



**WEEK 13: Sunday, 24 March - Saturday, 30 March 2024 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-03-24	0500	<b>Rick Stein's Food Heroes</b>	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot.	UNITED KINGDOM	English-100		PG	a		
2024-03-24	0530	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 1	Jimmy Doherty heads to Aotearoa to sample the finest and most surprising foods on the planet. He learns to gravity-fish and trade, heads to a women-only farm, and the oldest illegal distillery.	NEW ZEALAND	English-100		PG	a w		
2024-03-24	0630	<b>John Torode's Ireland</b>	Dublin To The Wicklow Mountain	John meets proprietor and chef Ciaran at this classic Dublin pub. He learns about the role of the pub in Dublin and Irish life, the colourful history of this pub.	UNITED KINGDOM	English-100		G			
2024-03-24	0725	<b>Please Eat Slowly Bitesize</b>	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			
2024-03-24	0730	<b>John Torode's Ireland</b>	Wicklow To Wexford	John visits this beautiful 800-year-old country estate with its own organic farm and restored 17th century gardens. He meets the restaurant chef, Niall, who shows him round the gardens.	UNITED KINGDOM	English-100		G			
2024-03-24	0825	<b>Cook Up With Adam Liaw Bitesize</b>	Chicken Sausage Poule Au Pot	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
2024-03-24	0830	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100		G			
2024-03-24	0900	<b>Barefoot Contessa: Back To Basics</b>	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce.	USA	English-100		G			

2024-03-24	0930	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 8	Khanh travels to Tasmania to hunt for truffles, explore a walnut farm and learn about the ethical harvesting of wallaby meat, a protein that is unique to Tasmania.	AUSTRALIA	English-100		PG	a l	Y
2024-03-24	1025	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2024-03-24	1030	<b>Evolving Vegan</b>	Austin	Deep in the heart of Texas is a vegan oasis. Mena explores the off-beat Texan Capitol's surprising plant-based bounty: fried 'chicken', larger-than-life biscuits, 'short rib' baos and vegan brisket.	CANADA	English-100		PG	a l	Y
2024-03-24	1125	<b>Destination Flavour China Bitesize</b>	Wenchang Chicken	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y
2024-03-24	1130	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 1	Jimmy Doherty heads to Aotearoa to sample the finest and most surprising foods on the planet. He learns to gravity-fish and trade, heads to a women-only farm, and the oldest illegal distillery.	NEW ZEALAND	English-100		PG	a w	
2024-03-24	1230	<b>John Torode's Ireland</b>	Dublin To The Wicklow Mountain	John meets proprietor and chef Ciaran at this classic Dublin pub. He learns about the role of the pub in Dublin and Irish life, the colourful history of this pub.	UNITED KINGDOM	English-100		G		
2024-03-24	1325	<b>Please Eat Slowly Bitesize</b>	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		
2024-03-24	1330	<b>Rick Stein's Food Heroes</b>	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG	a s w	
2024-03-24	1400	<b>The Cook Up With Adam Liaw</b>	Crispy Bites	Adam sets his sights on crispy bites, with Gourmet Traveller's Best New Talent Ollie Wong-Hee and award-winning actor Lincoln Younes.	AUSTRALIA	English-100	RPT	G		Y
2024-03-24	1430	<b>The Cook Up With Adam Liaw</b>	Cook Once Eat Twice	It's the ultimate night of tasty kitchen efficiency. Adam and his guests, NSW Good Food Guide Young Chef of the Year Shashank Achuta and The Good Farm Shop's Scott Gooding cook once but eat twice.	AUSTRALIA	English-100	RPT	G		Y
2024-03-24	1500	<b>The Cook Up With Adam Liaw</b>	Divine Desserts	Satisfy your sweet tooth with divine desserts from chef Sarah Todd, Councillor and author Yvonne Weldon, and Adam.	AUSTRALIA	English-100	RPT	G		Y

2024-03-24	1530	<b>The Cook Up With Adam Liaw</b>	Quick & Cosy	Ellie Hayes O'Brien from BABS Pops Up, and actor Christie Whelan Browne, join Adam to share their tricks for quick and cosy food.	AUSTRALIA	English-100	RPT	G	Y
2024-03-24	1600	<b>The Cook Up With Adam Liaw</b>	Mezze Table, The	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100		G	Y
2024-03-24	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 10	Giada organises a dog park picnic inspired by her dog Bruno for her friends with furry pals. The portable menu features chocolate peanut butter blondies and farro salad with mushroom and gorgonzola.	USA	English-100		G	
2024-03-24	1700	<b>Barefoot Contessa: Back To Basics</b>	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100		G	
2024-03-24	1730	<b>Taste Of France</b>	Solstice	Today we'll visit the wonderful city of Paris and one of the newly opened restaurants of Eric Trochon - Solstice - an informal yet elegant restaurant recently awarded with a Michelin star.	SWEDEN	English-50; French-50		G	Y
2024-03-24	1800	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100		G	
2024-03-24	1830	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 3	Michel visits an artisanal vermouth distillery in the Provençal countryside before barbecuing king-size scallops with white vermouth sauce. Then he creates oreillettes and crepes suzette for dessert.	UNITED KINGDOM	English-100		PG	Y
2024-03-24	1925	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G	
2024-03-24	1930	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 6	Jamie gets inspired by breakfasts while in Jerusalem, then rustles up spinach pancakes. He makes a creamy risotto with amazing roasted tomato, and visits a cookery class with a healthy twist.	UNITED KINGDOM	English-100		G	
2024-03-24	2030	<b>Remarkable Places To Eat</b>	Rome	Chef Giorgio Locatelli takes Fred to Rome in search of the city's most exciting eats. Sublime pasta, fluffy gnocchi and the world's best pizza - all delicious but affordable.	UNITED KINGDOM	English-100		G	Y

