



WEEK 7: Sunday, 11 February- Saturday, 17 February 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-02-11	0500	Paul Hollywood: A Baker's Life	Pork Pie, Donuts & Danish Pastries	Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.	UNITED KINGDOM	English-100		G			
2024-02-11	0530	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	a w	Y	
2024-02-11	0625	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G			
2024-02-11	0630	Homegrown Tastes South Africa	Kzn	Lorna is in KwaZulu natal to meet up with singer-songwriter Khaya Mthethwa to explore Durban's food scene.	UNITED KINGDOM	English-100		G			Y
2024-02-11	0730	Ainsley's Fantastic Flavours	Fresh	Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toasts.	UNITED KINGDOM	English-100		G			
2024-02-11	0825	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y	Y
2024-02-11	0830	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a w		
2024-02-11	0900	Rick Stein's Seafood Lovers' Guide	Episode 1	Rick Stein travels along the South Coast starting at Chesil Beach where he goes seine netting for mackerel. At Portland he meets Ken Lyneham who fishes for squid or 'quiddles'.	UNITED KINGDOM	English-100		PG	a w		
2024-02-11	0930	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-02-11	1030	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G			
2024-02-11	1100	Paul Hollywood: A Baker's Life	Pork Pie, Donuts & Danish Pastries	Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.	UNITED KINGDOM	English-100		G			
2024-02-11	1130	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	a w	Y	

2024-02-11	1225	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	G				
2024-02-11	1230	Homegrown Tastes South Africa	Kzn	Lorna is in KwaZulu natal to meet up with singer-songwriter Khaya Mthethwa to explore Durban's food scene.	UNITED KINGDOM	English-100	G			Y	
2024-02-11	1330	Ainsley's Fantastic Flavours	Fresh	Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toasts.	UNITED KINGDOM	English-100	G				
2024-02-11	1425	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y	Y
2024-02-11	1430	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a w		
2024-02-11	1500	Rick Stein's Seafood Lovers' Guide	Episode 1	Rick Stein travels along the South Coast starting at Chesil Beach where he goes seine netting for mackerel. At Portland he meets Ken Lyneham who fishes for squid or 'quiddles'.	UNITED KINGDOM	English-100		PG	a w		
2024-02-11	1530	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-02-11	1630	Paul Hollywood: A Baker's Life	Pork Pie, Donuts & Danish Pastries	Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.	UNITED KINGDOM	English-100		G			
2024-02-11	1700	Paul Hollywood: A Baker's Life	Cyprus, Baklava & Village Bread	Paul Hollywood returns Cyprus and shares his favourite Mediterranean recipes from the island where he spent several years working and met and married his wife Alex.	UNITED KINGDOM	English-100		G			Y
2024-02-11	1730	The Curious Chef	Key Ingredients Of West African Cuisine	Stephanie meets Nigerian chefs, Eros and JP, to learn the basics of cooking West African cuisine. From palm oil to locust beans to asaro.	USA	English-100		G		Y	
2024-02-11	1800	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series. Today's episode utilises a classic ingredient in quintessential Italian cooking, Prosciutto di Parma.	AUSTRALIA	English-100		G			
2024-02-11	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 5	Chef Michel Roux heads out in the French countryside to source the things he loves to eat while on holiday. Michel's stunning pan-roasted guinea fowl is a feast for the eye.	UNITED KINGDOM	English-100		G			Y
2024-02-11	1925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-02-11	1930	James Martin's French Adventure	Bois De Boulogne	James pays a visit to the Michelin-starred Pre Catalan restaurant and enjoys his favourite meal of the trip. Back home he cooks a partridge dish with artisan mushrooms.	UNITED KINGDOM	English-100		PG	a w		Y
2024-02-11	2030	Remarkable Places To Eat	Vienna	Food writer Rachel Khoo takes Fred to Vienna to experience exquisite coffee and cake, comforting dumplings, and mangalitzka pork schnitzel from a trailblazing chef.	UNITED KINGDOM	English-100		G			Y

2024-02-11	2140	Anthony Bourdain: No Reservations	Washington DC	(S.4,Ep17) Washington DC - Anthony is in the US capital to explore the city's many contrasts. To get in touch with his Irish side, he visits Eamonn's and enjoys classic fish and chips. #FoodNetworkAU	USA	English-100	RPT	PG			Y
2024-02-11	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2024-02-11	2330	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G			
2024-02-11	2400	Paul Hollywood: A Baker's Life	Cyprus, Baklava & Village Bread	Paul Hollywood returns Cyprus and shares his favourite Mediterranean recipes from the island where he spent several years working and met and married his wife Alex.	UNITED KINGDOM	English-100		G			Y
2024-02-11	2430	The Curious Chef	Key Ingredients Of West African Cuisine	Stephanie meets Nigerian chefs, Eros and JP, to learn the basics of cooking West African cuisine. From palm oil to locust beans to asaro.	USA	English-100		G			Y
2024-02-11	2500	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series. Today's episode utilises a classic ingredient in quintessential Italian cooking, Prosciutto di Parma.	AUSTRALIA	English-100		G			
2024-02-11	2530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 5	Chef Michel Roux heads out in the French countryside to source the things he loves to eat while on holiday. Michel's stunning pan-roasted guinea fowl is a feast for the eye.	UNITED KINGDOM	English-100		G			Y
2024-02-11	2625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G			Y
2024-02-11	2630	James Martin's French Adventure	Bois De Boulogne	James pays a visit to the Michelin-starred Pre Catalan restaurant and enjoys his favourite meal of the trip. Back home he cooks a partridge dish with artisan mushrooms.	UNITED KINGDOM	English-100		PG	a w		Y
2024-02-11	2725	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G			
2024-02-11	2730	Remarkable Places To Eat	Vienna	Food writer Rachel Khoo takes Fred to Vienna to experience exquisite coffee and cake, comforting dumplings, and mangalitzka pork schnitzel from a trailblazing chef.	UNITED KINGDOM	English-100		G			Y
2024-02-11	2835	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G			
2024-02-12	0500	Paul Hollywood: A Baker's Life	Cyprus, Baklava & Village Bread	Paul Hollywood returns Cyprus and shares his favourite Mediterranean recipes from the island where he spent several years working and met and married his wife Alex.	UNITED KINGDOM	English-100		G			Y
2024-02-12	0530	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2024-02-12	0630	The Curious Chef	Key Ingredients Of West African Cuisine	Stephanie meets Nigerian chefs, Eros and JP, to learn the basics of cooking West African cuisine. From palm oil to locust beans to asaro.	USA	English-100		G			Y

