



WEEK 6		Sunday, 2 February 2025		Saturday, 8 February 2025		ALL MARKETS					
Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2025-02-02	0500	Bizarre Foods: Delicious Destinations	Chesapeake Bay	Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish doused in J.O. spice to tender Virginia ham. Regional classics include creamy peanut soup, bacon-wrapped oysters and fried soft-shell crab.	USA	English-100	RPT	PG	a w		Y
2025-02-02	0530	Jimmy's Taste Of Florida	Pensacola / Panama City Beach	Jimmy starts his Florida adventure in Pensacola, where he explores the city's culinary scene with chef Blake and uncovers the Southern delicacy of boiled peanuts.	UNITED KINGDOM	English-100	RPT	G			
2025-02-02	0625	Destination Flavour China Bitesize	Longjing Prawns	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	Y
2025-02-02	0630	Billy And Dom Eat The World	Texas	Billy and Dom travel to Texas to experience southern hospitality at its best.	UNITED KINGDOM	English-100	RPT	PG			Y
2025-02-02	0730	Rick Stein: From Venice to Istanbul	Peloponnese	Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and the best home-made moussaka he's ever had. In his Symi island kitchen he cooks galaktoboureko, Greece's all-time favourite dessert.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-02-02	0835	Heston's Feasts	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu. Heston is bored with the usual Christmas fare, so he's going to completely reinvent it to include edible dormouse, venison and tasty snow. His celebrity guests include actor Charlie Higson, broadcaster Mariella Frostrup, comedian Arabella Weir, former rugby player Matt Dawson, actor James Purefoy, and journalist Kate Spicer.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y
2025-02-02	0930	Heston's Feasts	Chocolate Feast	Top chef Heston Blumenthal sets out to reinvent famous past or imagined feasts for celebrity diners. Heston explores the 1960s, an amazing age of food experimentation, with a Charlie and the Chocolate Factory feast for star guests, including actress Tamsin Egerton and singer Mica Paris. The menu features lickable wallpaper, psychedelic duck a l'orange and a magic mushroom woodland dish.	UNITED KINGDOM	English-100	RPT	PG	s	Y	Y
2025-02-02	1030	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 4	Bread is sacred in Italy; it's there at almost every family meal and should never be wasted. Silvia shares three delicious ways to repurpose leftover bread, starting with a rustic orecchiette pasta.	AUSTRALIA	Enya-100	RPT	G		Y	
2025-02-02	1100	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolatey heaven with a gorgeous chocolate flan. The Chocolate Queen also reveals her secret recipe for rum and raisin spread, which pairs perfectly with delicious, golden pain perdu.	AUSTRALIA	English-100	RPT	G			
2025-02-02	1130	Bizarre Foods: Delicious Destinations	Chesapeake Bay	Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish doused in J.O. spice to tender Virginia ham. Regional classics include creamy peanut soup, bacon-wrapped oysters and fried soft-shell crab.	USA	English-100	RPT	PG	a w		Y

2025-02-02	1200	Silvia's Italian Masterclass	Home Made Pasta	There are few things in this world more comforting than a bowl of warm, hearty pasta. In this episode Silvia breaks down her favourite home-made pasta recipes, straight from Nonna's handbook.	AUSTRALIA	English-100	RPT			
2025-02-02	1230	Pati's Mexican Table	Hidden Guachochi	Pati has a traditional meal with Raramuri community leaders and visits a sustainable ranch.	USA	English-100	RPT	PG	a w	Y
2025-02-02	1300	Eater's Guide To The World Series	Planting Roots In Tijuana Mexico	Local, regular, newcomer -- whoever you are, Tijuana has something delicious for you to eat. Grab a seat and try the craft beer, pork belly tacos, and Caesar salad. Trust us, you'll want to stay awhile.	USA	English-100	RPT	PG		Y
2025-02-02	1330	Billy And Dom Eat The World	Texas	Billy and Dom travel to Texas to experience southern hospitality at its best.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-02-02	1430	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 1	Michel cooks a fabulous lunch of lamb, seasonal vegetables and rose jus, then meets a forager to pick wild herbs and vegetables, which he serves with pan-fried fillets of Mediterranean scorpion fish.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-02	1525	Bring A Plate	Keyma's Empanadas	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	RPT	G		Y
2025-02-02	1530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 2	Enthused by a visit to an artisan ice-cream maker in Avignon, Michel creates a simple but spectacular strawberry ice-cream Bombe Alaska. Then Michel invites his in-laws over for a feast of calf's tongue with sauce gribiche.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-02	1625	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	RPT	G		
