



**WEEK 16: Sunday, 14 April- Saturday, 20 April 2024 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-04-14	0500	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100		G			
2024-04-14	0530	<b>Jamie's Food Escapes</b>	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100		PG			
2024-04-14	0625	<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			
2024-04-14	0630	<b>Jamie's Food Escapes</b>	Andalucia	Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village.	UNITED KINGDOM	English-100		PG	a l w		
2024-04-14	0725	<b>Destination Flavour Japan Bitesize</b>	Shikoku And Kyushu	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-04-14	0730	<b>Giada Entertains</b>	TV Dinners	Giada invites her friends over for a casual-but-delicious menu that includes tamari spiced nuts, sweet and crunchy jicama slaw, sausage hoagies and chocolate almond butter sandwich cookies.	USA	English-100		G			
2024-04-14	0800	<b>Barefoot Contessa: Back To Basics</b>	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100		G			
2024-04-14	0830	<b>Big Appetite</b>	La's Hometown Hero	Spin through Ben Hundred's hometown of LA with stops at Chifa, La Casita Mexicana and Evan Funke's Motherwolf.	USA	English-100		PG			

2024-04-14	0900	<b>The Next Thing You Eat</b>	Delivery: Rise Of The Machines	You'll be able to eat anything you want, wherever you are for a price. Robot pizza. Drone delivery. Technology is coming for the restaurant industry, but what's the cost of convenience?	USA							Y
2024-04-14	0930	<b>Eva Longoria: Searching For Mexico</b>	Yucatan	Eva travels to the edge of Mexico, to the jungles of Yucatan State, home of the ancient Maya. One of the great civilisations of Central America, the Maya thrived here until the arrival of the Spanish.	USA	English-50; Spanish-50	RPT	G			Y	Y
2024-04-14	1025	<b>Cook Up With Adam Liaw Bitesize</b>	Periyaki Chicken	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG			Y	
2024-04-14	1030	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 4	Jimmy is in Auckland meeting some of the incredible market gardeners and produce sellers who have put New Zealand's fresh produce on the map and mixes it up with the godfather of fusion food.	NEW ZEALAND	English-100		PG	I			Y
2024-04-14	1130	<b>Rick Stein's Food Heroes</b>	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front.	UNITED KINGDOM	English-100		PG	a w			
2024-04-14	1200	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100		G				
2024-04-14	1230	<b>Jamie's Food Escapes</b>	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100		PG				
2024-04-14	1325	<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				
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2024-04-14	1400	<b>The Cook Up With Adam Liaw</b>	Wok This Way	International sensation Martin 'Yan Can Cook!' Yan joins Adam and award-winning food writer Lara Lee for a night of wonderful wok cooking.	AUSTRALIA	English-100	RPT	PG			Y	

2024-04-14	1430	<b>The Cook Up With Adam Liaw</b>	Deliciously Cheesy	You feta believe Adam and his grate guests chef Ellie Hayes O'Brien and performer Christie Whelan Browne make everything deliciously cheesy.	AUSTRALIA	English-100	RPT	G	Y
2024-04-14	1500	<b>The Cook Up With Adam Liaw</b>	Pantry Improv	Renowned chef Jacqui Challinor and actor-slash-comedian Dave Lawson are saying 'yes, and' to a game of pantry improv with Adam. Don't miss it!	AUSTRALIA	English-100	RPT	G	Y
2024-04-14	1530	<b>The Cook Up With Adam Liaw</b>	Edible Garden	Adam raids his edible garden with the help of his guests, du Fermier chef Annie Smithers and horticulturalist Jamie Durie.	AUSTRALIA	English-100	RPT	G	Y
2024-04-14	1600	<b>The Cook Up With Adam Liaw</b>	Street Eats Feast, The	Adam and his guests, chefs Justin James and Ashley Vola, take Easy Entertaining to the streets with The Street Eats Feast.	AUSTRALIA	English-100		G	Y
2024-04-14	1630	<b>Giada Entertains</b>	Football Picnic	After a beachside game of tag football, Giada serves her guests an easy, make-ahead meal of pizza paninis, bittersweet chopped salad, sweet potato hummus and, for dessert, fennel and orange fudge.	USA	English-100		G	
2024-04-14	1700	<b>Barefoot Contessa: Back To Basics</b>	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100		G	
2024-04-14	1730	<b>Taste Of France</b>	Pouliche	Former MasterChef jury member Amandine Chaignot recently opened her first restaurant called Pouliche. Here she demonstrates the extent of her talent, serving refined vegetarian-focused cuisine.	SWEDEN	English-50; French-50		G	Y
2024-04-14	1800	<b>Luca's Key Ingredient</b>	Ep 3	Luca shows us his favourite recipes using today's key ingredient, Parmigiano Reggiano.	AUSTRALIA	English-100		G	
2024-04-14	1830	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 6	Having discovered the only man in the world to make artisan rose wine vinegar, Michel uses it to transform his version of chicken fricassee, then Michel's in-laws pop round for steak tartare.	UNITED KINGDOM	English-100		G	Y
2024-04-14	1925	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y

2024-04-14	1930	<b>A Cotswold Farm Shop</b>	Ep 2	English wine has been made in the Cotswolds since Roman times and the stunning Stroud based Woodchester Vineyard is keeping up this tradition with their range of white, red and rose wines.	UNITED KINGDOM	English-100		G		
2024-04-14	2030	<b>Remarkable Places To Eat</b>	South Wales	Restaurateur, Thomasina Miers takes Fred to South Wales explore some wild places to eat from an ancient inn to a beachside restaurant and wood fired cooking.	UNITED KINGDOM	English-100		G		
2024-04-14	2130	<b>Anthony Bourdain: No Reservations</b>	Obsessed	As he explores the nature of obsession, Anthony Bourdain meets food-obsessed individuals encapsulating the beautiful and often eccentric results devotion has on one's life.	USA	English-100	RPT	PG		Y
2024-04-14	2225	<b>Cook Up With Adam Liaw Bitesize</b>	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
2024-04-14	2230	<b>The Wine Show</b>	Wine Show Series 1 Ep 12, The	From their villa HQ in the Italian hills, the two head to Venice to meet Francesco da Mosta and find out about the Venetian love of the 'aperitivo', the opening drink of the evening.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-04-14	2330	<b>Giada Entertains</b>	Football Picnic	After a beachside game of tag football, Giada serves her guests an easy, make-ahead meal of pizza paninis, bittersweet chopped salad, sweet potato hummus and, for dessert, fennel and orange fudge.	USA	English-100		G		
2024-04-14	2400	<b>Barefoot Contessa: Back To Basics</b>	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100		G		
2024-04-14	2430	<b>Taste Of France</b>	Pouliche	Former MasterChef jury member Amandine Chaignot recently opened her first restaurant called Pouliche. Here she demonstrates the extent of her talent, serving refined vegetarian-focused cuisine.	SWEDEN	English-50; French-50		G		Y
2024-04-14	2500	<b>Luca's Key Ingredient</b>	Ep 3	Luca shows us his favourite recipes using today's key ingredient, Parmigiano Reggiano.	AUSTRALIA	English-100		G		
2024-04-14	2530	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 6	Having discovered the only man in the world to make artisan rose wine vinegar, Michel uses it to transform his version of chicken fricassee, then Michel's in-laws pop round for steak tartare.	UNITED KINGDOM	English-100		G		Y

