



WEEK 19: Sunday, 7 May - Saturday, 13 May 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-05-07	0500	The Cook And The Chef	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		
2023-05-07	0530	Ainsley's Good Mood Food	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		
2023-05-07	0625	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	
2023-05-07	0630	The Julia Child Challenge	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		
2023-05-07	0725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-07	0730	Destination Flavour Eurovision	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	
2023-05-07	0830	Jeremy Pang's Asian Kitchen	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		
2023-05-07	0925	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-07	0930	Britain's Poshest Farm Shops	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		PG		
2023-05-07	1025	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-07	1030	Ainsley's Good Mood Food	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		
2023-05-07	1125	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	

2023-05-07	1130	The Julia Child Challenge	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	
2023-05-07	1225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-05-07	1230	Jeremy Pang's Asian Kitchen	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	
2023-05-07	1325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-05-07	1330	The Cook And The Chef	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	
2023-05-07	1400	The Cook Up With Adam Liaw	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	RPT	G	
2023-05-07	1430	The Cook Up With Adam Liaw	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	RPT	PG	
2023-05-07	1500	The Cook Up With Adam Liaw	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	RPT	PG	
2023-05-07	1530	The Cook Up With Adam Liaw	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	RPT	PG	
2023-05-07	1600	The Cook Up With Adam Liaw	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	
2023-05-07	1630	Eat Me: Or Try Not To	Marketing, The	Today, we're familiar with so many food brands that we no longer need to be convinced to buy them. But at one point, each and every one of them had to come up with a plan to get us to try them.	CANADA	English-100		G	
2023-05-07	1725	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-05-07	1730	The Spice Trails: Latin America	Ecuador	From meeting revered food critics to traversing the vast depths of Amazon, Jose learns about spices like cumin, achote, and acji jaipia, and their usages in Ecuador's cuisine.	INDIA	English-50; Spanish-50		PG	
2023-05-07	1800	Mary Makes It Easy	Batch Made In Heaven	Batch cooking is where it's at! Fill the freezer for your friends and make your meals last longer with Mary's go-to veggie cabbage rolls, and lasagne roll ups.	CANADA	English-100		G	
2023-05-07	1830	Food To Change The World	Food To Save The Planet	From egg-less eggs to farming from space, Chef Ming Tan investigates the ingenious ways we can use food to save the planet – and us all.	SINGAPORE	English-100		PG	

2023-05-07	1930	Alex Polizzi Secret Italy	Alex Polizzi Secret Italy Series 1 Ep 2	Alex continues her journey, arriving in central Italy where she will uncover the secrets of the undiscovered Le Marche region. Here, Alex will discover a local seafood delicacy.	UNITED KINGDOM	English-100	RPT	G	Y
2023-05-07	2030	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 2	Khanh journeys to Port Lincoln in South Australia to unlock the secrets of its local seafood. From locals he learns how to trawl for wild prawns, harvest oysters, and forage for unique ingredients.	AUSTRALIA	English-100		PG	
2023-05-07	2130	Anthony Bourdain: No Reservations	Sweden	Anthony Bourdain is off to investigate Sweden, 'a land of contrasts'. He's hoping to dispel the myths of tall blondes, Swedish meatballs, and ABBA.	USA	English-100		PG	
2023-05-07	2225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-05-07	2230	Anthony Bourdain: Parts Unknown	Laos	The rich sensory experience of Laos with its enchanting scenery, distinctive aromas, and exceptional food are explored in Anthony Bourdain's trip to this Southeast Asian country.	USA	English-100		PG	
2023-05-07	2325	Destination Flavour Down Under Bitesize	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
2023-05-07	2330	Eat Me: Or Try Not To	Marketing, The	Today, we're familiar with so many food brands that we no longer need to be convinced to buy them. But at one point, each and every one of them had to come up with a plan to get us to try them.	CANADA	English-100		G	
2023-05-07	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
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2023-05-07	2500	Mary Makes It Easy	Batch Made In Heaven	Batch cooking is where it's at! Fill the freezer for your friends and make your meals last longer with Mary's go-to veggie cabbage rolls, and lasagne roll ups.	CANADA	English-100		G	
2023-05-07	2530	Food To Change The World	Food To Save The Planet	From egg-less eggs to farming from space, Chef Ming Tan investigates the ingenious ways we can use food to save the planet – and us all.	SINGAPORE	English-100		PG	
2023-05-07	2625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 10, 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
2023-05-07	2630	Alex Polizzi Secret Italy	Alex Polizzi Secret Italy Series 1 Ep 2	Alex continues her journey, arriving in central Italy where she will uncover the secrets of the undiscovered Le Marche region. Here, Alex will discover a local seafood delicacy.	UNITED KINGDOM	English-100	RPT	G	Y
2023-05-07	2725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2023-05-07	2730	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 2	Khanh journeys to Port Lincoln in South Australia to unlock the secrets of its local seafood. From locals he learns how to trawl for wild prawns, harvest oysters, and forage for unique ingredients.	AUSTRALIA	English-100		PG	