2025-02-02	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 5	With Silvia's best friends coming to stay for a few days she is out to impress, making one of her Nonna's most delicious, crowd-pleasing pasta feasts, plus a delicate ricotta and semolina cake.	AUSTRALIA	Enya-100	RPT	G		Y
2025-02-02	1700	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 6	Get tangled in today's episode with Kirsten's creamy semifreddo paired with strawberries or keep it simple and treat yourself with lovely chocolate lollipops.	AUSTRALIA	English-100	RPT	G		
2025-02-02	1730	Jamie's Kitchen	Ep 1	Jamie Oliver is taking a huge risk. He's decided to train 15 young unemployed Londoners as Chefs who will work in a new non-profit making restaurant he's building in the East End. Jamie left school himself without formal qualifications and he believes it's passion for food not academic qualifications that makes a good cook.	UNITED KINGDOM	English-100	RPT	PG		
2025-02-02	1830	James Martin's Spanish Adventure	Costa Del Sol	In The Costa Del Sol, James is shown how paella is made and visits the lost village El Acebuchal. He goes to a citrus farm and learns how muscatel ice cream is made, then cooks Andalusian rice.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-02-02	1930	Be My Guest With Ina Garten	Emily Mortimer	It's a perfect day for Ina when the incredible actress and self confessed foodie Emily Mortimer joins her for a fantastic day of cooking and conversation at the barn.	USA	English-100		G		
2025-02-02	2000	Tom Kerridge's Pub Kitchen Secrets	Flavour Bombs	Tom's mission at The Coach is to serve up dishes that pack a massive flavour punch, also known as his Flavour Bombs. Today's special is Salt Cod Scotch Egg with Red Pepper Puree and Chorizo.	UNITED KINGDOM	English-100		PG		

2025-02-02	2030	Rick Stein's Food Stories	Manchester	Rick immerses himself in the northwest's food traditions at Britain's best market, enjoys memories of Manchester's music scene and cooks an old favourite: liver, bacon and onions.	UNITED KINGDOM	English-100	RPT	G		
2025-02-02	2100	Rick Stein's Food Stories	Wales	In Wales, Rick meets the farmer dodging old WW2 bombs to raise salt marsh lamb, goes night fishing on the river Tywi, tries rhubarb pizza and shows us how to home smoke sea trout.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-02-02	2130	Anthony Bourdain: Parts Unknown	Jamaica	Tony travels to the lesser-known, North-Eastern Coast of Jamaica, and the reality is - Jamaica is a divided country with new challenges and cuisines emerging.	USA	English-100	RPT	PG	a w	Y
2025-02-02	2225	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	RPT	G		
2025-02-02	2230	Eater's Guide To The World Series	Taking Off In America	You eat at an airport because you have to, not because you want to. But just beyond the departure terminals you'll find smoky BBQ, sweet fluffy pancakes and a bowl of warm borb'-all worth it.	USA	English-100		PG		
2025-02-02	2300	Bizarre Foods: Delicious Destinations	Boston: A Second Bite	Andrew Zimmern highlights the harbour-influenced eats of Boston, including squid ink black pasta, Irish fish and chips and a cool take on a classic roast beef sandwich.	USA	English-100	RPT	G		
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2025-02-02	2430	James Martin's Spanish Adventure	Costa Del Sol	In The Costa Del Sol, James is shown how paella is made and visits the lost village El Acebuchal. He goes to a citrus farm and learns how muscatel ice cream is made, then cooks Andalusian rice.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-02-02	2525	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		Y
2025-02-02	2530	Be My Guest With Ina Garten	Emily Mortimer	It's a perfect day for Ina when the incredible actress and self confessed foodie Emily Mortimer joins her for a fantastic day of cooking and conversation at the barn.	USA	English-100	RPT	G		
2025-02-02	2600	Tom Kerridge's Pub Kitchen Secrets	Flavour Bombs	Tom's mission at The Coach is to serve up dishes that pack a massive flavour punch, also known as his Flavour Bombs. Today's special is Salt Cod Scotch Egg with Red Pepper Puree and Chorizo.	UNITED KINGDOM	English-100	RPT	PG		
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2025-02-03	0725	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		Y
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2025-02-03	1230	Come Dine With Me UK	Guildford Day 5	It's the final day in Guildford, and Neil is hoping to land the prize with his sophisticated menu of a caviar starter, Moroccan lamb main and an artistically angled panna cotta for dessert.	UNITED KINGDOM	English-100	RPT	PG		
2025-02-03	1300	Food Unwrapped	Seafood Sticks & British Wine	Kate Quilton uncovers the secrets behind British wine.	UNITED KINGDOM	English-100	RPT	G	a	Y
2025-02-03	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 42	On this episode of My Market Kitchen Elena and Khanh are in the kitchen cooking a Braised Five Spice Pork Belly. Then a Salmon Coconut Ceviche from Khanh and Bel paired with some delicious wines from Wine Selectors. As well as some easy Seed Breads that are perfect with your favourite dip.	AUSTRALIA	English-100	RPT	G		