2024-04-14	2625	<b>Cook Up With Adam Liaw Bitesize</b>	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
2024-04-14	2630	<b>A Cotswold Farm Shop</b>	Ep 2	English wine has been made in the Cotswolds since Roman times and the stunning Stroud based Woodchester Vineyard is keeping up this tradition with their range of white, red and rose wines.	UNITED KINGDOM	English-100		G	
2024-04-14	2730	<b>Remarkable Places To Eat</b>	South Wales	Restaurateur, Thomasina Miers takes Fred to South Wales explore some wild places to eat from an ancient inn to a beachside restaurant and wood fired cooking.	UNITED KINGDOM	English-100		G	
2024-04-14	2830	<b>Giada Entertains</b>	Football Picnic	After a beachside game of tag football, Giada serves her guests an easy, make-ahead meal of pizza paninis, bittersweet chopped salad, sweet potato hummus and, for dessert, fennel and orange fudge.	USA	English-100		G	
2024-04-15	0500	<b>The Cook Up With Adam Liaw</b>	Wok This Way	International sensation Martin 'Yan Can Cook!' Yan joins Adam and award-winning food writer Lara Lee for a night of wonderful wok cooking.	AUSTRALIA	English-100	RPT	PG	Y
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2024-04-15	1000	<b>Barefoot Contessa: Back To Basics</b>	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100		G		
2024-04-15	1030	<b>Taste Of France</b>	Pouliche	Former MasterChef jury member Amandine Chaignot recently opened her first restaurant called Pouliche. Here she demonstrates the extent of her talent, serving refined vegetarian-focused cuisine.	SWEDEN	English-50; French-50		G		Y
2024-04-15	1100	<b>Luca's Key Ingredient</b>	Ep 3	Luca shows us his favourite recipes using today's key ingredient, Parmigiano Reggiano.	AUSTRALIA	English-100		G		
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2024-04-15	1225	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-04-15	1230	<b>From Scratch</b>	Naples Took A Pizza My Heart	From Scratch follows actor David Moscow on his adventure of making meals from scratch. He teams up with various friends to hunt, gather, forage, fish, grow and then prepare and cook a meal.	UNITED KINGDOM	English-100		PG	I	Y
2024-04-15	1325	<b>Cook Up With Adam Liaw Bitesize</b>	Lemongrass Pork Belly Rice	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-04-15	1330	<b>David Rocco's Dolce Homemade</b>	Patois Chinois	David and chef Craig Wong, a Canadian Chinese-Jamaican chef, uses his mixed background to create fusion dishes where he is able to take the best of each culture to create something exciting and new.	CANADA	English-100		PG	I	

2024-04-15	1400	<b>Pati's Mexican Table</b>	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero.	USA	English-100		PG		Y
2024-04-15	1430	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, we meet local baking legend Dorothy Press at the Condobolin annual show.	AUSTRALIA	English-100	RPT	G		Y
2024-04-15	1500	<b>David Rocco's Dolce Africa</b>	Walking Durban	Walking tours are all the rage in major metropolitan cities, and Durban is no different. Beset Durban is a free tour group who take David on a private trek through their beloved city.	CANADA	English-100		G		
2024-04-15	1530	<b>Ainsley's Good Mood Food</b>	Fruit And Berries	Fruits and Berries take centre stage in all the dishes in today's show. Ainsley shows that fruits and berries can add amazing flavours to a savoury dish or be the start of a sensational dessert.	UNITED KINGDOM	English-100		G		
2024-04-15	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-04-15	1630	<b>Comfort Food With Spencer Watts</b>	Harvest Time Comfort	The bounty of the fall means harvest time and that inspires Spencer to make black bean and kobacha squash soup with braised Swiss chard and chili pesto, pumpkin gnudi smothered in a rich cream sauce,	CANADA	English-100		G		
2024-04-15	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 66	Justine makes tarragon butter baked lobster and a delicious steak with chargrilled spring onions and sour cream dressing. Alvin Quah drops in to make poached chicken breast with hot tamarind broth.	AUSTRALIA	English-100		G		
2024-04-15	1730	<b>John Torode's Middle East</b>	Aswan	John is in Aswan, a city where the Middle East and Africa collide; where the food of the local Nubian people has influenced every-day eating. John starts in one his favourite places, a market!	CANADA	English-100		G		
2024-04-15	1800	<b>Taste Of Australia With Hayden Quinn</b>	Ep 1	Hayden Quinn is back on the road in northern NSW, checking out Southview Orchard and John's amazing figs, dropping in at Tweed Real Food to meet Julia and sample her wonderful range of products.	AUSTRALIA	English-100		G		
2024-04-15	1830	<b>Lidia's Kitchen</b>	Potato, Potato	Lidia cannot get enough of potatoes! She prepares potato and pasta soup, a nourishing salad of green beans, then talks about ditalini with potatoes and provola with her grandson.	USA	English-100				

2024-04-15	1900	<b>The Cook Up With Adam Liaw</b>	Burgers Are Better!	Whose burgers are better? It's time to find out, with chef Joel Bennetts and comedian Nikki Britton, on The Cook Up.	AUSTRALIA	English-100	G		Y	
2024-04-15	1930	<b>How Do They Really Do It?</b>	How Do They Really Do It?: Domino's	Domino's is the biggest name in the UK when it comes to the highly competitive pizza delivery business. Go inside the kitchens of this pizza empire to meet those involved first-hand.	UNITED KINGDOM	English-100	PG			
2024-04-15	2030	<b>Marcus Wareing's Kitchen Garden Tales</b>	Chickens	Marcus deals with his pigs who are still causing trouble in their fenced off woodland home. His chickens get a health check-up, and he also decides to expand his collection of hens.	UNITED KINGDOM	English-100	G			
2024-04-15	2100	<b>Paula McIntyre's Hamely Kitchen</b>	Paula McIntyre's Hamely Kitchen Series 2 Ep 1	Paula adds a modern twist to a traditional roozle breid, a variation on potato bread, by transforming it into a taco.	UNITED KINGDOM	English-100	G			
2024-04-15	2130	<b>Come Dine With Me</b>	Swansea Day 14	Marcus deals with his pigs who are still causing trouble in their fenced off woodland home. His chickens get a health check-up, and he also decides to expand his collection of hens.	UNITED KINGDOM	English-100	PG	a		
2024-04-15	2200	<b>Come Dine With Me</b>	Swansea Day 15	Keen tennis player Janine hopes to serve up an ace with a tennis themed evening, but will her courses be too spicy?	UNITED KINGDOM	English-100	PG	s		
2024-04-15	2230	<b>The Cook Up With Adam Liaw</b>	Burgers Are Better!	Whose burgers are better? It's time to find out, with chef Joel Bennetts and comedian Nikki Britton, on The Cook Up.	AUSTRALIA	English-100	G		Y	
2024-04-15	2300	<b>The Cook And The Chef</b>	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail-proof sponge cake.	AUSTRALIA	English-100	G			
2024-04-15	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sienna Miller	The cafe's menu this week includes Sienna Miller's rich Tuscan duck ragu with pici pasta and Jamie's whole sea bass baked in salt.	UNITED KINGDOM	English-100	PG	s		
2024-04-15	2425	<b>Destination Flavour Japan Bitesize</b>	Hokkaido	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y



