



WEEK 17: Sunday, 21 April- Saturday, 27 April 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-04-21	0500	Rick Stein's Food Heroes	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		
2024-04-21	0530	Jamie's Food Escapes	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		
2024-04-21	0625	Destination Flavour Japan Bitesize	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
2024-04-21	0630	Jamie's Food Escapes	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		
2024-04-21	0725	Please Eat Slowly Bitesize	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			
2024-04-21	0730	Giada Entertains	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			
2024-04-21	0800	Barefoot Contessa: Back To Basics	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100		G			
2024-04-21	0830	Big Appetite	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			

2024-04-21	0900	The Next Thing You Eat	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			PG			Y
2024-04-21	0930	Eva Longoria: Searching For Mexico	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
2024-04-21	1025	Destination Flavour Scandinavia Bitesize	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	
2024-04-21	1030	Hairy Bikers Go Local	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			
2024-04-21	1135	Rick Stein's Food Heroes	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		
2024-04-21	1205	Rick Stein's Food Heroes	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		
2024-04-21	1235	Jamie's Food Escapes	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100		PG	a l n w		
2024-04-21	1330	Giada Entertains	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			
2024-04-21	1400	The Cook Up With Adam Liaw	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	RPT	G		Y	
2024-04-21	1430	The Cook Up With Adam Liaw	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	RPT	G		Y	
2024-04-21	1500	The Cook Up With Adam Liaw	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	RPT	PG		Y	
2024-04-21	1530	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	RPT	G		Y	

2024-04-21	1600	The Cook Up With Adam Liaw	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
2024-04-21	1630	Giada Entertains	Giada's Dinner Cruise	Giada hosts a sunset dinner party on a boat in the marina. On the menu is paccheri with porcini and pistachio, pan-seared salmon with artichokes and white wine, and beet and burrata salad.	USA	English-100		G		
2024-04-21	1700	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provencal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100		G		
2024-04-21	1730	Taste Of France	Quinsou	In Paris lies a very elegant yet humble restaurant called Quinsou, created by chef Antonin Bonnet. We'll learn about Antonin's story and how he matches sustainability with elegance and excellence.	SWEDEN	English-50; French-50		G		Y
2024-04-21	1800	Luca's Key Ingredient	Ep 4	Luca shows us his favourite recipes using today's key ingredient, small goods.	AUSTRALIA	English-100		G		
2024-04-21	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 7	Michel visits a special orchard to sample the finest extra virgin olive oil, and uses it to dress his Provencal seafood special of braised cuttlefish with black rice.	UNITED KINGDOM	English-100		G		Y
2024-04-21	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
2024-04-21	1930	A Cotswold Farm Shop	Ep 3	We meet Bini who supplies the service station freezer with nine of her delicious ready-made curries, all made using locally sourced ingredients, but she's keen to add to her range.	UNITED KINGDOM	English-100		G		
2024-04-21	2030	Rick Stein's Road To Mexico	San Francisco To Monterey	Rick starts his journey in San Francisco and enjoys legendary dishes like hangtown fry oyster pancake. It's also the home of sourdough and where America's love affair with seasonal cooking took hold.	UNITED KINGDOM	English-100		PG		
2024-04-21	2140	Anthony Bourdain: No Reservations	Panama	(S.6 Ep.1) Anthony Bourdain unravels Panama and its crossroad of cultures. #FoodNetworkAU	USA	English-100		PG	a d	
2024-04-21	2230	The Wine Show	Wine Show Series 2, The Ep 1	In the first show in the new series of The Wine Show, Matthew Goode welcomes new face James Purefoy to their beautiful new villa in France.	UNITED KINGDOM	English-100		PG		Y
2024-04-21	2325	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-04-21	2330	Giada Entertains	Giada's Dinner Cruise	Giada hosts a sunset dinner party on a boat in the marina. On the menu is paccheri with porcini and pistachio, pan-seared salmon with artichokes and white wine, and beet and burrata salad.	USA	English-100		G		

2024-04-21	2400	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provencal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100		G	
2024-04-21	2430	Taste Of France	Quinsou	In Paris lies a very elegant yet humble restaurant called Quinsou, created by chef Antonin Bonnet. We'll learn about Antonin's story and how he matches sustainability with elegance and excellence.	SWEDEN	English-50; French-50		G	Y
2024-04-21	2500	Luca's Key Ingredient	Ep 4	Luca shows us his favourite recipes using today's key ingredient, small goods.	AUSTRALIA	English-100		G	
2024-04-21	2530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 7	Michel visits a special orchard to sample the finest extra virgin olive oil, and uses it to dress his Provencal seafood special of braised cuttlefish with black rice.	UNITED KINGDOM	English-100		G	Y
2024-04-21	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
2024-04-21	2630	Rick Stein's Road To Mexico	San Francisco To Monterey	Rick starts his journey in San Francisco and enjoys legendary dishes like hangtown fry oyster pancake. It's also the home of sourdough and where America's love affair with seasonal cooking took hold.	UNITED KINGDOM	English-100		PG	
2024-04-21	2735	A Cotswold Farm Shop	Ep 3	We meet Bini who supplies the service station freezer with nine of her delicious ready-made curries, all made using locally sourced ingredients, but she's keen to add to her range.	UNITED KINGDOM	English-100		G	
2024-04-21	2830	The Cook Up With Adam Liaw	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	RPT	G	Y
2024-04-22	0500	The Cook Up With Adam Liaw	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	RPT	G	Y
2024-04-22	0530	The Cook Up With Adam Liaw	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	RPT	PG	Y
2024-04-22	0600	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	RPT	G	Y
2024-04-22	0630	The Cook Up With Adam Liaw	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
2024-04-22	0700	Giada Entertains	Giada's Dinner Cruise	Giada hosts a sunset dinner party on a boat in the marina. On the menu is paccheri with porcini and pistachio, pan-seared salmon with artichokes and white wine, and beet and burrata salad.	USA	English-100		G	