2024-02-12	0700	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series. Today's episode utilises a classic ingredient in quintessential Italian cooking, Prosciutto di Parma.	AUSTRALIA	English-100		G				
2024-02-12	0730	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 5	Chef Michel Roux heads out in the French countryside to source the things he loves to eat while on holiday. Michel's stunning pan-roasted guinea fowl is a feast for the eye.	UNITED KINGDOM	English-100		G			Y	
2024-02-12	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G			Y	
2024-02-12	0830	James Martin's French Adventure	Bois De Boulogne	James pays a visit to the Michelin-starred Pre Catalan restaurant and enjoys his favourite meal of the trip. Back home he cooks a partridge dish with artisan mushrooms.	UNITED KINGDOM	English-100		PG	a w		Y	
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2024-02-12	0930	Remarkable Places To Eat	Vienna	Food writer Rachel Khoo takes Fred to Vienna to experience exquisite coffee and cake, comforting dumplings, and mangalitzà pork schnitzel from a trailblazing chef.	UNITED KINGDOM	English-100		G			Y	
2024-02-12	1035	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	a w		Y	
2024-02-12	1135	Paul Hollywood: A Baker's Life	Cyprus, Baklava & Village Bread	Paul Hollywood returns Cyprus and shares his favourite Mediterranean recipes from the island where he spent several years working and met and married his wife Alex.	UNITED KINGDOM	English-100		G			Y	
2024-02-12	1200	The Curious Chef	Key Ingredients Of West African Cuisine	Stephanie meets Nigerian chefs, Eros and JP, to learn the basics of cooking West African cuisine. From palm oil to locust beans to asaro.	USA	English-100		G			Y	
2024-02-12	1230	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series. Today's episode utilises a classic ingredient in quintessential Italian cooking, Prosciutto di Parma.	AUSTRALIA	English-100		G				
2024-02-12	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 51	On My Market Kitchen Elena shows us how to make a homemade Chia Jam. Then Khanh does an Asian twist on an Aussie classic with his Honey Soy Leg of Lamb.	AUSTRALIA	English-100		G				
2024-02-12	1330	David Rocco's Dolce India	Holi Gurudwara	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100		G				
2024-02-12	1400	My Greek Table With Diane Kochilas	Naxos: Meat & Potatoes Like You Never Had'em	Diane takes off for this tasty Cycladic island from the shores of neighboring Paros, with her good friend Alexis, to learn more about the local cuisine.	USA	English-50; Greek-50		G			Y	
2024-02-12	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT	G			Y	
2024-02-12	1500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG			Y	Y

2024-02-12	1530	Top Chef	Roaring Munchies	The chefs walk in on an epic battle of Last Chance Kitchen and are drafted into the fight. Once Tom declares a winner, the chefs immediately begin a challenge making dishes based on Prohibition Era.	USA	English-100		PG	I	Y
2024-02-12	1625	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		Y
2024-02-12	1630	Everyday Gourmet With Justine Schofield	Ep 21	Justine shows you a classic eggs benedict, whips up a delicious Spanish chicken rice and makes some crunchy-spiced granola clusters.	AUSTRALIA	English-100		G		
2024-02-12	1700	Taiwan Bites	Taste Of Tradition	How can a cuisine with less than a hundred years of history be considered traditional? Eric travels from Germany to Taiwan, to unearth connection between his people and the recipes in their culture.	TAIWAN	English-100		PG		Y
2024-02-12	1755	Cook Up With Adam Liaw Bitesize	Lemongrass Pork Belly Rice	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
2024-02-12	1800	Food Safari Water	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-12	1830	Mary Makes It Easy	Tastes Of Tuscany	Mary commemorates her recent travels by creating tasty dishes inspired by Italy, like apple raspberry crostata and mushroom crespelle.	CANADA	English-100		G		
2024-02-12	1900	The Cook Up With Adam Liaw	Sweet Memories	JNITV presenters Rae Johnston and Natalie Ahmat are in the Cook Up kitchen with Adam to create some food memories of the sweet kind.	AUSTRALIA	English-100	RPT	G		Y
2024-02-12	1930	Malaysia Gourmet With Justine Schofield	Ep 3	Justine travels from Kuching to Penang, savouring the diverse local flavours at street markets. She showcases her culinary skills with sticky wings and uncovers Chef Raphael Jay Peter Lee's risotto.	AUSTRALIA	English-100		G		
2024-02-12	2000	Long Weekend In... With Rory O'Connell	Lisbon	Rory visits Lisbon. His first stop is Manteigaria Silva, an acclaimed delicatessen, and a treasure trove of traditional Portuguese food. Rory stocks up on local bread, cheese, cured meats and olives.	IRELAND	English-100		G		
2024-02-12	2030	Nadiya's Asian Odyssey	Nadiya's Asian Odyssey Series 1 Ep 1	Nadiya makes a surprise discovery about her DNA which sees her travel solo for the first time. From the temples of Angkor Wat in North Cambodia to a Muslim island in the deep south of Thailand.	UNITED KINGDOM	English-100		G		Y
2024-02-12	2135	Come Dine With Me UK	County Durham Day 4	In County Durham, prison transport officer Tina plans to win her guests round with a sophisticated French menu that includes salmon crepes, chicken and posh peas and pear dessert.	UNITED KINGDOM	English-100		PG		
2024-02-12	2200	Come Dine With Me UK	County Durham Day 5	In County Durham, IT Manager David is hoping to bag the 1000 pound prize with his French evening. But his main challenge is to keep all the guests on friendly terms.	UNITED KINGDOM	English-100		PG		
2024-02-12	2230	The Cook Up With Adam Liaw	Summer Salads	The Cook Up host Adam Liaw brings Yellow's Nina Huynh and food and travel writer Yasmin Newman into The Cook Up kitchen to create their favourite summer salads.			RPT	G		Y
2024-02-12	2300	Bizarre Foods: Delicious Destinations	Calabria	Andrew showcases Calabria, a rugged region in the toe of Italy's boot. The region's diverse ingredients shine in signature dishes like fileja noodles with goat and parmigiana di melanzane.	USA	English-100		G		

2024-02-12	2330	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G		
2024-02-12	2400	Food Safari Water	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-12	2430	Top Chef	Roaring Munchies	The chefs walk in on an epic battle of Last Chance Kitchen and are drafted into the fight. Once Tom declares a winner, the chefs immediately begin a challenge making dishes based on Prohibition Era.	USA	English-100		PG	I	Y
2024-02-12	2525	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		Y
2024-02-12	2530	Malaysia Gourmet With Justine Schofield	Ep 3	Justine travels from Kuching to Penang, savouring the diverse local flavours at street markets. She showcases her culinary skills with sticky wings and uncovers Chef Raphael Jay Peter Lee's risotto.	AUSTRALIA	English-100		G		
2024-02-12	2600	Long Weekend In... With Rory O'Connell	Lisbon	Rory visits Lisbon. His first stop is Manteigaria Silva, an acclaimed delicatessen, and a treasure trove of traditional Portuguese food. Rory stocks up on local bread, cheese, cured meats and olives.	IRELAND	English-100		G		
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2024-02-12	2735	Come Dine With Me UK	County Durham Day 4	In County Durham, prison transport officer Tina plans to win her guests round with a sophisticated French menu that includes salmon crepes, chicken and posh peas and pear dessert.	UNITED KINGDOM	English-100		PG		
2024-02-12	2800	Come Dine With Me UK	County Durham Day 5	In County Durham, IT Manager David is hoping to bag the 1000 pound prize with his French evening. But his main challenge is to keep all the guests on friendly terms.	UNITED KINGDOM	English-100		PG		
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2024-02-13	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 51	On My Market Kitchen Elena shows us how to make a homemade Chia Jam. Then Khanh does an Asian twist on an Aussie classic with his Honey Soy Leg of Lamb.	AUSTRALIA	English-100		G		
2024-02-13	0600	David Rocco's Dolce India	Holi Gurudwara	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100		G		
2024-02-13	0630	My Greek Table With Diane Kochilas	Naxos: Meat & Potatoes Like You Never Had'em	Diane takes off for this tasty Cycladic island from the shores of neighboring Paros, with her good friend Alexis, to learn more about the local cuisine.	USA	English-50; Greek-50		G		Y
2024-02-13	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT	G		Y