2024-04-15	2430	<b>How Do They Really Do It?</b>	How Do They Really Do It?: Domino's	Domino's is the biggest name in the UK when it comes to the highly competitive pizza delivery business. Go inside the kitchens of this pizza empire to meet those involved first-hand.	UNITED KINGDOM	English-100		PG		
2024-04-15	2530	<b>Marcus Wareing's Kitchen Garden Tales</b>	Chickens	Marcus deals with his pigs who are still causing trouble in their fenced off woodland home. His chickens get a health check-up, and he also decides to expand his collection of hens.	UNITED KINGDOM	English-100		G		
2024-04-15	2600	<b>Paula McIntyre's Hamely Kitchen</b>	Paula McIntyre's Hamely Kitchen Series 2 Ep 1	Paula adds a modern twist to a traditional roozle breid, a variation on potato bread, by transforming it into a taco.	UNITED KINGDOM	English-100		G		
2024-04-15	2630	<b>Come Dine With Me</b>	Swansea Day 14	Will sales manager and bodybuilder Rob's 'simple but tasty' Thai inspired menu win him the 1000 pound prize?	UNITED KINGDOM	English-100		PG		a
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2024-04-15	2830	<b>David Rocco's Dolce Homemade</b>	Patois Chinois	David and chef Craig Wong, a Canadian Chinese-Jamaican chef, uses his mixed background to create fusion dishes where he is able to take the best of each culture to create something exciting and new.	CANADA	English-100		PG		I
2024-04-16	0500	<b>Pati's Mexican Table</b>	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero.	USA	English-100		PG		Y
2024-04-16	0530	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, we meet local baking legend Dorothy Press at the Condobolin annual show.	AUSTRALIA	English-100	RPT	G		Y

2024-04-16	0600	<b>David Rocco's Dolce Africa</b>	Walking Durban	Walking tours are all the rage in major metropolitan cities, and Durban is no different. Beset Durban is a free tour group who take David on a private trek through their beloved city.	CANADA	English-100		G	
2024-04-16	0630	<b>Ainsley's Good Mood Food</b>	Fruit And Berries	Fruits and Berries take centre stage in all the dishes in today's show. Ainsley shows that fruits and berries can add amazing flavours to a savoury dish or be the start of a sensational dessert.	UNITED KINGDOM	English-100		G	
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2024-04-16	0930	<b>How Do They Really Do It?</b>	How Do They Really Do It?: Domino's	Domino's is the biggest name in the UK when it comes to the highly competitive pizza delivery business. Go inside the kitchens of this pizza empire to meet those involved first-hand.	UNITED KINGDOM	English-100		PG	
2024-04-16	1030	<b>Lidia's Kitchen</b>	Potato, Potato	Lidia cannot get enough of potatoes! She prepares potato and pasta soup, a nourishing salad of green beans, then talks about ditalini with potatoes and provola with her grandson.	USA	English-100		G	
2024-04-16	1100	<b>The Cook Up With Adam Liaw</b>	Burgers Are Better!	Whose burgers are better? It's time to find out, with chef Joel Bennetts and comedian Nikki Britton, on The Cook Up.	AUSTRALIA	English-100		G	Y

2024-04-16	1130	<b>Marcus Wareing's Kitchen Garden Tales</b>	Chickens	Marcus deals with his pigs who are still causing trouble in their fenced off woodland home. His chickens get a health check-up, and he also decides to expand his collection of hens.	UNITED KINGDOM	English-100		G		
2024-04-16	1200	<b>Paula McIntyre's Hamely Kitchen</b>	Paula McIntyre's Hamely Kitchen Series 2 Ep 1	Paula adds a modern twist to a traditional roozle breid, a variation on potato bread, by transforming it into a taco.	UNITED KINGDOM	English-100		G		
2024-04-16	1230	<b>From Scratch</b>	Let Taco Bout Mexican Food	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-04-16	1325	<b>Cook Up With Adam Liaw Bitesize</b>	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
2024-04-16	1330	<b>David Rocco's Dolce Homemade</b>	Simplicity - Sushi	David invites sushi chef Jacky Lin to his home to prepare dishes that remind him of the two cultures that mean the most to him.	CANADA	English-100		PG	I	
2024-04-16	1400	<b>Pati's Mexican Table</b>	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area.	USA	English-100		G		Y
2024-04-16	1430	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, Romano Rotelli of Pensiero Restaurant, and the Danish horn of plenty at Bonjour Patisserie.	AUSTRALIA	English-100	RPT	G		Y
2024-04-16	1500	<b>David Rocco's Dolce Africa</b>	Welcome To Lalibela Ethiopia	David spends time with the locals in Lalibela, Ethiopia, where he learns how to make a few staples like shiro, injera and berbere, the traditional Ethiopian spice mix that's used in so many dishes.	CANADA	English-100		G		
2024-04-16	1530	<b>Ainsley's Good Mood Food</b>	Seaside Delights	Ainsley is rejoicing in everything the sea and the seaside has to offer. His first cook is a great way to spice up midweek meals, harissa crusted cod with quick chickpea, spinach and tomato stew.	UNITED KINGDOM	English-100		PG	a w	
2024-04-16	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

2024-04-16	1630	<b>Comfort Food With Spencer Watts</b>	Hot Soup Comfort	Nothing says comfort like a bowl of steaming hot soup. Spencer makes a spicy spinach and Taleggio cheese wonton soup in a chorizo broth, a jerk rubbed chicken and Raman noodle soup.	CANADA	English-100	G			
2024-04-16	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 67	Chef Adam Swanson makes his spaghetti with anchovies and onions and then Justine makes her roasted tomato soup with chorizo and a decadent glazed ham.	AUSTRALIA	English-100	G			
2024-04-16	1730	<b>John Torode's Middle East</b>	Malta	This week John is in Malta, a surprising stop on his Middle Eastern tour. John soon finds out that Middle Eastern influences are everywhere, hidden just under the surface of the island's history.	CANADA	English-100	G			
2024-04-16	1800	<b>Taste Of Australia With Hayden Quinn</b>	Ep 2	Hayden is on the hunt for some local prawns this week, and so it's an early start at Evans Head to meet Ben as he brings the catch in. Then it's into Casino to see Dave and Bianca's team at work.	AUSTRALIA	English-100	G			
2024-04-16	1830	<b>Lidia's Kitchen</b>	Sweet Life In Italy, The	Today is about sweet treats! Lidia makes a bergamot and ricotta parfait, then almond tarts. She talks with her granddaughter, Julia, about chocolate anise biscotti. A childhood favourite treat.	USA	English-100				
2024-04-16	1900	<b>The Cook Up With Adam Liaw</b>	Chocolate Or Caramel	Chocolate or caramel? It's the sweetest choice of all, as Adam is joined by author Julia Busuttill Nishimura and chef Giovanni Pilu.	AUSTRALIA	English-100	G		Y	
2024-04-16	1930	<b>Rachel Khoo's Simple Pleasures</b>	Tasty Parcels	Sometimes the best things in life come in small packages, and that is certainly the case with the dishes Rachel Khoo creates. Rachel raids her cupboards to create delicious meals from few ingredients.	USA	English-100	G			
2024-04-16	2000	<b>Selena + Chef</b>	Selena + Jordan Andino	New York City-based TV chef, Jordan Andino, lights up Selena's kitchen with a meal that embodies the unique flavour profile of Filipino cooking – chicken adobo and plantain turon.	USA	English-100	PG		Y	
2024-04-16	2030	<b>Choccywoccydoodah: Starstruck</b>	Derren Brown	British illusionist Derren Brown sets the chocolatiers their trickiest challenge to date. He wants a taxidermy inspired birthday cake that holds an illusion clever enough to fool this master of magic.	UNITED KINGDOM	English-100	PG	a		
2024-04-16	2125	<b>Destination Flavour Japan Bitesize</b>	Shikoku And Kyushu	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y