2025-02-03	1400	French Food Safari	Ep 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara, the series follows renowned Sydney chef Guillaume Brahimi on a personal journey back to France, the country of his birth. Together, they visit many of France's top kitchens and track down the finest food and wine the country has to offer.	AUSTRALIA	English-100	RPT	G	Y	Y
2025-02-03	1430	Mary Makes It Easy	Desk Lunch	For the home or office, Mary starts with Thai inspired soba noodle cold rolls that are make-ahead friendly, before a tasty sandwich swap - roasted mushroom flatbread with bacon and white bean spread.	CANADA	English-100	RPT	G		
2025-02-03	1500	Pati's Mexican Table	Ensenada's Epic Seafood	The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country.	USA	English-100	RPT	PG	a w	Y
2025-02-03	1530	Masters Of Savours	Masters Of Chocolate	The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed possessed divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.	FRANCE	English-100	RPT	G		
2025-02-03	1630	Strait To The Plate	Warraber	Aaron Fa'Aoso kickstarts this season by visiting the Kulkalgal region and travelling to the Island of Warraber. Upon arrival, Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus-inspired Crayfish Mornay.	AUSTRALIA		RPT	G	Y	Y
2025-02-03	1700	Have You Eaten Yet? Tasting Taiwan	Pineapple Cake	Pineapple cakes originated as pastries during Taiwan's agricultural transformation and have in recent years become an internationally-recognised Taiwanese treat.	TAIWAN	Mandarin-100		G		Y
2025-02-03	1730	Foodwise	Hangzhou Pt.2	In this episode, Tianran and Hannah continue their tea-tasting journey along Hangzhou's Qiantang River, exploring the region's historical culture and culinary delights.	CHINA	English-50; Mandarin-50		PG	a w	Y

2025-02-03	1800	Rick Stein's Food Heroes	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. Next stop is Seahouses, where Rick visits the Swallow smokehouse, run by Patrick Wilkin.	UNITED KINGDOM		RPT	G		
2025-02-03	1830	Return To River Cottage	Ep 2	Two of Fearnley-Whittingstall's chickens aren't acclimating to their coop, so he sells them at the annual poultry auction and buys three new birds.	UNITED KINGDOM	English-100	RPT	PG	a l n w	
2025-02-03	1900	The Cook Up With Adam Liaw	Supper Club, The	It's Easy Entertaining with cosy but expertly curated food, as Adam starts a supper club with his guests, Wok Boi Aldwin Hidajat and The Lucky Dragon Supper Club's Stephanie Feher.	AUSTRALIA	English-100	RPT	G		Y
2025-02-03	1930	Island Echoes With Nornie Bero	Kup Murri And The Spirit Of Tradition	In this heartfelt episode, Nornie continues her journey on Masig Island, uncovering one of the Torres Strait's most sought-after dishes, prepared using the renowned Kup Murri.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	G		Y
2025-02-03	2000	Nigella Kitchen	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification. Salty and sweet may not sound like a match made in heaven, but Nigella's Sweet And Salty Crunch Nut Bars are totally irresistible. Plus, take a leap of faith with her inky Black Squink Risotto, as dramatically spectacular with its black rice and sauteed squid topping as it is simple to make. There's also an unusual slow-cooked melt in the mouth Asian Braised Shin of Beef topped with a crisp hot and sour shredded salad.	UNITED KINGDOM		RPT	G		
2025-02-03	2030	Gordon, Gino And Fred's Road Trip	Highland Fling	Three big egos, one small van. Gordon, Gino and Fred pack up their camper van once again and head off on a European adventure, but this time it's personal as each episode takes us on a tour of their cherished homelands, each of them with a special feast to prepare for.	UNITED KINGDOM	English-100	RPT	PG	a l s	Y
2025-02-03	2130	Hairy Bikers Comfort Food	Taste Of Northumberland, A	It's a trip back in time for Si today as the Bikers cook dishes from his home county - Northumberland. This means a celebration of local seafood, a traditional lamb recipe and a new way of serving his favourite ice-cream.	UNITED KINGDOM	English-100	RPT	G		
2025-02-03	2225	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
2025-02-03	2230	The Cook Up With Adam Liaw	Midnight Feast	Who doesn't love a little midnight meal? To give you some more options for that late-night feast, Adam and guests, Studio 10 roving reporter Daniel Doody and chef Jessi Singh, create theirs in the Cook Up Kitchen.	AUSTRALIA	English-100	RPT	PG		Y
2025-02-03	2300	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu so be prepared for some syrupy, sweet lusciousness.	AUSTRALIA	English-100	RPT	G		