2024-03-24	2130	<b>Anthony Bourdain: No Reservations</b>	Buffalo, Baltimore And Detroit	In the bleak mid-winter, and with his trusty sidekick Zamir along for the ride, Tony travels to the heart and soul of America's rust belt with stops in Baltimore, Detroit and Buffalo.	USA	English-100	RPT	PG	
2024-03-24	2225	<b>Please Eat Slowly Bitesize</b>	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	
2024-03-24	2230	<b>The Wine Show</b>	Wine Show Series 1 Ep 6, The	From their villa HQ in the Italian hills, the boys travel to visit a vineyard once owned by Michelangelo and try their hand at designing their own wine label.	UNITED KINGDOM	English-100	RPT	G	Y
2024-03-24	2330	<b>The Cook And The Chef</b>	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G	
2024-03-24	2400	<b>Barefoot Contessa: Back To Basics</b>	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100		G	
2024-03-24	2430	<b>Taste Of France</b>	Solstice	Today we'll visit the wonderful city of Paris and one of the newly opened restaurants of Eric Trochon - Solstice - an informal yet elegant restaurant recently awarded with a Michelin star.	SWEDEN	English-50; French-50		G	Y
2024-03-24	2500	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100		G	
2024-03-24	2530	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 3	Michel visits an artisanal vermouth distillery in the Provençal countryside before barbecuing king-size scallops with white vermouth sauce. Then he creates oreillettes and crepes suzette for dessert.	UNITED KINGDOM	English-100		PG	Y
2024-03-24	2625	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G	
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2024-03-25	1200	<b>Barefoot Contessa: Back To Basics</b>	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100	G	
2024-03-25	1230	<b>Masters Of Savours</b>	Masters Of Tea	From the legendary Darjeeling valleys of India to the Japanese hills of Shizuoka, we join experts as they uncover the fascinating world of tea.	FRANCE	English-100	G	
2024-03-25	1330	<b>David Rocco's Dolce Homemade</b>	Stars And Stables	From Michelin star restaurants to the farm and stables of la cucina povera, guest Leandro Baldassarre shares his passion for food and brings an artisanal craftsmanship to pasta making.	CANADA	English-100	PG	
2024-03-25	1400	<b>Pati's Mexican Table</b>	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca, and their influence on the customs and cuisine.	USA	English-100	G	

2024-03-25	1430	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 4	Maeye O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, prawn fishermen on the Clarence River, and Ukrainian Easter egg decorating.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-03-25	1500	<b>David Rocco's Dolce Africa</b>	Nairobi, Green City In The Sun	To find out what it means to be Kenyan, David travels to Nairobi and meets an eclectic variety of local artists and entrepreneurs who open his eyes to the joys and challenges of city life.	CANADA	English-100		PG	a l s v		
2024-03-25	1530	<b>Ainsley's Good Mood Food</b>	Honey	Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad.	UNITED KINGDOM	English-100		G			
2024-03-25	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-25	1630	<b>Comfort Food With Spencer Watts</b>	Noodles	Nestled in a cosy winter getaway, chef Spencer Watts prepares delicious food that warms the heart and feeds the soul. In this episode he prepares a rich spaghetti and jumbo meatballs.	CANADA	English-100		G			
2024-03-25	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 51	Justine makes a hearty potato ragout, shows you her super simple chocolate covered strawberries and has Alvin Quah in to make his kung po pork.	AUSTRALIA	English-100		G			
2024-03-25	1730	<b>Cook Like An Italian With Silvia Colloca</b>	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
2024-03-25	1800	<b>Luke Nguyen's Street Food Asia</b>	Jakarta, Indonesia - Part 2	Luke completes his street food journey in Jakarta, Indonesia where he visits a busy stall that's been serving a traditional Indonesian salad since 1961.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-03-25	1830	<b>Lidia's Kitchen</b>	Dress Up Dinner	The dishes might 'look' a little fancy, but they are super easy and give a little flair to your dinners! Lidia makes Belgian red endive salad, naked ricotta dumplings, and chats about stuffed tomatoes.	USA	English-100		G			
2024-03-25	1900	<b>The Cook Up With Adam Liaw</b>	One Pan Spicy Veg	Two of Australia's hottest young chefs, Rosheen Kaul from Etta and Aleksis Kalnins from Hazel, join Adam to make their most tastebud-tingling one pan spicy veg.	AUSTRALIA	English-100		G			

2024-03-25	1930	<b>Nadiya's Party Feast</b>	Nadiya's Party Feast	Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!	UNITED KINGDOM	English-100		G		
2024-03-25	2040	<b>Nigellissima</b>	Nigellissima Series 1 Ep 5	Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G		Y
2024-03-25	2110	<b>Paula McIntyre's Hamely Kitchen</b>	Paula McIntyre's Hamely Kitchen Series 1	Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes; cake and gratin.	UNITED KINGDOM	English-100		PG		
2024-03-25	2140	<b>Come Dine With Me UK</b>	Cardiff: Ashley	Ashley whose aim is to deliver a night of nostalgia from his childhood. His creative menu touches on 70s classics, but will the theatre in his food pack a punch to the taste buds?	UNITED KINGDOM	English-100		PG		a
2024-03-25	2205	<b>Come Dine With Me UK</b>	Cardiff: Giulio	Steel Worker, Giulio, is hoping to let his guests experience an authentic Italian night. After all the comments across the week, he has left himself open to criticism for tonight.	UNITED KINGDOM	English-100		PG		
2024-03-25	2230	<b>The Cook Up With Adam Liaw</b>	One Pan Spicy Veg	Two of Australia's hottest young chefs, Rosheen Kaul from Etta and Aleksis Kalnins from Hazel, join Adam to make their most tastebud-tingling one pan spicy veg.	AUSTRALIA	English-100		G		
2024-03-25	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Wild Turkey Legs	Chef Andrew Zimmern shares a genius technique for butchering and grilling butterflied turkey legs over an open fire, an easy way to ensure the meat is cooked perfectly without drying it out.	USA	English-100		G		
2024-03-25	2330	<b>The Cook And The Chef</b>	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		
2024-03-25	2400	<b>Luke Nguyen's Street Food Asia</b>	Jakarta, Indonesia - Part 2	Luke completes his street food journey in Jakarta, Indonesia where he visits a busy stall that's been serving a traditional Indonesian salad since 1961.	AUSTRALIA	English-100	RPT	G		Y Y
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2024-03-25	2800	<b>Andrew Zimmern's Wild Game Kitchen</b>	Wild Turkey Legs	Chef Andrew Zimmern shares a genius technique for butchering and grilling butterflyed turkey legs over an open fire, an easy way to ensure the meat is cooked perfectly without drying it out.	USA	English-100	G	
2024-03-25	2830	<b>The Cook And The Chef</b>	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100	G	
2024-03-26	0500	<b>Lidia's Kitchen</b>	Dress Up Dinner	The dishes might 'look' a little fancy, but they are super easy and give a little flair to your dinners! Lidia makes Belgian red endive salad, naked ricotta dumplings, and chats about stuffed tomatoes.	USA	English-100	G	
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2024-03-26	0830	<b>Ainsley's Good Mood Food</b>	Honey	Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad.	UNITED KINGDOM	English-100		G			
2024-03-26	0925	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-26	0930	<b>Comfort Food With Spencer Watts</b>	Noodles	Nestled in a cosy winter getaway, chef Spencer Watts prepares delicious food that warms the heart and feeds the soul. In this episode he prepares a rich spaghetti and jumbo meatballs.	CANADA	English-100		G			
2024-03-26	1000	<b>Everyday Gourmet With Justine Schofield</b>	Ep 51	Justine makes a hearty potato ragout, shows you her super simple chocolate covered strawberries and has Alvin Quah in to make his kung po pork.	AUSTRALIA	English-100		G			
2024-03-26	1030	<b>Lidia's Kitchen</b>	Dress Up Dinner	The dishes might 'look' a little fancy, but they are super easy and give a little flair to your dinners! Lidia makes Belgian red endive salad, naked ricotta dumplings, and chats about stuffed tomatoes.	USA	English-100		G			
2024-03-26	1100	<b>The Cook Up With Adam Liaw</b>	One Pan Spicy Veg	Two of Australia's hottest young chefs, Rosheen Kaul from Etta and Aleksis Kalnins from Hazel, join Adam to make their most tastebud-tingling one pan spicy veg.	AUSTRALIA	English-100		G			
2024-03-26	1130	<b>Nadiya's Party Feast</b>	Nadiya's Party Feast	Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!	UNITED KINGDOM	English-100		G			
2024-03-26	1235	<b>Masters Of Savours</b>	Masters Of Rice	Join us on a journey deeply rooted in Asia where we discover local customs around the common but spectacular grain: rice.	FRANCE	English-100		PG			
2024-03-26	1335	<b>David Rocco's Dolce Homemade</b>	Sunday Pranzo	Starting off the morning with the smell of tomato sauce simmering on the stove and espresso brewing in a moka pot, David takes us back to his roots and the magic of the family Sunday meal.	CANADA	English-100		G			