2024-04-16	2130	<b>Come Dine With Me</b>	Surrey Day 1	James is eager to bring a taste of the tropics to Surrey with his Caribbean inspired menu. Will he break records, or be left at sea?	UNITED KINGDOM	English-100		PG		
2024-04-16	2200	<b>Come Dine With Me</b>	Surrey Day 2	Myle is feeling super confident she can raise the bar at her dinner party. Unfortunately she didn't bank on her mum popping over, which raises the pressure!	UNITED KINGDOM	English-100		PG	I	
2024-04-16	2230	<b>The Cook Up With Adam Liaw</b>	Chocolate Or Caramel	Chocolate or caramel? It's the sweetest choice of all, as Adam is joined by author Julia Busuttill Nishimura and chef Giovanni Pilu.	AUSTRALIA	English-100		G		Y
2024-04-16	2300	<b>The Cook And The Chef</b>	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G		
2024-04-16	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Amanda Holden	Jamie reinvents the humble roast chicken with not one, but two blow out recipes - chicken in a crust and beer butt chicken, while Amanda Holden cooks an authentic Greek moussaka.	UNITED KINGDOM	English-100		PG		
2024-04-16	2425	<b>Destination Flavour Japan Bitesize</b>	Tohoku	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y
2024-04-16	2430	<b>Rachel Khoo's Simple Pleasures</b>	Tasty Parcels	Sometimes the best things in life come in small packages, and that is certainly the case with the dishes Rachel Khoo creates. Rachel raids her cupboards to create delicious meals from few ingredients.	USA	English-100		G		
2024-04-16	2500	<b>Selena + Chef</b>	Selena + Jordan Andino	New York City-based TV chef, Jordan Andino, lights up Selena's kitchen with a meal that embodies the unique flavour profile of Filipino cooking – chicken adobo and plantain turon.	USA	English-100		PG		Y
2024-04-16	2530	<b>Choccywoccydoodah: Starstruck</b>	Derren Brown	British illusionist Derren Brown sets the chocolatiers their trickiest challenge to date. He wants a taxidermy inspired birthday cake that holds an illusion clever enough to fool this master of magic.	UNITED KINGDOM	English-100		PG	a	
2024-04-16	2625	<b>Destination Flavour Japan Bitesize</b>	Shikoku And Kyushu	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y

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2024-04-16	2825	<b>Destination Flavour Japan Bitesize</b>	Tohoku	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y
2024-04-16	2830	<b>David Rocco's Dolce Homemade</b>	Simplicity - Sushi	David invites sushi chef Jacky Lin to his home to prepare dishes that remind him of the two cultures that mean the most to him.	CANADA	English-100		PG	I	
2024-04-17	0500	<b>Pati's Mexican Table</b>	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area.	USA	English-100		G		Y
2024-04-17	0530	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, Romano Rotelli of Pensiero Restaurant, and the Danish horn of plenty at Bonjour Patisserie.	AUSTRALIA	English-100	RPT	G		Y
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2024-04-17	0725	<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

2024-04-17	0730	<b>Comfort Food With Spencer Watts</b>	Hot Soup Comfort	Nothing says comfort like a bowl of steaming hot soup. Spencer makes a spicy spinach and Taleggio cheese wonton soup in a chorizo broth, a jerk rubbed chicken and Raman noodle soup.	CANADA	English-100	G			
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2024-04-17	1100	<b>The Cook Up With Adam Liaw</b>	Chocolate Or Caramel	Chocolate or caramel? It's the sweetest choice of all, as Adam is joined by author Julia Busuttill Nishimura and chef Giovanni Pilu.	AUSTRALIA	English-100	G		Y	
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2024-04-17	1230	<b>From Scratch</b>	Seasoning The Day In Iceland	Chef Gunnar Karl of Dill in Reykjavik challenges David to source a traditional Icelandic cod dish with ingredients he can only get dry suit diving in the North Atlantic Sea.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-04-17	1325	<b>Cook Up With Adam Liaw Bitesize</b>	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
2024-04-17	1330	<b>David Rocco's Dolce Homemade</b>	Gelato	During the pandemic, David and guest Daniella Sacon, both started their businesses doing what they love. Daniella shows David how to make gelato and together, they bring joy to others through gelato.	CANADA	English-100		G		
2024-04-17	1400	<b>Pati's Mexican Table</b>	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest seafood all of Los Cabos has to offer. Pati grills up her catch-of-the-day with Chef Guillermo Gomez.	USA	English-100		PG	a w	
2024-04-17	1430	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to the Ord River to learn about a chickpea called the macarena.	AUSTRALIA	English-100	RPT	G		Y
2024-04-17	1500	<b>David Rocco's Dolce Africa</b>	Last Supper In Lalibela Ethiopia	Nestled in the northern foothills of Ethiopia is the remote small town of Lalibela. It's considered one of the holiest places in the world, especially during the Easter week celebrations.	CANADA	English-100		PG	a w	
2024-04-17	1530	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1	Ainsley kicks off his culinary trip down memory lane by showcasing dishes and recipes which celebrate holidays. Starting with a fresh spicy seafood linguine with chilli and cherry tomatoes.	UNITED KINGDOM	English-100		G		
2024-04-17	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
2024-04-17	1630	<b>Comfort Food With Spencer Watts</b>	Pasta Pasta Pasta	Spencer makes with a Pork Bolognese stuffed Tortellini with American cheese rose and soffrito; then a quick pillowy soft ricotta gnudi with tomato sauce, and finally a creamy a pasta with gorgonzola.	CANADA	English-100		G		
2024-04-17	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 68	Justine whips up some delicious, vegetarian marinated tofu skewers with Chinese broccoli and mushrooms and Emma Dean joins the kitchen to make her scrumptious beef cheeks with vanilla.	AUSTRALIA	English-100		G		