2025-02-03	2330	Guillaume's French Atlantic	Episode 6	Chef Guillaume Brahimi takes viewers on an extraordinary expedition through the captivating land between the Loire and Dordogne rivers for an unforgettable exploration of the region's castles, culture, and cuisine, including the world's most expensive potato.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2025-02-03	2400	Come Dine With Me UK	Guildford Day 5	It's the final day in Guildford, and Neil is hoping to land the prize with his sophisticated menu of a caviar starter, Moroccan lamb main and an artistically angled panna cotta for dessert.	UNITED KINGDOM	English-100	RPT	PG		
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2025-02-03	2500	Nigella Kitchen	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification. Salty and sweet may not sound like a match made in heaven, but Nigella's Sweet And Salty Crunch Nut Bars are totally irresistible. Plus, take a leap of faith with her inky Black Squink Risotto, as dramatically spectacular with its black rice and sauteed squid topping as it is simple to make. There's also an unusual slow-cooked melt in the mouth Asian Braised Shin of Beef topped with a crisp hot and sour shredded salad.	UNITED KINGDOM		RPT	G		
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2025-02-03	2625	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2025-02-03	2630	Hairy Bikers Comfort Food	Taste Of Northumberland, A	It's a trip back in time for Si today as the Bikers cook dishes from his home county - Northumberland. This means a celebration of local seafood, a traditional lamb recipe and a new way of serving his favourite ice-cream.	UNITED KINGDOM	English-100	RPT	G		
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2025-02-04	0630	Mary Makes It Easy	Desk Lunch	For the home or office, Mary starts with Thai inspired soba noodle cold rolls that are make-ahead friendly, before a tasty sandwich swap - roasted mushroom flatbread with bacon and white bean spread.	CANADA	English-100	RPT	G		
2025-02-04	0700	Pati's Mexican Table	Ensenada's Epic Seafood	The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country.	USA	English-100	RPT	PG	a w	Y

2025-02-04	0730	Masters Of Savours	Masters Of Chocolate	The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed possessed divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.	FRANCE	English-100	RPT	G		
2025-02-04	0830	Strait To The Plate	Warraber	Aaron Fa'Aoso kickstarts this season by visiting the Kulkalgal region and travelling to the Island of Warraber. Upon arrival, Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus-inspired Crayfish Mornay.	AUSTRALIA		RPT	G	Y	Y
2025-02-04	0900	Rick Stein's Food Heroes	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. Next stop is Seahouses, where Rick visits the Swallow smokehouse, run by Patrick Wilkin.	UNITED KINGDOM		RPT	G		
2025-02-04	0930	Have You Eaten Yet? Tasting Taiwan	Pineapple Cake	Pineapple cakes originated as pastries during Taiwan's agricultural transformation and have in recent years become an internationally-recognised Taiwanese treat.	TAIWAN	Mandarin-100	RPT	G		Y
2025-02-04	1000	Foodwise	Hangzhou Pt.2	In this episode, Tianran and Hannah continue their tea-tasting journey along Hangzhou's Qiantang River, exploring the region's historical culture and culinary delights.	CHINA	English-50; Mandarin-50	RPT	PG	a w	Y
2025-02-04	1030	Return To River Cottage	Ep 2	Two of Fearnley-Whittingstall's chickens aren't acclimating to their coop, so he sells them at the annual poultry auction and buys three new birds.	UNITED KINGDOM	English-100	RPT	PG	a l n w	
2025-02-04	1100	The Cook Up With Adam Liaw	Supper Club, The	It's Easy Entertaining with cosy but expertly curated food, as Adam starts a supper club with his guests, Wok Boi Aldwin Hidajat and The Lucky Dragon Supper Club's Stephanie Feher.	AUSTRALIA	English-100	RPT	G	Y	
2025-02-04	1130	Island Echoes With Normie Bero	Kup Murri And The Spirit Of Tradition	In this heartfelt episode, Normie continues her journey on Masig Island, uncovering one of the Torres Strait's most sought-after dishes, prepared using the renowned Kup Murri.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	G	Y	
2025-02-04	1200	Nigella Kitchen	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification. Salty and sweet may not sound like a match made in heaven, but Nigella's Sweet And Salty Crunch Nut Bars are totally irresistible. Plus, take a leap of faith with her inky Black Squink Risotto, as dramatically spectacular with its black rice and sauteed squid topping as it is simple to make. There's also an unusual slow-cooked melt in the mouth Asian Braised Shin of Beef topped with a crisp hot and sour shredded salad.	UNITED KINGDOM		RPT	G		
2025-02-04	1230	Come Dine With Me UK	Exeter Day 1	35-year-old salon owner Hannah is hoping to impress her guests with a menu bursting with taste sensations, but her technique of combining flavours she loves may not tickle the taste-buds of all her foodie guests.	UNITED KINGDOM	English-100	RPT	PG	a l	
2025-02-04	1300	Food Unwrapped	Orange Juice & Lights Mayonnaise	Kate heads to Spain to find out how not-from-concentrate orange juice is really made - and how 'fresh' it really is.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-04	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 43	On this episode of My Market Kitchen Elena and Lachy from Jalna are cooking a raspberry, lime and yoghurt Cake. Then Khanh shows us his easy honey chicken and witlof tray bake.	AUSTRALIA	English-100	RPT	G		