2024-03-26	1400	<b>Pati's Mexican Table</b>	Art Of Mole, The	Pati explores the history and importance of mole. She shares a few of her favourite recipes including mole verde with pork and white beans, and chicken almadrado.	USA	English-100		G		
2024-03-26	1430	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, gourmet foods in Darwin, and a master barista demonstrates fine coffee making.	AUSTRALIA	English-100	RPT	G		Y
2024-03-26	1500	<b>David Rocco's Dolce Africa</b>	Maasai People, The	The Rocco family journeys into the Maasai Mara to spend a day with the nomadic Maasai tribe. David learns what it's like to be a traditional Maasai warrior, from their rituals to their feasts.	CANADA	English-100		PG	a w	
2024-03-26	1530	<b>Ainsley's Good Mood Food</b>	Nuts And Seeds	Ainsley is using nuts and seeds to create all his tasty dishes in today's show, His first recipe roasted beetroot, candied walnut and goat's cheese salad is full of earthy flavours using nuts.	UNITED KINGDOM	English-100		G		
2024-03-26	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-03-26	1630	<b>Comfort Food With Spencer Watts</b>	Brunch Food	Spencer and the crew are having some bad weather. Snow and sleet inspire some brunch dishes including apple cereal dusted popovers, and a skillet sweet potato and sausage egg bake.	CANADA	English-100		G		
2024-03-26	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 52	Adam Swanson visits the kitchen to make his spiced veal osso bucco with herbed risoni. Justine makes a mouth-watering vanilla slice and a healthy mango and camu frozen yoghurt.	AUSTRALIA	English-100		G		
2024-03-26	1730	<b>Cook Like An Italian With Silvia Colloca</b>	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
2024-03-26	1800	<b>Luke Nguyen's India</b>	Bangalore Part 1	Luke's starts in Bangalore where he visits the nearly 100-year-old restaurant to discover the importance of coffee culture in Southern India and meets with local food journalist, Joshua Muyiwa.	AUSTRALIA	English-99; Kannada-1		G		Y Y
2024-03-26	1830	<b>Lidia's Kitchen</b>	Breakfast At Lidia's	Colazione! It's breakfast time, and Lidia makes some Italian touches to American classics - fried potatoes with sausage and eggs, bacon, egg, and cheese risotto, and finally ricotta pancakes.	USA	English-100		PG		

2024-03-26	1900	<b>The Cook Up With Adam Liaw</b>	Herbs & Spices	Adam and his guests, talented home cook Monzir Hamdin and Head Chef Matteo Zamboni, reveal their favourite herbs and spices. And then cook with them, of course. It's a cooking show after all.	AUSTRALIA	English-100	G		
2024-03-26	1930	<b>Rachel Khoo's Simple Pleasures</b>	Tips And Tricks	Rachel Khoo gives us her culinary tips and tricks of the trade for creating breathtaking food at home. With Rachel's knowledge and hints, ordinary ingredients can be elevated into extraordinary meals.	USA	English-100	G		
2024-03-26	2000	<b>Selena + Chef</b>	Selena + Jose Andres	Chef, restaurateur, and humanitarian Jose Andres challenges Selena to free herself from precise recipes and use her imagination to craft a fresh, colourful tapas spread.	USA	English-100	G		
2024-03-26	2030	<b>Choccywoccydoodah: Starstruck</b>	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	a	l
2024-03-26	2130	<b>Come Dine With Me UK</b>	Swansea: Rachel	44-year-old, post woman and yoga enthusiast, Rachel is hoping to wow her guests with an evening dedicated to healthy home cooking, inspired by her weight loss journey. Will it be enough to win?	UNITED KINGDOM	English-100	PG		
2024-03-26	2200	<b>Come Dine With Me UK</b>	Swansea: Luke	Civil servant Luke, is hoping to blow his guests' minds with his risky, all spicy menu, in a bid to land the 1,000 pound prize. But will the fun and frolics make up for the mouth-burning meal?	UNITED KINGDOM	English-100	PG		
2024-03-26	2230	<b>The Cook Up With Adam Liaw</b>	Herbs & Spices	Adam and his guests, talented home cook Monzir Hamdin and Head Chef Matteo Zamboni, reveal their favourite herbs and spices. And then cook with them, of course. It's a cooking show after all.	AUSTRALIA	English-100	G		
2024-03-26	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Carne Adovada	Learn to make carne adovada with Andrew Zimmern's easy tips for butchering wild hog shoulder to braise with lots of chiles, vinegar and Mexican oregano in a Dutch oven over an open fire.	USA	English-100	G		
2024-03-26	2330	<b>The Cook And The Chef</b>	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100	G		
2024-03-26	2400	<b>Luke Nguyen's India</b>	Bangalore Part 1	Luke's starts in Bangalore where he visits the nearly 100-year-old restaurant to discover the importance of coffee culture in Southern India and meets with local food journalist, Joshua Muiyiwa.	AUSTRALIA	English-99; Kannada-1	G	Y	Y