2024-02-13	0730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG		Y	Y
2024-02-13	0800	Everyday Gourmet With Justine Schofield	Ep 21	Justine shows you a classic eggs benedict, whips up a delicious Spanish chicken rice and makes some crunchy-spiced granola clusters.	AUSTRALIA	English-100		G			
2024-02-13	0830	Top Chef	Roaring Munchies	The chefs walk in on an epic battle of Last Chance Kitchen and are drafted into the fight. Once Tom declares a winner, the chefs immediately begin a challenge making dishes based on Prohibition Era.	USA	English-100		PG	I		Y
2024-02-13	0925	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		Y	
2024-02-13	0930	Taiwan Bites	Taste Of Tradition	How can a cuisine with less than a hundred years of history be considered traditional? Eric travels from Germany to Taiwan, to unearth connection between his people and the recipes in their culture.	TAIWAN	English-100		PG			Y
2024-02-13	1025	Cook Up With Adam Liaw Bitesize	Lemongrass Pork Belly Rice	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	
2024-02-13	1030	Mary Makes It Easy	Tastes Of Tuscany	Mary commemorates her recent travels by creating tasty dishes inspired by Italy, like apple raspberry crostata and mushroom crespelle.	CANADA	English-100		G			
2024-02-13	1100	The Cook Up With Adam Liaw	Sweet Memories	JNITV presents Rae Johnston and Natalie Ahmat are in the Cook Up kitchen with Adam to create some food memories of the sweet kind.	AUSTRALIA	English-100	RPT	G		Y	
2024-02-13	1130	Malaysia Gourmet With Justine Schofield	Ep 3	Justine travels from Kuching to Penang, savouring the diverse local flavours at street markets. She showcases her culinary skills with sticky wings and uncovers Chef Raphael Jay Peter Lee's risotto.	AUSTRALIA	English-100		G			
2024-02-13	1200	Long Weekend In... With Rory O'Connell	Lisbon	Rory visits Lisbon. His first stop is Manteigaria Silva, an acclaimed delicatessen, and a treasure trove of traditional Portuguese food. Rory stocks up on local bread, cheese, cured meats and olives.	IRELAND	English-100		G			
2024-02-13	1230	Bizarre Foods: Delicious Destinations	Calabria	Andrew showcases Calabria, a rugged region in the toe of Italy's boot. The region's diverse ingredients shine in signature dishes like fileja noodles with goat and parmigiana di melanzane.	USA	English-100		G			
2024-02-13	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 52	On today's episode Khanh and Elena are in the kitchen cooking a chinese chicken and corn egg drop soup, sausage and egg breakfast wrap and a quick and easy grilled peaches with yoghurt for dessert.	AUSTRALIA	English-100		G			
2024-02-13	1330	David Rocco's Dolce India	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100		PG	a w		Y
2024-02-13	1400	My Greek Table With Diane Kochilas	Meal In Messinia, A	Diane cooks with two village ladies, learning to make a luscious local pork dish.	USA	English-50; Greek-50		G			Y
2024-02-13	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north QLD, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G		Y	

2024-02-13	1500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10	G		Y	Y
2024-02-13	1530	Top Chef	Carne!	Lena Waite surprises the chefs, by challenging them to make their best version of the trademark Kentucky dish, the Hot Brown.	USA	English-100	PG	I		Y
2024-02-13	1625	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	a w	Y
2024-02-13	1630	Everyday Gourmet With Justine Schofield	Ep 22	Adam Swanson cooks up his mouth-watering cheese and spinach tortellini, and then Justine shares her glazed salmon fillets, cauliflower tabouli and finishes up with a pineapple tart tartin.	AUSTRALIA	English-100	G			
2024-02-13	1700	Taiwan Bites	Bubble Tea	It's been decades since Taiwan took the world by storm with its invention of bubble tea. Eric travels to Poland, the last frontier of the bubble tea invasion to understand its appeal.	TAIWAN	English-100	PG	a l		
2024-02-13	1755	Cook Up With Adam Liaw Bitesize	Bacon And Egg Salad	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
2024-02-13	1800	Food Safari Water	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the worlds most prized queen scallops off Kangaroo Island, adored for their purple roe.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-02-13	1830	Mary Makes It Easy	Mashup Recipes	Get the best of both worlds when Mary mashes ideas together to get wacky dishes like Caesar salad roast chicken and taco meatball skillet.	CANADA	English-100	G			
2024-02-13	1900	The Cook Up With Adam Liaw	Acid	Adam hosts chef Colin Fassnidge and TV hosting extraordinaire Marc Fennell in the Cook Up kitchen as they create some acidic creations.	AUSTRALIA	English-100	RPT	G		Y
2024-02-13	1930	Mary Berry's Love To Cook	From The Garden	Even though she's queen of the kitchen, Mary Berry spends just as much time in the garden, growing ingredients for her delicious dishes packed with fruit and vegetable.	UNITED KINGDOM	English-100	G			
2024-02-13	2000	Nadiya's Spices Made Simple	Get Togethers	Nadiya shares four of her favourite fuss-free recipes fit for get-togethers; a one plate masala mince pie, roasted Bombay spiced spuds, her art masala chicken, and a coconut and fennel Bundt cake.	UNITED KINGDOM	English-100	G			
2024-02-13	2030	Selena + Chef	Selena + Angelo Sosa	Culinary director and restaurateur, Angelo Sosa, enrolls Selena in two core classes. They go back to basics to chef up the perfect guacamole and baja-style fried rice. Angelo shares a kitchen secret.	USA	English-100	G			Y
2024-02-13	2100	Food Trail South Africa	Kwazulu-Natal	In Durban, Warren visits the famous restaurant, Max's Lifestyle, for an indulgent Shisa Nyama experience, before meeting with local guide Thoko to visit a nearby Zulu village and cooks Putu Pap.	AUSTRALIA	English-100	G			
2024-02-13	2130	Come Dine With Me UK	Guildford Day 1	This week is in Guildford, Surrey and first to host is 22-year-old Shanice, who hopes to show she is more than just a pretty face by serving up sumptuous food and dazzling conversation.	UNITED KINGDOM	English-100	PG			
2024-02-13	2200	Come Dine With Me UK	Guildford Day 2	In Guildford, retired estate agent Vivi hopes to land the prize with a feast inspired by her homeland. And she doesn't disappoint with Norwegian fish soup, singing and nursery rhymes!	UNITED KINGDOM	English-100	PG			