2025-02-04	1400	French Food Safari	Ep 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city. Guillaume then whips up the world's best croque monsieur - the toasted cheese and ham sandwich that has become a café favourite. Also featured in the program are charcuterie queen Madame Colette Sibilia and pastry chef Jean-François Perron.	AUSTRALIA	English-100	RPT	G	Y	Y

2025-02-04	1430	Mary Makes It Easy	May Contain	Don't let dietary restrictions hold you back from making tasty treats. Mary shows how to cater to food intolerances and allergies by amping up the flavour instead of using blah ingredient substitutions.	CANADA	English-100	RPT	G		
2025-02-04	1500	Pati's Mexican Table	Baja Breakfast	While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Doña Esthela, who makes the best breakfast as far as the eye can see.	USA	English-100	RPT	G		Y
2025-02-04	1530	Masters Of Savours	Masters Of Vanilla	From Madagascar's primary forests to the islands of Polynesia, learn how growers have one obsession: to magnify this green vanilla vine for the pleasure of our taste buds.	FRANCE	English-100	RPT	G		
2025-02-04	1630	Strait To The Plate	Masig	We meet Aunty Mary and Aunty Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA		RPT	G		Y
2025-02-04	1700	Have You Eaten Yet? Tasting Taiwan	Fish Head Casserole	In Taiwan's traditional banquet culture, leftover dishes from feasts often get transformed into creative local dishes, and this is how Lin Tsung-ming's fish head casserole originated in Chiayi.	TAIWAN	Mandarin-100		PG		Y
2025-02-04	1730	Foodwise	Shantou	Tianran and Hannah are in Shantou, Guangdong Province in south China, where they drink more tea than anywhere else in the country.	CHINA	English-50; Mandarin-50		PG	a w	Y
2025-02-04	1800	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, a local variety of cheesecake.	UNITED KINGDOM		RPT	PG	a w	
2025-02-04	1830	Return To River Cottage	Ep 3	Hugh's landlord, Antony Hichens, is holding a Medieval Fair to raise funds for charity and Hugh has offered to donate one of his pigs. Antony and his wife Sczerina come down to the pig-pen to see which one should end up on the spit.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-02-04	1900	The Cook Up With Adam Liaw	Dinner Of Champions, The	It's BYO medals for an Easy Entertaining dinner of champions, and both of Adam's guests, Paralympic swimmers Ellie Cole and Col Pearce, have stacks of silverware.	AUSTRALIA	English-100	RPT	PG		Y
2025-02-04	1930	Lorraine Pascale: Home Cooking Made Easy	Simple	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast-baked mashed potato.	UNITED KINGDOM	English-100	RPT	G		
2025-02-04	2000	Donal Skehan: Home Cook	Weekday Rush	Donal shares his quick fix weekday recipes that come to the rescue time and time again, starting with his chicken satay served family style with rice and greens.	IRELAND	English-100				
2025-02-04	2030	Save With Jamie	Piri Piri Pork	Jamie's got more incredible recipes, inventive ideas and tidy little tips to create gorgeous food for less money. Learn clever tips on making beautiful midweek suppers from the weekend's leftovers.	UNITED KINGDOM	English-100				
2025-02-04	2130	Hairy Bikers Comfort Food	Feel-Good Meals	The Bikers cook dishes to feed body and soul, including some of their favourite recipes which are both healthy and delicious. There's a wholesome warming soup, a chic healthy pudding and even a low fat version of a family favourite - burger and fries.	UNITED KINGDOM	English-100	RPT	G		
2025-02-04	2225	Destination Flavour Down Under Bitesize	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

2025-02-04	2230	The Cook Up With Adam Liaw	Bring A Plate	Ever get asked to bring a plate to the family BBQ and never know what to bring? Adam Liaw and NITV presenters Rae Johnston and Natalie Ahmat have you sorted as they create their favourite bring-a-plate idea in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y	
2025-02-04	2300	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the weekly food allowance for a rural worker in 19th century Australia.	AUSTRALIA	English-100	RPT	G			
2025-02-04	2330	Guillaume's French Atlantic	Episode 7	Join Guillaume Brahimi as he immerses himself in the luxury and refinement of Bordeaux, exploring its regal architecture, indulging in signature dishes, and discovering the allure of Chateau d'Yquem, one of the most exclusive wineries in the world.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2025-02-04	2400	Come Dine With Me UK	Exeter Day 1	35-year-old salon owner Hannah is hoping to impress her guests with a menu bursting with taste sensations, but her technique of combining flavours she loves may not tickle the taste-buds of all her foodie guests.	UNITED KINGDOM	English-100	RPT	PG	a l		
