchester where married couple Victoria and Andrew kick off the competition with an Italian themed menu.	UNITED KINGDOM	English-100		PG	
2023-05-02	2725	<b>Cook Up With Adam Liaw Bitesize</b>	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
2023-05-02	2730	<b>James Martin's American Adventure</b>	Austin	James Martin continues his road trip through Texas, stopping off in Austin. He starts his day with breakfast at the iconic Torchy's Tacos, followed by a cowboy-themed shopping spree at Allen's Boots.	UNITED KINGDOM	English-100		G	
2023-05-02	2825	<b>TasteThe Philippines With Yasmin Newman</b>	Taste Of The Philippines With Yasmin Newman Series 1 Ep 7	Discover the sights and tastes of the Philippines through delicious dishes and ingredients from its stunning islands and regional Australia.	AUSTRALIA	English-100			
2023-05-02	2830	<b>Lidia's Italy</b>	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
2023-05-03	0500	<b>The Zimmern List</b>	Miami	Andrew travels to Miami, where the food scene fuses new ideas with old classics. From sizzling Cuban dishes to Peruvian bites with a glitzy Miami twist, Andrew immerses himself in bold flavours.	USA	English-100		G	Y
2023-05-03	0530	<b>The Chefs' Line</b>	Chinese	Watch sous chef Brandon from top Sydney Chinese restaurant, Lotus, go up against two passionate home cooks in a bid to make the best classic Chinese Stir Fry dish.	AUSTRALIA	English-100	RPT	G	Y
2023-05-03	0600	<b>The Chefs' Line</b>	Chinese	Watch Head Chef Chris Yan from top Sydney Chinese restaurant, Lotus, face off against this week's final home cook, Sam, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2023-05-03	0630	<b>Choccywoccydoodah: Extra Slices</b>	Animal Magic	There's animal magic as the team put together a chocolate menagerie. The chocolatiers join forces and go ape to create a nine-monkey cake for the charity, Monkey World.	UNITED KINGDOM	English-100		PG	

2023-05-03	0700	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100		PG		
2023-05-03	0730	<b>Barefoot Contessa: Back To Basics</b>	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100		G		
2023-05-03	0800	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 57	Ben and David Mann set up at a communal BBQ to cook BBQ Prawns with a peach salad that David feeds to the local wildlife.	AUSTRALIA	English-100		PG		
2023-05-03	0830	<b>Pati's Mexican Table</b>	Pati's Mexican Table Series 11 Ep 2	On the river Ramos, two sisters have taken a shack that serves one dish, traditional cortadillo stew, and made it into a must-visit restaurant.	USA	English-100				
2023-05-03	0900	<b>The Cook And The Chef</b>	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100		G		
2023-05-03	0930	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 4	Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-03	1000	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-05-03	1030	<b>Donal's Meals In Minutes</b>	Quick Shop Meals	Donal shows just how easy it is to make amazing meals after a quick stop in your local shop for a few essentials to top up on your store cupboard ingredients. He prepares a tomato and ricotta tart.	IRELAND	English-100		PG		
2023-05-03	1100	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 52	There's flavour to be found in pushing the boundaries of food, so tonight Adam and guests Rosheen Kaul and Craig Quartermaine show you how.	AUSTRALIA	English-100		PG		
2023-05-03	1130	<b>Choccywoccydoodah: Extra Slices</b>	Animal Magic	There's animal magic as the team put together a chocolate menagerie. The chocolatiers join forces and go ape to create a nine-monkey cake for the charity, Monkey World.	UNITED KINGDOM	English-100		PG		
2023-05-03	1200	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100		PG		
2023-05-03	1230	<b>Hairy Bikers Go Local</b>	Prashad, Bradford	The Bikers continue their adventure in Yorkshire, on the hunt for new, local ingredients for a high-end Indian vegetarian restaurant.	UNITED KINGDOM	English-100		PG		
2023-05-03	1330	<b>Lidia's Italy</b>	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		
2023-05-03	1400	<b>The Zimmern List</b>	Philadelphia	Andrew visits Philadelphia and reveals its status as a cultural crossroads by making stops at Mexican, Indonesian and Israeli restaurants. Finally, a trip to Philadelphia.	USA	English-100		G		
2023-05-03	1430	<b>The Chefs' Line</b>	Chinese	Judge Melissa Leong takes us inside the kitchen of top Sydney Chinese restaurant, Lotus. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-03	1500	<b>The Chefs' Line</b>	French	Watch apprentice chef Damien from top Sydney French restaurant, Bistro Rex, go up against four passionate home cooks in a classic French Mussels battle.	AUSTRALIA	English-100	RPT	G	Y	