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2023-05-08	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 23	Join Lidia as she travels to Trentino Alto Adige - a beautiful region known for hiking, skiing, and apple picking. Lidia makes three wonderful recipes all containing fresh apples.	USA	English-100		G	
2023-05-08	1400	The Zimmern List	Memphis	Andrew visits Memphis and stops at some of the city's most beloved barbecue joints. Then he drops by one of America's most iconic soul food restaurants and dines on comfort food favourites.	USA	English-100		G	
2023-05-08	1430	The Chefs' Line	Mexican	Watch apprentice chef Miguel from top Melbourne Mexican restaurant, Mamasita, go up against four passionate home cooks in a classic Tacos battle.	AUSTRALIA	English-100	RPT	G	Y
2023-05-08	1500	The Chefs' Line	Mexican	Watch station chef Ray from top Melbourne Mexican restaurant, Mamasita, go up against three passionate home cooks in the ultimate Flan challenge.	AUSTRALIA	English-100	RPT	G	Y
2023-05-08	1530	Choccywoccydoodah: Extra Slices	Every Cake Tells A Story	This time the chocolatiers pay tribute to stories of love and bravery. Tom makes a train-spotter's day, re-creating the Golden Arrow Engine for the wedding anniversary cake.	UNITED KINGDOM	English-100		PG	
2023-05-08	1600	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The Kimberley's coastline ranges over 12,000 kilometres, much of which is inaccessible by land, so local guides take Jack island hopping to find some of the world's most pristine oyster beds.	AUSTRALIA	English-100		G	
2023-05-08	1630	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100		G	
2023-05-08	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 61	Chef Mike Reid teaches his Mum's recipe for fried chicken with sriracha mayonnaise.	AUSTRALIA	English-100		PG	
2023-05-08	1730	Pati's Mexican Table	Pati's Mexican Table Series 11 Ep 6	Pati visits Huerto Urbano, an "urban farm" solving the problem of food deserts.	USA	English-100		PG	
2023-05-08	1800	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G	
2023-05-08	1830	Food Safari Fire	Food Safari Fire Series 1 Ep 8	Celebrates Asian recipes all designed to cook over coals. Maeve explores Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	RPT	G	Y
2023-05-08	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 56	Gourmet Traveller's Chef of the Year, Thi Le, and chef Luke Powell are bringing dessert to The Cook Up kitchen.	AUSTRALIA	English-100		PG	
2023-05-08	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 1	Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke's trip begins in Vientiane, the capital of Laos.	AUSTRALIA	English-100	RPT	G	Y

2023-05-08	2000	Nadiya Bakes	Nadiya Bakes Series 1 Ep 1	Nadiya Hussain kicks off her brand-new series with her favourite recipes that put a twist on classic bakes, from scones to cupcakes and pastries.	UNITED KINGDOM	English-100				
2023-05-08	2030	Rick Stein's Mediterranean Escapes	Corsica And Sardinia	Rick Stein's Mediterranean escape begins in Marseille, where he catches a ferry to Bastia, the ancient capital of Corsica and is invited to a typical Corsican feast.	UNITED KINGDOM	English-98; French-1; Italian-1	RPT	PG	Y	
2023-05-08	2140	Come Dine With Me Couples	Bournemouth 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		
2023-05-08	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 56	Gourmet Traveller's Chef of the Year, Thi Le, and chef Luke Powell are bringing dessert to The Cook Up kitchen.	AUSTRALIA	English-100		PG		
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2023-05-08	2330	James Martin's American Adventure	Plantation Country	Louisiana's lush plantation country is the next stop on James Martin's American Adventure. Famous for sugar its productions, the area boasts beautiful plantation houses, rich in history.	UNITED KINGDOM	English-100		PG		
2023-05-08	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
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2023-05-08	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 23	Join Lidia as she travels to Trentino Alto Adige - a beautiful region known for hiking, skiing, and apple picking. Lidia makes three wonderful recipes all containing fresh apples.	USA	English-100		G		
2023-05-08	2700	The Zimmern List	Memphis	Andrew visits Memphis and stops at some of the city's most beloved barbecue joints. Then he drops by one of America's most iconic soul food restaurants and dines on comfort food favourites.	USA	English-100		G		
2023-05-08	2730	The Chefs' Line	Mexican	Watch apprentice chef Miguel from top Melbourne Mexican restaurant, Mamasita, go up against four passionate home cooks in a classic Tacos battle.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-08	2800	The Chefs' Line	Mexican	Watch station chef Ray from top Melbourne Mexican restaurant, Mamasita, go up against three passionate home cooks in the ultimate Flan challenge.	AUSTRALIA	English-100	RPT	G	Y	
2023-05-08	2830	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100		G		
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2023-05-09	0600	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The Kimberley's coastline ranges over 12,000 kilometres, much of which is inaccessible by land, so local guides take Jack island hopping to find some of the world's most pristine oyster beds.	AUSTRALIA	English-100			G	
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2023-05-09	0800	Nadiya Bakes	Nadiya Bakes Series 1 Ep 1	Nadiya Hussain kicks off her brand-new series with her favourite recipes that put a twist on classic bakes, from scones to cupcakes and pastries.	UNITED KINGDOM	English-100				
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2023-05-09	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 1	Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke's trip begins in Vientiane, the capital of Laos.	AUSTRALIA	English-100	RPT		G	Y
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2023-05-09	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 pepperoncino.	USA	English-100			G	