2024-02-13	2230	The Cook Up With Adam Liaw	Summer	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join host Adam Liaw in The Cook Up kitchen as they create their favourite summer dishes.			RPT	G		Y
2024-02-13	2300	Bizarre Foods: Delicious Destinations	Puglia	Andrew digs in to Puglia, a coastal region in the heel of Italy's boot. The area's simple but stunning dishes include orecchiette pasta, grilled octopus and stuffed pasticciotti pastries.	USA	English-100		PG	a w	
2024-02-13	2330	The Cook And The Chef	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G		
2024-02-13	2400	Food Safari Water	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the worlds most prized queen scallops off Kangaroo Island, adored for their purple roe.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-02-13	2430	Top Chef	Carne!	Lena Waithe surprises the chefs, by challenging them to make their best version of the trademark Kentucky dish, the Hot Brown.	USA	English-100		PG	l	Y
2024-02-13	2525	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	a w	
2024-02-13	2530	Mary Berry's Love To Cook	From The Garden	Even though she's queen of the kitchen, Mary Berry spends just as much time in the garden, growing ingredients for her delicious dishes packed with fruit and vegetable.	UNITED KINGDOM	English-100		G		
2024-02-13	2600	Nadiya's Spices Made Simple	Get Togethers	Nadiya shares four of her favourite fuss-free recipes fit for get-togethers; a one plate masala mince pie, roasted Bombay spiced spuds, her art masala chicken, and a coconut and fennel Bundt cake.	UNITED KINGDOM	English-100		G		
2024-02-13	2630	Selena + Chef	Selena + Angelo Sosa	Culinary director and restaurateur, Angelo Sosa, enrolls Selena in two core classes. They go back to basics to chef up the perfect guacamole and baja-style fried rice. Angelo shares a kitchen secret.	USA	English-100		G		Y
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2024-02-13	2830	The Cook Up With Adam Liaw	Summer	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join host Adam Liaw in The Cook Up kitchen as they create their favourite summer dishes.			RPT	G		Y
2024-02-14	0500	Bizarre Foods: Delicious Destinations	Puglia	Andrew digs in to Puglia, a coastal region in the heel of Italy's boot. The area's simple but stunning dishes include orecchiette pasta, grilled octopus and stuffed pasticciotti pastries.	USA	English-100		PG	a w	
2024-02-14	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 52	On today's episode Khanh and Elena are in the kitchen cooking a chinese chicken and corn egg drop soup, sausage and egg breakfast wrap and a quick and easy grilled peaches with yoghurt for dessert.	AUSTRALIA	English-100		G		

2024-02-14	0600	David Rocco's Dolce India	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100		PG	a w	Y
2024-02-14	0630	My Greek Table With Diane Kochilas	Meal In Messinia, A	Diane cooks with two village ladies, learning to make a luscious local pork dish.	USA	English-50; Greek-50		G		Y
2024-02-14	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G		Y
2024-02-14	0730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning cappuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10		G		Y Y
2024-02-14	0800	Everyday Gourmet With Justine Schofield	Ep 22	Adam Swanson cooks up his mouth-watering cheese and spinach tortellini, and then Justine shares her glazed salmon fillets, cauliflower tabouli and finishes up with a pineapple tart tartin.	AUSTRALIA	English-100		G		
2024-02-14	0830	Top Chef	Carne!	Lena Waithe surprises the chefs, by challenging them to make their best version of the trademark Kentucky dish, the Hot Brown.	USA	English-100		PG	I	Y
2024-02-14	0925	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	a w	Y
2024-02-14	0930	Taiwan Bites	Bubble Tea	It's been decades since Taiwan took the world by storm with its invention of bubble tea. Eric travels to Poland, the last frontier of the bubble tea invasion to understand its appeal.	TAIWAN	English-100		PG	a I	
2024-02-14	1025	Cook Up With Adam Liaw Bitesize	Bacon And Egg Salad	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
2024-02-14	1030	Mary Makes It Easy	Mashup Recipes	Get the best of both worlds when Mary mashes ideas together to get wacky dishes like Caesar salad roast chicken and taco meatball skillet.	CANADA	English-100		G		
2024-02-14	1100	The Cook Up With Adam Liaw	Acid	Adam hosts chef Colin Fassnidge and TV hosting extraordinaire Marc Fennell in the Cook Up kitchen as they create some acidic creations.	AUSTRALIA	English-100	RPT	G		Y
2024-02-14	1130	Mary Berry's Love To Cook	From The Garden	Even though she's queen of the kitchen, Mary Berry spends just as much time in the garden, growing ingredients for her delicious dishes packed with fruit and vegetable.	UNITED KINGDOM	English-100		G		
2024-02-14	1200	Nadiya's Spices Made Simple	Get Togethers	Nadiya shares four of her favourite fuss-free recipes fit for get-togethers; a one plate masala mince pie, roasted Bombay spiced spuds, her art masala chicken, and a coconut and fennel Bundt cake.	UNITED KINGDOM	English-100		G		
2024-02-14	1230	Bizarre Foods: Delicious Destinations	Puglia	Andrew digs in to Puglia, a coastal region in the heel of Italy's boot. The area's simple but stunning dishes include orecchiette pasta, grilled octopus and stuffed pasticciotti pastries.	USA	English-100		PG	a w	
2024-02-14	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 53	Today on My Market Kitchen Elena is making an XO Sauce from scratch, before showing how it can be used in a Pipis dish.	AUSTRALIA	English-100		G		

2024-02-14	1330	David Rocco's Dolce India	Elephant King	David is in Rajasthan exploring the land of the Kings, and who would be a better guide than the direct descendant of a Maharajah himself? David meets up with KV Singh to learn more about Rajasthan.	CANADA	English-100		PG	a d	Y
2024-02-14	1400	My Greek Table With Diane Kochilas	Evia - An Island Hiding In Plain Sight	Back in her own kitchen, mushrooms, wine and a few other local specialties play out in three delectable dishes Diane creates, inspired by the flavors of a "secret" land.	USA	English-50; Greek-50		G		
2024-02-14	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G		Y
2024-02-14	1500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 3	Silvia meets with some distant cousins living in Australia and they spend the afternoon cooking one of the Abruzzo region's most traditional soups.	AUSTRALIA	English-90; Italian-10		G		Y Y
2024-02-14	1530	Top Chef	Whatever Floats Your Boat	With more shoreline than Florida, Kentucky is a hotbed for houseboats. For this elimination challenge, the chefs are split into two teams and tasked with throwing raging party in Lake Cumberland.	USA	English-100		PG	I	Y
2024-02-14	1625	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		Y
2024-02-14	1630	Everyday Gourmet With Justine Schofield	Ep 23	Justine makes her twice cooked duck with celeriac salad. Emma Dean joins her in the kitchen to whip up her pork and fennel meatballs with risoni. Justine also cooks a delicious prune flan.	AUSTRALIA	English-100		G		
2024-02-14	1700	Taiwan Bites	24 Hour Bites	Taiwan boasts of a 24/7 food culture, but Eric is adamant that this tradition is more than just the night markets. He investigates the evolution of this habit and uncovers a hotpot innovation.	TAIWAN	English-100		M	I	Y
2024-02-14	1755	Cook Up With Adam Liaw Bitesize	Pouding Chomeur	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
2024-02-14	1800	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-02-14	1830	Mary Makes It Easy	Mare Of Cheesetown	Cheese is on the short list of Mary's true loves, so it's time for another round of all-cheese everything! App, mains, and dessert, oh my.	CANADA	English-100		G		
2024-02-14	1900	The Cook Up With Adam Liaw	Simple Supper	Adam, comedian Gen Fricker, and chef at The Old Fitz Anna Ugarte-Carral are in the Cook Up kitchen to create dinner meals that are of the simple kind.	AUSTRALIA	English-100	RPT	G		Y
2024-02-14	1930	Paradise Kitchen Bali	Potato	Lauren shows us the culinary possibilities of the humble potato. On how to make perfect crispy potato wedges, a hearty potato and vegetable curry, and homemade gnocchi that is hard to beat.	NETHERLANDS	English-90; Balinese-10		G		Y Y
2024-02-14	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 6	Get tangled in today's episode with Kirsten's creamy semifreddo paired with strawberries or keep it simple and treat yourself with lovely chocolate lollipops.	AUSTRALIA	English-100		G		
2024-02-14	2030	James Martin's Spanish Adventure	Cordoba	James tours Cordoba on an Eco Tuk Tuk. He visits a food market, eats oxtail at a Michelin Star restaurant, helps judge a salmorejo competition, and we see how pastel cordoba is made.	UNITED KINGDOM	English-100		PG	a w	Y