2023-05-03	1530	<b>Choccywoccydoodah: Extra Slices</b>	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100		PG			
2023-05-03	1600	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100		PG			
2023-05-03	1630	<b>Barefoot Contessa: Back To Basics</b>	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100		G			
2023-05-03	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 58	Ben's back in the market to cook his simple yet delicious escabeche with Chilean mussels.	AUSTRALIA	English-100		PG			
2023-05-03	1730	<b>Pati's Mexican Table</b>	Pati's Mexican Table Series 11 Ep 3	The state of Nuevo Leon is divided between two pro soccer teams. Pati tries the food at each stadium with stars from each team to be the judge on who wins in the battle of tortas and tacos.	USA	English-100					
2023-05-03	1800	<b>The Cook And The Chef</b>	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100		G			
2023-05-03	1830	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 5	Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin.	AUSTRALIA	English-100	RPT	G		Y	
2023-05-03	1900	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 53	Tonight, the spotlight is on the humble potato as Logie nominated actor Mabel Li, and esteemed chef Billy Hannigan join Adam to serve up their spins on simple spuds.	AUSTRALIA	English-100		PG			
2023-05-03	1930	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 8	Luke makes it to the town of Chiang Khong in northern Thailand, where he literally catches the ingredients for his traditional Tom Yum fish soup and tasty northern-style frog curry.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-05-03	2000	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 6	Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home. He then turns his attention to a Middle Eastern classic, the smokey, spiced lamb Kofta.	AUSTRALIA	English-100		G		Y	
2023-05-03	2030	<b>Field Trip With Curtis Stone</b>	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100		PG			
2023-05-03	2100	<b>Tom Kerridge's American Feast</b>	Washington DC	Tom Kerridge hits America's capital, Washington DC, to hunt down the city's culinary treats. His first stop is Embassy Row where the embassies' chefs get to show off their national dishes to guests.	UNITED KINGDOM	English-100		PG			
2023-05-03	2130	<b>Come Dine With Me Couples</b>	Manchester 8	Today's brand new Couples Come Dine With Me heads to Manchester where quirky couple Sophie and boyfriend Lucas opt for a menu based on the idea that looks can be deceiving.	UNITED KINGDOM	English-100		PG			
2023-05-03	2225	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2023-05-03	2230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 53	Tonight, the spotlight is on the humble potato as Logie nominated actor Mabel Li, and esteemed chef Billy Hannigan join Adam to serve up their spins on simple spuds.	AUSTRALIA	English-100		PG			

2023-05-03	2300	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 5	Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin.	AUSTRALIA	English-100	RPT	G	Y
2023-05-03	2330	<b>James Martin's American Adventure</b>	Fort Worth	James gets into full-on cowboy mode in Fort Worth, Texas. Famous for its great open-range cattle drives of the late 19th century, James gets in the spirit and tries his hand at cattle roping.	UNITED KINGDOM	English-100		G	
2023-05-03	2425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-05-03	2430	<b>Lidia's Italy</b>	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	
2023-05-03	2500	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 6	Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home. He then turns his attention to a Middle Eastern classic, the smokey, spiced lamb Kofta.	AUSTRALIA	English-100		G	Y
2023-05-03	2530	<b>Field Trip With Curtis Stone</b>	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100		PG	
2023-05-03	2600	<b>Tom Kerridge's American Feast</b>	Washington DC	Tom Kerridge hits America's capital, Washington DC, to hunt down the city's culinary treats. His first stop is Embassy Row where the embassies' chefs get to show off their national dishes to guests.	UNITED KINGDOM	English-100		PG	
2023-05-03	2630	<b>Come Dine With Me Couples</b>	Manchester B	Today's brand new Couples Come Dine With Me heads to Manchester where quirky couple Sophie and boyfriend Lucas opt for a menu based on the idea that looks can be deceiving.	UNITED KINGDOM	English-100		PG	
2023-05-03	2725	<b>Cook Up With Adam Liaw Bitesize</b>	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