2023-05-09	1400	The Zimmern List	Houston	Andrew travels to Houston, TX, one of the most dynamic and underrated food scenes in the United States. He digs into some classic Tex-Mex fare and loads up on the best brisket in town.	USA	English-100		G	
2023-05-09	1430	The Chefs' Line	Mexican	Watch sous chef Aiven from top Melbourne Mexican restaurant, Mamasita, go up against three remaining home cooks in a bid to make the best Tamales.	AUSTRALIA	English-100	RPT	G	Y
2023-05-09	1500	The Chefs' Line	Mexican	Watch Head Chef Michael Smith from top Melbourne Mexican restaurant, Mamasita, face off against this week's two final home cooks, Alejandra and Maria, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2023-05-09	1530	Choccywoccydoodah: Extra Slices	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100		PG	
2023-05-09	1600	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100		G	
2023-05-09	1630	Barefoot Contessa: Back To Basics	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100		G	
2023-05-09	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 62	Ben shares a super simple yet delicious recipe: golden syrup tart with pecans.	AUSTRALIA	English-100		PG	
2023-05-09	1730	Pati's Mexican Table	Pati's Mexican Table Series 11 Ep 7	Pati meets with historian David Canales, who takes her to two very different styles of cantinas to learn their fascinating history.	USA	English-100		PG	
2023-05-09	1800	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G	
2023-05-09	1830	Food Safari Fire	Food Safari Fire Series 1 Ep 9	Maeve explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon, West African condiments, flavoursome smoked lamb, and Kansa City style ribs.	AUSTRALIA	English-100	RPT	G	Y
2023-05-09	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 57	French food legend Gabriel Gate and cookbook author Julia Busuttill Nishimura share their simple share plate recipes.	AUSTRALIA	English-100		PG	
2023-05-09	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 2	Luke heads north to Laos' 'food capital', Luang Prabang, where he explores the city's fresh produce markets and unique cottage industries, trying his hand at making buffalo patties.	AUSTRALIA	English-100	RPT	G	Y
2023-05-09	2000	Donal's Meals In Minutes	Meals In Minutes	Donal shares his favourite quick meals including a Vietnamese beef noodle salad, a one-pan chicken cacciatore, and a rosemary lamb steak with quick bean stew.	IRELAND	English-100		G	
2023-05-09	2030	Hairy Bikers Go Local	Stackpole Inn, West Wales	Dave and Si head to The Stackpole Inn, where Head Chef Matt Waldron prides himself on using local ingredients; can the Hairy Bikers find some new local treats he hasn't yet uncovered?	UNITED KINGDOM	English-100		PG	
2023-05-09	2130	Come Dine With Me Couples	Bournemouth B	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	

2023-05-09	2225	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-05-09	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 57	French food legend Gabriel Gate and cookbook author Julia Busuttil Nishimura share their simple share plate recipes.	AUSTRALIA	English-100			PG
2023-05-09	2300	Food Safari Fire	Food Safari Fire Series 1 Ep 9	Maeve explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon, West African condiments, flavoursome smoked lamb, and Kansa City style ribs.	AUSTRALIA	English-100	RPT	G	Y
2023-05-09	2330	James Martin's American Adventure	Lafayette	James Martin's American Adventure continues with a drive towards Louisiana's swamplands, where he ditches his car for a high-speed boat!	UNITED KINGDOM	English-100		G	
2023-05-09	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-05-09	2430	Hairy Bikers Go Local	Stackpole Inn, West Wales	Dave and Si head to The Stackpole Inn, where Head Chef Matt Waldron prides himself on using local ingredients; can the Hairy Bikers find some new local treats he hasn't yet uncovered?	UNITED KINGDOM	English-100		PG	
2023-05-09	2530	Come Dine With Me Couples	Bournemouth B	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	
2023-05-09	2625	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-05-09	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 peperoncino.	USA	English-100		G	
2023-05-09	2700	The Zimmern List	Houston	Andrew travels to Houston, TX, one of the most dynamic and underrated food scenes in the United States. He digs into some classic Tex-Mex fare and loads up on the best brisket in town.	USA	English-100		G	
2023-05-09	2730	The Chefs' Line	Mexican	Watch sous chef Aiven from top Melbourne Mexican restaurant, Mamasita, go up against three remaining home cooks in a bid to make the best Tamales.	AUSTRALIA	English-100	RPT	G	Y
2023-05-09	2800	The Chefs' Line	Mexican	Watch Head Chef Michael Smith from top Melbourne Mexican restaurant, Mamasita, face off against this week's two final home cooks, Alejandra and Maria, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2023-05-09	2830	Barefoot Contessa: Back To Basics	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100		G	
2023-05-10	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 62	Ben shares a super simple yet delicious recipe: golden syrup tart with pecans.	AUSTRALIA	English-100		PG	
2023-05-10	0530	Choccywoccydoodah: Extra Slices	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100		PG	
2023-05-10	0600	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100		G	