2024-03-26	2430	<b>Rachel Khoo's Simple Pleasures</b>	Tips And Tricks	Rachel Khoo gives us her culinary tips and tricks of the trade for creating breathtaking food at home. With Rachel's knowledge and hints, ordinary ingredients can be elevated into extraordinary meals.	USA	English-100	G	
2024-03-26	2500	<b>Selena + Chef</b>	Selena + Jose Andres	Chef, restaurateur, and humanitarian Jose Andres challenges Selena to free herself from precise recipes and use her imagination to craft a fresh, colourful tapas spread.	USA	English-100	G	
2024-03-26	2530	<b>Choccywoccydoodah: Starstruck</b>	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	a l
2024-03-26	2630	<b>Come Dine With Me UK</b>	Swansea: Rachel	44-year-old, post woman and yoga enthusiast, Rachel is hoping to wow her guests with an evening dedicated to healthy home cooking, inspired by her weight loss journey. Will it be enough to win?	UNITED KINGDOM	English-100	PG	
2024-03-26	2700	<b>Come Dine With Me UK</b>	Swansea: Luke	Civil servant Luke, is hoping to blow his guests' minds with his risky, all spicy menu, in a bid to land the 1,000 pound prize. But will the fun and frolics make up for the mouth-burning meal?	UNITED KINGDOM	English-100	PG	
2024-03-26	2730	<b>The Cook Up With Adam Liaw</b>	Herbs & Spices	Adam and his guests, talented home cook Monzir Hamdin and Head Chef Matteo Zamboni, reveal their favourite herbs and spices. And then cook with them, of course. It's a cooking show after all.	AUSTRALIA	English-100	G	
2024-03-26	2800	<b>Andrew Zimmern's Wild Game Kitchen</b>	Carne Adovada	Learn to make carne adovada with Andrew Zimmern's easy tips for butchering wild hog shoulder to braise with lots of chiles, vinegar and Mexican oregano in a Dutch oven over an open fire.	USA	English-100	G	
2024-03-26	2830	<b>The Cook And The Chef</b>	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100	G	
2024-03-27	0500	<b>Lidia's Kitchen</b>	Breakfast At Lidia's	Colazione! It's breakfast time, and Lidia makes some Italian touches to American classics - fried potatoes with sausage and eggs, bacon, egg, and cheese risotto, and finally ricotta pancakes.	USA	English-100	PG	
2024-03-27	0530	<b>Masters Of Savours</b>	Masters Of Rice	Join us on a journey deeply rooted in Asia where we discover local customs around the common but spectacular grain: rice.	FRANCE	English-100	PG	

2024-03-27	0630	<b>David Rocco's Dolce Homemade</b>	Sunday Pranzo	Starting off the morning with the smell of tomato sauce simmering on the stove and espresso brewing in a moka pot, David takes us back to his roots and the magic of the family Sunday meal.	CANADA	English-100		G	
2024-03-27	0700	<b>Pati's Mexican Table</b>	Art Of Mole, The	Pati explores the history and importance of mole. She shares a few of her favourite recipes including mole verde with pork and white beans, and chicken almendrado.	USA	English-100		G	
2024-03-27	0730	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, gourmet foods in Darwin, and a master barista demonstrates fine coffee making.	AUSTRALIA	English-100	RPT	G	Y
2024-03-27	0800	<b>David Rocco's Dolce Africa</b>	Maasai People, The	The Rocco family journeys into the Maasai Mara to spend a day with the nomadic Maasai tribe. David learns what it's like to be a traditional Maasai warrior, from their rituals to their feasts.	CANADA	English-100		PG	a w
2024-03-27	0830	<b>Ainsley's Good Mood Food</b>	Nuts And Seeds	Ainsley is using nuts and seeds to create all his tasty dishes in today's show, His first recipe roasted beetroot, candied walnut and goat's cheese salad is full of earthy flavours using nuts.	UNITED KINGDOM	English-100		G	
2024-03-27	0925	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-03-27	0930	<b>Comfort Food With Spencer Watts</b>	Brunch Food	Spencer and the crew are having some bad weather. Snow and sleet inspire some brunch dishes including apple cereal dusted popovers, and a skillet sweet potato and sausage egg bake.	CANADA	English-100		G	
2024-03-27	1000	<b>Everyday Gourmet With Justine Schofield</b>	Ep 52	Adam Swanson visits the kitchen to make his spiced veal osso bucco with herbed risoni. Justine makes a mouth-watering vanilla slice and a healthy mango and camu frozen yoghurt.	AUSTRALIA	English-100		G	
2024-03-27	1030	<b>Lidia's Kitchen</b>	Breakfast At Lidia's	Colazione! It's breakfast time, and Lidia makes some Italian touches to American classics - fried potatoes with sausage and eggs, bacon, egg, and cheese risotto, and finally ricotta pancakes.	USA	English-100		PG	
2024-03-27	1100	<b>The Cook Up With Adam Liaw</b>	Herbs & Spices	Adam and his guests, talented home cook Monzir Hamdin and Head Chef Matteo Zamboni, reveal their favourite herbs and spices. And then cook with them, of course. It's a cooking show after all.	AUSTRALIA	English-100		G	

2024-03-27	1130	<b>Rachel Khoo's Simple Pleasures</b>	Tips And Tricks	Rachel Khoo gives us her culinary tips and tricks of the trade for creating breathtaking food at home. With Rachel's knowledge and hints, ordinary ingredients can be elevated into extraordinary meals.	USA	English-100		G	
2024-03-27	1200	<b>Selena + Chef</b>	Selena + Jose Andres	Chef, restaurateur, and humanitarian Jose Andres challenges Selena to free herself from precise recipes and use her imagination to craft a fresh, colourful tapas spread.	USA	English-100		G	
2024-03-27	1230	<b>Masters Of Savours</b>	Masters Of Wine	This episode takes us to the most prestigious wine "grands crus" to meet the men and women behind the nectar connoisseurs the world raves about.	FRANCE	English-100		G	
2024-03-27	1330	<b>David Rocco's Dolce Homemade</b>	Snacks	Called sfizi or antipasti in Italian, these little bites can be had as snacks or part of an entire meal. David spends the day making some of his favourite snacks that are fun to make and easy to eat.	CANADA	English-100		G	
2024-03-27	1400	<b>Pati's Mexican Table</b>	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100		G	
2024-03-27	1430	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, French cooking with home grown produce, and Australian grown mustard seed.	AUSTRALIA	English-100	RPT	G	Y
2024-03-27	1500	<b>David Rocco's Dolce Africa</b>	Streets Of Joburg	David spends the day exploring Johannesburg, a city whose street art scene has caused it to become the cutting edge of modern art in Africa. He joins with local graffiti artists to learn its history.	CANADA	English-100		PG	
2024-03-27	1530	<b>Ainsley's Good Mood Food</b>	Vegetables	Ainsley is getting his five a day as vegetables are the star of all today's recipes. There's a spicy start with his crispy cauliflower bites with a kickin' Korean sauce, great for sharing.	UNITED KINGDOM	English-100		G	
2024-03-27	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-03-27	1630	<b>Comfort Food With Spencer Watts</b>	Handhelds	Peak behind the scenes as Spencer juggles social media demands with his on-camera work and makes a jumbo rib sandwich with rainbow slaw and sweet BBQ sauce, and then a crispy fried fish sandwich.	CANADA	English-100		G	

