



WEEK 14: Sunday, 31 March- Saturday, 6 April 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-03-31	0500	Rick Stein's Food Heroes	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			
2024-03-31	0530	Evolving Vegan	Toronto	Mena returns to his hometown and dives into the multicultural food scene. He makes vegan ice cream with musician Teshler, then swings home to get a taste of Mom's Egyptian cooking.	CANADA	English-100		PG		Y	
2024-03-31	0625	Destination Flavour Down Under Bitesize	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	
2024-03-31	0630	Jimmy Doherty's New Zealand Escape	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		Y
2024-03-31	0730	Giada Entertains	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			
2024-03-31	0800	Barefoot Contessa: Back To Basics	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			
2024-03-31	0830	John Torode's Ireland	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			
2024-03-31	0925	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G			
2024-03-31	0930	John Torode's Ireland	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			
2024-03-31	1025	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	

2024-03-31	1030	Evolving Vegan	Toronto	Mena returns to his hometown and dives into the multicultural food scene. He makes vegan ice cream with musician Teshler, then swings home to get a taste of Mom's Egyptian cooking.	CANADA	English-100		PG	Y
2024-03-31	1125	Destination Flavour Down Under Bitesize	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
2024-03-31	1130	Rick Stein's Food Heroes	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	
2024-03-31	1200	My Market Kitchen	Episode 10	Ben starts off with the holiday favourite, hot cross buns, then creates a flavoursome and vibrant pork belly salad and salmon fishcakes.	AUSTRALIA	English-100		G	
2024-03-31	1230	Giada Entertains	Spring Supper	Giada draws on the fresh flavours of spring as she celebrates Easter in Italian style with a fabulous family feast. The holiday menu includes spicy lamb Bolognese and creamy polenta with spinach.	USA	English-100		G	
2024-03-31	1300	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G	
2024-03-31	1330	The Cook And The Chef	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G	
2024-03-31	1400	The Cook Up With Adam Liaw	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	RPT	G	Y
2024-03-31	1430	The Cook Up With Adam Liaw	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	RPT	G	Y
2024-03-31	1500	The Cook Up With Adam Liaw	Feeling Fresh	Adam and his guests, chef Jerry Mai and musician Clare Bowditch, lighten things up with some fresh flavours.	AUSTRALIA	English-100	RPT	PG	Y
2024-03-31	1530	The Cook Up With Adam Liaw	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	RPT	G	Y
2024-03-31	1600	The Cook Up With Adam Liaw	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	Y

2024-03-31	1630	Giada Entertains	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, arancini, grilled polpette kebabs, and mind-blowing turkey sandwiches.	USA	English-100	G				
2024-03-31	1700	Barefoot Contessa: Back To Basics	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100	G				
2024-03-31	1730	Taste Of France	Astrance	Today, we visit chef Pascal Barbot at his popular Michelin 2-star restaurant Astrance. Pascal is truly passionate about cooking and puts emphasis on perfection in everything that he and his team does.	SWEDEN	English-50; French-50	G			Y	
2024-03-31	1800	Luca's Key Ingredient	Luca's Key Ingredient Series 3 Ep 1	Luca explores the best of both Italian and Australian produce, while emphasising on his carefully selected key ingredients. His innovative approach to cooking promises to leave you feeling satisfied.	AUSTRALIA	English-100	G				
2024-03-31	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 4	Michel bakes a crisp pastry pie called a pastilla served with harissa sauce. Then he cooks poached chicken in Musketeer sauce and veloute. Finally, Michel visits the Morin chocolate factory.	UNITED KINGDOM	English-100	G			Y	
2024-03-31	1925	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	
2024-03-31	1930	Nigella: The Cook Who Made Me	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-03-31	2035	Remarkable Places To Eat	Devon	Fred travels to South Devon with chef and restaurateur Angela Hartnett. From Angela's all-time favourite restaurant in Dartmouth to an incredible floating cafe on the River Exe.	UNITED KINGDOM	English-100	PG		a w		
2024-03-31	2135	Anthony Bourdain: No Reservations	Chile	Chile's cuisine reflects its topographical diversity as is evident through it's diversity. Tony samples lots of local food and also does some exploring in this land of extremes.	USA	English-100	RPT	PG	a s		
2024-03-31	2230	The Wine Show	Wine Show Series 1 Ep 8, The	The duo heads to Bologna, where they get a masterclass in making that cities most famous dish. Joe Fattorini fulfils a lifelong dream.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2024-03-31	2330	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100	G				

2024-03-31	2400	Giada Entertains	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, arancini, grilled polpette kebabs, and mind-blowing turkey sandwiches.	USA	English-100	G			
2024-03-31	2430	Taste Of France	Astrance	Today, we visit chef Pascal Barbot at his popular Michelin 2-star restaurant Astrance. Pascal is truly passionate about cooking and puts emphasis on perfection in everything that he and his team does.	SWEDEN	English-50; French-50	G		Y	
2024-03-31	2500	Luca's Key Ingredient	Luca's Key Ingredient Series 3 Ep 1	Luca explores the best of both Italian and Australian produce, while emphasising on his carefully selected key ingredients. His innovative approach to cooking promises to leave you feeling satisfied.	AUSTRALIA	English-100	G			
2024-03-31	2530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 4	Michel bakes a crisp pastry pie called a pastilla served with harissa sauce. Then he cooks poached chicken in Musketeer sauce and veloute. Finally, Michel visits the Morin chocolate factory.	UNITED KINGDOM	English-100	G		Y	
2024-03-31	2625	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	
2024-03-31	2630	Nigella: The Cook Who Made Me	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-03-31	2735	Remarkable Places To Eat	Devon	Fred travels to South Devon with chef and restaurateur Angela Hartnett. From Angela's all-time favourite restaurant in Dartmouth to an incredible floating cafe on the River Exe.	UNITED KINGDOM	English-100		PG	a w	
2024-03-31	2835	Barefoot Contessa: Back To Basics	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100	G			
2024-04-01	0500	My Market Kitchen	Episode 10	Ben starts off with the holiday favourite, hot cross buns, then creates a flavoursome and vibrant pork belly salad and salmon fishcakes.	AUSTRALIA	English-100	G			

2024-04-01	0530	Giada Entertains	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, arancini, grilled polpette kebabs, and mind-blowing turkey sandwiches.	USA	English-100		G		
2024-04-01	0600	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G		
2024-04-01	0630	The Cook And The Chef	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G		
2024-04-01	0700	The Cook Up With Adam Liaw	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	RPT	G		Y
2024-04-01	0730	The Cook Up With Adam Liaw	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	RPT	G		Y
2024-04-01	0800	The Cook Up With Adam Liaw	Feeling Fresh	Adam and his guests, chef Jerry Mai and musician Clare Bowditch, lighten things up with some fresh flavours.	AUSTRALIA	English-100	RPT	PG		Y
2024-04-01	0830	The Cook Up With Adam Liaw	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	RPT	G		Y
2024-04-01	0900	The Cook Up With Adam Liaw	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		Y
2024-04-01	0930	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 4	Michel bakes a crisp pastry pie called a pastilla served with harissa sauce. Then he cooks poached chicken in Musketeer sauce and veloute. Finally, Michel visits the Morin chocolate factory.	UNITED KINGDOM	English-100		G		Y
2024-04-01	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
2024-04-01	1030	Nigella: The Cook Who Made Me	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y