2023-05-10	0630	Pati's Mexican Table	Pati's Mexican Table Series 11 Ep 7	Pati meets with historian David Canales, who takes her to two very different styles of cantinas to learn their fascinating history.	USA	English-100		PG	
2023-05-10	0700	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G	
2023-05-10	0730	Food Safari Fire	Food Safari Fire Series 1 Ep 9	Maeve explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon, West African condiments, flavoursome smoked lamb, and Kansa City style ribs.	AUSTRALIA	English-100	RPT	G	Y
2023-05-10	0800	Donal's Meals In Minutes	Meals In Minutes	Donal shares his favourite quick meals including a Vietnamese beef noodle salad, a one-pan chicken cacciatore, and a rosemary lamb steak with quick bean stew.	IRELAND	English-100		G	
2023-05-10	0830	Hairy Bikers Go Local	Stackpole Inn, West Wales	Dave and Si head to The Stackpole Inn, where Head Chef Matt Waldron prides himself on using local ingredients; can the Hairy Bikers find some new local treats he hasn't yet uncovered?	UNITED KINGDOM	English-100		PG	
2023-05-10	0930	Come Dine With Me Couples	Bournemouth B	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	
2023-05-10	1025	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-05-10	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 2	Luke heads north to Laos' 'food capital', Luang Prabang, where he explores the city's fresh produce markets and unique cottage industries, trying his hand at making buffalo patties.	AUSTRALIA	English-100	RPT	G	Y
2023-05-10	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 57	French food legend Gabriel Gate and cookbook author Julia Busuttill Nishimura share their simple share plate recipes.	AUSTRALIA	English-100		PG	
2023-05-10	1130	James Martin's American Adventure	Lafayette	James Martin's American Adventure continues with a drive towards Louisiana's swamplands, where he ditches his car for a high-speed boat!	UNITED KINGDOM	English-100		G	
2023-05-10	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-05-10	1230	Choccywoccydoodah: Extra Slices	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100		PG	
2023-05-10	1300	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100		G	
2023-05-10	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	
2023-05-10	1400	The Zimmern List	Oakland	Andrew discovers the true soul of Oakland, CA, as he visits a cozy breakfast joint, samples some of the city's freshest fare at Swan's Market and tastes local Cambodian cuisine.	USA	English-100		G	
2023-05-10	1430	The Chefs' Line	Mexican	Judge Melissa Leong takes us inside the kitchen of top Melbourne Mexican restaurant, Mamasita. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y

2023-05-10	1500	The Chefs' Line	Vietnamese	Watch apprentice chef Hannah from top Melbourne Vietnamese restaurant, Annam, go up against four passionate home cooks in a battle of the Rice Noodle Rolls.	AUSTRALIA	English-100	RPT	G	Y
2023-05-10	1530	Choccywoccydoodah: Starstruck	Wesley Snipes	The chocolatiers are back with a bang as this time Hollywood great Wesley Snipes challenges them to come up with their most explosive cake to date. He wants an action hero cake for his A-list friends.	UNITED KINGDOM	English-100		PG	
2023-05-10	1625	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
2023-05-10	1630	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provençal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100		G	
2023-05-10	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 63	Ben and Jim at Prahran Seafood cook an Asian-inspired steamed fish.	AUSTRALIA	English-100		PG	
2023-05-10	1730	Pati's Mexican Table	Pati's Mexican Table Series 11 Ep 8	Pati learns the difference between carne asada and 'Texas style' BBQ at a local eatery.	USA	English-100		PG	
2023-05-10	1800	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat-avoiding Maggie to 'dip a toe' into this chilli-laden cuisine.	AUSTRALIA	English-100		G	
2023-05-10	1830	Food Safari Fire	Food Safari Fire Series 1 Ep 10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44-gallon drum used in the Kimberley as a smoker for barramundi.	AUSTRALIA	English-100	RPT	G	Y
2023-05-10	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 58	The talented Ben Shewry and Bjorn Stewart share their adaptations on classic dishes.	AUSTRALIA	English-100		PG	
2023-05-10	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 3	In this episode, Luke stays in Luang Prabang to join the biggest New Year's celebrations in the country. To get in the festive spirit, he helps out at a local street stall.	AUSTRALIA	English-100	RPT	G	Y
2023-05-10	2000	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100		G	Y
2023-05-10	2030	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100		PG	
2023-05-10	2100	Tom Kerridge's American Feast	Florida Keys	Tom travels to the Florida Keys, where islanders are combining Caribbean flavours and American-style cooking to create a unique and tropical cuisine.	UNITED KINGDOM	English-100		PG	
2023-05-10	2130	Come Dine With Me Couples	Glasgow 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	
2023-05-10	2225	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	