2024-04-22	0730	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provencal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100		G		
2024-04-22	0800	Taste Of France	Quinsou	In Paris lies a very elegant yet humble restaurant called Quinsou, created by chef Antonin Bonnet. We'll learn about Antonin's story and how he matches sustainability with elegance and excellence.	SWEDEN	English-50; French-50		G		Y
2024-04-22	0830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 7	Michel visits a special orchard to sample the finest extra virgin olive oil, and uses it to dress his Provencal seafood special of braised cuttlefish with black rice.	UNITED KINGDOM	English-100		G		Y
2024-04-22	0925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-04-22	0930	A Cotswold Farm Shop	Ep 3	We meet Bini who supplies the service station freezer with nine of her delicious ready-made curries, all made using locally sourced ingredients, but she's keen to add to her range.	UNITED KINGDOM	English-100		G		
2024-04-22	1030	Rick Stein's Road To Mexico	San Francisco To Monterey	Rick starts his journey in San Francisco and enjoys legendary dishes like hangtown fry oyster pancake. It's also the home of sourdough and where America's love affair with seasonal cooking took hold.	UNITED KINGDOM	English-100		PG		
2024-04-22	1135	The Cook Up With Adam Liaw	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	RPT	G		Y
2024-04-22	1205	The Cook Up With Adam Liaw	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	RPT	G		Y
2024-04-22	1235	From Scratch	Ricing To The Occasion In The Philippines	David Moscow and family fly to his wife's Philippines homeland to harvest coconuts, rice and seafood for a classic Filipino ceviche by 2019 James Beard nominee, Margarita Manzke.	UNITED KINGDOM	English-100		G		Y
2024-04-22	1330	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100		PG		
2024-04-22	1400	Pati's Mexican Table	Mex'd Up American Regional Favorites	Pati puts a Mexican spin on some regional American dishes to make a special, sweet surprise for her boys including Mary-Mex crab dip, spicy Mexican southern fried chicken and dulce de leche pie.	USA	English-100		PG	a w	
2024-04-22	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, growing and preparing vegetables, and crunchy heritage apples.	AUSTRALIA	English-100	RPT	G		Y
2024-04-22	1500	David Rocco's Dolce Napoli	Napoli Street Food	Napoli is a vibrant city packed with markets, restaurants and street vendors. Which means, that Napoli has a street food scene that can't be beat!	CANADA	English-100		PG	a w	Y

2024-04-22	1530	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 4	Ainsley is inspired by the great dishes of the school canteen. He starts off with a sumptuous shepherd's pie with minted peas. Pussycat Doll Kimberly Wyatt joins him for a cheese and bean tortilla.	UNITED KINGDOM	English-100		G		
2024-04-22	1625	Cook Up With Adam Liaw Bitesize	Lemongrass Pork Belly Rice	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-04-22	1630	Comfort Food With Spencer Watts	Sweet Tooth Comfort	Spencer has a sweet tooth and he is sharing three sweet treat recipes to help us indulge our love of sugar as well! Candied orange and caramelised white chocolate blondies with orange cream cheese.	CANADA	English-100		G		
2024-04-22	1700	Everyday Gourmet With Justine Schofield	Ep 71	Massimo Mele shows Justine his recipe for chickpea pancakes with mushroom and ricotta filling. Justine makes her vanilla cream hearts and shares a quick tip on how to make chorizo infused oil.	AUSTRALIA	English-100		PG		
2024-04-22	1730	Cook Like An Italian With Silvia Colloca	Passata Day	For Italians the tomato is a national treasure. And once every year passionate Italian families all over Australia answer the call of the tomato,	AUSTRALIA	English-100		G		Y Y
2024-04-22	1800	Taste Of Australia With Hayden Quinn	Ep 6	Hayden is back in Brisbane. Tracking down fresh produce from Loop Growers, on the hunt for epic mushrooms grown in the city, learning about winemaking, and catches up with Chef Louis Tikaram.	AUSTRALIA	English-100		G		
2024-04-22	1830	Lidia's Kitchen	Little Effort, Big Flavour	Some of Lidia's best recipes require little effort! She makes sausages with fennel and olives, seared lamb chops, and how about a light drink? She talks to her granddaughter about a fragoncello.	USA	English-100				
2024-04-22	1900	The Cook Up With Adam Liaw	Fresh From The Farm	From a showbiz family to a farming, foodie family, Rachel Ward and Matilda Brown are at the forefront of regenerative agriculture - and they're cooking fresh from the farm with Adam.	AUSTRALIA	English-100		PG		Y
2024-04-22	1930	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 1	Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country.	UNITED KINGDOM	English-100	RPT	G		Y
2024-04-22	2040	Marcus Wareing's Kitchen Garden Tales	Charcuterie	As the owner of two rare breed Mangalitsa pigs, Marcus is keen to master charcuterie - the method of preserving meat products. He invites his neighbour over for a masterclass in curing meat.	UNITED KINGDOM	English-100		PG		
2024-04-22	2110	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 2	Paula rustles up a sandwich or 'piece' as it is known in Belfast, but first she has to catch the filling. She joins father-and-son fishing duo, Gerry and Daniel McNally to fish for pollan,	UNITED KINGDOM	English-100		PG		
2024-04-22	2140	Come Dine With Me	Brighton Day 4	It's day four of the competition in Brighton and the turn of personal trainer Hannah. There's no shortage of shocks and surprises as layer after saucy layer is peeled away from the usually quiet host.	UNITED KINGDOM	English-100		PG		s
2024-04-22	2205	Come Dine With Me	Brighton Day 5	It's the final night of the competition in and around Brighton and time for 50 year old love doctor Monti to try and cast his love spells over his guests.	UNITED KINGDOM	English-100		PG		s

2024-04-22	2230	The Cook Up With Adam Liaw	Fresh From The Farm	From a showbiz family to a farming, foodie family, Rachel Ward and Matilda Brown are at the forefront of regenerative agriculture - and they're cooking fresh from the farm with Adam.	AUSTRALIA	English-100	PG		Y
2024-04-22	2300	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100	G		
2024-04-22	2330	Jamie & Jimmy's Food Fight Club	Kate Hudson	Kate Hudson cooks up an authentic Goan vindaloo, Jamie cooks his ultimate Southern fried chicken, and Jimmy serves wood-fired Italian pizzas fresh from his DIY flowerpot oven.	UNITED KINGDOM	English-100	G		
2024-04-22	2425	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		
2024-04-22	2430	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 1	Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country.	UNITED KINGDOM	English-100	RPT	G	Y
2024-04-22	2540	Marcus Wareing's Kitchen Garden Tales	Charcuterie	As the owner of two rare breed Mangalitsa pigs, Marcus is keen to master charcuterie - the method of preserving meat products. He invites his neighbour over for a masterclass in curing meat.	UNITED KINGDOM	English-100	PG		
2024-04-22	2610	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 2	Paula rustles up a sandwich or 'piece' as it is known in Belfast, but first she has to catch the filling. She joins father-and-son fishing duo, Gerry and Daniel McNally to fish for pollan,	UNITED KINGDOM	English-100	PG		
2024-04-22	2640	Come Dine With Me	Brighton Day 4	It's day four of the competition in Brighton and the turn of personal trainer Hannah. There's no shortage of shocks and surprises as layer after saucy layer is peeled away from the usually quiet host.	UNITED KINGDOM	English-100	PG	s	
2024-04-22	2705	Come Dine With Me	Brighton Day 5	It's the final night of the competition in and around Brighton and time for 50 year old love doctor Monti to try and cast his love spells over his guests.	UNITED KINGDOM	English-100	PG	s	
2024-04-22	2730	Jamie & Jimmy's Food Fight Club	Kate Hudson	Kate Hudson cooks up an authentic Goan vindaloo, Jamie cooks his ultimate Southern fried chicken, and Jimmy serves wood-fired Italian pizzas fresh from his DIY flowerpot oven.	UNITED KINGDOM	English-100	G		
2024-04-22	2825	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		
2024-04-22	2830	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100	G		
2024-04-23	0500	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100	PG		