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2023-05-03	2830	<b>Lidia's Italy</b>	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	
2023-05-04	0500	<b>The Zimmern List</b>	Philadelphia	Andrew visits Philadelphia and reveals its status as a cultural crossroads by making stops at Mexican, Indonesian and Israeli restaurants. Finally, a trip to Philadelphia.	USA	English-100		G	
2023-05-04	0530	<b>The Chefs' Line</b>	Chinese	Judge Melissa Leong takes us inside the kitchen of top Sydney Chinese restaurant, Lotus. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-05-04	0600	<b>The Chefs' Line</b>	French	Watch apprentice chef Damien from top Sydney French restaurant, Bistro Rex, go up against four passionate home cooks in a classic French Mussels battle.	AUSTRALIA	English-100	RPT	G	Y

2023-05-04	0630	<b>Choccywoccydoodah: Extra Slices</b>	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100	PG			
2023-05-04	0700	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100	PG			
2023-05-04	0730	<b>Barefoot Contessa: Back To Basics</b>	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100	G			
2023-05-04	0800	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 58	Ben's back in the market to cook his simple yet delicious escabeche with Chilean mussels.	AUSTRALIA	English-100	PG			
2023-05-04	0830	<b>Pati's Mexican Table</b>	Pati's Mexican Table Series 11 Ep 3	The state of Nuevo Leon is divided between two pro soccer teams. Pati tries the food at each stadium with stars from each team to be the judge on who wins in the battle of tortas and tacos.	USA	English-100				
2023-05-04	0900	<b>The Cook And The Chef</b>	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100	G			
2023-05-04	0930	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 5	Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-04	1000	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 8	Luke makes it to the town of Chiang Khong in northern Thailand, where he literally catches the ingredients for his traditional Tom Yum fish soup and tasty northern-style frog curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-05-04	1030	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 6	Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home. He then turns his attention to a Middle Eastern classic, the smokey, spiced lamb Kofta.	AUSTRALIA	English-100	G		Y	
2023-05-04	1100	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 53	Tonight, the spotlight is on the humble potato as Logie nominated actor Mabel Li, and esteemed chef Billy Hannigan join Adam to serve up their spins on simple spuds.	AUSTRALIA	English-100	PG			
2023-05-04	1130	<b>Choccywoccydoodah: Extra Slices</b>	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100	PG			
2023-05-04	1200	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100	PG			
2023-05-04	1230	<b>Field Trip With Curtis Stone</b>	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100	PG			
2023-05-04	1300	<b>Tom Kerridge's American Feast</b>	Washington DC	Tom Kerridge hits America's capital, Washington DC, to hunt down the city's culinary treats. His first stop is Embassy Row where the embassies' chefs get to show off their national dishes to guests.	UNITED KINGDOM	English-100	PG			
2023-05-04	1330	<b>Lidia's Italy</b>	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

2023-05-04	1400	<b>The Zimmern List</b>	Charleston, Sc	Andrew heads to Charleston, SC, and his first order of business is paying a visit to the queen of soul food. Then, he chows down on Gullah cuisine, a favorite among locals, and indulges in seafood.	USA	English-100		G		
2023-05-04	1430	<b>The Chefs' Line</b>	French	Watch station chef Joshua from top Sydney French restaurant, Bistro Rex, go up against three passionate home cooks in the ultimate French Omelette challenge.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-04	1500	<b>The Chefs' Line</b>	French	Watch sous chef Mishy from top Sydney French restaurant, Bistro Rex, go up against two passionate home cooks in a bid to make the best classic Tarte Tatin.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-05-04	1530	<b>Choccywoccydoodah: Extra Slices</b>	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100		PG		
2023-05-04	1600	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100		PG		
2023-05-04	1630	<b>Barefoot Contessa: Back To Basics</b>	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100		G		
2023-05-04	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 59	Kathy Tsaples cooks Rice Pilaf, a basic dish that is a kitchen staple and a recipe that everyone needs to know.	AUSTRALIA	English-100		PG		