2023-05-10	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 58	The talented Ben Shewry and Bjorn Stewart share their adaptations on classic dishes.	AUSTRALIA	English-100		PG	
2023-05-10	2300	Food Safari Fire	Food Safari Fire Series 1 Ep 10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi.	AUSTRALIA	English-100	RPT	G	Y
2023-05-10	2330	James Martin's American Adventure	Avery Island	James continues his American Adventure with a trip to an island that's not actually an island. Avery Island is a large salt mound, and the home of the chilli peppers used to make Tabasco Sauce.	UNITED KINGDOM	English-100		G	
2023-05-10	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, 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
2023-05-10	2430	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100		PG	
2023-05-10	2500	Tom Kerridge's American Feast	Florida Keys	Tom travels to the Florida Keys, where islanders are combining Caribbean flavours and American-style cooking to create a unique and tropical cuisine.	UNITED KINGDOM	English-100		PG	
2023-05-10	2530	Come Dine With Me Couples	Glasgow 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	
2023-05-10	2625	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2023-05-10	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	
2023-05-10	2700	The Zimmern List	Oakland	Andrew discovers the true soul of Oakland, CA, as he visits a cozy breakfast joint, samples some of the city's freshest fare at Swan's Market and tastes local Cambodian cuisine.	USA	English-100		G	
2023-05-10	2730	The Chefs' Line	Mexican	Judge Melissa Leong takes us inside the kitchen of top Melbourne Mexican restaurant, Mamasita. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-05-10	2800	The Chefs' Line	Vietnamese	Watch apprentice chef Hannah from top Melbourne Vietnamese restaurant, Annam, go up against four passionate home cooks in a battle of the Rice Noodle Rolls.	AUSTRALIA	English-100	RPT	G	Y
2023-05-10	2830	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provençal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100		G	
2023-05-11	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 63	Ben and Jim at Prahran Seafood cook an Asian-inspired steamed fish.	AUSTRALIA	English-100		PG	
2023-05-11	0530	Choccywoccydoodah: Starstruck	Wesley Snipes	The chocolatiers are back with a bang as this time Hollywood great Wesley Snipes challenges them to come up with their most explosive cake to date. He wants an action hero cake for his A-list friends.	UNITED KINGDOM	English-100		PG	

2023-05-11	0625	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
2023-05-11	0630	Pati's Mexican Table	Pati's Mexican Table Series 11 Ep 8	Pati learns the difference between carne asada and 'Texas style' BBQ at a local eatery.	USA	English-100		PG	
2023-05-11	0700	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100		G	
2023-05-11	0730	Food Safari Fire	Food Safari Fire Series 1 Ep 10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi.	AUSTRALIA	English-100	RPT	G	Y
2023-05-11	0800	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100		G	Y
2023-05-11	0830	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100		PG	
2023-05-11	0900	Tom Kerridge's American Feast	Florida Keys	Tom travels to the Florida Keys, where islanders are combining Caribbean flavours and American-style cooking to create a unique and tropical cuisine.	UNITED KINGDOM	English-100		PG	
2023-05-11	0930	Come Dine With Me Couples	Glasgow 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	
2023-05-11	1025	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2023-05-11	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 3	In this episode, Luke stays in Luang Prabang to join the biggest New Year's celebrations in the country. To get in the festive spirit, he helps out at a local street stall.	AUSTRALIA	English-100	RPT	G	Y
2023-05-11	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The S8	The talented Ben Shewry and Bjorn Stewart share their adaptations on classic dishes.	AUSTRALIA	English-100		PG	
2023-05-11	1130	James Martin's American Adventure	Avery Island	James continues his American Adventure with a trip to an island that's not actually an island. Avery Island is a large salt mound, and the home of the chilli peppers used to make Tabasco Sauce.	UNITED KINGDOM	English-100		G	
2023-05-11	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, 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
2023-05-11	1230	Choccywoccydoodah: Starstruck	Wesley Snipes	The chocolatiers are back with a bang as this time Hollywood great Wesley Snipes challenges them to come up with their most explosive cake to date. He wants an action hero cake for his A-list friends.	UNITED KINGDOM	English-100		PG	
2023-05-11	1325	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

2023-05-11	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	
2023-05-11	1400	The Zimmern List	Reno	Andrew heads to Reno for a food scene that loves to entertain. He embraces Reno's small town pride as he savours homemade meatballs and ravioli, and gets a taste of Basque culture.	USA	English-100		G	
2023-05-11	1430	The Chefs' Line	Vietnamese	Watch station chef Danton from top Melbourne Vietnamese restaurant, Annam, go up against three passionate home cooks in the ultimate Lemongrass Chicken challenge.	AUSTRALIA	English-100	RPT	G	Y
2023-05-11	1500	The Chefs' Line	Vietnamese	Watch sous chef Judy from top Melbourne Vietnamese restaurant, Annam, go up against three remaining home cooks in a bid to make the most delicious Coconut Dessert.	AUSTRALIA	English-100	RPT	G	Y
2023-05-11	1530	Choccywoccydoodah: Starstruck	Richard Branson	The chocolatiers are in high spirits as entrepreneurial business legend Sir Richard Branson sets them a cake challenge that will have them reaching for the skies and beyond.	UNITED KINGDOM	English-100		PG	
2023-05-11	1625	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
2023-05-11	1630	Barefoot Contessa: Back To Basics	Jeffrey's Favas	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G	
2023-05-11	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 64	Zev teaches Ben the key to making the perfect bagels and apple pie.	AUSTRALIA	English-100		PG	
2023-05-11	1730	Pati's Mexican Table	Pati's Mexican Table Series 11 Ep 9	Pati meets Chef Hugo Guajardo, whose family-owned restaurant El Caminante has perfected the art of drying meat.	USA	English-100		PG	
2023-05-11	1800	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100		G	
2023-05-11	1830	Food Safari Earth	New Green, The	Maeve meets Sydney chef Peter Gilmore, Thai chef Amy Chanta, Middle Eastern chef Joseph Abboud, and one of Australia's most acclaimed chefs, Martin Benn as they celebrate the power of vegetables.	AUSTRALIA	English-100	RPT	G	Y
2023-05-11	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 59	Adam, chef and TikTok sensation Vincent Yeow Lim and comedy legend Harley Breen are adding rice to everything they cook tonight.	AUSTRALIA	English-100		PG	
2023-05-11	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 4	Luke heads to Laos' southern tip to the 4000 Islands, where fishing takes on a whole new meaning. On the Island of Don Khon, Luke learns the art of making the fish staple 'Padhek'.	AUSTRALIA	English-100	RPT	G	Y
2023-05-11	2000	Barossa Gourmet With Justine Schofield	Beauty Of The Barossa Series 1, The Ep 4	Justine starts with grilled nectarine and halloumi, then cooks shaved beef cheeseburgers, followed by a wine tasting with goat curd ravioli.	AUSTRALIA	English-100		G	
2023-05-11	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100		PG	