2024-02-14	2130	Come Dine With Me UK	Guildford Day 3	It's the third day in Guildford and Charlotte's turn to host. She's taken a risk with her Asian inspired menu and is worried that entertainments manager David will find her food too exotic.	UNITED KINGDOM	English-100		PG		
2024-02-14	2200	Come Dine With Me UK	Guildford Day 4	It's the penultimate day in Guildford and the turn of entertainments manager David to host. And with simple food, it's David's fun, excitement and entertainment that are the main event.	UNITED KINGDOM	English-100		PG		
2024-02-14	2230	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.			RPT	G		Y
2024-02-14	2300	Bizarre Foods: Delicious Destinations	Zagreb	Andrew dives into the fairytale-like city of Zagreb, Croatia. The city's cuisine has a meat-centric menu and celebrates iconic dishes like porky kotlovina, tender veal cheeks and stuffed peppers.	USA	English-100		G		Y
2024-02-14	2330	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G		
2024-02-14	2400	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-02-14	2430	Top Chef	Whatever Floats Your Boat	With more shoreline than Florida, Kentucky is a hotbed for houseboats. For this elimination challenge, the chefs are split into two teams and tasked with throwing raging party in Lake Cumberland.	USA	English-100		PG	l	Y
2024-02-14	2525	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		
2024-02-14	2530	Paradise Kitchen Bali	Potato	Lauren shows us the culinary possibilities of the humble potato. On how to make perfect crispy potato wedges, a hearty potato and vegetable curry, and homemade gnocchi that is hard to beat.	NETHERLANDS	English-90; Balinese-10		G		Y Y
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2024-02-15	0630	My Greek Table With Diane Kochilas	Evia - An Island Hiding In Plain Sight	Back in her own kitchen, mushrooms, wine and a few other local specialties play out in three delectable dishes Diane creates, inspired by the flavors of a "secret" land.	USA	English-50; Greek-50	G			
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2024-02-15	0730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 3	Silvia meets with some distant cousins living in Australia and they spend the afternoon cooking one of the Abruzzo region's most traditional soups.	AUSTRALIA	English-90; Italian-10	G			Y Y
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2024-02-15	1030	Mary Makes It Easy	Mare Of Cheesetown	Cheese is on the short list of Mary's true loves, so it's time for another round of all-cheese everything! App, mains, and dessert, oh my.	CANADA	English-100	G			
2024-02-15	1100	The Cook Up With Adam Liaw	Simple Supper	Adam, comedian Gen Fricker, and chef at The Old Fitz Anna Ugarte-Carral are in the Cook Up kitchen to create dinner meals that are of the simple kind.	AUSTRALIA	English-100	RPT	G		Y
2024-02-15	1130	Paradise Kitchen Bali	Potato	Lauren shows us the culinary possibilities of the humble potato. On how to make perfect crispy potato wedges, a hearty potato and vegetable curry, and homemade gnocchi that is hard to beat.	NETHERLANDS	English-90; Balinese-10	G			Y Y
2024-02-15	1200	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 6	Get tangled in today's episode with Kirsten's creamy semifreddo paired with strawberries or keep it simple and treat yourself with lovely chocolate lollipops.	AUSTRALIA	English-100	G			
2024-02-15	1230	Bizarre Foods: Delicious Destinations	Zagreb	Andrew dives into the fairytale-like city of Zagreb, Croatia. The city's cuisine has a meat-centric menu and celebrates iconic dishes like porky kotlovina, tender veal cheeks and stuffed peppers.	USA	English-100	G			Y

2024-02-15	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 54	Elena and Khanh are in the kitchen today cooking a Summer Sweet and Spicy Salad. Khanh is on the road with David Mann showing him a Charred Corn on the cob, perfect for camping.	AUSTRALIA	English-100		G		
2024-02-15	1330	David Rocco's Dolce India	Mumbai Italiano	There's a growing community of Italian ex-pats living in Mumbai, and David goes to meet them. David and his newfound Italian friends bring the dolce vita to Mumbai.	CANADA	English-100		PG	a l v w	Y
2024-02-15	1400	My Greek Table With Diane Kochilas	Culinary Tapestry Of Corfu, The	Diane cooks up a Corfiot storm of mixed braised greens with feta, and a famed island fish stew called bourtheto.	USA	English-50; Greek-50		G		
2024-02-15	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G		Y
2024-02-15	1500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 4	Silvia pairs pasta with some of her favourite sauces and salads, and shares how to make maccheroni al ferro by hand.	AUSTRALIA	English-90; Italian-10		G		Y Y
2024-02-15	1530	Top Chef	Music City USA	The chefs take a roadtrip to Nashville and have the honor of cooking on the stage of the Grand Ole Opry for country music sensation Hunter Hayes.	USA	English-100		PG	l	Y
2024-02-15	1625	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		Y
2024-02-15	1630	Everyday Gourmet With Justine Schofield	Ep 24	Justine cooks her delicious chicken curry puffs with minted yoghurt, Shaun Presland drops in to show his beef and potato croquette and Justine gives you some great tips on tenderising meat.	AUSTRALIA	English-100		G		
2024-02-15	1700	Taiwan Bites	Going Vegetarian	With the growing global appetite for plant-based diets, Eric peeks under the lid of Taiwan's vegetarian recipes old and new. A mix of spirituality and ideals bubbling in the cauldron.	TAIWAN	English-100		G		Y
2024-02-15	1755	Cook Up With Adam Liaw Bitesize	Almond Pudding With Ginger And Palm Sugar Syrup	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
2024-02-15	1800	Food Safari Water	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-02-15	1830	Mary Makes It Easy	Some Like It Hot	Hot sauce hive unite! Mary spices it up with recipes that bring the heat, including maple sriracha salmon and spicy pickled Caesar beans.	CANADA	English-100		G		
2024-02-15	1900	The Cook Up With Adam Liaw	Signature Dish At Home	TV personality and author Jason Roberts and head chef at Sydney restaurant Red Lantern Mark Jensen are in the Cook Up kitchen with Adam to create their signature dishes at home.	AUSTRALIA	English-100	RPT	G		Y
2024-02-15	1930	My Greatest Dishes	Richard Bainbridge	Classically trained Richard Bainbridge rose quickly through the ranks, he now shares four greatest dishes - prawn cocktail, roasted quail, a classic lemon tart, and Nan's freestanding trifle.	UNITED KINGDOM	English-100		G		
2024-02-15	2000	My Greatest Dishes	Daniel Clifford	Daniel Clifford is one of Britain's most renowned chefs. He shares four dishes - Nan's cheese scones, mushroom risotto, scallops with truffle, veal kidneys with a chicken and snail mousse.	UNITED KINGDOM	English-100		PG		