2024-04-17	1730	<b>John Torode's Middle East</b>	Alexandria	John is in Alexandria on Egypt's north coast, city the largest on the Mediterranean. John gets stuck in to the city's many culinary delights and seeks inspiration for a dish of his own.	CANADA	English-100	G	
2024-04-17	1800	<b>Taste Of Australia With Hayden Quinn</b>	Ep 3	One of our favourite starts ever, with Hayden enjoying the hot water at Millie Bore. Then it's off to meet legend, Dick Estens, into Moree to check out some amazing art, then a visit to a lamb farm.	AUSTRALIA	English-100	G	
2024-04-17	1830	<b>Lidia's Kitchen</b>	Simply Lidia	Simplicity reigns in the Italian cuisine, and Lidia is a firm believer that simple cooking is better cooking. She makes a cauliflower orecchiette pasta, crespelle, and discusses crepes.	USA	English-100		
2024-04-17	1900	<b>The Cook Up With Adam Liaw</b>	Fast Frypan Favourites	You won't believe how fast chef Rodney Dunn, actor Bert LaBonte and Adam can make their fast frypan favourites. Spoiler alert: it's very fast.	AUSTRALIA	English-100	PG	Y
2024-04-17	1930	<b>Adam and Poh's Great Australian Bites</b>	Sydney	In this episode, we won't just be exploring iconic dishes - we'll be meeting iconic people too. But the big challenge? What one iconic dish can Adam and Poh make, that sums up the sapphire city?	AUSTRALIA	English-100	PG	Y
2024-04-17	2000	<b>Nadiya's Spices Made Simple</b>	Better Than A Takeaway	Nadiya serves up deliciously treaty meals to rival any takeaway, ones that are indulgent and barely take any effort - homemade pizza, spicy egg fried rice, curry, and kulfi ice cream biscuit bars.	UNITED KINGDOM	English-100	PG	
2024-04-17	2030	<b>Jason Atherton's Dubai Dishes</b>	Vegetables	Jason shares his love of fresh produce with a trip to a supersized Dubai vegetable market as he makes dishes that include a tomato tartare with black olive tapenade and beetroot carrot pudding.	UNITED KINGDOM		G	
2024-04-17	2130	<b>Come Dine With Me</b>	Surrey Day 3	Ben is hoping to wow his guests by putting on a real Mexican fiesta! But will it be enough to grab the thousand pounds at the end of the week?	UNITED KINGDOM	English-100	PG	I
2024-04-17	2200	<b>Come Dine With Me</b>	Surrey Day 4	Will Caroline's night of singing, dancing and nursery rhymes make her a winner, or will it distract too much from the food?	UNITED KINGDOM	English-100	PG	
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2024-04-17	2300	<b>The Cook And The Chef</b>	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G		
2024-04-17	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Kirstie Allsopp	Jimmy serves his own charcuterie made in his DIY Tuscan cave, while Jamie knocks up an indulgent feast of diver-caught Scottish scallops with bacon and sage.	UNITED KINGDOM	English-100		PG		
2024-04-17	2425	<b>Destination Flavour Japan Bitesize</b>	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
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2024-04-18	1000	<b>Nadiya's Spices Made Simple</b>	Better Than A Takeaway	Nadiya serves up deliciously treaty meals to rival any takeaway, ones that are indulgent and barely take any effort - homemade pizza, spicy egg fried rice, curry, and kulfi ice cream biscuit bars.	UNITED KINGDOM	English-100		PG		
2024-04-18	1030	<b>Lidia's Kitchen</b>	Simply Lidia	Simplicity reigns in the Italian cuisine, and Lidia is a firm believer that simple cooking is better cooking. She makes a cauliflower orecchiette pasta, crespelle, and discusses crepes.	USA	English-100				
2024-04-18	1100	<b>The Cook Up With Adam Liaw</b>	Fast Frypan Favourites	You won't believe how fast chef Rodney Dunn, actor Bert LaBonte and Adam can make their fast frypan favourites. Spoiler alert: it's very fast.	AUSTRALIA	English-100		PG		Y
2024-04-18	1130	<b>Jason Atherton's Dubai Dishes</b>	Vegetables	Jason shares his love of fresh produce with a trip to a supersized Dubai vegetable market as he makes dishes that include a tomato tartare with black olive tapenade and beetroot carrot pudding.	UNITED KINGDOM			G		
2024-04-18	1230	<b>From Scratch</b>	Braai Is A Braai In South Africa, A	David Higgs, is the one of the best known South African chefs and in his Johannesburg restaurant Marble he only cooks over wood fires.	UNITED KINGDOM	English-100		PG	a w	Y
2024-04-18	1325	<b>Cook Up With Adam Liaw Bitesize</b>	Almond Pudding With Ginger And Palm Sugar Syrup	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-04-18	1330	<b>David Rocco's Dolce Homemade</b>	Lebanese Food	David invites guest Ali Nassrallah to his home to cook Lebanese food. Growing up in Beirut, Ali has experienced the tragedy of war and the power of food to heal and spread love.	CANADA	English-100		G		
2024-04-18	1400	<b>Pati's Mexican Table</b>	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House, a non-profit culinary arts organisation in New York City.	USA	English-100		G		Y
2024-04-18	1430	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, old fashioned fish and chips, fantastic fruit flavoured gels, and soft tofu.	AUSTRALIA	English-100	RPT	G		Y

2024-04-18	1500	David Rocco's Dolce Napoli	Easter In Ischia	The volcanic island of Ischia, in the gulf of Naples, is a popular tourist destination known for it's hot springs and amazing food. David joins the locals for the celebration of the Spring Equinox.	CANADA	English-100		PG		Y
2024-04-18	1530	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 2	Ainsley pays culinary homage to the dishes that our mums used to make, from brown chicken stew, rice and peas, teatime cupcakes, and delicious garlic bread.	UNITED KINGDOM	English-100		G		
2024-04-18	1625	Destination Flavour Scandinavia Bitesize	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
2024-04-18	1630	Comfort Food With Spencer Watts	Comfort Kissed By Fire	Spencer stays fireside and makes an open-faced Montreal smoked meat potato rosti, campfire steaks with a nori butter, and a sweet and creamy chocolate and cherry liqueur fondue with treats.	CANADA	English-100		PG		
2024-04-18	1700	Everyday Gourmet With Justine Schofield	Ep 69	Rishi Desai shares a recipe for kanda bhaji and Justine makes her Swedish meatballs and shows you how delicious a whole roasted cauliflower is.	AUSTRALIA	English-100		G		
2024-04-18	1730	John Torode's Middle East	Bahrain	John travels to Bahrain, the land of a million date palms, eager as always to sample local flavours, learn as much as possible about traditional cuisine and incorporate it all into a dish of his own.	CANADA	English-100		PG	a w	
2024-04-18	1800	Taste Of Australia With Hayden Quinn	Ep 4	A bush pizza made with native ancient grains, anyone? Hayden heads to Goondiwindi, but first he catches up with bush food guide, Kerrie Saunders, then learns how to make the dish.	AUSTRALIA	English-99; Gamilaraay-1		G		Y
2024-04-18	1830	Lidia's Kitchen	Just Braising	Lidia shows you that braising makes everything taste better. She prepares oven braised pork chops, beef and root vegetables. Lorenzo joins her to talk about Nonna's tomato-braised cauliflower recipe.	USA	English-100				
2024-04-18	1900	The Cook Up With Adam Liaw	Flavour Packed Leaves	NSW Good Food Guide Young Chef of the Year, Shashank Achuta. and The Good Farm Shop's Scott Gooding and Adam leave nothing to chance with their recipes full of flavour packed leaves.	AUSTRALIA	English-100		G		Y
2024-04-18	1930	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 3	Nigel Slater concludes his journey by visiting a country shrouded in mystery and often in the headlines: Iran. Through its food, Nigel hopes to find out what life is really like.	UNITED KINGDOM	English-100		PG	a w	Y