2023-05-11	2100	Anna's Occasions	Dinner Party	When the kids are away, the parents will have dinner parties! These desserts are the perfect finishing touch to any dinner party with your grown-up friends. First up are chocolate pecan caramel tarts.	CANADA	English-100		G	
2023-05-11	2130	Come Dine With Me Couples	Glasgow B	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	
2023-05-11	2225	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2023-05-11	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 59	Adam, chef and TikTok sensation Vincent Yeow Lim and comedy legend Harley Breen are adding rice to everything they cook tonight.	AUSTRALIA	English-100		PG	
2023-05-11	2300	Food Safari Earth	New Green, The	Maeve meets Sydney chef Peter Gilmore, Thai chef Amy Chanta, Middle Eastern chef Joseph Abboud, and one of Australia's most acclaimed chefs, Martin Benn as they celebrate the power of vegetables.	AUSTRALIA	English-100	RPT	G	Y
2023-05-11	2330	James Martin's American Adventure	Baton Rouge	James ventures into Louisiana's state capital Baton Rouge on his American adventure, to experience a unique American phenomenon - tailgating.	UNITED KINGDOM	English-100		G	
2023-05-11	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 8, 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
2023-05-11	2430	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100		PG	
2023-05-11	2500	Anna's Occasions	Dinner Party	When the kids are away, the parents will have dinner parties! These desserts are the perfect finishing touch to any dinner party with your grown-up friends. First up are chocolate pecan caramel tarts.	CANADA	English-100		G	
2023-05-11	2530	Come Dine With Me Couples	Glasgow B	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	
2023-05-11	2625	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2023-05-11	2630	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	
2023-05-11	2700	The Zimmern List	Reno	Andrew heads to Reno for a food scene that loves to entertain. He embraces Reno's small town pride as he savours homemade meatballs and ravioli, and gets a taste of Basque culture.	USA	English-100		G	
2023-05-11	2730	The Chefs' Line	Vietnamese	Watch station chef Danton from top Melbourne Vietnamese restaurant, Annam, go up against three passionate home cooks in the ultimate Lemongrass Chicken challenge.	AUSTRALIA	English-100	RPT	G	Y
2023-05-11	2800	The Chefs' Line	Vietnamese	Watch sous chef Judy from top Melbourne Vietnamese restaurant, Annam, go up against three remaining home cooks in a bid to make the most delicious Coconut Dessert.	AUSTRALIA	English-100	RPT	G	Y

2023-05-11	2830	Barefoot Contessa: Back To Basics	Jeffreys Favos	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G	
2023-05-12	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 64	Zev teaches Ben the key to making the perfect bagels and apple pie.	AUSTRALIA	English-100		PG	
2023-05-12	0530	Choccywoccydoodah: Starstruck	Richard Branson	The chocolatiers are in high spirits as entrepreneurial business legend Sir Richard Branson sets them a cake challenge that will have them reaching for the skies and beyond.	UNITED KINGDOM	English-100		PG	
2023-05-12	0625	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
2023-05-12	0630	Pati's Mexican Table	Pati's Mexican Table Series 11 Ep 9	Pati meets Chef Hugo Guajardo, whose family-owned restaurant El Caminante has perfected the art of drying meat.	USA	English-100		PG	
2023-05-12	0700	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100		G	
2023-05-12	0730	Food Safari Earth	New Green, The	Maeve meets Sydney chef Peter Gilmore, Thai chef Amy Chanta, Middle Eastern chef Joseph Abboud, and one of Australia's most acclaimed chefs, Martin Benn as they celebrate the power of vegetables.	AUSTRALIA	English-100	RPT	G	Y
2023-05-12	0800	Barossa Gourmet With Justine Schofield	Beauty Of The Barossa Series 1, The Ep 4	Justine starts with grilled nectarine and halloumi, then cooks shaved beef cheeseburgers, followed by a wine tasting with goat curd ravioli.	AUSTRALIA	English-100		G	
2023-05-12	0830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100		PG	
2023-05-12	0900	Anna's Occasions	Dinner Party	When the kids are away, the parents will have dinner parties! These desserts are the perfect finishing touch to any dinner party with your grown-up friends. First up are chocolate pecan caramel tarts.	CANADA	English-100		G	
2023-05-12	0930	Come Dine With Me Couples	Glasgow B	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	
2023-05-12	1025	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2023-05-12	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 4	Luke heads to Laos' southern tip to the 4000 Islands, where fishing takes on a whole new meaning. On the Island of Don Khon, Luke learns the art of making the fish staple 'Padhek'.	AUSTRALIA	English-100	RPT	G	Y
2023-05-12	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The S9	Adam, chef and TikTok sensation Vincent Yeow Lim and comedy legend Harley Breen are adding rice to everything they cook tonight.	AUSTRALIA	English-100		PG	
2023-05-12	1130	James Martin's American Adventure	Baton Rouge	James ventures into Louisiana's state capital Baton Rouge on his American adventure, to experience a unique American phenomenon - tailgating.	UNITED KINGDOM	English-100		G	