2024-04-01	1135	Remarkable Places To Eat	Devon	Fred travels to South Devon with chef and restaurateur Angela Hartnett. From Angela's all-time favourite restaurant in Dartmouth to an incredible floating cafe on the River Exe.	UNITED KINGDOM	English-100		PG	a w
2024-04-01	1235	Masters Of Savours	Masters Of Chocolate	The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed had divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.	FRANCE	English-100		G	
2024-04-01	1335	David Rocco's Dolce Homemade	Ethiopia	Meet guest Banchi Kinde, she was born and raised in Ethiopia. When traveling to Canada, she realized that not many people were familiar with Ethiopian cuisine she decided to start her restaurant.	CANADA	English-100		G	
2024-04-01	1400	Pati's Mexican Table	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate recipes.	USA	English-100		G	
2024-04-01	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Lebanese food in country NSW, Cantonese cooking, and Barossa Valley food and wine.	AUSTRALIA	English-100	RPT	G	Y
2024-04-01	1500	Australia's Food Bowl	Healthy River, Healthy Veg	The rich red soil of Mildura, coupled with water from the mighty Murray River, provide the perfect conditions to grow vegetables - and Stefano loves to cook with the freshest local vegetables around.	AUSTRALIA	English-100		G	
2024-04-01	1530	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100		G	
2024-04-01	1625	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	Y
2024-04-01	1630	Comfort Food With Spencer Watts	Dressed Up Comfort	Spencer tells us the truth about who is the biggest diva on the show and whips us some dressed up comfort food, including Chicken Kiev with Thai red curry butter and lemongrass whipped potatoes.	CANADA	English-100		G	
2024-04-01	1700	Everyday Gourmet With Justine Schofield	Ep 56	Justine makes a delicious salmon and noodle soup, some amazing beef stroganoff pot pies and is shown some very easy beetroot and coconut cubes by Daniela Fra.	AUSTRALIA	English-100		G	
2024-04-01	1730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza frita, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-90; Italian-10		G	Y Y

2024-04-01	1800	Luke Nguyen's India	Kochi	In Fort Kochi, Luke embarks on an adventure along the ancient Spice Trade Trail. He joins a Chinese fishing net crew, meets with a local historian, and whips up a dish that ruled the British palate!	AUSTRALIA	English-99; Malayalam-1	PG	Y	Y
2024-04-01	1830	Lidia's Kitchen	Bread & Beans	Bread is a pillar of the Italian cuisine, but beans are the base in many of the Italian regions too. Lidia makes crostini two ways, monkfish brodetto with cannellini, and talks about garlic bread.	USA	English-100	G		
2024-04-01	1900	The Cook Up With Adam Liaw	Oodles Of Noodles	Adam gives his guests, multitalented broadcaster Yumi Stynes and renowned chef Victor Liong, oodles of noodles and tells them to use their noodles to make, you guessed it, oodles of noodles.	AUSTRALIA	English-100	G	Y	
2024-04-01	1930	How Do They Really Do It?	How Do They Really Do It?: Kfc	KFC is one of the biggest fast-food chains on the planet. Go inside the kitchens and behind the scenes of this fried chicken empire, see how the food is cooked and explore how they really do it.	UNITED KINGDOM	English-100	PG		
2024-04-01	2030	Nigellissima	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G	Y
2024-04-01	2100	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2	Paula will be cooking on the terrace, serving up locally-caught langoustines on a potato and smoked dulce wafer with pickled carrot.	UNITED KINGDOM	English-100	G		
2024-04-01	2130	Come Dine With Me UK	Sheffield: Adam	42-year-old financial advisor, Adam, is keen to impress his guests with his Sheffield themed menu. Will his hearty grub and karaoke duets bond the group and land him the prize?	UNITED KINGDOM	English-100	PG		
2024-04-01	2200	Come Dine With Me UK	Sheffield: Mizzy	Zimbabwean operations manager, Mizzy, who hopes to scoop the grand with an evening of traditional Afro-Caribbean food. Can her hosting skills and traditional food get her the thousand-pound prize?	UNITED KINGDOM	English-100	PG		
2024-04-01	2230	The Cook Up With Adam Liaw	Oodles Of Noodles	Adam gives his guests, multitalented broadcaster Yumi Stynes and renowned chef Victor Liong, oodles of noodles and tells them to use their noodles to make, you guessed it, oodles of noodles.	AUSTRALIA	English-100	G	Y	
2024-04-01	2300	Andrew Zimmern's Wild Game Kitchen	Braised Pigeon	Chef Andrew Zimmern cooks one of his favourite recipes, braised squab with olives and vinegar, a perfect meal for a fall evening around the fire. He pairs this with homemade herbed gnocchi in butter.	USA	English-100	G		

2024-04-01	2330	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2024-04-01	2400	Luke Nguyen's India	Kochi	In Fort Kochi, Luke embarks on an adventure along the ancient Spice Trade Trail. He joins a Chinese fishing net crew, meets with a local historian, and whips up a dish that ruled the British palate!	AUSTRALIA	English-99; Malayalam-1		PG	Y	Y
2024-04-01	2430	How Do They Really Do It?	How Do They Really Do It?: Kfc	KFC is one of the biggest fast-food chains on the planet. Go inside the kitchens and behind the scenes of this fried chicken empire, see how the food is cooked and explore how they really do it.	UNITED KINGDOM	English-100		PG		
2024-04-01	2530	Nigellissima	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G	Y	
2024-04-01	2600	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2	Paula will be cooking on the terrace, serving up locally-caught langoustines on a potato and smoked dulce wafer with pickled carrot.	UNITED KINGDOM	English-100		G		
2024-04-01	2630	Come Dine With Me UK	Sheffield: Adam	42-year-old financial advisor, Adam, is keen to impress his guests with his Sheffield themed menu. Will his hearty grub and karaoke duets bond the group and land him the prize?	UNITED KINGDOM	English-100		PG		
2024-04-01	2700	Come Dine With Me UK	Sheffield: Mizzy	Zimbabwean operations manager, Mizzy, who hopes to scoop the grand with an evening of traditional Afro-Caribbean food. Can her hosting skills and traditional food get her the thousand-pound prize?	UNITED KINGDOM	English-100		PG		
2024-04-01	2730	Andrew Zimmern's Wild Game Kitchen	Braised Pigeon	Chef Andrew Zimmern cooks one of his favourite recipes, braised squab with olives and vinegar, a perfect meal for a fall evening around the fire. He pairs this with homemade herbed gnocchi in butter.	USA	English-100		G		
2024-04-01	2800	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2024-04-01	2830	David Rocco's Dolce Homemade	Ethiopia	Meet guest Banchi Kinde, she was born and raised in Ethiopia. When traveling to Canada, she realized that not many people were familiar with Ethiopian cuisine she decided to start her restaurant.	CANADA	English-100		G		