2024-03-27	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 53	Justine makes a classic apricot chicken, some yummy chocolate and walnut custard pots and is shown a beautiful naan bread by Rishi Desai.	AUSTRALIA	English-100	PG		
2024-03-27	1730	<b>Cook Like An Italian With Silvia Colloca</b>	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
2024-03-27	1800	<b>Luke Nguyen's India</b>	Bangalore Part 2	Luke visits a local wrestling premises famous for its biryani. He gets to discover the growing Bangalore beer brewery scene before he visits a famous coffee house with an amazing local story.	AUSTRALIA	English-99; Kannada-1	G	Y	Y
2024-03-27	1830	<b>Lidia's Kitchen</b>	Prepare The Harvest	Harvest time starts in late August in Italy, and it is one of the most important celebrations in the culture! Lidia celebrates with her oat risotto, makes olive-oil cake and red wine poached pears.	USA	English-100	G		
2024-03-27	1900	<b>The Cook Up With Adam Liaw</b>	Feeling Fresh	Adam and his guests, chef Jerry Mai and musician Clare Bowditch, lighten things up with some fresh flavours.	AUSTRALIA	English-100	PG		
2024-03-27	1930	<b>Adam and Poh's Great Australian Bites</b>	Regional Victoria, Ballarat	Adam and Poh travel to Ballarat in regional Victoria hoping to find those three supporting pillars of Aussie culture and cuisine: a pub, a bakery, and a Chinese restaurant.	AUSTRALIA	English-100	G	Y	
2024-03-27	2000	<b>Tastes Of The Tropics : Iconic FNQ</b>	Taste Of The Tropics: Iconic Fnq	Samantha Martin discovers the tropical culinary abundance of Far North Queensland, from iconic Port Douglas, The Great Barrier Reef, The Daintree Rainforest and beyond!	AUSTRALIA	English-100	G		
2024-03-27	2030	<b>James Martin's Spanish Adventure</b>	Girona	In Girona, James visits an anchovy producer, sees how Ratafia is made, we meet chocolatier. He cooks anchovy topped tortilla, walnut and orange cake, beef fillet and a final tribute to Spain paella.	UNITED KINGDOM	English-100	PG	a w	
2024-03-27	2130	<b>Come Dine With Me UK</b>	Swansea: Anamika	27-year-old business analyst, Anamika, who is putting on a night of complicated cultural cuisine inspired by her hometown in India. Will her efforts be enough to clinch the prize in the end?	UNITED KINGDOM	English-100	PG		
2024-03-27	2200	<b>Come Dine With Me UK</b>	Swansea: Chris	Viking enthusiast, Chris, hopes to impress his guests with a fancy sounding menu made up of locally sourced ingredients. Tune in to see if his feast will be enough to conquer the competition.	UNITED KINGDOM	English-100	PG		
2024-03-27	2230	<b>The Cook Up With Adam Liaw</b>	Feeling Fresh	Adam and his guests, chef Jerry Mai and musician Clare Bowditch, lighten things up with some fresh flavours.	AUSTRALIA	English-100	PG		



2024-03-27	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Roasted Hog	For pig roast perfection, Andrew marinates a whole young hog in orange juice, vinegar and garlic before roasting it for several hours in a wooden box that cooks the pig with downward convective heat.	USA	English-100	G		
2024-03-27	2330	<b>The Cook And The Chef</b>	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100	G		
2024-03-27	2400	<b>Luke Nguyen's India</b>	Bangalore Part 2	Luke visits a local wrestling premises famous for its biryani. He gets to discover the growing Bangalore beer brewery scene before he visits a famous coffee house with an amazing local story.	AUSTRALIA	English-99; Kannada-1	G	Y	Y
2024-03-27	2430	<b>Adam and Poh's Great Australian Bites</b>	Regional Victoria, Ballarat	Adam and Poh travel to Ballarat in regional Victoria hoping to find those three supporting pillars of Aussie culture and cuisine: a pub, a bakery, and a Chinese restaurant.	AUSTRALIA	English-100	G	Y	
2024-03-27	2500	<b>Tastes Of The Tropics : Iconic FNQ</b>	Taste Of The Tropics: Iconic Fnq	Samantha Martin discovers the tropical culinary abundance of Far North Queensland, from iconic Port Douglas, The Great Barrier Reef, The Daintree Rainforest and beyond!	AUSTRALIA	English-100	G		
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2024-03-27	2630	<b>Come Dine With Me UK</b>	Swansea: Anamika	27-year-old business analyst, Anamika, who is putting on a night of complicated cultural cuisine inspired by her hometown in India. Will her efforts be enough to clinch the prize in the end?	UNITED KINGDOM	English-100	PG		
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2024-03-28	0500	<b>Lidia's Kitchen</b>	Prepare The Harvest	Harvest time starts in late August in Italy, and it is one of the most important celebrations in the culture! Lidia celebrates with her oat risotto, makes olive-oil cake and red wine poached pears.	USA	English-100		G	
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2024-03-28	0700	<b>Pati's Mexican Table</b>	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100		G	
2024-03-28	0730	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, French cooking with home grown produce, and Australian grown mustard seed.	AUSTRALIA	English-100	RPT	G	Y
2024-03-28	0800	<b>David Rocco's Dolce Africa</b>	Streets Of Joburg	David spends the day exploring Johannesburg, a city whose street art scene has caused it to become the cutting edge of modern art in Africa. He joins with local graffiti artists to learn its history.	CANADA	English-100		PG	
2024-03-28	0830	<b>Ainsley's Good Mood Food</b>	Vegetables	Ainsley is getting his five a day as vegetables are the star of all today's recipes. There's a spicy start with his crispy cauliflower bites with a kickin' Korean sauce, great for sharing.	UNITED KINGDOM	English-100		G	
2024-03-28	0925	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-03-28	0930	<b>Comfort Food With Spencer Watts</b>	Handhelds	Peak behind the scenes as Spencer juggles social media demands with his on-camera work and makes a jumbo rib sandwich with rainbow slaw and sweet BBQ sauce, and then a crispy fried fish sandwich.	CANADA	English-100		G	
2024-03-28	1000	<b>Everyday Gourmet With Justine Schofield</b>	Ep 53	Justine makes a classic apricot chicken, some yummy chocolate and walnut custard pots and is shown a beautiful naan bread by Rishi Desai.	AUSTRALIA	English-100		PG	