2024-04-18	2030	<b>Rick Stein's India</b>	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-04-18	2140	<b>Come Dine With Me</b>	Surrey Day 5	Competitive businessman John is banking on his one hundred percent home-cooked menu to bag him the prize, but his guests are expecting big things.	UNITED KINGDOM	English-100		PG			
2024-04-18	2205	<b>Come Dine With Me</b>	Brighton Day 1	This week's competition is in and around Brighton where the first to host is 47-year-old Radio Presenter Guy, who's hoping to be a hit with his musical and Mexican themed menu.	UNITED KINGDOM	English-100		PG			
2024-04-18	2230	<b>The Cook Up With Adam Liaw</b>	Flavour Packed Leaves	NSW Good Food Guide Young Chef of the Year, Shashank Achuta. and The Good Farm Shop's Scott Gooding and Adam leave nothing to chance with their recipes full of flavour packed leaves.	AUSTRALIA	English-100		G		Y	
2024-04-18	2300	<b>The Cook And The Chef</b>	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G			
2024-04-18	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Chris Moyles	Jamie takes two British favourites - a curry and a Sunday roast and mashes them together to make his Empire lamb, while Jimmy builds a DIY smoker and serves up a smorgasbord of treats.	UNITED KINGDOM	English-100		PG			
2024-04-18	2425	<b>Destination Flavour Japan Bitesize</b>	Mie And Aichi	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-04-18	2430	<b>Nigel Slater's Middle East</b>	Nigel Slater's Middle East Series 1 Ep 3	Nigel Slater concludes his journey by visiting a country shrouded in mystery and often in the headlines: Iran. Through its food, Nigel hopes to find out what life is really like.	UNITED KINGDOM	English-100		PG	a w		Y
2024-04-18	2525	<b>Cook Up With Adam Liaw Bitesize</b>	Lamb Skewers With Tomato Bush Tahini	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	
2024-04-18	2530	<b>Rick Stein's India</b>	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G		Y	Y

2024-04-18	2640	<b>Come Dine With Me</b>	Surrey Day 5	Competitive businessman John is banking on his one hundred percent home-cooked menu to bag him the prize, but his guests are expecting big things.	UNITED KINGDOM	English-100			PG		
2024-04-18	2705	<b>Come Dine With Me</b>	Brighton Day 1	This week's competition is in and around Brighton where the first to host is 47-year-old Radio Presenter Guy, who's hoping to be a hit with his musical and Mexican themed menu.	UNITED KINGDOM	English-100			PG		
2024-04-18	2730	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Chris Moyles	Jamie takes two British favourites - a curry and a Sunday roast and mashes them together to make his Empire lamb, while Jimmy builds a DIY smoker and serves up a smorgasbord of treats.	UNITED KINGDOM	English-100			PG		
2024-04-18	2825	<b>Destination Flavour Japan Bitesize</b>	Mie And Aichi	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-04-18	2830	<b>David Rocco's Dolce Homemade</b>	Lebanese Food	David invites guest Ali Nassrallah to his home to cook Lebanese food. Growing up in Beirut, Ali has experienced the tragedy of war and the power of food to heal and spread love.	CANADA	English-100			G		
2024-04-19	0500	<b>Pati's Mexican Table</b>	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House, a non-profit culinary arts organisation in New York City.	USA	English-100			G		Y
2024-04-19	0530	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, old fashioned fish and chips, fantastic fruit flavoured gels, and soft tofu.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-19	0600	<b>David Rocco's Dolce Napoli</b>	Easter In Ischia	The volcanic island of Ischia, in the gulf of Naples, is a popular tourist destination known for it's hot springs and amazing food. David joins the locals for the celebration of the Spring Equinox.	CANADA	English-100			PG		Y
2024-04-19	0630	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 2	Ainsley pays culinary homage to the dishes that our mums used to make, from brown chicken stew, rice and peas, teatime cupcakes, and delicious garlic bread.	UNITED KINGDOM	English-100			G		
2024-04-19	0725	<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	

2024-04-19	0730	<b>Comfort Food With Spencer Watts</b>	Comfort Kissed By Fire	Spencer stays fireside and makes an open-faced Montreal smoked meat potato rosti, campfire steaks with a nori butter, and a sweet and creamy chocolate and cherry liqueur fondue with treats.	CANADA	English-100		PG		
2024-04-19	0800	<b>Everyday Gourmet With Justine Schofield</b>	Ep 69	Rishi Desai shares a recipe for kanda bhaji and Justine makes her Swedish meatballs and shows you how delicious a whole roasted cauliflower is.	AUSTRALIA	English-100		G		
2024-04-19	0830	<b>John Torode's Middle East</b>	Bahrain	John travels to Bahrain, the land of a million date palms, eager as always to sample local flavours, learn as much as possible about traditional cuisine and incorporate it all into a dish of his own.	CANADA	English-100		PG	a w	
2024-04-19	0900	<b>Taste Of Australia With Hayden Quinn</b>	Ep 4	A bush pizza made with native ancient grains, anyone? Hayden heads to Goondiwindi, but first he catches up with bush food guide, Kerrie Saunders, then learns how to make the dish.	AUSTRALIA	English-99; Gamilaraay-1		G		Y
2024-04-19	0930	<b>Nigel Slater's Middle East</b>	Nigel Slater's Middle East Series 1 Ep 3	Nigel Slater concludes his journey by visiting a country shrouded in mystery and often in the headlines: Iran. Through its food, Nigel hopes to find out what life is really like.	UNITED KINGDOM	English-100		PG	a w	Y
2024-04-19	1025	<b>Cook Up With Adam Liaw Bitesize</b>	Lamb Skewers With Tomato Bush Tahini	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
2024-04-19	1030	<b>Lidia's Kitchen</b>	Just Braising	Lidia shows you that braising makes everything taste better. She prepares oven braised pork chops, beef and root vegetables. Lorenzo joins her to talk about Nonna's tomato-braised cauliflower recipe.	USA	English-100				
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2024-04-19	1130	<b>Rick Stein's India</b>	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G		Y Y
2024-04-19	1240	<b>From Scratch</b>	Keep Your Friends Close, And Your Anemones Closer In Sardinia	David works with Michelin star chef Christiano Andreini, to recreate his coastal Sardinian dishes. David attempts to dive for octopus in open, rough waters, but must quickly find an alternative.	UNITED KINGDOM	English-100		PG	a l w	Y