2024-04-02	0500	Pati's Mexican Table	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate recipes.	USA	English-100		G	
2024-04-02	0530	Masters Of Savours	Masters Of Chocolate	The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed had divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.	FRANCE	English-100		G	
2024-04-02	0630	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100		G	
2024-04-02	0725	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	Y
2024-04-02	0730	Comfort Food With Spencer Watts	Dressed Up Comfort	Spencer tells us the truth about who is the biggest diva on the show and whips us some dressed up comfort food, including Chicken Kiev with Thai red curry butter and lemongrass whipped potatoes.	CANADA	English-100		G	
2024-04-02	0800	Everyday Gourmet With Justine Schofield	Ep 56	Justine makes a delicious salmon and noodle soup, some amazing beef stroganoff pot pies and is shown some very easy beetroot and coconut cubes by Daniela Fra.	AUSTRALIA	English-100		G	
2024-04-02	0830	How Do They Really Do It?	How Do They Really Do It?: Kfc	KFC is one of the biggest fast-food chains on the planet. Go inside the kitchens and behind the scenes of this fried chicken empire, see how the food is cooked and explore how they really do it.	UNITED KINGDOM	English-100		PG	
2024-04-02	0930	Nigellissima	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G	Y
2024-04-02	1000	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2	Paula will be cooking on the terrace, serving up locally-caught langoustines on a potato and smoked dulce wafer with pickled carrot.	UNITED KINGDOM	English-100		G	
2024-04-02	1030	Australia's Food Bowl	Healthy River, Healthy Veg	The rich red soil of Mildura, coupled with water from the mighty Murray River, provide the perfect conditions to grow vegetables - and Stefano loves to cook with the freshest local vegetables around.	AUSTRALIA	English-100		G	
2024-04-02	1100	The Cook Up With Adam Liaw	Oodles Of Noodles	Adam gives his guests, multitalented broadcaster Yumi Stynes and renowned chef Victor Liang, oodles of noodles and tells them to use their noodles to make, you guessed it, oodles of noodles.	AUSTRALIA	English-100		G	Y

2024-04-02	1130	Lidia's Kitchen	Bread & Beans	Bread is a pillar of the Italian cuisine, but beans are the base in many of the Italian regions too. Lidia makes crostini two ways, monkfish brodetto with cannellini, and talks about garlic bread.	USA	English-100		G	
2024-04-02	1200	Everyday Gourmet With Justine Schofield	Ep 56	Justine makes a delicious salmon and noodle soup, some amazing beef stroganoff pot pies and is shown some very easy beetroot and coconut cubes by Daniela Fra.	AUSTRALIA	English-100		G	
2024-04-02	1230	Masters Of Savours	Masters Of Vanilla	From Madagascar's primary forests to the islands of Polynesia, learn how growers have one obsession: to magnify this green vanilla vine for the pleasure of our taste buds.	FRANCE	English-100		G	
2024-04-02	1330	David Rocco's Dolce Homemade	Cocktails	David and guest Nick Masci, David Rocco Bar Aperitivo's cocktail manager, take us on a journey of his unique cocktails. From smoked rosemary to fat-washed liquor, Nick transforms traditional cocktails	CANADA	English-100		PG	
2024-04-02	1400	Pati's Mexican Table	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100		G	Y
2024-04-02	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Tasmanian cheese with a Czech cheese pioneer, and Vietnamese vegetable carving.	AUSTRALIA	English-100	RPT	G	Y
2024-04-02	1500	Australia's Food Bowl	Garlic	Garlic is an essential ingredient across cuisines in every culture around the world, and Stefano explains why Australian-grown garlic is far superior in taste and much healthier than imported garlic.	AUSTRALIA	English-100		G	
2024-04-02	1530	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles.	UNITED KINGDOM	English-100		G	
2024-04-02	1625	Destination Flavour Singapore Bitesize	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
2024-04-02	1630	Comfort Food With Spencer Watts	Better The Next Day	Food can often be better the next day! Spencer uses left over BBQ chicken to dress up some fried tortillas bathed in homemade Queso, fresh pico di Gallo, cilantro cream and a mess of delicious cheese.	CANADA	English-100		G	

2024-04-02	1700	Everyday Gourmet With Justine Schofield	Ep 57	Adam Swanson joins the kitchen today to make his spicy couscous falafels with tahini yoghurt and Justine makes two scrumptious desserts - a pear and blueberry pie and a creamy passionfruit syllabub.	AUSTRALIA	English-100	G		
2024-04-02	1730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10	G	Y	Y
2024-04-02	1800	Luke Nguyen's India	Kerala Backwaters	Luke is navigating the enchanting Kerala Backwaters, a historical hub of the spice trade. Amidst the waterways, he searches for exquisite ingredients to craft an exceptional Backwaters culinary dish.	AUSTRALIA	English-99; Malayalam-1	G	Y	Y
2024-04-02	1830	Lidia's Kitchen	One Dish, Two Meals	Weeknight dinners just got easier by Lidia simply serving one recipe two ways! Lidia prepares a zucchini, peas, and pancetta risotto, risotto cakes, and talks about capellini asparagus frittatas.	USA	English-100	PG		
2024-04-02	1900	The Cook Up With Adam Liaw	Fuss Free & Fragrant	Everyday Gourmet's Justine Schofield and chef Paul Farag. Three adjectives: fuss free and fragrant. One delicious night on The Cook Up.	AUSTRALIA	English-100	G	Y	
2024-04-02	1930	Rachel Khoo's Simple Pleasures	Make Your Own	Rachel Khoo shares her favorite recipes that she loves to make in her own kitchen. Although it's often easier to buy shop-bought meals,	USA	English-100	G		
2024-04-02	2000	Selena + Chef	Selena + Marcus Samuelsson	Internationally acclaimed chef, Marcus Samuelsson coaches Selena through a heart-warming dish filled with flavour: seared salmon with a radicchio bulgur salad and salmon miso soup.	USA	English-100	G		Y
2024-04-02	2030	Choccywoccydoodah: Starstruck	Joan Rivers	Comedienne Joan Rivers sets the chocolatiers a challenge that could push them beyond their comfort zone as she reveals she doesn't like chocolate and then asks for a diet cake with only 150 calories.	UNITED KINGDOM	English-100	PG	a	
2024-04-02	2130	Come Dine With Me UK	Manchester: Haylie	Fishmonger, Haylie, hopes to reel in her guests by throwing a fishy-themed home cooked dinner party! But will it be enough for her to grab the 1000 pounds at the end of the week?	UNITED KINGDOM	English-100	PG	I	
2024-04-02	2200	Come Dine With Me UK	Manchester: Kam	Restaurant manager, Kam, is looking to woo her guests with an evening of cheesy courses and sides of pizza. Combined with tattoo talk and rodeo rides, will it be enough for her to win?	UNITED KINGDOM	English-100	PG		