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2025-02-05	1000	Foodwise	Shantou	Tianran and Hannah are in Shantou, Guangdong Province in south China, where they drink more tea than anywhere else in the country.	CHINA	English-50; Mandarin-50	RPT	PG	a w		Y
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2025-02-05	1300	Food Unwrapped	Strawberry Flavoring & Tomatoes	The team investigate how strawberry flavoured foods really get their strawberry flavour.	UNITED KINGDOM	English-100	RPT	G			Y

2025-02-05	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 44	Today on My Market Kitchen Khanh shows Elena his healthy version of a Souvlaki. Then Khanh is on the road with David Mann cooking a Dill and Lemon Fish Parcel. Elena finishes off the show with a Apple Crumble Pie recipe dedicated to her mum.	AUSTRALIA	English-100	RPT	G		
2025-02-05	1400	French Food Safari	Ep 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years. They spend time in the kitchen of St Germain bistro chef Yves Camdeborde who trained in the top restaurants but believed he would have more fun in a bistro. Guillaume then demonstrates how to make one of the classic bistro dishes - steak tartare which he serves with pommes gaufrette.	AUSTRALIA	English-100	RPT	G	Y	Y
2025-02-05	1430	Mary Makes It Easy	Spice, Spice, Baby	Mary's first stop on her spice-fuelled adventure is Za'atar pita bread, featuring a tangy, nutty herb and spice blend originating from Western Asia and mostly made up of spice-cupboard staples. Then, Mary pairs the smoky sweet, Tunisian flavour of Harissa perfectly with shrimp for her Harissa Shrimp with Chickpeas.	CANADA	English-100	RPT	G		
2025-02-05	1500	Pati's Mexican Table	Mexican Wine Country	With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region.	USA	English-100	RPT	G		Y
2025-02-05	1530	Masters Of Savours	Masters Of Honey	Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Ikaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.	FRANCE	English-100	RPT	G		
2025-02-05	1630	Strait To The Plate	Thursday Island	Aaron arrives in the Kaywalagal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA		RPT	G	Y	
2025-02-05	1700	Have You Eaten Yet? Tasting Taiwan	Chopped Dishes	The working-class culture by the southern harbours of Taiwan gave birth to unique chopped dishes and street snacks.	TAIWAN	Mandarin-100		G		Y
2025-02-05	1730	Foodwise	Shaoguan	Tianran and Hannah are in the picturesque city of Shaoguan in Guangdong Province, South China.	CHINA	English-50; Mandarin-50		PG	a w	Y
2025-02-05	1800	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, which is as rich in gastronomic delights as it is in history.	UNITED KINGDOM		RPT	PG	a w	
2025-02-05	1830	Return To River Cottage	Ep 4	It's late summer at River Cottage but the weather is far from seasonal. Torrential rain washes out Hugh's entire hay harvest and his polytunnel full of tomatoes is beset with blight. Radical plant-surgery saves the tomatoes but the hay is lost.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-02-05	1900	The Cook Up With Adam Liaw	Thrifty Dinner Club, The	It's Easy Entertaining and easy on the budget, too, as cookbook author Chelsea Goodwin and Olympic diver Sam Fricker join Adam's thrifty dinner club.	AUSTRALIA	English-100	RPT	G		Y
2025-02-05	1930	Marcus In The Med: Mallorca	Food On The Go	Marcus explores the food Mallorcans eat on the go. He tries the island's answer to pizza, coca de trampo, with food guide Paula.	UNITED KINGDOM	English-100		PG		
2025-02-05	2000	Rachael Ray's Meals In Minutes	Make Your Own Pad Thai	Pad Thai is a crowd favourite and less intimidating than you might think to make. This recipe literally takes minutes to make, so much so that Rachael makes the recipe twice with shrimp and chicken.	USA	English-100		G		

2025-02-05	2030	Adam Richman Eats Britain	Tattie Scone	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to try the best food found here. He's travelled to Scone in Scotland for a taste of the tattie scone. He also visits a top restaurant in Perth for Scotland's national dish, the famous haggis, neeps and tatties.	UNITED KINGDOM	English-100		G		
2025-02-05	2100	Street Food Nomad: Kolkata	Episode 3	Kolkata's extraordinary street-food scene has been influenced by its various conquerors and rulers. The most profound influence has been from the fabulously rich and powerful Mughals.	AUSTRALIA	English-100		PG		
2025-02-05	2130	Hairy Bikers Comfort Food	Diy	Si and Dave tackle dishes that you never dreamed you could make yourself. But they prove that homemade can beat shop-bought when they prepare gravalax, jam doughnuts, their own corned beef and even an Indian favourite, paneer.	UNITED KINGDOM	English-100	RPT	G		
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2025-02-05	2230	The Cook Up With Adam Liaw	Land Of Milk And Honey, The	Adam and guests, pastry chef Lauren Eldridge and TAFE student Kirsty Lea, are in the Cook Up kitchen to create dishes inspired by The Land of Milk and Honey.	AUSTRALIA	English-100	RPT	PG		Y