2024-04-19	1335	<b>David Rocco's Dolce Homemade</b>	Spices	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s.	CANADA	English-100		G	
2024-04-19	1400	<b>Pati's Mexican Table</b>	Photographic Food Memories	Friends and family always tell Pati she has an extraordinary photographic food memory. So, Pati decides to recreate some of her most favourite food memories in her own kitchen.	USA	English-100		G	Y
2024-04-19	1430	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, spelt - a grain that's been cultivated since ancient times, and voluptuous nougat.	AUSTRALIA	English-100	RPT	G	Y
2024-04-19	1500	<b>David Rocco's Dolce Napoli</b>	Pizza Mia	What makes a great pizza, or pizza margherita? Is it the rich, sweet flavour of the San Marzano tomato sauce, the right amount of creamy buffalo mozzarella, the fresh hit of basil.	CANADA	English-100		PG	Y
2024-04-19	1530	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 3	Ainsley is in the kitchen as he is inspired by the great retro dishes of the past. He starts his Forgotten Classics menu with a sumptuous minced beef, potato, and onion pie served with buttery greens.	UNITED KINGDOM	English-100		G	
2024-04-19	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
2024-04-19	1630	<b>Comfort Food With Spencer Watts</b>	Comfort With A Kick	Spencer cooks up some delicious comfort food with a little heat to tickle our taste buds, including Cajun shrimp cakes with a creole etouffee, and Brazilian moqueca with halibut and shrimp.	CANADA	English-100		PG	
2024-04-19	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 70	Justine teaches you how to smoke a duck breast and shares a recipe for a tasty fish burrito. Trish McKenzie make a mouth-watering white chocolate cookies and cream slice.	AUSTRALIA	English-100		PG	
2024-04-19	1730	<b>John Torode's Middle East</b>	Best Of	John looks back at a series full of extraordinary places, inspiring home cooks and deliciously diverse food. It culminates in a final new recipe: Falafel, Egyptian style.	CANADA	English-100		PG	a w
2024-04-19	1800	<b>Taste Of Australia With Hayden Quinn</b>	Ep 5	Wine, olives, lavender and free-range chicken - what more could you ask for! Kicking off in Queensland's Granite Belt, Hayden visits Twisted Gum Wines, before heading to Coolmunda Olives.	AUSTRALIA	English-100		G	

2024-04-19	1830	<b>Lidia's Kitchen</b>	Light Lunches	When your busy, a quick and easy lunch seems perfect! Lidia prepares a striped bass with broccolini, shrimp olive salad. In the Sharing Recipes segment, she talks about tomato tarts.	USA	English-100					
2024-04-19	1900	<b>The Cook Up With Adam Liaw</b>	Rustic Garden Party, The	Join Adam, chef Karena Armstrong, and entertainer Eddie Perfect for everything you need to host The Rustic Garden Party of your dreams!	AUSTRALIA	English-100	G			Y	
2024-04-19	1930	<b>Rick Stein: From Venice to Istanbul</b>	Turkey	Rick's epic journey is nearing its completion as he leaves southern Greece for the shores of Western Turkey. On the Cesme Peninsula he enjoys creamy Armola cheese matured in goat skins.	UNITED KINGDOM	English-100	PG	a w			
2024-04-19	2040	<b>Extreme Food Phobics</b>	Extreme Food Phobics Series 1 Ep 3	34-year-old Christian is desperate for help to try and overcome his extreme aversion to healthy food, and Dr, Ranj is here to help.	UNITED KINGDOM	English-100	RPT	PG	a	Y	
2024-04-19	2130	<b>Come Dine With Me</b>	Brighton Day 2	It's the second day in and around Brighton, where bubbly 26 year old Emma is hosting a beach themed dinner party. After a day of forgotten ingredients and culinary calamities, Emma has some questions.	UNITED KINGDOM	English-100		PG			
2024-04-19	2200	<b>Come Dine With Me</b>	Brighton Day 3	It's the third day in and around Brighton and the turn of Dutch Pilot Tim to try and host his way to the cash prize. Tonight Tim's taking advantage of his worldly travels with an international menu.	UNITED KINGDOM	English-100		PG			
2024-04-19	2230	<b>The Cook Up With Adam Liaw</b>	Rustic Garden Party, The	Join Adam, chef Karena Armstrong, and entertainer Eddie Perfect for everything you need to host The Rustic Garden Party of your dreams!	AUSTRALIA	English-100	G			Y	
2024-04-19	2300	<b>The Cook And The Chef</b>	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G			
2024-04-19	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jennifer Saunders	The cafe's menu is packed with feasts for the weekend - Jimmy serves his very own DIY champagne cider, and Jamie meets up with two old mates to cook Italian porchetta.	UNITED KINGDOM	English-100		PG	a		
2024-04-19	2425	<b>Destination Flavour Japan Bitesize</b>	Tokyo Part 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-04-19	2430	<b>Rick Stein: From Venice to Istanbul</b>	Turkey	Rick's epic journey is nearing its completion as he leaves southern Greece for the shores of Western Turkey. On the Cesme Peninsula he enjoys creamy Armola cheese matured in goat skins.	UNITED KINGDOM	English-100		PG	a w		
2024-04-19	2540	<b>Extreme Food Phobics</b>	Extreme Food Phobics Series 1 Ep 3	34-year-old Christian is desperate for help to try and overcome his extreme aversion to healthy food, and Dr, Ranj is here to help.	UNITED KINGDOM	English-100	RPT	PG	a		Y
2024-04-19	2630	<b>Come Dine With Me</b>	Brighton Day 2	It's the second day in and around Brighton, where bubbly 26 year old Emma is hosting a beach themed dinner party. After a day of forgotten ingredients and culinary calamities, Emma has some questions.	UNITED KINGDOM	English-100		PG			
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2024-04-19	2830	<b>David Rocco's Dolce Homemade</b>	Spices	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s.	CANADA	English-100		G			
2024-04-20	0500	<b>Pati's Mexican Table</b>	Photographic Food Memories	Friends and family always tell Pati she has an extraordinary photographic food memory. So, Pati decides to recreate some of her most favourite food memories in her own kitchen.	USA	English-100		G			Y
2024-04-20	0530	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, spelt - a grain that's been cultivated since ancient times, and voluptuous nougat.	AUSTRALIA	English-100	RPT	G			Y
2024-04-20	0600	<b>David Rocco's Dolce Napoli</b>	Pizza Mia	What makes a great pizza, or pizza margherita? Is it the rich, sweet flavour of the San Marzano tomato sauce, the right amount of creamy buffalo mozzarella, the fresh hit of basil.	CANADA	English-100		PG			Y