2024-04-02	2230	The Cook Up With Adam Liaw	Fuss Free & Fragrant	Everyday Gourmet's Justine Schofield and chef Paul Farag. Three adjectives: fuss free and fragrant. One delicious night on The Cook Up.	AUSTRALIA	English-100	G		Y	
2024-04-02	2300	Andrew Zimmern's Wild Game Kitchen	Goat	Learn how to break down and butcher a whole goat, utilising the leg and backstrap for a beautiful braised curry and saving some of the animal's offal for a delicious chef's snack on the grill.	USA	English-100	G			
2024-04-02	2330	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100	G			
2024-04-02	2400	Luke Nguyen's India	Kerala Backwaters	Luke is navigating the enchanting Kerala Backwaters, a historical hub of the spice trade. Amidst the waterways, he searches for exquisite ingredients to craft an exceptional Backwaters culinary dish.	AUSTRALIA	English-99; Malayalam-1	G		Y	Y
2024-04-02	2430	Rachel Khoo's Simple Pleasures	Make Your Own	Rachel Khoo shares her favorite recipes that she loves to make in her own kitchen. Although it's often easier to buy shop-bought meals,	USA	English-100	G			
2024-04-02	2500	Selena + Chef	Selena + Marcus Samuelsson	Internationally acclaimed chef, Marcus Samuelsson coaches Selena through a heart-warming dish filled with flavour: seared salmon with a radicchio bulgur salad and salmon miso soup.	USA	English-100	G			Y
2024-04-02	2530	Choccywoccydoodah: Starstruck	Joan Rivers	Comedienne Joan Rivers sets the chocolatiers a challenge that could push them beyond their comfort zone as she reveals she doesn't like chocolate and then asks for a diet cake with only 150 calories.	UNITED KINGDOM	English-100	PG		a	
2024-04-02	2625	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			
2024-04-02	2630	Come Dine With Me UK	Manchester: Haylie	Fishmonger, Haylie, hopes to reel in her guests by throwing a fishy-themed home cooked dinner party! But will it be enough for her to grab the 1000 pounds at the end of the week?	UNITED KINGDOM	English-100	PG			I
2024-04-02	2700	Come Dine With Me UK	Manchester: Kam	Restaurant manager, Kam, is looking to woo her guests with an evening of cheesy courses and sides of pizza. Combined with tattoo talk and rodeo rides, will it be enough for her to win?	UNITED KINGDOM	English-100	PG			

2024-04-02	2730	Andrew Zimmern's Wild Game Kitchen	Goat	Learn how to break down and butcher a whole goat, utilising the leg and backstrap for a beautiful braised curry and saving some of the animal's offal for a delicious chef's snack on the grill.	USA	English-100	G		
2024-04-02	2800	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100	G		
2024-04-02	2830	David Rocco's Dolce Homemade	Cocktails	David and guest Nick Masci, David Rocco Bar Aperitivo's cocktail manager, take us on a journey of his unique cocktails. From smoked rosemary to fat-washed liquor, Nick transforms traditional cocktails	CANADA	English-100	PG		
2024-04-03	0500	Pati's Mexican Table	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100	G	Y	
2024-04-03	0530	Masters Of Savours	Masters Of Vanilla	From Madagascar's primary forests to the islands of Polynesia, learn how growers have one obsession: to magnify this green vanilla vine for the pleasure of our taste buds.	FRANCE	English-100	G		
2024-04-03	0630	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles.	UNITED KINGDOM	English-100	G		
2024-04-03	0725	Destination Flavour Singapore Bitesize	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
2024-04-03	0730	Comfort Food With Spencer Watts	Better The Next Day	Food can often be better the next day! Spencer uses left over BBQ chicken to dress up some fried tortillas bathed in homemade Queso, fresh pico di Gallo, cilantro cream and a mess of delicious cheese.	CANADA	English-100	G		
2024-04-03	0800	Everyday Gourmet With Justine Schofield	Ep 57	Adam Swanson joins the kitchen today to make his spicy couscous falafels with tahini yoghurt and Justine makes two scrumptious desserts - a pear and blueberry pie and a creamy passionfruit syllabub.	AUSTRALIA	English-100	G		
2024-04-03	0830	Rachel Khoo's Simple Pleasures	Make Your Own	Rachel Khoo shares her favorite recipes that she loves to make in her own kitchen. Although it's often easier to buy shop-bought meals,	USA	English-100	G		

2024-04-03	0900	Selena + Chef	Selena + Marcus Samuelsson	Internationally acclaimed chef, Marcus Samuelsson coaches Selena through a heart-warming dish filled with flavour: seared salmon with a radicchio bulgur salad and salmon miso soup.	USA	English-100	G		Y
2024-04-03	0930	Choccywoccydoodah: Starstruck	Joan Rivers	Comedienne Joan Rivers sets the chocolatiers a challenge that could push them beyond their comfort zone as she reveals she doesn't like chocolate and then asks for a diet cake with only 150 calories.	UNITED KINGDOM	English-100	PG	a	
2024-04-03	1025	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		
2024-04-03	1030	Australia's Food Bowl	Garlic	Garlic is an essential ingredient across cuisines in every culture around the world, and Stefano explains why Australian-grown garlic is far superior in taste and much healthier than imported garlic.	AUSTRALIA	English-100	G		
2024-04-03	1100	The Cook Up With Adam Liaw	Fuss Free & Fragrant	Everyday Gourmet's Justine Schofield and chef Paul Farag. Three adjectives: fuss free and fragrant. One delicious night on The Cook Up.	AUSTRALIA	English-100	G		Y
2024-04-03	1130	Lidia's Kitchen	One Dish, Two Meals	Weeknight dinners just got easier by Lidia simply serving one recipe two ways! Lidia prepares a zucchini, peas, and pancetta risotto, risotto cakes, and talks about capellini asparagus frittatas.	USA	English-100	PG		
2024-04-03	1200	Everyday Gourmet With Justine Schofield	Ep 57	Adam Swanson joins the kitchen today to make his spicy couscous falafels with tahini yoghurt and Justine makes two scrumptious desserts - a pear and blueberry pie and a creamy passionfruit syllabub.	AUSTRALIA	English-100	G		
2024-04-03	1230	Masters Of Savours	Masters Of Honey	Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Ikaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.	FRANCE	English-100	G		
2024-04-03	1330	David Rocco's Dolce Homemade	Cooking Together	David's children, Emma, Giorgia and Dante take the lead in the kitchen today. Seems like the students have become the teachers and as it turns out, David even learns a thing or two.	CANADA	English-100	PG	I	
2024-04-03	1400	Pati's Mexican Table	More Than Just A Meal	Pati makes a few family staples with recipes that have many different uses. Perfect for busy families on the go, these recipes can be set aside or kept in the fridge to use later.	USA	English-100	G		