2024-04-23	0530	From Scratch	Ricing To The Occasion In The Philippines	David Moscow and family fly to his wife's Philippines homeland to harvest coconuts, rice and seafood for a classic Filipino ceviche by 2019 James Beard nominee, Margarita Manzke.	UNITED KINGDOM	English-100		G			Y
2024-04-23	0625	Cook Up With Adam Liaw Bitesize	Japanese Mushroom And Spinach Spaghetti	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
2024-04-23	0630	Pati's Mexican Table	Mex'd Up American Regional Favorites	Pati puts a Mexican spin on some regional American dishes to make a special, sweet surprise for her boys including Mary-Mex crab dip, spicy Mexican southern fried chicken and dulce de leche pie.	USA	English-100		PG	a w		
2024-04-23	0700	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, growing and preparing vegetables, and crunchy heritage apples.	AUSTRALIA	English-100	RPT	G			Y
2024-04-23	0730	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 4	Ainsley is inspired by the great dishes of the school canteen. He starts off with a sumptuous shepherd's pie with minted peas. Pussycat Doll Kimberly Wyatt joins him for a cheese and bean tortilla.	UNITED KINGDOM	English-100		G			
2024-04-23	0825	Cook Up With Adam Liaw Bitesize	Lemongrass Pork Belly Rice	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G			Y
2024-04-23	0830	Comfort Food With Spencer Watts	Sweet Tooth Comfort	Spencer has a sweet tooth and he is sharing three sweet treat recipes to help us indulge our love of sugar as well! Candied orange and caramelised white chocolate blondies with orange cream cheese.	CANADA	English-100		G			
2024-04-23	0900	Everyday Gourmet With Justine Schofield	Ep 71	Massimo Mele shows Justine his recipe for chickpea pancakes with mushroom and ricotta filling. Justine makes her vanilla cream hearts and shares a quick tip on how to make chorizo infused oil.	AUSTRALIA	English-100		PG			
2024-04-23	0930	Cook Like An Italian With Silvia Colloca	Passata Day	For Italians the tomato is a national treasure. And once every year passionate Italian families all over Australia answer the call of the tomato,	AUSTRALIA	English-100		G			Y Y
2024-04-23	1000	Taste Of Australia With Hayden Quinn	Ep 6	Hayden is back in Brisbane.Tracking down fresh produce from Loop Growers, on the hunt for epic mushrooms grown in the city, learning about winemaking, and catches up with Chef Louis Tikaram.	AUSTRALIA	English-100		G			
2024-04-23	1030	Lidia's Kitchen	Little Effort, Big Flavour	Some of Lidia's best recipes require little effort! She makes sausages with fennel and olives, seared lamb chops, and how about a light drink? She talks to her granddaughter about a fragoncello.	USA	English-100					
2024-04-23	1100	The Cook Up With Adam Liaw	Fresh From The Farm	From a showbiz family to a farming, foodie family, Rachel Ward and Matilda Brown are at the forefront of regenerative agriculture - and they're cooking fresh from the farm with Adam.	AUSTRALIA	English-100		PG			Y
2024-04-23	1130	Marcus Wareing's Kitchen Garden Tales	Charcuterie	As the owner of two rare breed Mangalitsa pigs, Marcus is keen to master charcuterie - the method of preserving meat products. He invites his neighbour over for a masterclass in curing meat.	UNITED KINGDOM	English-100		PG			

2024-04-23	1200	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 2	Paula rustles up a sandwich or 'piece' as it is known in Belfast, but first she has to catch the filling. She joins father-and-son fishing duo, Gerry and Daniel McNally to fish for pollan,	UNITED KINGDOM	English-100		PG		
2024-04-23	1230	From Scratch	Mas-Cow In Texas	David Moscow heads to one of the most humane cattle processing plants and harvests a cow to prepare nose to tail at restaurants in the heart of beef country, South Central Texas.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-04-23	1325	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-04-23	1330	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100		PG		
2024-04-23	1400	Pati's Mexican Table	Local's Tour Of Culiacan, A	Pati visits Culiacan, the capital of the state of Sinaloa. Founded in 1531, Culiacan is the centre of trade for produce, meat, and fish and the locals pride themselves on the produce.	USA	English-100		G		Y
2024-04-23	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, the fishermen of Ceduna, cake decorating with Amanda Way, and the dancing ginger growers.	AUSTRALIA	English-100	RPT	G		Y
2024-04-23	1500	David Rocco's Dolce Napoli	Town Of Pozzuolii	Did you know it was possible to cook with the steam from a volcano? David returns to his roots and visits Pozzuoli, a small town just outside Naples where his father was born.	CANADA	English-100		PG	a w	
2024-04-23	1530	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 5	Ainsley is in his kitchen where it's time for that Great British tradition - tea! Time to pop the kettle on. Ainsley is joined in the kitchen by actor, singer, and dancer John Partridge.	UNITED KINGDOM	English-100		G		
2024-04-23	1625	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
2024-04-23	1630	Comfort Food With Spencer Watts	Magical Beans	Spencer sets the oven on low and celebrates his love of beans - black bean and kabocha squash soup and braised Swiss chard and chili pesto. Then he makes his Mediterranean style broad beans in sauce.	CANADA	English-100		G		
2024-04-23	1700	Everyday Gourmet With Justine Schofield	Ep 72	Justine shares a recipe for chicken ravioli and some easy corn fritters with avocado salsa and poached eggs and then Adam Liaw makes a beef bulgogi.	AUSTRALIA	English-100		G		
2024-04-23	1730	Cook Like An Italian With Silvia Colloca	Ferragosto	Ferragosto is a summer feast that Italians have celebrated at the peak of summer for over 2000 years. It's a family food ritual that sits all of Italy down at the table to eat and drink as one.	AUSTRALIA	English-100		G		Y Y
2024-04-23	1800	Taste Of Australia With Hayden Quinn	Ep 7	Hayden heads to the Sunshine Coast and kicks things off in the hinterland at Maleny Dairies, then drops in on Australia's organic farmer of the year. Then to an epic sunset beach cook!	AUSTRALIA	English-100		G		