2024-04-20	0630	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 3	Ainsley is in the kitchen as he is inspired by the great retro dishes of the past. He starts his Forgotten Classics menu with a sumptuous minced beef, potato, and onion pie served with buttery greens.	UNITED KINGDOM	English-100		G		
2024-04-20	0725	<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
2024-04-20	0730	<b>Comfort Food With Spencer Watts</b>	Comfort With A Kick	Spencer cooks up some delicious comfort food with a little heat to tickle our taste buds, including Cajun shrimp cakes with a creole etouffee, and Brazilian moqueca with halibut and shrimp.	CANADA	English-100		PG		
2024-04-20	0800	<b>Everyday Gourmet With Justine Schofield</b>	Ep 70	Justine teaches you how to smoke a duck breast and shares a recipe for a tasty fish burrito. Trish McKenzie make a mouth-watering white chocolate cookies and cream slice.	AUSTRALIA	English-100		PG		
2024-04-20	0830	<b>John Torode's Middle East</b>	Best Of	John looks back at a series full of extraordinary places, inspiring home cooks and deliciously diverse food. It culminates in a final new recipe: Falafel, Egyptian style.	CANADA	English-100		PG		a w
2024-04-20	0900	<b>Taste Of Australia With Hayden Quinn</b>	Ep 5	Wine, olives, lavender and free-range chicken - what more could you ask for! Kicking off in Queensland's Granite Belt, Hayden visits Twisted Gum Wines, before heading to Coolmunda Olives.	AUSTRALIA	English-100		G		
2024-04-20	0930	<b>Rick Stein: From Venice to Istanbul</b>	Turkey	Rick's epic journey is nearing its completion as he leaves southern Greece for the shores of Western Turkey. On the Cesme Peninsula he enjoys creamy Armola cheese matured in goat skins.	UNITED KINGDOM	English-100		PG		a w
2024-04-20	1040	<b>Lidia's Kitchen</b>	Light Lunches	When your busy, a quick and easy lunch seems perfect! Lidia prepares a striped bass with broccolini, shrimp olive salad. In the Sharing Recipes segment, she talks about tomato tarts.	USA	English-100				
2024-04-20	1110	<b>The Cook Up With Adam Liaw</b>	Rustic Garden Party, The	Join Adam, chef Karena Armstrong, and entertainer Eddie Perfect for everything you need to host The Rustic Garden Party of your dreams!	AUSTRALIA	English-100		G		Y
2024-04-20	1140	<b>Extreme Food Phobics</b>	Extreme Food Phobics Series 1 Ep 3	34-year-old Christian is desperate for help to try and overcome his extreme aversion to healthy food, and Dr. Ranj is here to help.	UNITED KINGDOM	English-100	RPT	PG		a Y

2024-04-20	1230	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, spelt - a grain that's been cultivated since ancient times, and voluptuous nougat.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-20	1300	<b>David Rocco's Dolce Napoli</b>	Pizza Mia	What makes a great pizza, or pizza margherita? Is it the rich, sweet flavour of the San Marzano tomato sauce, the right amount of creamy buffalo mozzarella, the fresh hit of basil.	CANADA	English-100		PG		Y	
2024-04-20	1330	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 3	Ainsley is in the kitchen as he is inspired by the great retro dishes of the past. He starts his Forgotten Classics menu with a sumptuous minced beef, potato, and onion pie served with buttery greens.	UNITED KINGDOM	English-100		G			
2024-04-20	1425	<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	
2024-04-20	1430	<b>Jamie's Food Escapes</b>	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100		PG	a l n w		
2024-04-20	1525	<b>Destination Flavour Japan Bitesize</b>	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-04-20	1530	<b>Jamie's Food Escapes</b>	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100		PG	a l w		
2024-04-20	1625	<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			
2024-04-20	1630	<b>Giada Entertains</b>	Chocolate For Breakfast	Giada invites friends over for a Valentine's Day-themed breakfast with chocolate in every dish. She treats them to a playful, laid-back morning with games and an indulgent, buffet-style menu.	USA	English-100		G			
2024-04-20	1700	<b>Barefoot Contessa: Back To Basics</b>	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100		G			

2024-04-20	1730	<b>Big Appetite</b>	No Sleep Til Brooklyn	Ben hundreds hits Bonnie's, Aunts Et Uncles, Gage and Tollner, and searches for the best pizza in Brooklyn.	USA	English-100		PG		
2024-04-20	1800	<b>The Next Thing You Eat</b>	Burgers: Balanced Diet	The burger will never die. Long live the burger! But the proliferation of cheap meat has thrown our environment out of balance. What does the next burger you eat look like?	USA					
2024-04-20	1830	<b>Eva Longoria: Searching For Mexico</b>	Oaxaca	Eva travels to southern Mexico to experience the magic of Oaxaca. There she meets celebrity chef Celia Florian who's quesillo cheese with crickets and edible flowers is a delight to Eva.	USA	English-50; Spanish-50	RPT	PG	Y	Y
2024-04-20	1925	<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	
2024-04-20	1930	<b>Hairy Bikers Go Local</b>	Home: Penarth, South Wales	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". The Bikers delight in their eight-course tasting menu.	UNITED KINGDOM	English-100		G		
2024-04-20	2035	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 2	Rick and Chalky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart.	UNITED KINGDOM	English-100		PG	a w	
2024-04-20	2105	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire.	UNITED KINGDOM	English-100		PG	a w	
2024-04-20	2135	<b>Anthony Bourdain: No Reservations</b>	Sardinia	Tony visits the breathtaking Italian island of Sardinia and gets a lesson in what it means to be Sardinian while learning about their longevity inducing Mediterranean diet.	USA	English-100	RPT	PG		
2024-04-20	2230	<b>The Wine Show</b>	Wine Show Series 1 Ep 13, The	In the final episode, we revisit some of the highlights of this series of The Wine Show. Joe Fattorini heads to South Africa for a taste of historic Vin de Constance.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2024-04-20	2330	<b>Jamie's Food Escapes</b>	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surströmming.	UNITED KINGDOM	English-100		PG	a l n w	

2024-04-20	2425	<b>Destination Flavour Japan Bitesize</b>	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-04-20	2430	<b>Jamie's Food Escapes</b>	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100		PG	a l w		
2024-04-20	2525	<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			
2024-04-20	2530	<b>Giada Entertains</b>	Chocolate For Breakfast	Giada invites friends over for a Valentine's Day-themed breakfast with chocolate in every dish. She treats them to a playful, laid-back morning with games and an indulgent, buffet-style menu.	USA	English-100		G			
2024-04-20	2600	<b>Barefoot Contessa: Back To Basics</b>	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100		G			
2024-04-20	2630	<b>Big Appetite</b>	No Sleep Til Brooklyn	Ben hundreds hits Bonnie's, Aunts Et Uncles, Gage and Tollner, and searches for the best pizza in Brooklyn.	USA	English-100		PG			
2024-04-20	2700	<b>The Next Thing You Eat</b>	Burgers: Balanced Diet	The burger will never die. Long live the burger! But the proliferation of cheap meat has thrown our environment out of balance. What does the next burger you eat look like?	USA						
2024-04-20	2730	<b>Eva Longoria: Searching For Mexico</b>	Oaxaca	Eva travels to southern Mexico to experience the magic of Oaxaca. There she meets celebrity chef Celia Florian who's quesillo cheese with crickets and edible flowers is a delight to Eva.	USA	English-50; Spanish-50	RPT	PG		Y	Y
2024-04-20	2825	<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	
2024-04-20	2830	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 2	Rick and Chalky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart.	UNITED KINGDOM	English-100		PG	a w		