2024-02-15	2030	Rick Stein's Road To Mexico	Mexico City To Oaxaca	Heading south from the capital, Rick travels to Puebla, which conjures up images of Cortez and the Spanish conquest of Mexico. It is a city with impressive European architecture, and the home of mole,	UNITED KINGDOM	English-100	PG	a l	Y
2024-02-15	2140	Come Dine With Me UK	Guildford Day 5	It's the final day in Guildford, and Neil is hoping to land the prize with his sophisticated menu of a caviar starter, Moroccan lamb main and an artistically angled panna cotta for dessert.	UNITED KINGDOM	English-100	PG		
2024-02-15	2205	Come Dine With Me UK	Exeter Day 1	35-year-old salon owner Hannah is hoping to impress her guests with a menu bursting with taste sensations, but her technique of combining flavours she loves may not tickle the taste-buds of everyone.	UNITED KINGDOM	English-100	PG	a l	
2024-02-15	2230	The Cook Up With Adam Liaw	Mango	Host Adam Liaw is joined by Universal/Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to create their favourite mango dishes.			RPT	G	Y
2024-02-15	2300	Bizarre Foods: Delicious Destinations	Krakow	From peasant food to royal snacks, Andrew reveals what makes the food scene in Krakow, Poland, so delicious. The city's edible symbols take the form of pierogis, and hearty stuffed cabbage rolls.	USA	English-100	G		
2024-02-15	2330	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100	G		
2024-02-15	2400	Food Safari Water	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce.	AUSTRALIA	English-100	RPT	PG	a w Y
2024-02-15	2430	Top Chef	Music City USA	The chefs take a roadtrip to Nashville and have the honor of cooking on the stage of the Grand Ole Opry for country music sensation Hunter Hayes.	USA	English-100	PG	l	Y
2024-02-15	2525	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	Y
2024-02-15	2530	My Greatest Dishes	Richard Bainbridge	Classically trained Richard Bainbridge rose quickly through the ranks, he now shares four greatest dishes - prawn cocktail, roasted quail, a classic lemon tart, and Nan's freestanding trifle.	UNITED KINGDOM	English-100	G		
2024-02-15	2600	My Greatest Dishes	Daniel Clifford	Daniel Clifford is one of Britain's most renowned chefs. He shares four dishes - Nan's cheese scones, mushroom risotto, scallops with truffle, veal kidneys with a chicken and snail mousse.	UNITED KINGDOM	English-100	PG		
2024-02-15	2630	Rick Stein's Road To Mexico	Mexico City To Oaxaca	Heading south from the capital, Rick travels to Puebla, which conjures up images of Cortez and the Spanish conquest of Mexico. It is a city with impressive European architecture, and the home of mole,	UNITED KINGDOM	English-100	PG	a l	Y
2024-02-15	2740	Come Dine With Me UK	Guildford Day 5	It's the final day in Guildford, and Neil is hoping to land the prize with his sophisticated menu of a caviar starter, Moroccan lamb main and an artistically angled panna cotta for dessert.	UNITED KINGDOM	English-100	PG		
2024-02-15	2805	Come Dine With Me UK	Exeter Day 1	35-year-old salon owner Hannah is hoping to impress her guests with a menu bursting with taste sensations, but her technique of combining flavours she loves may not tickle the taste-buds of everyone.	UNITED KINGDOM	English-100	PG	a l	
2024-02-15	2830	The Cook Up With Adam Liaw	Mango	Host Adam Liaw is joined by Universal/Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to create their favourite mango dishes.			RPT	G	Y

2024-02-16	0500	Bizarre Foods: Delicious Destinations	Krakow	From peasant food to royal snacks, Andrew reveals what makes the food scene in Krakow, Poland, so delicious. The city's edible symbols take the form of pierogis, and hearty stuffed cabbage rolls.	USA	English-100		G		
2024-02-16	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 54	Elena and Khanh are in the kitchen today cooking a Summer Sweet and Spicy Salad. Khanh is on the road with David Mann showing him a Charred Corn on the cob, perfect for camping.	AUSTRALIA	English-100		G		
2024-02-16	0600	David Rocco's Dolce India	Mumbai Italiano	There's a growing community of Italian ex-pats living in Mumbai, and David goes to meet them. David and his newfound Italian friends bring the dolce vita to Mumbai.	CANADA	English-100		PG	a l v w	Y
2024-02-16	0630	My Greek Table With Diane Kochilas	Culinary Tapestry Of Corfu, The	Diane cooks up a Corfiot storm of mixed braised greens with feta, and a famed island fish stew called bourtheto.	USA	English-50; Greek-50		G		
2024-02-16	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G		Y
2024-02-16	0730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 4	Silvia pairs pasta with some of her favourite sauces and salads, and shares how to make maccheroni al ferro by hand.	AUSTRALIA	English-90; Italian-10		G		Y Y
2024-02-16	0800	Everyday Gourmet With Justine Schofield	Ep 24	Justine cooks her delicious chicken curry puffs with minted yoghurt, Shaun Presland drops in to show his beef and potato croquette and Justine gives you some great tips on tenderising meat.	AUSTRALIA	English-100		G		
2024-02-16	0830	Top Chef	Music City USA	The chefs take a roadtrip to Nashville and have the honor of cooking on the stage of the Grand Ole Opry for country music sensation Hunter Hayes.	USA	English-100		PG	l	Y
2024-02-16	0925	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		Y
2024-02-16	0930	Taiwan Bites	Going Vegetarian	With the growing global appetite for plant-based diets, Eric peeks under the lid of Taiwan's vegetarian recipes old and new. A mix of spirituality and ideals bubbling in the cauldron.	TAIWAN	English-100		G		Y
2024-02-16	1025	Cook Up With Adam Liaw Bitesize	Almond Pudding With Ginger And Palm Sugar Syrup	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
2024-02-16	1030	Mary Makes It Easy	Some Like It Hot	Hot sauce hive unite! Mary spices it up with recipes that bring the heat, including maple sriracha salmon and spicy pickled Caesar beans.	CANADA	English-100		G		
2024-02-16	1100	The Cook Up With Adam Liaw	Signature Dish At Home	TV personality and author Jason Roberts and head chef at Sydney restaurant Red Lantern Mark Jensen are in the Cook Up kitchen with Adam to create their signature dishes at home.	AUSTRALIA	English-100	RPT	G		Y
2024-02-16	1130	My Greatest Dishes	Richard Bainbridge	Classically trained Richard Bainbridge rose quickly through the ranks, he now shares four greatest dishes - prawn cocktail, roasted quail, a classic lemon tart, and Nan's freestanding trifle.	UNITED KINGDOM	English-100		G		
2024-02-16	1200	My Greatest Dishes	Daniel Clifford	Daniel Clifford is one of Britain's most renowned chefs. He shares four dishes - Nan's cheese scones, mushroom risotto, scallops with truffle, veal kidneys with a chicken and snail mousse.	UNITED KINGDOM	English-100		PG		