2023-05-04	1730	<b>Pati's Mexican Table</b>	Pati's Mexican Table Series 11 Ep 4	The man who literally wrote the book on Mexican bread, Irving Quiroz, brings Pati into his workshop in Monterrey to teach her how to make traditional campechanas and rich conos de crema.	USA	English-100				
2023-05-04	1800	<b>The Cook And The Chef</b>	Margaret Fulton	Simon and Maggie recreate several Margaet Fulton recipes - the cookery writer of half a century who brought the world to Australian dinner tables.	AUSTRALIA	English-100		G		
2023-05-04	1830	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 6	Maeve O'Meara explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-04	1900	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 54	O Tama Carey and Danielle Alvarez join Adam at the base as we build from the ground up, starting with their favourite flavour bases.	AUSTRALIA	English-100		PG		
2023-05-04	1930	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-05-04	2000	<b>Sara's Istanbul Delights</b>	Orange	Sara experiences Istanbul's street tastes with food blogger Tuba Satana and cooks pide with pumpkin.	TURKEY	English-50; Turkish-50		PG		
2023-05-04	2030	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100		PG		
2023-05-04	2100	<b>Anna's Occasions</b>	Family Celebration	Celebrity chef Anna Olson creates three delicious desserts that are sure to impress: creamy lemon squares; a simple, moist Latin American tres leches cake; and a chocolate sheet cake for a crowd.	CANADA	English-100		G		

2023-05-04	2130	<b>Come Dine With Me Couples</b>	Brighton A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		
2023-05-04	2225	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2023-05-04	2230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 54	O Tama Carey and Danielle Alvarez join Adam at the base as we build from the ground up, starting with their favourite flavour bases.	AUSTRALIA	English-100		PG		
2023-05-04	2300	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 6	Maeve O'Meara explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-04	2330	<b>James Martin's American Adventure</b>	Dallas	James Martin's American Adventure reaches Dallas, with a trip to Southfork, the ranch made famous in the world-renowned TV series Dallas. James gets a tour before cooking in the grounds of the ranch.	UNITED KINGDOM	English-100		G		
2023-05-04	2425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-04	2430	<b>Lidia's Italy</b>	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
2023-05-04	2500	<b>Sara's Istanbul Delights</b>	Orange	Sara experiences Istanbul's street tastes with food blogger Tuba Satana and cooks pide with pumpkin.	TURKEY	English-50; Turkish-50		PG		
2023-05-04	2530	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100		PG		
2023-05-04	2600	<b>Anna's Occasions</b>	Family Celebration	Celebrity chef Anna Olson creates three delicious desserts that are sure to impress: creamy lemon squares; a simple, moist Latin American tres leches cake; and a chocolate sheet cake for a crowd.	CANADA	English-100		G		
2023-05-04	2630	<b>Come Dine With Me Couples</b>	Brighton A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		
2023-05-04	2725	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2023-05-04	2730	<b>James Martin's American Adventure</b>	Dallas	James Martin's American Adventure reaches Dallas, with a trip to Southfork, the ranch made famous in the world-renowned TV series Dallas. James gets a tour before cooking in the grounds of the ranch.	UNITED KINGDOM	English-100		G		
2023-05-04	2825	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-04	2830	<b>Lidia's Italy</b>	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

2023-05-05	0500	<b>The Zimmern List</b>	Charleston, Sc	Andrew heads to Charleston, SC, and his first order of business is paying a visit to the queen of soul food. Then, he chows down on Gullah cuisine, a favorite among locals, and indulges in seafood.	USA	English-100		G		
2023-05-05	0530	<b>The Chefs' Line</b>	French	Watch station chef Joshua from top Sydney French restaurant, Bistro Rex, go up against three passionate home cooks in the ultimate French Omelette challenge.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-05	0600	<b>The Chefs' Line</b>	French	Watch sous chef Mishy from top Sydney French restaurant, Bistro Rex, go up against two passionate home cooks in a bid to make the best classic Tarte Tatin.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-05-05	0630	<b>Choccywoccydoodah: Extra Slices</b>	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100		PG		
2023-05-05	0700	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100		PG		
2023-05-05	0730	<b>Barefoot Contessa: Back To Basics</b>	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100		G		