2024-04-23	1830	Food Safari	Moroccan	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	RPT	G		Y
2024-04-23	1900	The Cook Up With Adam Liaw	Well Dressed	Adam puts his well-dressed guests to the well-dressed test. Bar Heather's Ollie Wong-Hee and actor Lincoln Younes are in the kitchen working wonders with dressings.	AUSTRALIA	English-100		PG		
2024-04-23	1930	Rachel Khoo's Simple Pleasures	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100		G		
2024-04-23	2000	Selena + Chef	Selena + Marcela Valladolid	Chef and author Marcela Valladolid joins Selena for an extra special lesson in Mexican cooking. On a mission to demystify a traditional recipe, she helps her with a shredded chicken mole enchiladas.	USA	English-100		G		Y
2024-04-23	2030	Choccywoccydoodah: Starstruck	Tinie Tempah	This time the team really need to step up as megastar rapper Tinie Tempah sets the chocolatiers an arena sized challenge - to make a cake that captures 'his' London for an after-show party.	UNITED KINGDOM	English-100		PG	I	
2024-04-23	2130	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
2024-04-23	2230	The Cook Up With Adam Liaw	Well Dressed	Adam puts his well-dressed guests to the well-dressed test. Bar Heather's Ollie Wong-Hee and actor Lincoln Younes are in the kitchen working wonders with dressings.	AUSTRALIA	English-100		PG		
2024-04-23	2300	The Cook And The Chef	Lams And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G		
2024-04-23	2330	Jamie & Jimmy's Food Fight Club	Tinie Tempah	Tinie Tempah cooks suya - a Nigerian street food classic, Jamie makes his ultimate salt and pepper squid, and Jimmy serves authentic Italian gelato from a DIY ice cream maker.	UNITED KINGDOM	English-100		G		
2024-04-23	2425	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		
2024-04-23	2430	Rachel Khoo's Simple Pleasures	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100		G		
2024-04-23	2500	Selena + Chef	Selena + Marcela Valladolid	Chef and author Marcela Valladolid joins Selena for an extra special lesson in Mexican cooking. On a mission to demystify a traditional recipe, she helps her with a shredded chicken mole enchiladas.	USA	English-100		G		Y
2024-04-23	2530	Choccywoccydoodah: Starstruck	Tinie Tempah	This time the team really need to step up as megastar rapper Tinie Tempah sets the chocolatiers an arena sized challenge - to make a cake that captures 'his' London for an after-show party.	UNITED KINGDOM	English-100		PG	I	

2024-04-23	2625	Destination Flavour China Bitesize	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y	Y
2024-04-23	2630	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 1	Fifteen years ago, Hugh Fearnley-Wittingstall 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	
2024-04-23	2730	Jamie & Jimmy's Food Fight Club	Tinie Tempah	Tinie Tempah cooks suya - a Nigerian street food classic, Jamie makes his ultimate salt and pepper squid, and Jimmy serves authentic Italian gelato from a DIY ice cream maker.	UNITED KINGDOM	English-100		G			
2024-04-23	2825	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			
2024-04-23	2830	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G			
2024-04-24	0500	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100		PG			
2024-04-24	0530	From Scratch	Mas-Cow In Texas	David Moscow heads to one of the most humane cattle processing plants and harvests a cow to prepare nose to tail at restaurants in the heart of beef country, South Central Texas.	UNITED KINGDOM	English-100		PG	a l w		Y
2024-04-24	0625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-24	0630	Pati's Mexican Table	Local's Tour Of Culiacan, A	Pati visits Culiacan, the capital of the state of Sinaloa. Founded in 1531, Culiacan is the centre of trade for produce, meat, and fish and the locals pride themselves on the produce.	USA	English-100		G			Y
2024-04-24	0700	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, the fishermen of Ceduna, cake decorating with Amanda Way, and the dancing ginger growers.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-24	0730	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 5	Ainsley is in his kitchen where it's time for that Great British tradition - tea! Time to pop the kettle on. Ainsley is joined in the kitchen by actor, singer, and dancer John Partridge.	UNITED KINGDOM	English-100		G			
2024-04-24	0825	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	
2024-04-24	0830	Comfort Food With Spencer Watts	Magical Beans	Spencer sets the oven on low and celebrates his love of beans - black bean and kabocha squash soup and braised Swiss chard and chili pesto. Then he makes his Mediterranean style broad beans in sauce.	CANADA	English-100		G			

2024-04-24	0900	Everyday Gourmet With Justine Schofield	Ep 72	Justine shares a recipe for chicken ravioli and some easy corn fritters with avocado salsa and poached eggs and then Adam Liaw makes a beef bulgogi.	AUSTRALIA	English-100		G		
2024-04-24	0930	Cook Like An Italian With Silvia Colloca	Ferragosto	Ferragosto is a summer feast that Italians have celebrated at the peak of summer for over 2000 years. It's a family food ritual that sits all of Italy down at the table to eat and drink as one.	AUSTRALIA	English-100		G	Y	Y
2024-04-24	1000	Taste Of Australia With Hayden Quinn	Ep 7	Hayden heads to the Sunshine Coast and kicks things off in the hinterland at Maleny Dairies, then drops in on Australia's organic farmer of the year. Then to an epic sunset beach cook!	AUSTRALIA	English-100		G		
2024-04-24	1030	Food Safari	Moroccan	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	RPT	G	Y	
2024-04-24	1100	The Cook Up With Adam Liaw	Well Dressed	Adam puts his well-dressed guests to the well-dressed test. Bar Heather's Ollie Wong-Hee and actor Lincoln Younes are in the kitchen working wonders with dressings.	AUSTRALIA	English-100		PG		
2024-04-24	1130	Choccywoccydoodah: Starstruck	Tinie Tempah	This time the team really need to step up as megastar rapper Tinie Tempah sets the chocolatiers an arena sized challenge - to make a cake that captures 'his' London for an after-show party.	UNITED KINGDOM	English-100		PG	I	
2024-04-24	1225	Destination Flavour China Bitesize	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y
2024-04-24	1230	From Scratch	Something Fishy In Finland	David visits Olo, one of the 50 best restaurants in the world, in Helsinki and works with chef Jari Vesivalo to craft a local sustainable Scandinavian feast from scratch.	UNITED KINGDOM	English-100		PG	a w	
2024-04-24	1325	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2024-04-24	1330	Our Food, Our Family	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children.	UNITED KINGDOM	English-100		PG		
2024-04-24	1400	Pati's Mexican Table	Altata, Hidden Gem By The Sea Of Cortez	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips.	USA	English-100		G		Y
2024-04-24	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G	Y	
2024-04-24	1500	David Rocco's Dolce Napoli	Mozarella Love	The town of Casserta, just outside Naples, is home to some of the best Buffalo Mozzarella in the world. David takes a tour of the dairy with Rosanna, whose has a passion for soft creamy cheese.	CANADA	English-100		PG	a w	Y