2024-02-16	1230	Bizarre Foods: Delicious Destinations	Krakow	From peasant food to royal snacks, Andrew reveals what makes the food scene in Krakow, Poland, so delicious. The city's edible symbols take the form of pierogis, and hearty stuffed cabbage rolls.	USA	English-100		G		
2024-02-16	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 55	On this episode of My Market Kitchen, Elena shows us a family favourite Roasted Lamb Rack. Then we head to the wineries to learn about the perfect wine to pair with Khanh Olive and Ricotta Puffs.	AUSTRALIA	English-100		G		
2024-02-16	1330	David Rocco's Dolce India	Chef's Challenge	David is challenged to an Indo-Italian cook off by ITC Maratha's Executive Chef Rajdeep Kapoor. The three round cook off will pit Indian against Italian cuisine using a common star ingredient.	CANADA	English-100		PG	I	
2024-02-16	1400	My Greek Table With Diane Kochilas	Saving The Earth On Paros	Diane learns the sustainable food ways of Paros, and cooks up a few local specialties.	USA	English-50; Greek-50		G		
2024-02-16	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-02-16	1500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 5	Silvia shares delicious gluten-free alternatives to some of Italy's most classic and authentic meals including red lentil penne with ragout and risotto with beetroot and stracciatella.	AUSTRALIA	English-90; Italian-10		G		Y
2024-02-16	1530	Top Chef	Hoop Dreams	Kentucky based Top Chef alum Ed Lee drops by for a Quickfire that's part trivia, part culinary creativity.	USA	English-100		PG	I	Y
2024-02-16	1625	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2024-02-16	1630	Everyday Gourmet With Justine Schofield	Ep 25	Justine makes her warm red lentil soup, Daniel Wilson comes in to show his rice crusted snapper and green papaya salad and Trish McKenzie whips up her dark chocolate peppermint slice.	AUSTRALIA	English-100		G		
2024-02-16	1700	Taiwan Bites	Fusion	Taiwan's culinary culture has adapted from Japanese, Chinese and Euro-American palates. Eric learns how a new generation of Taiwanese chefs are exercising their birth right as natural fusion makers.	TAIWAN	English-100		PG	I	Y
2024-02-16	1755	Cook Up With Adam Liaw Bitesize	Lubia Polo	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
2024-02-16	1800	Food Safari Water	Surf And Turf	Maeve explores famous seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to intriguing and inspired flavours.	AUSTRALIA	English-100	RPT	G		Y
2024-02-16	1830	Mary Makes It Easy	Meat Cute	Mary uses easier-on-your-wallet meat cuts to make flavourful dishes, like pork chops au poivre and her mom's signature grilled flank steak.	CANADA	English-100		G		
2024-02-16	1900	The Cook Up With Adam Liaw	Hot And Spicy	The Cook Up kitchen and Adam host soccer legend Craig Foster and restaurant supervisor Fatima Awad Ali Salim to create hot and spicy dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-02-16	1930	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG		Y

2024-02-16	2040	Guillaume's Paris	Guillaume's Paris Series 1 Ep 9	Chef Guillaume Brahimi explores the 17th and 18th arrondissements of Paris where some of the best kept culinary secrets can be found, including a mushroom farm in an underground carpark.	AUSTRALIA	English-70; French-30	RPT	PG		Y	Y
2024-02-16	2105	Guillaume's Paris	Guillaume's Paris Series 1 Ep 10	Chef Guillaume Brahimi finishes his tour of Paris with an exploration of the bohemian hub of the city including a degustation of Parisian beer, and the fascinating neighbourhood of Edith Piaf.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2024-02-16	2135	Come Dine With Me UK	Exeter Day 2	Its day two of the competition in Exeter and funeral director and BMX fanatic Simon is hoping an evening of big portions and 'man' food will bag him the top spot.	UNITED KINGDOM	English-100		PG	a s		
2024-02-16	2200	Come Dine With Me UK	Exeter Day 3	It's the third day in Exeter and ladybird loving Pascale prepares a Vietnamese menu for her guests, full of flavour and colour. But her cooking attire for the starter leaves little to the imagination.	UNITED KINGDOM	English-100		PG	a s		
2024-02-16	2230	The Cook Up With Adam Liaw	Desert Island Dish	If you were stuck on a desert island, what is the one thing you would constantly crave to eat? Well, The Cook Up host Adam Liaw, singer Christine Anu and actor Remy Hii create just that!			RPT	G		Y	
2024-02-16	2300	Bizarre Foods: Delicious Destinations	Palm Springs	Andrew spotlights the glamorous desert oasis of Palm Springs, CA. The sunny resort city features new and iconic eateries serving up dishes like grilled rib eye and composed bone marrow butter.	USA	English-100		G			
2024-02-16	2330	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100		G			
2024-02-16	2400	Food Safari Water	Surf And Turf	Maeve explores famous seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to intriguing and and inspired flavours.	AUSTRALIA	English-100	RPT	G		Y	
2024-02-16	2430	Top Chef	Hoop Dreams	Kentucky based Top Chef alum Ed Lee drops by for a Quickfire that's part trivia, part culinary creativity.	USA	English-100		PG	l		Y
2024-02-16	2525	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-02-16	2530	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-02-16	2640	Guillaume's Paris	Guillaume's Paris Series 1 Ep 9	Chef Guillaume Brahimi explores the 17th and 18th arrondissements of Paris where some of the best kept culinary secrets can be found, including a mushroom farm in an underground carpark.	AUSTRALIA	English-70; French-30	RPT	PG		Y	Y
2024-02-16	2705	Guillaume's Paris	Guillaume's Paris Series 1 Ep 10	Chef Guillaume Brahimi finishes his tour of Paris with an exploration of the bohemian hub of the city including a degustation of Parisian beer, and the fascinating neighbourhood of Edith Piaf.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2024-02-16	2735	Come Dine With Me UK	Exeter Day 2	Its day two of the competition in Exeter and funeral director and BMX fanatic Simon is hoping an evening of big portions and 'man' food will bag him the top spot.	UNITED KINGDOM	English-100		PG	a s		
2024-02-16	2800	Come Dine With Me UK	Exeter Day 3	It's the third day in Exeter and ladybird loving Pascale prepares a Vietnamese menu for her guests, full of flavour and colour. But her cooking attire for the starter leaves little to the imagination.	UNITED KINGDOM	English-100		PG	a s		