2023-05-12	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 8, 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
2023-05-12	1230	Choccywoccydoodah: Starstruck	Richard Branson	The chocolatiers are in high spirits as entrepreneurial business legend Sir Richard Branson sets them a cake challenge that will have them reaching for the skies and beyond.	UNITED KINGDOM	English-100		PG	
2023-05-12	1325	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
2023-05-12	1330	David Rocco's Dolce Homemade	Memories Of Sicily	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s.	CANADA	English-100		G	
2023-05-12	1400	The Zimmern List	Cleveland	Andrew visits Cleveland for a taste of the city's culinary comeback. He gets nostalgic at the West Side Market, discovers new classics in a 100-year-old food hall and swings by a neighborhood butcher.	USA	English-100		G	
2023-05-12	1430	The Chefs' Line	Vietnamese	Watch Head Chef Jerry Mai from top Melbourne Vietnamese restaurant, Annam, face off against this week's final home cook. Things really heat up in the battle of the Hot and Sour Soups.	AUSTRALIA	English-100	RPT	G	Y
2023-05-12	1500	The Chefs' Line	Vietnamese	Judge Melissa Leong takes us inside the kitchen of top Melbourne Vietnamese restaurant, Annam. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-05-12	1530	Choccywoccydoodah: Starstruck	Joan Rivers	Comedienne Joan Rivers sets the chocolatiers a challenge that could push them beyond their comfort zone as she reveals she doesn't like chocolate and then asks for a diet cake with only 150 calories.	UNITED KINGDOM	English-100		PG	
2023-05-12	1625	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 6	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
2023-05-12	1630	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G	
2023-05-12	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 65	Chef Kinsan teaches Ben the secrets to an authentic curry tsukemen.	AUSTRALIA	English-100		PG	
2023-05-12	1730	Pati's Mexican Table	Pati's Mexican Table Series 11 Ep 10	Pati connects with four top chefs in the area and learns their greatest cooking secrets.	USA	English-100		PG	
2023-05-12	1800	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100		G	
2023-05-12	1830	Food Safari Earth	Staples	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	RPT	G	Y
2023-05-12	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 60	Adam, executive chef Hugh Allen and celebrated designer Collette Dinnigan cook up their Sunday supper dishes.	AUSTRALIA	English-100		G	

2023-05-12	1930	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 5	Luke crosses the Mekong River into Cambodia and the ancient city of Siem Reap. There he explores the revered temples of Angkor Wat and meets local chefs to learn traditional Khmer dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-05-12	2000	Gok Wan's Easy Asian	Small Eats	Gok Wan has got the perfect recipes that won't leave you feeling stuffed. Phoenix rolls straight out of the 1980s, classic Yuk Sung, and Singapore-inspired curry puffs will leave you wanting more!	UNITED KINGDOM	English-100		G	
2023-05-12	2030	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 5	Hugh journeys to discover the truth behind fisheries -- and what's going so incredibly wrong.	UNITED KINGDOM	English-100		PG	
2023-05-12	2130	Come Dine With Me Couples	Bristol And Bath 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	
2023-05-12	2225	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-05-12	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 60	Adam, executive chef Hugh Allen and celebrated designer Collette Dinnigan cook up their Sunday supper dishes.	AUSTRALIA	English-100		G	
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2023-05-12	2330	James Martin's American Adventure	Boston	James Martin hits the East coast of the great US of A with a visit to the historic city of Boston. James's American adventure in Boston starts with a shopping spree in the public market.	UNITED KINGDOM	English-100		G	
2023-05-12	2425	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
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2023-05-13	0530	Choccywoccydoodah: Starstruck	Joan Rivers	Comedienne Joan Rivers sets the chocolatiers a challenge that could push them beyond their comfort zone as she reveals she doesn't like chocolate and then asks for a diet cake with only 150 calories.	UNITED KINGDOM	English-100		PG	
2023-05-13	0625	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 6	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
2023-05-13	0630	Pati's Mexican Table	Pati's Mexican Table Series 11 Ep 10	Pati connects with four top chefs in the area and learns their greatest cooking secrets.	USA	English-100		PG	
2023-05-13	0700	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100		G	
2023-05-13	0730	Food Safari Earth	Staples	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	RPT	G	Y
2023-05-13	0800	Gok Wan's Easy Asian	Small Eats	Gok Wan has got the perfect recipes that won't leave you feeling stuffed. Phoenix rolls straight out of the 1980s, classic Yuk Sung, and Singapore-inspired curry puffs will leave you wanting more!	UNITED KINGDOM	English-100		G	
2023-05-13	0830	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 5	Hugh journeys to discover the truth behind fisheries -- and what's going so incredibly wrong.	UNITED KINGDOM	English-100		PG	
2023-05-13	0930	Come Dine With Me Couples	Bristol And Bath 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	
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2023-05-13	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 60	Adam, executive chef Hugh Allen and celebrated designer Collette Dinnigan cook up their Sunday supper dishes.	AUSTRALIA	English-100		G	
2023-05-13	1130	James Martin's American Adventure	Boston	James Martin hits the East coast of the great US of A with a visit to the historic city of Boston. James's American adventure in Boston starts with a shopping spree in the public market.	UNITED KINGDOM	English-100		G	
2023-05-13	1225	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
2023-05-13	1230	Choccywoccydoodah: Starstruck	Joan Rivers	Comedienne Joan Rivers sets the chocolatiers a challenge that could push them beyond their comfort zone as she reveals she doesn't like chocolate and then asks for a diet cake with only 150 calories.	UNITED KINGDOM	English-100		PG	