2024-04-24	1530	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 6	Join Ainsley in the kitchen where he is recreating his favourite takeaway dishes right at home and shows how you can too! He's joined by journalist and Anita Rani, who spices his kitchen up.	UNITED KINGDOM	English-100		G			
2024-04-24	1625	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	
2024-04-24	1630	Comfort Food With Spencer Watts	Comforting Baked Goods	Spencer bakes it sweet and savoury by introducing his cheddar chive biscuits with poached eggs and country gravy. Then it's a deep dive into autumn apples with his Dutch apple-cranberry pie.	CANADA	English-100		G			
2024-04-24	1700	Everyday Gourmet With Justine Schofield	Ep 73	Anjum Anand makes her ricotta stuffed aubergines, Justine shares her recipe for crispy tofu and an easy Moroccan breakfast bread.	AUSTRALIA	English-100		G			
2024-04-24	1730	Cook Like An Italian With Silvia Colloca	No Waste	Italian home cooks learn from a young age that resourcefulness in the kitchen can save the day, and the bank. The art of breathing fresh new life into leftovers is one of the most valuable things.	AUSTRALIA	English-100		G		Y	Y
2024-04-24	1800	Taste Of Australia With Hayden Quinn	Ep 8	Hayden pushes further north this week as he heads to Bundaberg! Hayden also visits the Mon Repos Turtle Centre for a chance to see baby loggerhead turtles hatching!	AUSTRALIA	English-100		PG			
2024-04-24	1830	Food Safari	Malaysian	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-24	1900	The Cook Up With Adam Liaw	Culinary Adventure	Pack your bags and join Adam, chef Claire Van Vuuren and social media sensation Mahmoud Ismail for a culinary adventure!	AUSTRALIA	English-100		G			
2024-04-24	1930	Adam and Poh's Great Australian Bites	Canberra	Australia's national capital is like no other, it's a city built on lunches. From the middle east to Asia - what filling do we like best?	AUSTRALIA	English-100		PG		Y	
2024-04-24	2000	Nadiya's Spices Made Simple	Family Favourites	Nadiya's uses her eight heroic spices to rustle up a chicken curry, deep-fried samosa, tangy tomato prawn dish, and lastly her son's favourite cake, a soft vanilla and lemon sponge.	UNITED KINGDOM	English-100		G			
2024-04-24	2030	Jason Atherton's Dubai Dishes	Fish	Award winning chef Jason Atherton continues his journey through Dubai at the beach, where he cooks up some delicious fish and seafood recipes inspired by this beautiful coastal city.	UNITED KINGDOM			PG		a w	
2024-04-24	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT	PG		a w	Y
2024-04-24	2230	The Cook Up With Adam Liaw	Culinary Adventure	Pack your bags and join Adam, chef Claire Van Vuuren and social media sensation Mahmoud Ismail for a culinary adventure!	AUSTRALIA	English-100		G			

2024-04-24	2300	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G		
2024-04-24	2330	Jamie & Jimmy's Food Fight Club	Hugh Bonneville	Hugh Bonneville serves up an authentic pad Thai, Jamie cooks an overnight roasted pork shoulder, and Jimmy builds an offset smoker to create a real-deal Southern-style barbeque brisket.	UNITED KINGDOM	English-100		PG		
2024-04-24	2425	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2024-04-24	2430	Adam and Poh's Great Australian Bites	Canberra	Australia's national capital is like no other, it's a city built on lunches. From the middle east to Asia - what filling do we like best?	AUSTRALIA	English-100		PG		Y
2024-04-24	2500	Nadiya's Spices Made Simple	Family Favourites	Nadiya's uses her eight heroic spices to rustle up a chicken curry, deep-fried samosa, tangy tomato prawn dish, and lastly her son's favourite cake, a soft vanilla and lemon sponge.	UNITED KINGDOM	English-100		G		
2024-04-24	2530	Jason Atherton's Dubai Dishes	Fish	Award winning chef Jason Atherton continues his journey through Dubai at the beach, where he cooks up some delicious fish and seafood recipes inspired by this beautiful coastal city.	UNITED KINGDOM			PG	a w	
2024-04-24	2630	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-04-24	2730	Jamie & Jimmy's Food Fight Club	Hugh Bonneville	Hugh Bonneville serves up an authentic pad Thai, Jamie cooks an overnight roasted pork shoulder, and Jimmy builds an offset smoker to create a real-deal Southern-style barbeque brisket.	UNITED KINGDOM	English-100		PG		
2024-04-24	2825	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2024-04-24	2830	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G		
2024-04-25	0500	Our Food, Our Family	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children.	UNITED KINGDOM	English-100		PG		
2024-04-25	0530	From Scratch	Something Fishy In Finland	David visits Olo, one of the 50 best restaurants in the world, in Helsinki and works with chef Jari Vesivalo to craft a local sustainable Scandinavian feast from scratch.	UNITED KINGDOM	English-100		PG	a w	
2024-04-25	0625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y

2024-04-25	0630	Pati's Mexican Table	Altata, Hidden Gem By The Sea Of Cortez	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips.	USA	English-100		G		Y	
2024-04-25	0700	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-25	0730	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 6	Join Ainsley in the kitchen where he is recreating his favourite takeaway dishes right at home and shows how you can too! He's joined by journalist and Anita Rani, who spices his kitchen up.	UNITED KINGDOM	English-100		G			
2024-04-25	0825	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	
2024-04-25	0830	Comfort Food With Spencer Watts	Comforting Baked Goods	Spencer bakes it sweet and savoury by introducing his cheddar chive biscuits with poached eggs and country gravy. Then it's a deep dive into autumn apples with his Dutch apple-cranberry pie.	CANADA	English-100		G			
2024-04-25	0900	Everyday Gourmet With Justine Schofield	Ep 73	Anjum Anand makes her ricotta stuffed aubergines, Justine shares her recipe for crispy tofu and an easy Moroccan breakfast bread.	AUSTRALIA	English-100		G			
2024-04-25	0930	Cook Like An Italian With Silvia Colloca	No Waste	Italian home cooks learn from a young age that resourcefulness in the kitchen can save the day, and the bank. The art of breathing fresh new life into leftovers is one of the most valuable things.	AUSTRALIA	English-100		G		Y	Y
2024-04-25	1000	Taste Of Australia With Hayden Quinn	Ep 8	Hayden pushes further north this week as he heads to Bundaberg! Hayden also visits the Mon Repos Turtle Centre for a chance to see baby loggerhead turtles hatching!	AUSTRALIA	English-100		PG			
2024-04-25	1030	Food Safari	Malaysian	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-25	1100	The Cook Up With Adam Liaw	Culinary Adventure	Pack your bags and join Adam, chef Claire Van Vuuren and social media sensation Mahmoud Ismail for a culinary adventure!	AUSTRALIA	English-100		G			
2024-04-25	1130	Jason Atherton's Dubai Dishes	Fish	Award winning chef Jason Atherton continues his journey through Dubai at the beach, where he cooks up some delicious fish and seafood recipes inspired by this beautiful coastal city.	UNITED KINGDOM			PG	a w		
2024-04-25	1230	From Scratch	Wild Goose Chase In New York, A	While home for the holidays, David drops in on Dan Kluger of Loring Place to make a Northeast fall meal from scratch. With Duck on the menu, David heads north to the Canadian border.	UNITED KINGDOM	English-100		PG	a w	Y	
2024-04-25	1325	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	