2023-05-05	0800	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 59	Kathy Tsaples cooks Rice Pilaf, a basic dish that is a kitchen staple and a recipe that everyone needs to know.	AUSTRALIA	English-100		PG		
2023-05-05	0830	<b>Pati's Mexican Table</b>	Pati's Mexican Table Series 11 Ep 4	The man who literally wrote the book on Mexican bread, Irving Quiroz, brings Pati into his workshop in Monterrey to teach her how to make traditional campechanas and rich conos de crema.	USA	English-100				
2023-05-05	0900	<b>The Cook And The Chef</b>	Margaret Fulton	Simon and Maggie recreate several Margaet Fulton recipes - the cookery writer of half a century who brought the world to Australian dinner tables.	AUSTRALIA	English-100		G		
2023-05-05	0930	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 6	Maeve O'Meara explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-05	1000	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-05-05	1030	<b>Sara's Istanbul Delights</b>	Orange	Sara experiences Istanbul's street tastes with food blogger Tuba Satana and cooks pide with pumpkin.	TURKEY	English-50; Turkish-50		PG		
2023-05-05	1100	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 54	O Tama Carey and Danielle Alvarez join Adam at the base as we build from the ground up, starting with their favourite flavour bases.	AUSTRALIA	English-100		PG		
2023-05-05	1130	<b>Choccywoccydoodah: Extra Slices</b>	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100		PG		
2023-05-05	1200	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100		PG		



2023-05-05	1230	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100			PG	
2023-05-05	1300	<b>Anna's Occasions</b>	Family Celebration	Celebrity chef Anna Olson creates three delicious desserts that are sure to impress: creamy lemon squares; a simple, moist Latin American tres leches cake; and a chocolate sheet cake for a crowd.	CANADA	English-100			G	
2023-05-05	1330	<b>Lidia's Italy</b>	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
2023-05-05	1400	<b>The Zimmern List</b>	Louisville, Ky	Andrew travels to Louisville, KY, which boasts one of the most eclectic food scenes in the country. He digs into Southern favourites with an Asian twist: fried chicken served with a fiery sauce!	USA	English-100			G	Y
2023-05-05	1430	<b>The Chefs' Line</b>	French	Watch Head Chef Jo Ward from top Sydney French restaurant, Bistro Rex, face off against this week's final home cook, Yolaine, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT		G	Y
2023-05-05	1500	<b>The Chefs' Line</b>	French	Judge Melissa Leong takes us inside the kitchen of top Sydney French restaurant, Bistro Rex. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT		G	Y
2023-05-05	1530	<b>Choccywoccydoodah: Extra Slices</b>	Weird And Wonderful	The chocolatiers create cakes that celebrate both the weird and the wonderful. Tom gets spaced out making a cosmic cake to celebrate a 40-year-old piece of moon rock for the National Space Centre.	UNITED KINGDOM	English-100			PG	
2023-05-05	1600	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100			G	
2023-05-05	1630	<b>Barefoot Contessa: Back To Basics</b>	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100			G	
2023-05-05	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 60	Ben is joined by Chef Karen Chan for her authentic Taiwanese Three Cup Chicken.	AUSTRALIA	English-100			PG	
2023-05-05	1730	<b>Pati's Mexican Table</b>	Pati's Mexican Table Series 11 Ep 5	The Garza family invites Pati to a once-a-year tradition at their vineyard where they open the doors to the whole community to help make Piloncillo, the traditional way.	USA	English-100				
2023-05-05	1800	<b>The Cook And The Chef</b>	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100			G	
2023-05-05	1830	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 7	As the cuisines of the world developed different techniques to capture fire, they also produced a range of pots and pans. Maeve learns about different types of cookware.	AUSTRALIA	English-100	RPT		G	Y
2023-05-05	1900	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 55	Adam and guests Ivan Aristeguieta and Alice Zaslavsky are making fast work of their fast, fried and crispy recipes.	AUSTRALIA	English-100			PG	
2023-05-05	1930	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT		G	Y

2023-05-05	2000	<b>Gok Wan's Easy Asian</b>	Friday Night Takeaway	Gok has three dishes that are so simple, they will guarantee a Friday night success: takeaway full of Szechuan spice, a fried beef favourite, and a honey and lemon fish family recipe.	UNITED KINGDOM	English-100		G	