2024-03-28	1030	<b>Lidia's Kitchen</b>	Prepare The Harvest	Harvest time starts in late August in Italy, and it is one of the most important celebrations in the culture! Lidia celebrates with her oat risotto, makes olive-oil cake and red wine poached pears.	USA	English-100		G		
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2024-03-28	1200	<b>Tastes Of The Tropics : Iconic FNQ</b>	Taste Of The Tropics: Iconic Fnq	Samantha Martin discovers the tropical culinary abundance of Far North Queensland, from iconic Port Douglas, The Great Barrier Reef, The Daintree Rainforest and beyond!	AUSTRALIA	English-100		G		
2024-03-28	1230	<b>Masters Of Savours</b>	Masters Of Truffle	Learn the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted "black diamond" in just a few years.	FRANCE	English-100		G		
2024-03-28	1330	<b>David Rocco's Dolce Homemade</b>	Olive Oil	Ever heard of a certified olive oil taster? Meet guest Fil Bucchino, a former musician, who became an importer of olive oil after visiting an olive harvest in Tuscany and instantly fell in love.	CANADA	English-100		PG		
2024-03-28	1400	<b>Pati's Mexican Table</b>	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100		G		
2024-03-28	1430	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chestnut trees in the alps, new organic produce, and eel farming in New England.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-03-28	1500	<b>David Rocco's Dolce Africa</b>	Hallelujah Soweto	Through the locals and their delicious BBQ, David discovers that there's more to Soweto than meets the eye. He also finds a powerful art and dance culture that's full of passion and energy.	CANADA	English-100		G		
2024-03-28	1530	<b>Ainsley's Good Mood Food</b>	Grains And Pulses	Ainsley is celebrating some unsung heroes who are the start of so many wonderful meals...grains and pulses. First up a taste of the Mediterranean with Seared Tuna.	UNITED KINGDOM	English-100		G		
2024-03-28	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y

2024-03-28	1630	<b>Comfort Food With Spencer Watts</b>	Soup, Bowl, Blanket, Couch	Spencer cooks a dreamy creamy turkey and wild rice blanquette with fresh fluffy bannock and a sweet tarragon butter. Then he makes a rich cauliflower korma soup with warm spices and cashews.	CANADA	English-100		PG		
2024-03-28	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 54	Pastry Chef, Kirsten Tibballs drops in today to make her sable rose choux puff and Justine shares her recipe for baked eggplant with sweet chilli sauce.	AUSTRALIA	English-100		G		
2024-03-28	1730	<b>Cook Like An Italian With Silvia Colloca</b>	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
2024-03-28	1800	<b>Luke Nguyen's India</b>	Coimbatore	In Coimbatore, Luke learns how to make a roast for a local family before he finds out about Kongunadu cuisine and hears the secret to the best meatballs in India.	AUSTRALIA	English-99; Tamil-1		G	Y	Y
2024-03-28	1830	<b>Lidia's Kitchen</b>	Salt Your Pasta Water!	It's pasta time again, so don't forget to salt the pasta water, and sauce your pasta the way the Italians do! Lidia prepares a pasta primavera, then a cavatappi with asparagus and spinach pesto.	USA	English-100		G		
2024-03-28	1900	<b>The Cook Up With Adam Liaw</b>	Carefree Dinners	Carefree dinner is on the menu as Adam is joined by superstar chef Sean Connolly and superstar scholar Dr. Tyson Yunkaporta.	AUSTRALIA	English-100		G	Y	
2024-03-28	1930	<b>Mary Berry's Easter Feasts</b>	Ep 2	The foods that bring communities together on Easter Sunday.	UNITED KINGDOM	English-100		G		
2024-03-28	2030	<b>Rick Stein's India</b>	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2024-03-28	2140	<b>Come Dine With Me UK</b>	Swansea: Bethan	Travel agent, Bethan, tries her hand in the kitchen. Her plan is to give her guests a memorable meal with an out of this world twist. But will the simplicity of her menu be enough?	UNITED KINGDOM	English-100		G		
2024-03-28	2205	<b>Come Dine With Me UK</b>	Sheffield: Sam	40-year-old studio manager and blogger, Sam, hopes to wow her guests with an evening dedicated to Mizoram cooking, inspired by her late Nan. What more can she possibly do to win her guests over?	UNITED KINGDOM	English-100		PG		
2024-03-28	2230	<b>The Cook Up With Adam Liaw</b>	Carefree Dinners	Carefree dinner is on the menu as Adam is joined by superstar chef Sean Connolly and superstar scholar Dr. Tyson Yunkaporta.	AUSTRALIA	English-100		G	Y	

2024-03-28	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Bison Tomahawk Chop	Chef Andrew Zimmern shares a simple trick for getting the most out of your marinade - char the meat first, stick in the marinade for 24 hours, then finish it low and slow over an open fire.	USA	English-100		G		
2024-03-28	2330	<b>The Cook And The Chef</b>	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G		
2024-03-28	2400	<b>Luke Nguyen's India</b>	Coimbatore	In Coimbatore, Luke learns how to make a roast for a local family before he finds out about Kongunadu cuisine and hears the secret to the best meatballs in India.	AUSTRALIA	English-99; Tamil-1		G	Y	Y
2024-03-28	2430	<b>Mary Berry's Easter Feasts</b>	Ep 2	The foods that bring communities together on Easter Sunday.	UNITED KINGDOM	English-100		G		
2024-03-28	2530	<b>Rick Stein's India</b>	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2024-03-28	2640	<b>Come Dine With Me UK</b>	Swansea: Bethan	Travel agent, Bethan, tries her hand in the kitchen. Her plan is to give her guests a memorable meal with an out of this world twist. But will the simplicity of her menu be enough?	UNITED KINGDOM	English-100		G		
2024-03-28	2705	<b>Come Dine With Me UK</b>	Sheffield: Sam	40-year-old studio manager and blogger, Sam, hopes to wow her guests with an evening dedicated to Mizoram cooking, inspired by her late Nan. What more can she possibly do to win her guests over?	UNITED KINGDOM	English-100		PG		
2024-03-28	2730	<b>The Cook Up With Adam Liaw</b>	Carefree Dinners	Carefree dinner is on the menu as Adam is joined by superstar chef Sean Connolly and superstar scholar Dr. Tyson Yunkaporta.	AUSTRALIA	English-100		G	Y	
2024-03-28	2800	<b>Andrew Zimmern's Wild Game Kitchen</b>	Bison Tomahawk Chop	Chef Andrew Zimmern shares a simple trick for getting the most out of your marinade - char the meat first, stick in the marinade for 24 hours, then finish it low and slow over an open fire.	USA	English-100		G		
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2024-03-29	0500	<b>Lidia's Kitchen</b>	Salt Your Pasta Water!	It's pasta time again, so don't forget to salt the pasta water, and sauce your pasta the way the Italians do! Lidia prepares a pasta primavera, then a cavatappi with asparagus and spinach pesto.	USA	English-100		G		