2024-04-25	1330	Our Food, Our Family	Blytt-Jorden Family, The	Michela Chiappa is on the stunning Gower coast to meet and eat with an unexpected community of newcomers to the area. The Blytt-Jordens are three generations of Norwegians who have moved there.	UNITED KINGDOM	English-100		G	
2024-04-25	1400	Pati's Mexican Table	South By South Of The Border With Vivian Howard	Pati welcomes dear friend and fellow public television chef and host Vivian Howard to her kitchen.	USA	English-100		G	Y
2024-04-25	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y
2024-04-25	1500	David Rocco's Dolce Napoli	By The Seaside	David spends time with the Mattiucci Brothers who are known in Naples for their independent fishing operation. From trolling the gulf of Naples for the freshest catch.	CANADA	English-100		PG	a w
2024-04-25	1530	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 7	Ainsley is in his kitchen inspired by the dishes from the pub menu - good old fashioned pub grub! He starts with an all-time favourite, sausage and mustard mash with onion and red wine gravy.	UNITED KINGDOM	English-100		G	
2024-04-25	1625	Cook Up With Adam Liaw Bitesize	Almond Pudding With Ginger And Palm Sugar Syrup	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2024-04-25	1630	Comfort Food With Spencer Watts	TV Dinners	In a modern version of TV dinner nostalgia, Spencer makes his bar-raised version of Salisbury steak with gravy, Vichy peas and a potato cauliflower mash with stilton.	CANADA	English-100		PG	
2024-04-25	1700	Everyday Gourmet With Justine Schofield	Ep 74	Justine whips up a delicious bacon and egg open pie, her king fish tartare and Michael Moore drops in to make his Moroccan-spiced pumpkin salad.	AUSTRALIA	English-100		G	
2024-04-25	1730	Cook Like An Italian With Silvia Colloca	Salami Making Day	Once a year Silvia's friend Michael and his whole family come together for one of their most cherished family food rituals, Salami Day.	AUSTRALIA	English-100		G	Y
2024-04-25	1800	Taste Of Australia With Hayden Quinn	Ep 9	Hayden heads to the Central Queensland Highlands this week for an Aussie adventure: waking up at Carnarvon Gorge, checking out a cattle property, and sampling tasty hand-made Emerald goodies.	AUSTRALIA	English-100		G	
2024-04-25	1830	Food Safari	Portuguese	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y
2024-04-25	1900	The Cook Up With Adam Liaw	Modern Touch	Every dish tonight has the modern touch, as scholar Dr Tyson Yunkaporta and chef Sean Connolly join Adam to give their food a contemporary spin.	AUSTRALIA	English-100		G	
2024-04-25	1930	John Torode's Korean Food Tour	Summer	In summer, temperatures soar in Seoul and Koreans start to eat differently to combat the heat. John prepares his own version of Korean ginseng chicken soup and iced noodles.	UNITED KINGDOM	English-100		G	

2024-04-25	2030	Sophie Grigson: Slice Of Italy	Market Day	It's the weekly market in Sophie's town, her favourite day of the week. She makes zucchini alla poverella, then learns about stuffed aubergines, and asparagus frittata.	UNITED KINGDOM	English-100		PG		
2024-04-25	2100	Sophie Grigson: Slice Of Italy	All About Meat	Sophie explores how her Puglian neighbours eat and cook meat. She makes orecchiette pasta with meatballs, visits her neighbour's countryside plot to cook pasta al forno, and bombette.	UNITED KINGDOM	English-100		PG	I	
2024-04-25	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-04-25	2230	The Cook Up With Adam Liaw	Modern Touch	Every dish tonight has the modern touch, as scholar Dr Tyson Yunkaporta and chef Sean Connolly join Adam to give their food a contemporary spin.	AUSTRALIA	English-100		G		
2024-04-25	2300	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G		
2024-04-25	2330	Jamie & Jimmy's Food Fight Club	Ellie Goulding	Ellie Goulding relives the junk food of her past, when she gives the 'dirty burger' a vegan twist, Jamie cooks an indulgent Japanese steaming ramen, and Jimmy reinvents the humble roast chicken.	UNITED KINGDOM	English-100		PG	s	
2024-04-25	2425	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		
2024-04-25	2430	John Torode's Korean Food Tour	Summer	In summer, temperatures soar in Seoul and Koreans start to eat differently to combat the heat. John prepares his own version of Korean ginseng chicken soup and iced noodles.	UNITED KINGDOM	English-100		G		
2024-04-25	2525	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		
2024-04-25	2530	Sophie Grigson: Slice Of Italy	Market Day	It's the weekly market in Sophie's town, her favourite day of the week. She makes zucchini alla poverella, then learns about stuffed aubergines, and asparagus frittata.	UNITED KINGDOM	English-100		PG		
2024-04-25	2600	Sophie Grigson: Slice Of Italy	All About Meat	Sophie explores how her Puglian neighbours eat and cook meat. She makes orecchiette pasta with meatballs, visits her neighbour's countryside plot to cook pasta al forno, and bombette.	UNITED KINGDOM	English-100		PG	I	
2024-04-25	2630	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-04-25	2730	Jamie & Jimmy's Food Fight Club	Ellie Goulding	Ellie Goulding relives the junk food of her past, when she gives the 'dirty burger' a vegan twist, Jamie cooks an indulgent Japanese steaming ramen, and Jimmy reinvents the humble roast chicken.	UNITED KINGDOM	English-100		PG	s	

2024-04-25	2825	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		
2024-04-25	2830	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G		
2024-04-26	0500	Our Food, Our Family	Blytt-Jorden Family, The	Michela Chiappa is on the stunning Gower coast to meet and eat with an unexpected community of newcomers to the area. The Blytt-Jordens are three generations of Norwegians who have moved there.	UNITED KINGDOM	English-100		G		
2024-04-26	0530	From Scratch	Wild Goose Chase In New York, A	While home for the holidays, David drops in on Dan Kluger of Loring Place to make a Northeast fall meal from scratch. With Duck on the menu, David heads north to the Canadian border.	UNITED KINGDOM	English-100		PG	a w	Y
2024-04-26	0625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-04-26	0630	Pati's Mexican Table	South By South Of The Border With Vivian Howard	Pati welcomes dear friend and fellow public television chef and host Vivian Howard to her kitchen.	USA	English-100		G		Y
2024-04-26	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G		Y
2024-04-26	0730	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 7	Ainsley is in his kitchen inspired by the dishes from the pub menu - good old fashioned pub grub! He starts with an all-time favourite, sausage and mustard mash with onion and red wine gravy.	UNITED KINGDOM	English-100		G		
2024-04-26	0825	Cook Up With Adam Liaw Bitesize	Almond Pudding With Ginger And Palm Sugar Syrup	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-04-26	0830	Comfort Food With Spencer Watts	TV Dinners	In a modern version of TV dinner nostalgia, Spencer makes his bar-raised version of Salisbury steak with gravy, Vichy peas and a potato cauliflower mash with stilton.	CANADA	English-100		PG		
2024-04-26	0900	Everyday Gourmet With Justine Schofield	Ep 74	Justine whips up a delicious bacon and egg open pie, her king fish tartare and Michael Moore drops in to make his Moroccan-spiced pumpkin salad.	AUSTRALIA	English-100		G		
2024-04-26	0930	Cook Like An Italian With Silvia Colloca	Salami Making Day	Once a year Silvia's friend Michael and his whole family come together for one of their most cherished family food rituals, Salami Day.	AUSTRALIA	English-100		G		Y
2024-04-26	1000	Taste Of Australia With Hayden Quinn	Ep 9	Hayden heads to the Central Queensland Highlands this week for an Aussie adventure: waking up at Carnarvon Gorge, checking out a cattle property, and sampling tasty hand-made Emerald goodies.	AUSTRALIA	English-100		G		