2023-05-05	2030	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 4	Hugh journeys to discover the truth behind fisheries -- and what's going so incredibly wrong.	UNITED KINGDOM	English-100		PG	
2023-05-05	2130	<b>Come Dine With Me Couples</b>	West Sussex B	Dave and Linda produce some French fine dining. Inspired by their love of the country they plan to utilise as much home-grown produce from their garden as possible.	UNITED KINGDOM	English-100		PG	
2023-05-05	2225	<b>Cook Up With Adam Liaw Bitesize</b>	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
2023-05-05	2230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 55	Adam and guests Ivan Aristeguieta and Alice Zaslavsky are making fast work of their fast, fried and crispy recipes.	AUSTRALIA	English-100		PG	
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2023-05-05	2330	<b>James Martin's American Adventure</b>	New Orleans	James drives into New Orleans in a 1970's Pontiac, continuing his American Adventure. And he's in for a massive foodie hit, in the city known as 'The Big Easy'.	UNITED KINGDOM	English-100		G	
2023-05-05	2425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-05-05	2430	<b>Lidia's Italy</b>	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
2023-05-05	2500	<b>Gok Wan's Easy Asian</b>	Friday Night Takeaway	Gok has three dishes that are so simple, they will guarantee a Friday night success: takeaway full of Szechuan spice, a fried beef favourite, and a honey and lemon fish family recipe.	UNITED KINGDOM	English-100		G	
2023-05-05	2530	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 4	Hugh journeys to discover the truth behind fisheries -- and what's going so incredibly wrong.	UNITED KINGDOM	English-100		PG	
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2023-05-06	0500	<b>The Zimmern List</b>	Louisville, Ky	Andrew travels to Louisville, KY, which boasts one of the most eclectic food scenes in the country. He digs into Southern favourites with an Asian twist: fried chicken served with a fiery sauce!	USA	English-100		G		Y
2023-05-06	0530	<b>The Chefs' Line</b>	French	Watch Head Chef Jo Ward from top Sydney French restaurant, Bistro Rex, face off against this week's final home cook, Yolaine, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G		Y
2023-05-06	0600	<b>The Chefs' Line</b>	French	Judge Melissa Leong takes us inside the kitchen of top Sydney French restaurant, Bistro Rex. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G		Y
2023-05-06	0630	<b>Choccywoccydoodah: Extra Slices</b>	Weird And Wonderful	The chocolatiers create cakes that celebrate both the weird and the wonderful. Tom gets spaced out making a cosmic cake to celebrate a 40-year-old piece of moon rock for the National Space Centre.	UNITED KINGDOM	English-100		PG		
2023-05-06	0700	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100		G		
2023-05-06	0730	<b>Barefoot Contessa: Back To Basics</b>	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100		G		
2023-05-06	0800	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 60	Ben is joined by Chef Karen Chan for her authentic Taiwanese Three Cup Chicken.	AUSTRALIA	English-100		PG		
2023-05-06	0830	<b>Pati's Mexican Table</b>	Pati's Mexican Table Series 11 Ep 5	The Garza family invites Pati to a once-a-year tradition at their vineyard where they open the doors to the whole community to help make Piloncillo, the traditional way.	USA	English-100				
2023-05-06	0900	<b>The Cook And The Chef</b>	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G		
2023-05-06	0930	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 7	As the cuisines of the world developed different techniques to capture fire, they also produced a range of pots and pans. Maeve learns about different types of cookware.	AUSTRALIA	English-100	RPT	G		Y
2023-05-06	1000	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G		Y
2023-05-06	1030	<b>Gok Wan's Easy Asian</b>	Friday Night Takeaway	Gok has three dishes that are so simple, they will guarantee a Friday night success: takeaway full of Szechuan spice, a fried beef favourite, and a honey and lemon fish family recipe.	UNITED KINGDOM	English-100		G		
2023-05-06	1100	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 55	Adam and guests Ivan Aristeguieta and Alice Zaslavsky are making fast work of their fast, fried and crispy recipes.	AUSTRALIA	English-100		PG		
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2023-05-06	1230	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 4	Hugh journeys to discover the truth behind fisheries -- and what's going so incredibly wrong.	UNITED KINGDOM	English-100		PG		