2024-03-29	0530	<b>Masters Of Savours</b>	Masters Of Truffle	Learn the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted "black diamond" in just a few years.	FRANCE	English-100		G		
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2024-03-29	0700	<b>Pati's Mexican Table</b>	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100		G		
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2024-03-29	0830	<b>Ainsley's Good Mood Food</b>	Grains And Pulses	Ainsley is celebrating some unsung heroes who are the start of so many wonderful meals...grains and pulses. First up a taste of the Mediterranean with Seared Tuna.	UNITED KINGDOM	English-100		G		
2024-03-29	0925	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2024-03-29	0930	<b>Comfort Food With Spencer Watts</b>	Soup, Bowl, Blanket, Couch	Spencer cooks a dreamy creamy turkey and wild rice blanquette with fresh fluffy bannock and a sweet tarragon butter. Then he makes a rich cauliflower korma soup with warm spices and cashews.	CANADA	English-100		PG		
2024-03-29	1000	<b>Everyday Gourmet With Justine Schofield</b>	Ep 54	Pastry Chef, Kirsten Tibballs drops in today to make her sable rose choux puff and Justine shares her recipe for baked eggplant with sweet chilli sauce.	AUSTRALIA	English-100		G		
2024-03-29	1030	<b>Lidia's Kitchen</b>	Salt Your Pasta Water!	It's pasta time again, so don't forget to salt the pasta water, and sauce your pasta the way the Italians do! Lidia prepares a pasta primavera, then a cavatappi with asparagus and spinach pesto.	USA	English-100		G		
2024-03-29	1100	<b>The Cook Up With Adam Liaw</b>	Carefree Dinners	Carefree dinner is on the menu as Adam is joined by superstar chef Sean Connolly and superstar scholar Dr. Tyson Yunkaporta.	AUSTRALIA	English-100		G	Y	

2024-03-29	1130	<b>Mary Berry's Easter Feasts</b>	Ep 2	The foods that bring communities together on Easter Sunday.	UNITED KINGDOM	English-100		G	
2024-03-29	1230	<b>Masters Of Savours</b>	Masters Of Cheese	From the Roquefort cellars to the Swiss mountain pastures, this episode introduces us to the passionate people devoting their time to protecting local traditions in cheese-making.	FRANCE	English-100		G	
2024-03-29	1330	<b>David Rocco's Dolce Homemade</b>	Childhood Memories	David and his mom, Josie, make dishes that bring back his childhood memories, some good and some not so good.	CANADA	English-100		PG	
2024-03-29	1400	<b>Pati's Mexican Table</b>	How I Got To Now	People are always asking Pati how she turned a passion for food into a career. Over the years, she's told the story in bits and pieces but she's never told the full story, until now.	USA	English-100		G	
2024-03-29	1430	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, ocean trout, stuffed zucchini flowers, and an Ethiopian feast.	AUSTRALIA	English-100	RPT	G	Y
2024-03-29	1500	<b>David Rocco's Dolce Africa</b>	Wedding Crashers	With only twelve hours' notice to attend a wedding in Tanzania's capital city, it's a good thing David is in Dar es Salaam, a major hub of fashion, textiles and trade on Africa's east coast.	CANADA	English-100		PG	a w
2024-03-29	1530	<b>Ainsley's Good Mood Food</b>	Going Green	Leafy greens are guaranteed to make you feel good, and all today's dishes have a healthy portion of the glorious green stuff. Starting with breakfast muffins so tasty you will want them for breakfast.	UNITED KINGDOM	English-100		G	
2024-03-29	1625	<b>Destination Flavour Singapore Bitesize</b>	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	Y
2024-03-29	1630	<b>Comfort Food With Spencer Watts</b>	One Pot Comfort	Spencer keeps the dishes to a minimum with his ham hock and barley risotto with green peas, a seafood and andouille sausage gumbo with puff pastry cap and Tuscan smothered bone-in pork chops.	CANADA	English-100		G	
2024-03-29	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 55	Trish McKenzie shares her recipe for snack pops and Justine makes pork rack with blackberry sauce and poached Eggs with a delicious red wine sauce!	AUSTRALIA	English-100		G	
2024-03-29	1730	<b>Cook Like An Italian With Silvia Colloca</b>	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

2024-03-29	1800	<b>Luke Nguyen's India</b>	Thrissur	In Kerala, Thrissur, Luke pairs chicken mappas curry with a family's secret vellayappam, masters the art of fish puttu at the Women's Food Court, and visits the iconic Indian Coffee House.	AUSTRALIA	English-99; Malayalam-1	G		Y	Y
2024-03-29	1830	<b>Lidia's Kitchen</b>	All In The Skillet	Weeknights are skillet nights! Lidia prepares dishes from the skillet or poured onto a family-style platter. Like: shrimp with asparagus, gratinate of pork, eggplant, and zucchini, and soft polenta.	USA	English-100	G			
2024-03-29	1900	<b>The Cook Up With Adam Liaw</b>	Ultimate Curry Night, The	Learn everything you need to host the ultimate curry night, as Adam is joined by guests Minoli De Silva and Narin 'Jack' Kulasai for a delicious evening of Easy Entertaining.	AUSTRALIA	English-100	G			
2024-03-29	1930	<b>Rick Stein: From Venice to Istanbul</b>	Albania	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Symi, Rick cooks traditional Albanian dishes.	UNITED KINGDOM	English-100	PG	a w		
2024-03-29	2040	<b>Jamie's Great Britain</b>	Scotland	Jamie concludes his round-Britain road trip on the west coast of Scotland. There he finds that haggis is being given a West Indian twist in Glasgow's oldest Scottish restaurant.	UNITED KINGDOM	English-100	PG	a w		
2024-03-29	2140	<b>Come Dine With Me UK</b>	Sheffield: Nathan	35-year-old, motorbike enthusiast, Nathan, hopes to impress his guests with a modz and rockers themed dinner party, complete with a hair-raising drive-by show of 30 biker mad mates.	UNITED KINGDOM	English-100	PG			
2024-03-29	2205	<b>Come Dine With Me UK</b>	Sheffield: Ali	32-year-old family man, Ali, plans to stun his guests with his international fusion menu, involving unconventional combos that mystify his guests. Can he pull things back and win?	UNITED KINGDOM	English-100	PG	a		
2024-03-29	2230	<b>The Cook Up With Adam Liaw</b>	Ultimate Curry Night, The	Learn everything you need to host the ultimate curry night, as Adam is joined by guests Minoli De Silva and Narin 'Jack' Kulasai for a delicious evening of Easy Entertaining.	AUSTRALIA	English-100	G			
2024-03-29	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Shellfish	Andrew demystifies cooking clams, mussels and oysters - all three incredible, sustainable seafood options that are fun to forage. Andrew cooks a pot of creamy clam chowder with a fortified clam broth.	USA	English-100	G			
2024-03-29	2330	<b>The Cook And The Chef</b>	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100	G			