2024-04-26	1030	Food Safari	Portuguese	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the world of Portuguese food.	AUSTRALIA	English-100	RPT	G		Y
2024-04-26	1100	The Cook Up With Adam Liaw	Modern Touch	Every dish tonight has the modern touch, as scholar Dr Tyson Yunkaporta and chef Sean Connolly join Adam to give their food a contemporary spin.	AUSTRALIA	English-100		G		
2024-04-26	1130	Sophie Grigson: Slice Of Italy	Market Day	It's the weekly market in Sophie's town, her favourite day of the week. She makes zucchini alla poverella, then learns about stuffed aubergines, and asparagus frittata.	UNITED KINGDOM	English-100		PG		
2024-04-26	1200	Sophie Grigson: Slice Of Italy	All About Meat	Sophie explores how her Puglian neighbours eat and cook meat. She makes orecchiette pasta with meatballs, visits her neighbour's countryside plot to cook pasta al forno, and bombette.	UNITED KINGDOM	English-100		PG	I	
2024-04-26	1230	From Scratch	Flexing Mussels In Khayelitsha	David Moscow meets with chef Abigail Mbalo-Mokoena of 4Roomed EKasi, one of Food and Wines top 30 restaurants in the world. He learns of how apartheid has shaped what cooking and family means to her.	UNITED KINGDOM	English-100		PG	a d	Y
2024-04-26	1325	Destination Flavour Scandinavia Bitesize	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
2024-04-26	1330	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G		Y
2024-04-26	1400	Pati's Mexican Table	Los Mochis, Street Taco Favourites	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa that was founded by Americans in the late 1800s.	USA	English-100		G		Y
2024-04-26	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-04-26	1500	David Rocco's Dolce Napoli	Procidia Time	David travels just off the coast of Naples to the island of Procidia, a place untouched by time, where he takes a walking tour from a local named Mr. Time.	CANADA	English-100		PG	a w	
2024-04-26	1530	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 8	Join Ainsley in his kitchen where he is cooking up some comforting food for those lazy Sundays! On the menu for his Sunday brunch are sweetcorn fritters with avocado, tomato and black bean salsa.	UNITED KINGDOM	English-100		G		
2024-04-26	1625	Cook Up With Adam Liaw Bitesize	Lubia Polo	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-04-26	1630	Comfort Food With Spencer Watts	For The Love Of Spuds	There are a lot of ways to dress up a tuber and Spencer shares three great recipes here including a decadent potato pie with a camembert centre and a parsley butter drizzle.	CANADA	English-100		PG		

2024-04-26	1700	Everyday Gourmet With Justine Schofield	Ep 75	Justine makes grilled swordfish with romesco sauce and a crab and pearl couscous stew. For dessert, Trish visits the kitchen to make her black forest brownie.	AUSTRALIA	English-100		G		
2024-04-26	1730	Cook Like An Italian With Silvia Colloca	Sunday Lunch	The Sunday lunch in Italy is a truly special family food ritual, its respected and celebrated across the whole country and when friends are invited it creates a very special sense of belonging.	AUSTRALIA	English-100		G		Y
2024-04-26	1800	Taste Of Australia With Hayden Quinn	Ep 10	Hayden heads to Canberra. Lots of great autumnal colours and activities with mountain bike riding on Mount Stromlo, a trip to the National Arboretum, and an epic cook with Chef Mark Glenn.	AUSTRALIA	English-100		G		
2024-04-26	1830	Food Safari	Vietnamese	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.	AUSTRALIA	English-100	RPT	G		Y
2024-04-26	1900	The Cook Up With Adam Liaw	Stress-Free Soiree, The	It's Easy Entertaining with The Cook Up, and Adam is joined by 'risotto king' Alessandro Pavoni and food writer extraordinaire Emiko Davies to show you how to host a stress-free soiree.	AUSTRALIA	English-100				
2024-04-26	1930	Rick Stein: From Venice to Istanbul	Istanbul	Rick's culinary odyssey has brought him from historic Venice to the legendary city of Istanbul where he arrives in time for the bluefish season and catches a few while fishing on the Bosphorus.	UNITED KINGDOM	English-100		PG	a w	
2024-04-26	2040	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 4	This episode follows an electrician, whose diet of tinned food is leaving him sluggish after a 12 hour shift at work, and a crisp addicted student who eats up to 100 bags a day.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-04-26	2140	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-04-26	2235	The Cook Up With Adam Liaw	Stress-Free Soiree, The	It's Easy Entertaining with The Cook Up, and Adam is joined by 'risotto king' Alessandro Pavoni and food writer extraordinaire Emiko Davies to show you how to host a stress-free soiree.	AUSTRALIA	English-100				
2024-04-26	2305	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		
2024-04-26	2335	Jamie & Jimmy's Food Fight Club	Michael Sheen	Michael Sheen returns to his roots when he cooks the national dish of Wales - a delicious lamb cawl, Jamie wows the diners with his winter nights chilli, and Jimmy builds a DIY peking duck oven.	UNITED KINGDOM	English-100		G		
2024-04-26	2430	Rick Stein: From Venice to Istanbul	Istanbul	Rick's culinary odyssey has brought him from historic Venice to the legendary city of Istanbul where he arrives in time for the bluefish season and catches a few while fishing on the Bosphorus.	UNITED KINGDOM	English-100		PG	a w	
2024-04-26	2540	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 4	This episode follows an electrician, whose diet of tinned food is leaving him sluggish after a 12 hour shift at work, and a crisp addicted student who eats up to 100 bags a day.	UNITED KINGDOM	English-100	RPT	PG	a	Y