2025-02-05	2300	The Cook And The Chef	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today. With his restaurant named as one of the top fifty in the world, Melbourne based chef Shannon Bennett is pushing the boundaries of modern French Cuisine and fine dining.	AUSTRALIA	English-100	RPT	G		
2025-02-05	2330	Guillaume's French Atlantic	Episode 8	Experience an unforgettable journey through the lavish wonders of Bordeaux as Guillaume Brahimi uncovers the secrets of the region's finest caviar, indulges in the succulent lobster of Cap Ferret, and basks in the sheer opulence of a wellness centre in a vineyard.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
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2025-02-06	0730	Masters Of Savours	Masters Of Honey	Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Ikaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.	FRANCE	English-100	RPT	G		
2025-02-06	0830	Strait To The Plate	Thursday Island	Aaron arrives in the Kaywalagal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA		RPT	G		Y
2025-02-06	0900	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, which is as rich in gastronomic delights as it is in history.	UNITED KINGDOM		RPT	PG	a w	
2025-02-06	0930	Have You Eaten Yet? Tasting Taiwan	Chopped Dishes	The working-class culture by the southern harbours of Taiwan gave birth to unique chopped dishes and street snacks.	TAIWAN	Mandarin-100	RPT	G		Y
2025-02-06	1000	Foodwise	Shaoguan	Tianran and Hannah are in the picturesque city of Shaoguan in Guangdong Province, South China.	CHINA	English-50; Mandarin-50	RPT	PG	a w	Y

2025-02-06	1030	Return To River Cottage	Ep 4	It's late summer at River Cottage but the weather is far from seasonal. Torrential rain washes out Hugh's entire hay harvest and his polytunnel full of tomatoes is beset with blight. Radical plant-surgery saves the tomatoes but the hay is lost.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-02-06	1100	The Cook Up With Adam Liaw	Thrifty Dinner Club, The	It's Easy Entertaining and easy on the budget, too, as cookbook author Chelsea Goodwin and Olympic diver Sam Fricker join Adam's thrifty dinner club.	AUSTRALIA	English-100	RPT	G		Y	
2025-02-06	1130	Marcus In The Med: Mallorca	Food On The Go	Marcus explores the food Mallorcans eat on the go. He tries the island's answer to pizza, coca de trampo, with food guide Paula.	UNITED KINGDOM	English-100	RPT	PG			
2025-02-06	1200	Rachael Ray's Meals In Minutes	Make Your Own Pad Thai	Pad Thai is a crowd favourite and less intimidating than you might think to make. This recipe literally takes minutes to make, so much so that Rachael makes the recipe twice with shrimp and chicken.	USA	English-100	RPT	G			
2025-02-06	1230	Come Dine With Me UK	Exeter Day 3	It's the third day of the competition and ladybird loving Pascale prepares a Vietnamese menu for her guests, full of flavour and colour. But her cooking attire for the starter leaves little to the imagination, after she strips down to the bare minimum.	UNITED KINGDOM	English-100	RPT	PG	a s		
2025-02-06	1300	Food Unwrapped	Ice Cream & Smoked Flavouring	Matt travels from Grimsby to Sweden to find out how smoked flavoured foods are made.	UNITED KINGDOM	English-100	RPT	PG	a		Y
2025-02-06	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 45	Elena and Karen from Asian Inspirations are in the kitchen today cooking a traditional Nasi Goreng Fried Rice. Then Khan whips up a quick and easy Rhubarb and Ginger Crumble for a winter warmer dessert. Elena is showing us what to do with fresh produce with her Green tomato Salad and Anchovy toast.	AUSTRALIA	English-100	RPT	G			
2025-02-06	1400	French Food Safari	Ep 4	Maeve and Guillaume travel to the mountainous region of the Ardèche in France to meet artisan goat cheese maker Jerome Herphelin. Then it is back into the cellars below the Parisian streets to see how beautiful cheeses like Jerome's are carefully tended by an affineur to be at their best for customers. Back in Australia, Will Studd shows Maeve the art of putting together a cheese plate.	AUSTRALIA	English-100	RPT	G		Y	Y
2025-02-06	1430	Mary Makes It Easy	Picky Eaters	Whether you're cooking for finicky friends or tricky tots, Mary's got you covered with strategies to feed even the pickiest eaters in your life. For families who always need to make two dinners to satisfy everyone at the table, Mary's crispy chicken two ways delivers chicken tenders for the kids, and stuffed poblano feta chicken for the rest. Then, double chocolate zucchini muffins are a sneaky treat for those who don't like vegetables.	CANADA	English-100	RPT	PG	I		
2025-02-06	1500	Pati's Mexican Table	Loreto Baja's Hidden Gem	One of Baja's most well kept secrets has Pati on a mission to explore this town bite-by-bite. Loreto is a small town on the Gulf of California with big excitement and a rich history.	USA	English-100	RPT	G			Y