2024-02-16	2830	The Cook Up With Adam Liaw	Desert Island Dish	If you were stuck on a desert island, what is the one thing you would constantly crave to eat? Well, The Cook Up host Adam Liaw, singer Christine Anu and actor Remy Hii create just that!			RPT	G		Y
2024-02-17	0500	Bizarre Foods: Delicious Destinations	Palm Springs	Andrew spotlights the glamorous desert oasis of Palm Springs, CA. The sunny resort city features new and iconic eateries serving up dishes like grilled rib eye and composed bone marrow butter.	USA	English-100		G		
2024-02-17	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 55	On this episode of My Market Kitchen, Elena shows us a family favourite Roasted Lamb Rack. Then we head to the wineries to learn about the perfect wine to pair with Khanhs Olive and Ricotta Puffs.	AUSTRALIA	English-100		G		
2024-02-17	0600	David Rocco's Dolce India	Chef's Challenge	David is challenged to an Indo-Italian cook off by ITC Maratha's Executive Chef Rajdeep Kapoor. The three round cook off will pit Indian against Italian cuisine using a common star ingredient.	CANADA	English-100		PG	I	
2024-02-17	0630	My Greek Table With Diane Kochilas	Saving The Earth On Paros	Diane learns the sustainable food ways of Paros, and cooks up a few local specialties.	USA	English-50; Greek-50		G		
2024-02-17	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-02-17	0730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 5	Silvia shares delicious gluten-free alternatives to some of Italy's most classic and authentic meals including red lentil penne with ragout and risotto with beetroot and straciatella.	AUSTRALIA	English-90; Italian-10		G		Y
2024-02-17	0800	Everyday Gourmet With Justine Schofield	Ep 25	Justine makes her warm red lentil soup, Daniel Wilson comes in to show his rice crusted snapper and green papaya salad and Trish McKenzie whips up her dark chocolate peppermint slice.	AUSTRALIA	English-100		G		
2024-02-17	0830	Top Chef	Hoop Dreams	Kentucky based Top Chef alum Ed Lee drops by for a Quickfire that's part trivia, part culinary creativity.	USA	English-100		PG	I	Y
2024-02-17	0925	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2024-02-17	0930	Taiwan Bites	Fusion	Taiwan's culinary culture has adapted from Japanese, Chinese and Euro-American palates. Eric learns how a new generation of Taiwanese chefs are exercising their birth right as natural fusion makers.	TAIWAN	English-100		PG	I	Y
2024-02-17	1025	Cook Up With Adam Liaw Bitesize	Lubia Polo	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
2024-02-17	1030	Mary Makes It Easy	Meat Cute	Mary uses easier-on-your-wallet meat cuts to make flavourful dishes, like pork chops au poivre and her mom's signature grilled flank steak.	CANADA	English-100		G		
2024-02-17	1100	The Cook Up With Adam Liaw	Hot And Spicy	The Cook Up kitchen and Adam host soccer legend Craig Foster and restaurant supervisor Fatima Awad Ali Salim to create hot and spicy dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-02-17	1130	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG		Y

2024-02-17	1240	Bizarre Foods: Delicious Destinations	Palm Springs	Andrew spotlights the glamorous desert oasis of Palm Springs, CA. The sunny resort city features new and iconic eateries serving up dishes like grilled rib eye and composed bone marrow butter.	USA	English-100		G			
2024-02-17	1305	Everyday Gourmet With Justine Schofield	Ep 25	Justine makes her warm red lentil soup, Daniel Wilson comes in to show his rice crusted snapper and green papaya salad and Trish McKenzie whips up her dark chocolate peppermint slice.	AUSTRALIA	English-100		G			
2024-02-17	1335	Taiwan Bites	Fusion	Taiwan's culinary culture has adapted from Japanese, Chinese and Euro-American palates. Eric learns how a new generation of Taiwanese chefs are exercising their birth right as natural fusion makers.	TAIWAN	English-100		PG	I	Y	
2024-02-17	1430	Mary Makes It Easy	Meat Cute	Mary uses easier-on-your-wallet meat cuts to make flavourful dishes, like pork chops au poivre and her mom's signature grilled flank steak.	CANADA	English-100		G			
2024-02-17	1500	The Cook Up With Adam Liaw	Hot And Spicy	The Cook Up kitchen and Adam host soccer legend Craig Foster and restaurant supervisor Fatima Awad Ali Salim to create hot and spicy dishes.	AUSTRALIA	English-100	RPT	G		Y	
2024-02-17	1530	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-02-17	1640	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-02-17	1740	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 3	Chef Khanh Ong travels to Cairns, Australia where he learns how to hunt mud crabs on the traditional fishing grounds of the Kuku Yalanji people, and cooks a whole wild pig over a fire.	AUSTRALIA	English-100		PG	a l w	Y	
2024-02-17	1835	Homegrown Tastes South Africa	Bounty Of The Sea	Lorna and former miss South Africa Jo-Ann Straus dive into fresh seafood, and the arts scene around Hout Bay.	UNITED KINGDOM	English-100		G			
2024-02-17	1935	Ainsley's Fantastic Flavours	Herby	This week all the dishes focus on the power of herbs. Ainsley Harriott cooks up a brilliant breakfast dish of fresh and herby huevos rancheros with Pico de Gallo.	UNITED KINGDOM	English-100		PG			
2024-02-17	2030	Rick Stein's Seafood Lovers' Guide	Episode 2	Rick starts his journey at Fraserburgh on the East coast of Scotland where he goes out on a huge trawler fishing for herring. In Sandend and Peterhead, he visits the fish market and find a wolf fish.	UNITED KINGDOM	English-100		PG	a w		
2024-02-17	2100	Rick Stein's Seafood Lovers' Guide	Episode 3	Rick travels along England's south coast and cooks up a variety of dishes along the way, such as monk fish with potatoes, pilchards on a bruchetta, oysters and salad.	UNITED KINGDOM	English-100		PG	a w		
2024-02-17	2130	Anthony Bourdain: No Reservations	Us Southwest	(S.4,Ep.18) US Southwest - Anthony takes an American road trip to explore the Southwest, which is all about roadside tacos, open wastelands, and rock stars Alice Cooper and Ted Nugent. #FoodNetworkAU	USA	English-100	RPT	PG			
2024-02-17	2225	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			
2024-02-17	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG		Y	

2024-02-17	2330	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG			
2024-02-17	2400	Rick Stein's Seafood Lovers' Guide	Episode 2	Rick starts his journey at Fraserburgh on the East coast of Scotland where he goes out on a huge trawler fishing for herring. In Sandend and Peterhead, he visits the fish market and find a wolf fish.	UNITED KINGDOM	English-100		PG	a w		
2024-02-17	2430	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-02-17	2530	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 3	Chef Khanh Ong travels to Cairns, Australia where he learns how to hunt mud crabs on the traditional fishing grounds of the Kuku Yalanji people, and cooks a whole wild pig over a fire.	AUSTRALIA	English-100		PG	a l w	Y	
2024-02-17	2625	Destination Flavour Japan Bitesize	Hokkaido	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
2024-02-17	2630	Homegrown Tastes South Africa	Bounty Of The Sea	Lorna and former miss South Africa Jo-Ann Straus dive into fresh seafood, and the arts scene around Hout Bay.	UNITED KINGDOM	English-100		G			
2024-02-17	2730	Ainsley's Fantastic Flavours	Herby	This week all the dishes focus on the power of herbs. Ainsley Harriott cooks up a brilliant breakfast dish of fresh and herby huevos rancheros with Pico de Gallo.	UNITED KINGDOM	English-100		PG			
2024-02-17	2825	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			
2024-02-17	2830	Rick Stein's Seafood Lovers' Guide	Episode 3	Rick travels along England's south coast and cooks up a variety of dishes along the way, such as monk fish with potatoes, pilchards on a bruchetta, oysters and salad.	UNITED KINGDOM	English-100		PG	a w		