2024-04-26	2640	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-04-26	2735	Jamie & Jimmy's Food Fight Club	Michael Sheen	Michael Sheen returns to his roots when he cooks the national dish of Wales - a delicious lamb cawl, Jamie wows the diners with his winter nights chilli, and Jimmy builds a DIY peking duck oven.	UNITED KINGDOM	English-100		G		
2024-04-26	2830	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		
2024-04-27	0500	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G		Y
2024-04-27	0530	From Scratch	Flexing Mussels In Khayelitsha	David Moscow meets with chef Abigail Mbalo-Mokoena of 4Roomed EKasi, one of Food and Wines top 30 restaurants in the world. He learns of how apartheid has shaped what cooking and family means to her.	UNITED KINGDOM	English-100		PG	a d	Y
2024-04-27	0625	Destination Flavour Scandinavia Bitesize	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
2024-04-27	0630	Pati's Mexican Table	Los Mochis, Street Taco Favourites	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa that was founded by Americans in the late 1800s.	USA	English-100		G		Y
2024-04-27	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-04-27	0730	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 8	Join Ainsley in his kitchen where he is cooking up some comforting food for those lazy Sundays! On the menu for his Sunday brunch are sweetcorn fritters with avocado, tomato and black bean salsa.	UNITED KINGDOM	English-100		G		
2024-04-27	0825	Cook Up With Adam Liaw Bitesize	Lubia Polo	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-04-27	0830	Comfort Food With Spencer Watts	For The Love Of Spuds	There are a lot of ways to dress up a tuber and Spencer shares three great recipes here including a decadent potato pie with a camembert centre and a parsley butter drizzle.	CANADA	English-100		PG		
2024-04-27	0900	Everyday Gourmet With Justine Schofield	Ep 75	Justine makes grilled swordfish with romesco sauce and a crab and pearl couscous stew. For dessert, Trish visits the kitchen to make her black forest brownie.	AUSTRALIA	English-100		G		
2024-04-27	0930	Cook Like An Italian With Silvia Colloca	Sunday Lunch	The Sunday lunch in Italy is a truly special family food ritual, its respected and celebrated across the whole country and when friends are invited it creates a very special sense of belonging.	AUSTRALIA	English-100		G		Y

2024-04-27	1000	Taste Of Australia With Hayden Quinn	Ep 10	Hayden heads to Canberra. Lots of great autumnal colours and activities with mountain bike riding on Mount Stromlo, a trip to the National Arboretum, and an epic cook with Chef Mark Glenn.	AUSTRALIA	English-100		G		
2024-04-27	1030	Food Safari	Vietnamese	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.	AUSTRALIA	English-100	RPT	G		Y
2024-04-27	1100	The Cook Up With Adam Liaw	Stress-Free Soiree, The	It's Easy Entertaining with The Cook Up, and Adam is joined by 'risotto king' Alessandro Pavoni and food writer extraordinaire Emiko Davies to show you how to host a stress-free soiree.	AUSTRALIA	English-100				
2024-04-27	1130	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 4	This episode follows an electrician, whose diet of tinned food is leaving him sluggish after a 12 hour shift at work, and a crisp addicted student who eats up to 100 bags a day.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-04-27	1230	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 8	Join Ainsley in his kitchen where he is cooking up some comforting food for those lazy Sundays! On the menu for his Sunday brunch are sweetcorn fritters with avocado, tomato and black bean salsa.	UNITED KINGDOM	English-100		G		
2024-04-27	1325	Destination Flavour Japan Bitesize	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
2024-04-27	1330	Comfort Food With Spencer Watts	For The Love Of Spuds	There are a lot of ways to dress up a tuber and Spencer shares three great recipes here including a decadent potato pie with a camembert centre and a parsley butter drizzle.	CANADA	English-100		PG		
2024-04-27	1400	Everyday Gourmet With Justine Schofield	Ep 75	Justine makes grilled swordfish with romesco sauce and a crab and pearl couscous stew. For dessert, Trish visits the kitchen to make her black forest brownie.	AUSTRALIA	English-100		G		
2024-04-27	1430	Jamie's Food Escapes	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w	Y
2024-04-27	1530	Jamie's Food Escapes	Athens	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk.	UNITED KINGDOM	English-100		PG	a	
2024-04-27	1630	Giada Entertains	Weeknight Special	Sometimes no occasion is the best occasion! Giada surprises her daughter, Jade, in the middle of the week with a special menu that includes all her favourite comfort foods.	USA	English-100		G		
2024-04-27	1700	Barefoot Contessa: Back To Basics	Jeffreys Favos	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G		
2024-04-27	1730	Big Appetite	Taking A Big Bite Out Of Boston	Ben Hundreds explores heritage-inspired spots in Boston including La Royal, Bronwyn and Wusong Road.	USA	English-100		G		

2024-04-27	1800	The Next Thing You Eat	Restaurants: A Reckoning	COVID accelerated an upheaval that was a long time coming for the restaurant industry. So, what comes next? And will the future be more equitable for all?	USA			PG				Y
2024-04-27	1830	Eva Longoria: Searching For Mexico	Nuevo Leon	The state of Nuevo Leon borders Texas, so this is a voyage of familiarity for Texas-born Eva. In the modern state capital Monterrey, Eva ventures to an innovative restaurant called Kohli.	USA	English-50; Spanish-50	RPT	PG	a d		Y	Y
2024-04-27	1925	Destination Flavour Japan Bitesize	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
2024-04-27	1930	Hairy Bikers Go Local	Kopitiam, Glasgow	In Glasgow the Bikers meet Julie, who runs Kopitiam, an exciting and exclusive street food cafe. The Bikers enjoy Julie's special Scottish-Malaysian fusion menu and help her discover new produce.	UNITED KINGDOM	English-100		G				
2024-04-27	2035	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding.	UNITED KINGDOM	English-100		PG				
2024-04-27	2105	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 5	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast.	UNITED KINGDOM	English-100		PG				
2024-04-27	2135	Anthony Bourdain: No Reservations	Istanbul	(S.6 Ep.2) Tony reveals there's more than just kebabs in Istanbul, Turkey. #FoodNetworkAU	USA	English-100		PG				
2024-04-27	2230	The Wine Show	Wine Show Series 2, The Ep 2	In the second show in the new series of The Wine Show, Matthew Goode and James Purefoy are in search of a wine to match the starter in their epic six course lunch.	UNITED KINGDOM	English-100		PG			Y	Y
2024-04-27	2325	Destination Flavour Japan Bitesize	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
2024-04-27	2330	Jamie's Food Escapes	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w			Y
2024-04-27	2430	Jamie's Food Escapes	Athens	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk.	UNITED KINGDOM	English-100		PG	a			
2024-04-27	2530	Giada Entertains	Weeknight Special	Sometimes no occasion is the best occasion! Giada surprises her daughter, Jade, in the middle of the week with a special menu that includes all her favourite comfort foods.	USA	English-100		G				
2024-04-27	2600	Barefoot Contessa: Back To Basics	Jeffreys Favos	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and Pernod.	USA	English-100		G				

2024-04-27	2630	Big Appetite	Taking A Big Bite Out Of Boston	Ben Hundreds explores heritage-inspired spots in Boston including La Royal, Bronwyn and Wusong Road.	USA	English-100		G		
2024-04-27	2700	The Next Thing You Eat	Restaurants: A Reckoning	COVID accelerated an upheaval that was a long time coming for the restaurant industry. So, what comes next? And will the future be more equitable for all?	USA			PG		Y
2024-04-27	2730	The Wine Show	Wine Show Series 2, The Ep 2	In the second show in the new series of The Wine Show, Matthew Goode and James Purefoy are in search of a wine to match the starter in their epic six course lunch.	UNITED KINGDOM	English-100		PG	Y	Y
2024-04-27	2825	Destination Flavour Japan Bitesize	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
2024-04-27	2830	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding.	UNITED KINGDOM	English-100		PG		