2024-03-29	2400	<b>Luke Nguyen's India</b>	Thrissur	In Kerala, Thrissur, Luke pairs chicken mappas curry with a family's secret vellayappam, masters the art of fish puttu at the Women's Food Court, and visits the iconic Indian Coffee House.	AUSTRALIA	English-99; Malayalam-1	G		Y	Y
2024-03-29	2430	<b>Rick Stein: From Venice to Istanbul</b>	Albania	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Symi, Rick cooks traditional Albanian dishes.	UNITED KINGDOM	English-100	PG	a w		
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2024-03-30	0730	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, ocean trout, stuffed zucchini flowers, and an Ethiopian feast.	AUSTRALIA	English-100	RPT	G	Y
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2024-03-30	1130	<b>Rick Stein: From Venice to Istanbul</b>	Albania	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Syri, Rick cooks traditional Albanian dishes.	UNITED KINGDOM	English-100		PG	a w

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2024-03-30	1305	<b>Jamie's Great Italian Escape</b>	Amalfi	Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tension mounts as the chef hopes to prove he has learnt from his Italian experience.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-03-30	1335	<b>Ainsley's Good Mood Food</b>	Going Green	Leafy greens are guaranteed to make you feel good, and all today's dishes have a healthy portion of the glorious green stuff. Starting with breakfast muffins so tasty you will want them for breakfast.	UNITED KINGDOM	English-100		G		
2024-03-30	1430	<b>John Torode's Ireland</b>	Wexford To Cork	John finds out about the Wexford phenomenon of strawberry huts by the side of roads, where local growers are allowed to sell their wares.	UNITED KINGDOM	English-100		G		
2024-03-30	1525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	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
2024-03-30	1530	<b>John Torode's Ireland</b>	Kinsale And Dingle On The Wild Atlantic Way	Just outside Cork, John goes to the pretty little seaside village of Kinsale. Local restaurateur Martin Shanhan shows John round the town and it's brightly coloured houses and restaurants and cafes.	UNITED KINGDOM	English-100		G		
2024-03-30	1625	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2024-03-30	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 11	Giada transports her guests to the island of Sicily with a menu featuring Bucatini a la Clams Casino, cannoli panna cotta, and simple eggplant parmigiana.	USA	English-100		G		
2024-03-30	1700	<b>Barefoot Contessa: Back To Basics</b>	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella is a dinner party classic made over.	USA	English-100		G		
2024-03-30	1730	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 9	Khanh explores local farm gates for inspiration, and braves the tempestuous oceans of Tasmania in search of the prized Bluefin tuna.	AUSTRALIA	English-100		PG	a w	Y
2024-03-30	1830	<b>Evolving Vegan</b>	Toronto	Mena returns to his hometown and dives into the multicultural food scene. He makes vegan ice cream with musician Teshar, then swings home to get a taste of Mom's Egyptian cooking.	CANADA	English-100		PG		Y

2024-03-30	1930	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 2	Jimmy learns why Clydesdale horses still rule supreme as farm workers over tractors and trucks; then heads to Te Waihora Lake Ellesmere and learns about the traditional Maori food basket.	NEW ZEALAND	English-100	PG	a w			
2024-03-30	2030	<b>Rick Stein's Food Heroes</b>	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100	G				
2024-03-30	2100	<b>Rick Stein's Food Heroes</b>	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100	G				
2024-03-30	2130	<b>Anthony Bourdain: No Reservations</b>	Australia	Chef Anthony Bourdain visits Melbourne, known as Australia's cultural capital. The city is a melting pot of cultures, and Anthony is off to discover what makes it so special.	USA	English-100	RPT	PG		Y	
2024-03-30	2225	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	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	
2024-03-30	2230	<b>The Wine Show</b>	Wine Show Series 1 Ep 7, The	The boys head to Rome for a breakfast of ice cream, a class in pastry making, and a celebration of sweet wine. Joe Fattorini travels to Shanghai for two very special films.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y
2024-03-30	2330	<b>The Cook And The Chef</b>	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G			
2024-03-30	2400	<b>Ukraine: War And Food</b>	Ukraine: War And Food	In war torn Ukraine, this documentary chronicles producer, Tony Hindhaugh's efforts to set up six community kitchens to feed the people of the Ukraine during these difficult times.	UNITED KINGDOM	English-95; Ukrainian-5		M	a	Y	
2024-03-30	2505	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 11	Giada transports her guests to the island of Sicily with a menu featuring Bucatini a la Clams Casino, cannoli panna cotta, and simple eggplant parmigiana.	USA	English-100		G			
2024-03-30	2535	<b>John Torode's Ireland</b>	Wexford To Cork	John finds out about the Wexford phenomenon of strawberry huts by the side of roads, where local growers are allowed to sell their wares.	UNITED KINGDOM	English-100		G			
2024-03-30	2630	<b>John Torode's Ireland</b>	Kinsale And Dingle On The Wild Atlantic Way	Just outside Cork, John goes to the pretty little seaside village of Kinsale. Local restaurateur Martin Shanhan shows John round the town and it's brightly coloured houses and restaurants and cafes.	UNITED KINGDOM	English-100		G			
2024-03-30	2725	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G			

2024-03-30	2730	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 9	Khanh explores local farm gates for inspiration, and braves the tempestuous oceans of Tasmania in search of the prized Bluefin tuna.	AUSTRALIA	English-100	PG	a w	Y
2024-03-30	2830	<b>Rick Stein's Food Heroes</b>	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100	G		