2024-04-03	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, jam and pickle ladies, bush food and berries, and Thai and Malaysian cuisines.	AUSTRALIA	English-100	RPT	G		Y
2024-04-03	1500	Australia's Food Bowl	Almonds And Bees	Stefano travels to Hattah-Kulkyne National Park in the Mallee district to see local beekeeper Roger Moser who has thousands of bees in hives. He has been bringing his bees here for forty years.	AUSTRALIA	English-100		G		
2024-04-03	1530	Ainsley's Good Mood Food	Coffee And Chocolate	In his kitchen, Ainsley has some delicious dishes made even more special with a dash of coffee or chocolate. Starting with an Italian classic, a caponata served with fennel and cacao rubbed pork.	UNITED KINGDOM	English-100		G		
2024-04-03	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
2024-04-03	1630	Comfort Food With Spencer Watts	Simply Delicious Seafood	Outside the lake may be frozen, but inside Spencer shares his recipe for succulent salmon stuffed with creamed spinach, sun dried tomatoes and olives and serves them with fudgy Greek-style potatoes.	CANADA	English-100		G		
2024-04-03	1700	Everyday Gourmet With Justine Schofield	Ep 58	Justine whips up a coconut milk sorbet, shows you how to roast a whole duck, served up with cherries and has Dario D'Agostino in to make his delicious seafood zuppa dell'adriatico.	AUSTRALIA	English-100		G		
2024-04-03	1730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10		G		Y Y
2024-04-03	1800	Luke Nguyen's India	Thekkady	Luke takes the Spice Trail to Thekkady perched high in the Western Ghats mountain range. He delves into the aromatic world of spice plantations, savouring flavours straight from the source.	AUSTRALIA	English-100		G		Y Y
2024-04-03	1830	Lidia's Kitchen	Fruits Of The Sea	Lidia loves to prepare simple recipes with the freshest of seafood. She creates halibut with saffron fregola, tuna chickpea salad, and shares a recipe moment with her grandson, Miles.	USA	English-100		G		
2024-04-03	1900	The Cook Up With Adam Liaw	Ace Of Bakes	When a dessert queen and a tennis champ come together, it's all about the ace of bakes. Ann Reardon and Priscilla Hon join Adam for a match-up not to be missed.	AUSTRALIA	English-100		G		Y
2024-04-03	1930	Adam and Poh's Great Australian Bites	Launceston, Tasmania	Some might say that meat pies are Australia's national dish. So, Adam and Poh are heading to Tasmania on a quest to put together a not-so humble version of a classic Aussie pie.	AUSTRALIA	English-100		PG		Y

2024-04-03	2000	Taste Of The Tropics: Family & Friends	Taste Of The Tropics: Family & Friends	Join Davy O'Rourke on a culinary journey across tropical North Queensland as he prepares a traditional Papua New Guinean Mumu - earth oven - with the help of his family and friends.	AUSTRALIA	English-100	G		
2024-04-03	2030	Jason Atherton's Dubai Dishes	Spices	Jason's debut in Dubai is all things spice! He explores a traditional souk in the heart of the old town and will show you how to spice up your life - Dubai Style! He is joined by Chef Rahul Rana.	UNITED KINGDOM		PG		
2024-04-03	2130	Come Dine With Me UK	Manchester: James	Entertainment manager, James, is hoping to blow his guests away with a menu inspired by his travels to Nashville, Tennessee. Will his American themed finger food menu help him grab the win?	UNITED KINGDOM	English-100	PG	a	
2024-04-03	2200	Come Dine With Me UK	Manchester: Angela	Jeweller, Angela, hopes to bedazzle her guests with an all-Italian family menu, passed down from each generation. Will it pass the test with her guests and win her the cash prize?	UNITED KINGDOM	English-100	G		Y
2024-04-03	2230	The Cook Up With Adam Liaw	Ace Of Bakes	When a dessert queen and a tennis champ come together, it's all about the ace of bakes. Ann Reardon and Priscilla Hon join Adam for a match-up not to be missed.	AUSTRALIA	English-100	G		Y
2024-04-03	2300	Andrew Zimmern's Wild Game Kitchen	Nashville Pheasant	Andrew takes one of his favourite dishes, Nashville-style hot fried chicken, and reinterprets it for wild pheasant. Hot and spicy, batter coated, crispy fried pheasant is paired with a spinach salad.	USA	English-100	G		
2024-04-03	2330	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100	G		
2024-04-03	2400	Luke Nguyen's India	Thekkady	Luke takes the Spice Trail to Thekkady perched high in the Western Ghats mountain range. He delves into the aromatic world of spice plantations, savouring flavours straight from the source.	AUSTRALIA	English-100	G		Y Y
2024-04-03	2430	Adam and Poh's Great Australian Bites	Launceston, Tasmania	Some might say that meat pies are Australia's national dish. So, Adam and Poh are heading to Tasmania on a quest to put together a not-so humble version of a classic Aussie pie.	AUSTRALIA	English-100	PG		Y
2024-04-03	2500	Taste Of The Tropics: Family & Friends	Taste Of The Tropics: Family & Friends	Join Davy O'Rourke on a culinary journey across tropical North Queensland as he prepares a traditional Papua New Guinean Mumu - earth oven - with the help of his family and friends.	AUSTRALIA	English-100	G		

2024-04-03	2530	Jason Atherton's Dubai Dishes	Spices	Jason's debut in Dubai is all things spice! He explores a traditional souk in the heart of the old town and will show you how to spice up your life - Dubai Style! He is joined by Chef Rahul Rana.	UNITED KINGDOM			PG	
2024-04-03	2630	Come Dine With Me UK	Manchester: James	Entertainment manager, James, is hoping to blow his guests away with a menu inspired by his travels to Nashville, Tennessee. Will his American themed finger food menu help him grab the win?	UNITED KINGDOM	English-100		PG	a
2024-04-03	2700	Come Dine With Me UK	Manchester: Angela	Jeweller, Angela, hopes to bedazzle her guests with an all-Italian family menu, passed down from each generation. Will it pass the test with her guests and win her the cash prize?	UNITED KINGDOM	English-100		G	Y
2024-04-03	2730	Andrew Zimmern's Wild Game Kitchen	Nashville Pheasant	Andrew takes one of his favourite dishes, Nashville-style hot fried chicken, and reinterprets it for wild pheasant. Hot and spicy, batter coated, crispy fried pheasant is paired with a spinach salad.	USA	English-100		G	
2024-04-03	2800	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2024-04-03	2830	David Rocco's Dolce Homemade	Cooking Together	David's children, Emma, Giorgia and Dante take the lead in the kitchen today. Seems like the students have become the teachers and as it turns out, David even learns a thing or two.	CANADA	English-100		PG	I
2024-04-04	0500	Pati's Mexican Table	More Than Just A Meal	Pati makes a few family staples with recipes that have many different uses. Perfect for busy families on the go, these recipes can be set aside or kept in the fridge to use later.	USA	English-100		G	
2024-04-04	0530	Masters Of Savours	Masters Of Honey	Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Ikaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.	FRANCE	English-100		G	
2024-04-04	0630	Ainsley's Good Mood Food	Coffee And Chocolate	In his kitchen, Ainsley has some delicious dishes made even more special with a dash of coffee or chocolate. Starting with an Italian classic, a caponata served with fennel and cacao rubbed pork.	UNITED KINGDOM	English-100		G	
2024-04-04	0725	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