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2023-05-06	1400	<b>The Chefs' Line</b>	French	Judge Melissa Leong takes us inside the kitchen of top Sydney French restaurant, Bistro Rex. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-06	1430	<b>Barefoot Contessa: Back To Basics</b>	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100		G		
2023-05-06	1500	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 60	Ben is joined by Chef Karen Chan for her authentic Taiwanese Three Cup Chicken.	AUSTRALIA	English-100		PG		
2023-05-06	1530	<b>The Cook And The Chef</b>	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G		
2023-05-06	1600	<b>The Cook And The Chef</b>	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G		
2023-05-06	1630	<b>Ainsley's Good Mood Food</b>	Going Green	A dose of greens is sure to make you feel good and Ainsley's dishes are packed with them. On a visit to Vertical Future, Ainsley gets a glimpse at how we can grow fresh produce in a revolutionary way.	UNITED KINGDOM	English-100		G		
2023-05-06	1725	<b>Destination Flavour - Japan</b>	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
2023-05-06	1730	<b>The Julia Child Challenge</b>	For The Love Of Food	The Home Cooks honor Julia and her husband Paul's relationship by cooking his favorite, Coq Au Vin, and making a dish inspired by a great love in their own life.	USA	English-100		G		
2023-05-06	1825	<b>Destination Flavour Down Under Bitesize</b>	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	
2023-05-06	1830	<b>Destination Flavour Eurovision</b>	Destination Flavour Eurovision	If you can't be at the Eurovision Song Contest in person, Adam Liaw will show you the best of Europe without using his passport - it's all here in Australia.	AUSTRALIA	Ukrainian-8.37; Dutch-8.33; English-8.33; Finnish-8.33; German-8.33	RPT	PG	Y	
2023-05-06	1930	<b>Jeremy Pang's Asian Kitchen</b>	Quick And Easy	Jeremy shares dishes that are not only tasty but can be made in minutes: chilli oil noodles, steamed aubergine, and Kung Pao chicken.	UNITED KINGDOM	English-100		PG		
2023-05-06	2030	<b>Britain's Poshest Farm Shops</b>	Britain's Poshest Farm Shops Series 1 Ep 2	With an unusual specialty for a farm shop, Greendale Farm shop in Devon has its own fishing fleet. We get on board with the team who bring fresh fish and shellfish daily to their counter.	UNITED KINGDOM	English-100				
2023-05-06	2130	<b>Anthony Bourdain: No Reservations</b>	Peru	Anthony Bourdain is on a mission to obtain personal enlightenment, and his travels bring him to Peru, a land of ancient culture, rich cuisine and vibrant people.	USA	English-100		PG	Y	
2023-05-06	2225	<b>Destination Flavour - Japan</b>	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	
2023-05-06	2230	<b>Anthony Bourdain: Parts Unknown</b>	San Sebastian	Anthony Bourdain visits the coastal city of San Sebastian in the Basque Country, famous for its spectacular views and incomparable fresh seafood.	USA	English-100		PG	Y	
2023-05-06	2325	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	

2023-05-06	2330	<b>The Cook And The Chef</b>	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G		
2023-05-06	2400	<b>The Cook And The Chef</b>	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G		
2023-05-06	2430	<b>Ainsley's Good Mood Food</b>	Going Green	A dose of greens is sure to make you feel good and Ainsley's dishes are packed with them. On a visit to Vertical Future, Ainsley gets a glimpse at how we can grow fresh produce in a revolutionary way.	UNITED KINGDOM	English-100		G		
2023-05-06	2525	<b>Destination Flavour - Japan</b>	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
2023-05-06	2530	<b>The Julia Child Challenge</b>	For The Love Of Food	The Home Cooks honor Julia and her husband Paul's relationship by cooking his favorite, Coq Au Vin, and making a dish inspired by a great love in their own life.	USA	English-100		G		
2023-05-06	2625	<b>Destination Flavour Down Under Bitesize</b>	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	
2023-05-06	2630	<b>Destination Flavour Eurovision</b>	Destination Flavour Eurovision	If you can't be at the Eurovision Song Contest in person, Adam Liaw will show you the best of Europe without using his passport - it's all here in Australia.	AUSTRALIA	Ukrainian-8.37; Dutch-8.33; English-8.33; Finnish-8.33; German-8.33; Greek-8.33; Irish-8.33; Latvian-8.33; Norwegian-8.33; Portuguese-8.33; Serbian-	RPT	PG	Y	
2023-05-06	2730	<b>Jeremy Pang's Asian Kitchen</b>	Quick And Easy	Jeremy shares dishes that are not only tasty but can be made in minutes: chilli oil noodles, steamed aubergine, and Kung Pao chicken.	UNITED KINGDOM	English-100		PG		