2023-05-13	1325	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 6	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
2023-05-13	1330	Anna's Occasions	Dinner Party	When the kids are away, the parents will have dinner parties! These desserts are the perfect finishing touch to any dinner party with your grown-up friends. First up are chocolate pecan caramel tarts.	CANADA	English-100		G	
2023-05-13	1400	The Cook Up with Adam Liaw	Easy Dinner Party	Radio and TV personality Yumi Styne and creator of television series 'The Family Law', Benjamin Law, are in The Cook Up kitchen with Adam Liaw as they share their easy dinner party favourites.	AUSTRALIA	English-100	RPT	G	Y
2023-05-13	1430	Giada Entertains	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100		G	
2023-05-13	1500	Gok Wan's Easy Asian	Showing Off	In this episode Gok has three dishes perfect for when you want to show off. Packed with personality and flavour, they have the wow factor and are so easy to make.	UNITED KINGDOM	English-100		G	
2023-05-13	1530	The Cook Up with Adam Liaw	Party Plate	Cookbook author and wife of Jimmy Barnes, Jane Barnes and MasterChef judge Jock Zonfrillo are in The Cook Up kitchen with host Adam Liaw to share their ultimate party plates.	AUSTRALIA	English-100	RPT	G	Y
2023-05-13	1600	Giada Entertains	Giada Entertains Series 4 Ep 1	Pasta is an inexpensive way to feed a crowd and a blank canvas to dress up with great ingredients, so Giada De Laurentiis is hosting a pasta party buffet with leftovers that are hard to beat.	USA	English-100		G	
2023-05-13	1630	Ainsley's Good Mood Food	Fruit And Berries	Fruits and Berries take centre stage in all the dishes in today's show. Ainsley shows that fruits and berries can add amazing flavours to a savoury dish or be the start of a sensational dessert.	UNITED KINGDOM	English-100		G	
2023-05-13	1725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-05-13	1730	The Julia Child Challenge	An American Chef In Paris	The home cooks celebrate Julia's time in France by making souffles and a 2-course French meal.	USA	English-100		PG	
2023-05-13	1825	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, 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
2023-05-13	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 1	Top chef Michel Roux cooks four of his favourite dishes while holidaying in the South of France. He'll be sourcing ingredients from local producers.	UNITED KINGDOM	English-100		G	
2023-05-13	1930	Jeremy Pang's Asian Kitchen	Dishes To Impress	Jeremy shares his recipes for the perfect dishes to impress: BBQ chicken wings with spicy slaw, Malaysian fried rice and drunken prawns.	UNITED KINGDOM	English-100		PG	
2023-05-13	2030	Selena + Chef	Selena + Chef Series 3 Ep 1	Award-winning chef, author, restaurateur, and culinary judge Kwame Onwuachi introduces Selena Gomez to traditional Nigerian fare.	USA	English-100			
2023-05-13	2100	Selena + Chef	Selena + Chef Series 3 Ep 2	Bestselling cookbook author, restaurant owner, and TV host Ayesha Curry teaches Selena Gomez how to make the ultimate party spread of hot honey chicken sandwiches.	USA	English-100			
2023-05-13	2130	Anthony Bourdain: No Reservations	Puerto Rico	Tony and Andy, a native, dine on roasted pig in Caicay, attend a posh party at a hacienda, search for a Chuppacabra in the jungle, meet bosing champion Miguel Cotto, and travel to Ponce.	USA	English-100		PG	
2023-05-13	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y

2023-05-13	2230	Anthony Bourdain: Parts Unknown	Queens	Anthony Bourdain discovers a hub of international cuisines and cultures in the New York City Borough of Queens. Tony imbibes at historic Neirs Tavern (seen in GoodFellas) in Woodhaven.	USA	English-100		PG	
2023-05-13	2325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 8, 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
2023-05-13	2330	Anna's Occasions	Dinner Party	When the kids are away, the parents will have dinner parties! These desserts are the perfect finishing touch to any dinner party with your grown-up friends. First up are chocolate pecan caramel tarts.	CANADA	English-100		G	
2023-05-13	2400	The Cook Up with Adam Liaw	Easy Dinner Party	Radio and TV personality Yumi Stynes and creator of television series 'The Family Law', Benjamin Law, are in The Cook Up kitchen with Adam Liaw as they share their easy dinner party favourites.	AUSTRALIA	English-100	RPT	G	Y
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2023-05-13	2600	Giada Entertains	Giada Entertains Series 4 Ep 1	Pasta is an inexpensive way to feed a crowd and a blank canvas to dress up with great ingredients, so Giada De Laurentiis is hosting a pasta party buffet with leftovers that are hard to beat.	USA	English-100		G	