2024-04-04	0730	Comfort Food With Spencer Watts	Simply Delicious Seafood	Outside the lake may be frozen, but inside Spencer shares his recipe for succulent salmon stuffed with creamed spinach, sun dried tomatoes and olives and serves them with fudgy Greek-style potatoes.	CANADA	English-100	G	
2024-04-04	0800	Everyday Gourmet With Justine Schofield	Ep 58	Justine whips up a coconut milk sorbet, shows you how to roast a whole duck, served up with cherries and has Dario D'Agostino in to make his delicious seafood zuppa dell'adriatico.	AUSTRALIA	English-100	G	
2024-04-04	0830	Adam and Poh's Great Australian Bites	Launceston, Tasmania	Some might say that meat pies are Australia's national dish. So, Adam and Poh are heading to Tasmania on a quest to put together a not-so humble version of a classic Aussie pie.	AUSTRALIA	English-100	PG	Y
2024-04-04	0900	Taste Of The Tropics: Family & Friends	Taste Of The Tropics: Family & Friends	Join Davy O'Rourke on a culinary journey across tropical North Queensland as he prepares a traditional Papua New Guinean Mumu - earth oven - with the help of his family and friends.	AUSTRALIA	English-100	G	
2024-04-04	0930	Jason Atherton's Dubai Dishes	Spices	Jason's debut in Dubai is all things spice! He explores a traditional souk in the heart of the old town and will show you how to spice up your life - Dubai Style! He is joined by Chef Rahul Rana.	UNITED KINGDOM		PG	
2024-04-04	1030	Australia's Food Bowl	Almonds And Bees	Stefano travels to Hattah-Kulkyne National Park in the Mallee district to see local beekeeper Roger Moser who has thousands of bees in hives. He has been bringing his bees here for forty years.	AUSTRALIA	English-100	G	
2024-04-04	1100	The Cook Up With Adam Liaw	Ace Of Bakes	When a dessert queen and a tennis champ come together, it's all about the ace of bakes. Ann Reardon and Priscilla Hon join Adam for a match-up not to be missed.	AUSTRALIA	English-100	G	Y
2024-04-04	1130	Lidia's Kitchen	Fruits Of The Sea	Lidia loves to prepare simple recipes with the freshest of seafood. She creates halibut with saffron fregola, tuna chickpea salad, and shares a recipe moment with her grandson, Miles.	USA	English-100	G	
2024-04-04	1200	Everyday Gourmet With Justine Schofield	Ep 58	Justine whips up a coconut milk sorbet, shows you how to roast a whole duck, served up with cherries and has Dario D'Agostino in to make his delicious seafood zuppa dell'adriatico.	AUSTRALIA	English-100	G	
2024-04-04	1230	Masters Of Savours	Masters Of Bread	Meet the passionate people who have made bread their profession. Whether in France, Greece, or Italy, bread is a symbol coated with traditions and a source of social bonds.	FRANCE	English-100	G	

2024-04-04	1330	David Rocco's Dolce Homemade	Winstons	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100		PG		
2024-04-04	1400	Pati's Mexican Table	Tijuana's Culinary Revolution	One of the most up and coming food destinations in all of Mexico, Tijuana is full of young, fresh talent across the culinary scene.	USA	English-100		G		Y
2024-04-04	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 12	Maevie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney, and oxtail soup in Perth's Swan Valley.	AUSTRALIA	English-100	RPT	G		Y
2024-04-04	1500	Australia's Food Bowl	Darling Barka	Barkindji man and respected Elder, Uncle Peter Peterson meets Stefano and tells him about life growing up on the Barka (Darling River) and its significance to the lives of the Indigenous communities.	AUSTRALIA	English-100		G		
2024-04-04	1530	Ainsley's Good Mood Food	Nuts And Seeds	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100		G		
2024-04-04	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
2024-04-04	1630	Comfort Food With Spencer Watts	No Stress Family Dinner	To share with the crew, Spencer first makes Chinese 5-spice chicken halves with an apple slaw and dusted French fries. Then he shares his fifteen minutes lamb Bolognese on creamy polenta.	CANADA	English-100		G		
2024-04-04	1700	Everyday Gourmet With Justine Schofield	Ep 59	Chef Michael Moore visits the kitchen to share his recipe for baked strawberry, lime and quinoa custard pudding and Justine serves up her calamari, salami and chickpea linguini.	AUSTRALIA	English-100		G		
2024-04-04	1730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10		G		Y Y
2024-04-04	1800	Luke Nguyen's India	Maduri	Madurai, the spiritual heartbeat of Tamil Nadu, is Luke's next stop on his tantalizing tour. Teaming up with local foodie journalist Harini, they unveil culinary gems known only to the city's insiders	AUSTRALIA	English-99; Tamil-1		PG		Y Y

2024-04-04	1830	Lidia's Kitchen	Elegant Eats	Lidia teaches us how to add elegant touches to weeknight meals, while keeping them simple - fennel and Asian pear salad, cheesy veal chops with cabbage, she also prepares a delightful lentil crostini.	USA	English-100	G			
2024-04-04	1900	The Cook Up With Adam Liaw	Soul Plates	What food do you make for the ones you love? Adam and his guests, chef Martin Benn and hospitality consultant Vicki Wild share their heart warming recipes.	AUSTRALIA	English-100	PG		Y	
2024-04-04	1930	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 1	Nigel Slater begins a Middle Eastern food adventure in Lebanon, a cuisine that has travelled the globe, but whose heart remains at home.	UNITED KINGDOM	English-100	G			Y
2024-04-04	2030	Rick Stein's India	Lucknow And Punjab	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2024-04-04	2140	Come Dine With Me UK	Manchester: Nick	Business developer, Nick, hopes to win her guests over with a menu inspired by his hero Winston Churchill. Will his plan to woo his diners with luxury plonk and fine dining be enough?	UNITED KINGDOM	English-100	G			
2024-04-04	2205	Come Dine With Me	Exeter-Devon Day 1	First to host is well-travelled IT Manager Bea, who's using inspiration from her global gallivanting for an international menu.	UNITED KINGDOM	English-100	PG	a s		
2024-04-04	2230	The Cook Up With Adam Liaw	Soul Plates	What food do you make for the ones you love? Adam and his guests, chef Martin Benn and hospitality consultant Vicki Wild share their heart warming recipes.	AUSTRALIA	English-100	PG		Y	
2024-04-04	2300	Andrew Zimmern's Wild Game Kitchen	Tuna	Chef Andrew Zimmern breaks down a whole tuna and serves it three ways. Centre cut tuna steaks are grilled and topped with a sweet and salty mustard miso sauce.	USA	English-100	G			
2024-04-04	2330	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100	G			
2024-04-04	2400	Luke Nguyen's India	Madurai	Madurai, the spiritual heartbeat of Tamil Nadu, is Luke's next stop on his tantalizing tour. Teaming up with local foodie journalist Harini, they unveil culinary gems known only to the city's insiders	AUSTRALIA	English-99; Tamil-1	PG		Y	Y
2024-04-04	2430	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 1	Nigel Slater begins a Middle Eastern food adventure in Lebanon, a cuisine that has travelled the globe, but whose heart remains at home.	UNITED KINGDOM	English-100	G			Y
2024-04-04	2525	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	

2024-04-04	2530	Rick Stein's India	Lucknow And Punjap	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2024-04-04	2640	Come Dine With Me UK	Manchester: Nick	Business developer, Nick, hopes to win her guests over with a menu inspired by his hero Winston Churchill. Will his plan to woo his diners with luxury plonk and fine dining be enough?	UNITED KINGDOM	English-100		G			
2024-04-04	2705	Come Dine With Me	Exeter-Devon Day 1	First to host is well-travelled IT Manager Bea, who's using inspiration from her global gallivanting for an international menu.	UNITED KINGDOM	English-100		PG	a s		
2024-04-04	2730	Andrew Zimmern's Wild Game Kitchen	Tuna	Chef Andrew Zimmern breaks down a whole tuna and serves it three ways. Centre cut tuna steaks are grilled and topped with a sweet and salty mustard miso sauce.	USA	English-100		G			
2024-04-04	2800	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G			
2024-04-04	2830	David Rocco's Dolce Homemade	Winstons	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100		PG			
2024-04-05	0500	Pati's Mexican Table	Tijuana's Culinary Revolution	One of the most up and coming food destinations in all of Mexico, Tijuana is full of young, fresh talent across the culinary scene.	USA	English-100		G			Y
2024-04-05	0530	Masters Of Savours	Masters Of Bread	Meet the passionate people who have made bread their profession. Whether in France, Greece, or Italy, bread is a symbol coated with traditions and a source of social bonds.	FRANCE	English-100		G			
2024-04-05	0630	Ainsley's Good Mood Food	Nuts And Seeds	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100		G			
2024-04-05	0725	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	
2024-04-05	0730	Comfort Food With Spencer Watts	No Stress Family Dinner	To share with the crew, Spencer first makes Chinese 5-spice chicken halves with an apple slaw and dusted French fries. Then he shares his fifteen minutes lamb Bolognese on creamy polenta.	CANADA	English-100		G			

2024-04-05	0800	Everyday Gourmet With Justine Schofield	Ep 59	Chef Michael Moore visits the kitchen to share his recipe for baked strawberry, lime and quinoa custard pudding and Justine serves up her calamari, salami and chickpea linguini.	AUSTRALIA	English-100		G			
2024-04-05	0830	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 1	Nigel Slater begins a Middle Eastern food adventure in Lebanon, a cuisine that has travelled the globe, but whose heart remains at home.	UNITED KINGDOM	English-100		G		Y	
2024-04-05	0925	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	
2024-04-05	0930	Rick Stein's India	Lucknow And Punjap	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2024-04-05	1035	Australia's Food Bowl	Darling Barka	Barkindji man and respected Elder, Uncle Peter Peterson meets Stefano and tells him about life growing up on the Barka (Darling River) and its significance to the lives of the Indigenous communities.	AUSTRALIA	English-100		G			
2024-04-05	1100	The Cook Up With Adam Liaw	Soul Plates	What food do you make for the ones you love? Adam and his guests, chef Martin Benn and hospitality consultant Vicki Wild share their heart warming recipes.	AUSTRALIA	English-100		PG		Y	
2024-04-05	1130	Lidia's Kitchen	Elegant Eats	Lidia teaches us how to add elegant touches to weeknight meals, while keeping them simple - fennel and Asian pear salad, cheesy veal chops with cabbage, she also prepares a delightful lentil crostini.	USA	English-100		G			
2024-04-05	1200	Everyday Gourmet With Justine Schofield	Ep 59	Chef Michael Moore visits the kitchen to share his recipe for baked strawberry, lime and quinoa custard pudding and Justine serves up her calamari, salami and chickpea linguini.	AUSTRALIA	English-100		G			
2024-04-05	1230	Masters Of Savours	Masters Of Olive Oil	We journey to where the best olive oils are produced, often nestled in magnificent landscapes: the plains of Tuscany in Italy, the fields of Drome in France, the Peloponnese in Greece, and Spain.	FRANCE	English-100		G			
2024-04-05	1330	David Rocco's Dolce Homemade	Momofuko	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100		PG		I	
2024-04-05	1400	Pati's Mexican Table	Tijuana: Stories From The Border	Life on the border is a melting pot of cultures and cuisines that creates a unique culinary scene like no other. As a Mexican immigrant who lives in America, Pati spent her life combining cuisines.	USA	English-100		G			Y

2024-04-05	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil, and a third generation Aussie bee keeper.	AUSTRALIA	English-100	RPT	G		Y
2024-04-05	1500	Australia's Food Bowl	Communities	Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations.	AUSTRALIA	English-100		PG		
2024-04-05	1530	Ainsley's Good Mood Food	Vegetables	A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite.	UNITED KINGDOM	English-100		G		
2024-04-05	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
2024-04-05	1630	Comfort Food With Spencer Watts	Sugar Coated	Today the crew indulge the sweet tooth with fluffy donuts, some peanut butter and jelly-inspired stuffed cookies with a raspberry glaze, and then some decadent decked out carrot cake waffles.	CANADA	English-100		G		
2024-04-05	1700	Everyday Gourmet With Justine Schofield	Ep 60	Justine puts a gourmet twist on mashed potato with her smoked potato puree and whips up a mushroom and kale cannelloni before Trish McKenzie shares a delicious caramello salted mousse.	AUSTRALIA	English-100		PG		
2024-04-05	1730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10		G		Y Y
2024-04-05	1800	Luke Nguyen's India	Chettinad	Luke embarks on a trip to Chettinad, a hub of global merchants of yesteryears. He sizzles with the tantalizing pepper chicken and mutton sukka, and delves into Chettinad's storied history.	AUSTRALIA	English-95; Tamil-5		G		Y Y
2024-04-05	1830	Lidia's Kitchen	Familiar Flavours	Lidia loves adding her touches to classic dishes. She prepares a roasted chicken with pomegranate and a chocolate ricotta cheesecake. Then she talks with her grandson about her famous baked beans.	USA	English-100		G		
2024-04-05	1900	The Cook Up With Adam Liaw	Eid Al-Fitr Feast, The	Celebrate the end of Ramadan with a night at the Eid al-Fitr Feast. Adam is joined by Malay food sensation Engku Putri Irna Mysara and the whizz behind Racha's Syrian Kitchen, Racha Abou Alchamat.	AUSTRALIA	English-100		G		Y

2024-04-05	1930	Rick Stein: From Venice to Istanbul	Northern Greece	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM	English-100		PG	a w	
2024-04-05	2040	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 1	Jennifer is desperate to overcome her anxieties around food so she can start eating meals with her family. Meanwhile, a teacher whose 80 bag-a-week crisp addiction is putting him at risk.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-04-05	2135	Come Dine With Me	Exeter-Devon Day 2	A custard catastrophe means Adam is forced to pull out a party trick in order to impress his guests and get his evening back on track.	UNITED KINGDOM	English-100		PG		Y
2024-04-05	2200	Come Dine With Me	Exeter-Devon Day 3	Steve's guests are in for a surprise when he serves up a one million scoville hot sauce!	UNITED KINGDOM	English-100		PG	a l	
2024-04-05	2230	The Cook Up With Adam Liaw	Eid Al-Fitr Feast, The	Celebrate the end of Ramadan with a night at the Eid al-Fitr Feast. Adam is joined by Malay food sensation Engku Putri Irna Mysara and the whizz behind Racha's Syrian Kitchen, Racha Abou Alchamat.	AUSTRALIA	English-100		G		Y
2024-04-05	2300	Andrew Zimmern's Wild Game Kitchen	Hawaiian Plate Lunch	The iconic Hawaiian plate lunch is an overloaded plate of delicious food. Andrew Zimmern reimagines this meal with a hand chopped venison burger topped with homemade gravy and a fried egg.	USA	English-100		G		
2024-04-05	2330	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G		
2024-04-05	2400	Luke Nguyen's India	Chettinad	Luke embarks on a trip to Chettinad, a hub of global merchants of yesteryears. He sizzles with the tantalizing pepper chicken and mutton sukka, and delves into Chettinad's storied history.	AUSTRALIA	English-95; Tamil-5		G		Y Y
2024-04-05	2430	Rick Stein: From Venice to Istanbul	Northern Greece	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM	English-100		PG	a w	
2024-04-05	2540	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 1	Jennifer is desperate to overcome her anxieties around food so she can start eating meals with her family. Meanwhile, a teacher whose 80 bag-a-week crisp addiction is putting him at risk.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-04-05	2635	Come Dine With Me	Exeter-Devon Day 2	A custard catastrophe means Adam is forced to pull out a party trick in order to impress his guests and get his evening back on track.	UNITED KINGDOM	English-100		PG		Y

2024-04-05	2700	Come Dine With Me	Exeter-Devon Day 3	Steve's guests are in for a surprise when he serves up a one million scoville hot sauce!	UNITED KINGDOM	English-100	PG	a l
2024-04-05	2730	Andrew Zimmern's Wild Game Kitchen	Hawaiian Plate Lunch	The iconic Hawaiian plate lunch is an overloaded plate of delicious food. Andrew Zimmern reimagines this meal with a hand chopped venison burger topped with homemade gravy and a fried egg.	USA	English-100	G	
2024-04-05	2800	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100	G	
2024-04-05	2830	David Rocco's Dolce Homemade	Momofuko	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100	PG	I
2024-04-06	0500	Pati's Mexican Table	Tijuana: Stories From The Border	Life on the border is a melting pot of cultures and cuisines that creates a unique culinary scene like no other. As a Mexican immigrant who lives in America, Pati spent her life combining cuisines.	USA	English-100	G	Y
2024-04-06	0530	Masters Of Savours	Masters Of Olive Oil	We journey to where the best olive oils are produced, often nestled in magnificent landscapes: the plains of Tuscany in Italy, the fields of Drome in France, the Peloponnese in Greece, and Spain.	FRANCE	English-100	G	
2024-04-06	0630	Ainsley's Good Mood Food	Vegetables	A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite.	UNITED KINGDOM	English-100	G	
2024-04-06	0725	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
2024-04-06	0730	Comfort Food With Spencer Watts	Sugar Coated	Today the crew indulge the sweet tooth with fluffy donuts, some peanut butter and jelly-inspired stuffed cookies with a raspberry glaze, and then some decadent decked out carrot cake waffles.	CANADA	English-100	G	
2024-04-06	0800	Everyday Gourmet With Justine Schofield	Ep 60	Justine puts a gourmet twist on mashed potato with her smoked potato puree and whips up a mushroom and kale cannelloni before Trish McKenzie shares a delicious caramello salted mousse.	AUSTRALIA	English-100	PG	

2024-04-06	0830	Rick Stein: From Venice to Istanbul	Northern Greece	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM	English-100		PG	a w		
2024-04-06	0940	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 1	Jennifer is desperate to overcome her anxieties around food so she can start eating meals with her family. Meanwhile, a teacher whose 80 bag-a-week crisp addiction is putting him at risk.	UNITED KINGDOM	English-100	RPT	PG	a		Y
2024-04-06	1030	Australia's Food Bowl	Communities	Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations.	AUSTRALIA	English-100		PG			
2024-04-06	1100	The Cook Up With Adam Liaw	Eid Al-Fitr Feast, The	Celebrate the end of Ramadan with a night at the Eid al-Fitr Feast. Adam is joined by Malay food sensation Engku Putri Irna Mysara and the whizz behind Racha's Syrian Kitchen, Racha Abou Alchamat.	AUSTRALIA	English-100		G			Y
2024-04-06	1130	Lidia's Kitchen	Familiar Flavours	Lidia loves adding her touches to classic dishes. She prepares a roasted chicken with pomegranate and a chocolate ricotta cheesecake. Then she talks with her grandson about her famous baked beans.	USA	English-100		G			
2024-04-06	1200	Everyday Gourmet With Justine Schofield	Ep 60	Justine puts a gourmet twist on mashed potato with her smoked potato puree and whips up a mushroom and kale cannelloni before Trish McKenzie shares a delicious caramello salted mousse.	AUSTRALIA	English-100		PG			
2024-04-06	1230	Ainsley's Good Mood Food	Vegetables	A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite.	UNITED KINGDOM	English-100		G			
2024-04-06	1325	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
2024-04-06	1330	Comfort Food With Spencer Watts	Sugar Coated	Today the crew indulge the sweet tooth with fluffy donuts, some peanut butter and jelly-inspired stuffed cookies with a raspberry glaze, and then some decadent decked out carrot cake waffles.	CANADA	English-100		G			
2024-04-06	1400	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10		G		Y	Y

2024-04-06	1430	John Torode's Ireland	County Clare And The Burren	John meets Stephen Hegarty, local farmer and Burren expert, and they go for a walk on the limestone pavement of The Burren.	UNITED KINGDOM	English-100		G		
2024-04-06	1525	Destination Flavour China Bitesize	Zhejiangian	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y
2024-04-06	1530	John Torode's Ireland	Aran Islands, Galway And Return To Dublin	John goes to meet David and Jenny O'Halloran of Blath Na Mara at their seaweed factory. Jenny is a local and David is from New Zealand and together they forage and sell seaweed.	UNITED KINGDOM	English-100		G		
2024-04-06	1625	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		
2024-04-06	1630	Giada Entertains	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100		G		
2024-04-06	1700	Barefoot Contessa: Back To Basics	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100		G		
2024-04-06	1730	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 10	Khanh Ong sets up camp on the magnificent Mornington Peninsula to cook a three course meal inspired by his travels.	AUSTRALIA	English-100		PG	a w	Y
2024-04-06	1825	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
2024-04-06	1830	Eva Longoria: Searching For Mexico	Mexico City	Eva Longoria shows us around her adopted second hometown, Mexico City. This is where she met her husband, Pepe, and where they love to spend time with their son, Santi.	USA	English-50; Spanish-50	RPT	G	Y	Y
2024-04-06	1925	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2024-04-06	1930	Jimmy Doherty's New Zealand Escape	Ep 3	Jimmy harvests sea clams with local fisherman who invented an extraordinary method of farming, then heads to Blenheim's wine country and Wairau Valley as 'Key puta te Wairau'.	NEW ZEALAND	English-100		PG	a w	

2024-04-06	2030	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100		G			
2024-04-06	2100	Rick Stein's Food Heroes	North East England And Scotland	Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for generations.	UNITED KINGDOM	English-100		G			
2024-04-06	2130	Anthony Bourdain: No Reservations	Burning Questions	Based on the results of our online poll, Tony answers the Top 10 viewer queries in Burning Questions. Prepare to be surprised, terrified, disgusted and thoroughly entertained.	USA	English-100	RPT	PG	a l s		
2024-04-06	2225	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
2024-04-06	2230	The Wine Show	Wine Show Series 1 Ep 9, The	From their villa HQ in the Italian hills our two gentleman head to Verona, the setting for Romeo and Juliet, where they practice their newly learned sommelier skills on two unsuspecting lovers.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y
2024-04-06	2330	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G			
2024-04-06	2400	Giada Entertains	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100		G			
2024-04-06	2430	John Torode's Ireland	County Clare And The Burren	John meets Stephen Hegarty, local farmer and Burren expert, and they go for a walk on the limestone pavement of The Burren.	UNITED KINGDOM	English-100		G			
2024-04-06	2525	Destination Flavour China Bitesize	Zhajangmian	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y	Y
2024-04-06	2530	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100		G			
2024-04-06	2559	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 1	Fifteen years ago, Hugh Fearnley-Whittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW.	UNITED KINGDOM	English-100	RPT	PG		Y	