2025-02-06	1530	Masters Of Savours	Masters Of Bread	Meet the passionate people who have made bread their profession. Whether in France, Greece, or Italy, bread is a symbol coated with traditions and a source of social bonds.	FRANCE	English-100	RPT	G			
2025-02-06	1630	Strait To The Plate	Boigu	Aaron arrives on the Island of Boigu, a place with a rich history of fierce warriors and dugong hunters, and the most western island in the Torres Strait.	AUSTRALIA		RPT	G		Y	Y
2025-02-06	1700	Southeast Asia On A Plate	Kueh	Join Chef Justin Foo as he uncovers how Kueh are a testament to Southeast Asia's colourful history of cross-cultural fusion sparked by migration and war!	SINGAPORE	Mandarin-60; English-40					Y
2025-02-06	1800	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. From her village shop in this tiny pretty village, truckloads of puddings are transported daily to all parts of Britain.	UNITED KINGDOM		RPT	PG			

2025-02-06	1830	Return To River Cottage	Ep 5	Hugh is embarking on the big financial venture of the summer. He's harvesting his entire tomato crop to sell at the local farmers' market.	UNITED KINGDOM	English-100	RPT	PG	a s w	
2025-02-06	1900	The Cook Up With Adam Liaw	Springtime Feast, The	It's Easy Entertaining and a springtime feast as Adam is joined in the kitchen by fitness legend Michelle Bridges and chef Wesley Cooper Jones.	AUSTRALIA	English-100	RPT	G		Y
2025-02-06	1930	John And Lisa's Food Trip Down Under	John And Lisa Head South	Chefs John Torode and Lisa Faulkner breakfast at an extremely cozy Aussie family-run cafe before discovering tasty short rib wraps at a restaurant that is ringing the bell of culinary changes.	USA	English-100		G		
2025-02-06	2030	Jamie At Home	Eggs	Jamie collects the eggs that his healthy hens have laid and heads for the kitchen. He makes a delicious homemade egg tagliatelle and an omelette salad with bresaola.	UNITED KINGDOM	English-100		PG	I	
2025-02-06	2100	Symon's Dinners Cooking Out	Bbq Burger Meltdown	If you thought Michael Symon was going to fire up this grill and not cook burgers, you would be wrong, but this isn't just any old burger. In this episode, Michael brings us back to meat 101, as we learn about the fat contents of the perfect juicy burger by adding chorizo, but that's not all, they're stuffed with cheese!	USA	English-100		G		
2025-02-06	2130	Hairy Bikers Mediterranean	Mainland Italy	The Hairy Bikers go off the beaten track in search of authentic flavours of Italy from simple, local ingredients to spicy n'duja pate and some of the best gelato to be found.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-02-06	2230	The Cook Up With Adam Liaw	Breakfast Of Champions	Nilgiris chef Ajoy Joshi and bushfood educator Jody Orcher join host Adam Liaw to create the ultimate Breakfast of Champion dishes in the Cook Up Kitchen.	AUSTRALIA	English-100	RPT	PG		Y
2025-02-06	2300	The Cook And The Chef	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100	RPT	G		
2025-02-06	2330	Guillaume's French Atlantic	Episode 9	Join Guillaume Brahimi in the captivating world of the Pays Basque, from the luxurious charm and innovative gastronomy of Biarritz, to the exhilarating passion of Basque rugby and the spiritual pilgrimage of Saint-Jean-Pied-de-Port, this episode showcases the essence of this remarkable region.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2025-02-06	2400	Come Dine With Me UK	Exeter Day 3	It's the third day of the competition and ladybird loving Pascale prepares a Vietnamese menu for her guests, full of flavour and colour. But her cooking attire for the starter leaves little to the imagination, after she strips down to the bare minimum.	UNITED KINGDOM	English-100	RPT	PG	a s	
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2025-02-07	1300	Food Unwrapped	Mouldy Bread Chicken Kiev And Apples	Jimmy travels to specialist cheese cellars in the south of France where mould is specially grown - to be eaten.	UNITED KINGDOM	English-100	RPT	G		Y
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2025-02-07	1700	Have You Eaten Yet? Tasting Taiwan	Xiao Long Bao	Wang Yong-Ching's 'Ghostly Xiao Long Bao' in Yunlin gained legendary status for their mysterious, elusive presence.	TAIWAN	Mandarin-100		PG		Y

2025-02-07	1730	Have You Eaten Yet? Tasting Taiwan	Three Cup Chicken	What is the taste of Taiwan? What makes it special? This episode's father-daughter chef duo from Tchin Tchin Restaurant answers this question with their culinary skills.	TAIWAN	Mandarin-100	PG			Y
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2025-02-07	1930	Andi Oliver's Fabulous Feasts	Merthyr Tydfil	Former Mr Gay Wales, Paul calls on Andi to help make Merthyr Tydfil's first Pride a roaring success. Can Andi bring more joy to this momentous event by creating a flamboyant feast?	UNITED KINGDOM	English-100		PG		
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2025-02-07	2230	The Cook Up With Adam Liaw	Use It Up Spag Bol	Do you ever have leftover spag bol sauce and just don't know what to do with it? Well never fear, Adam and guests, author and lecturer Bruce Pascoe and chef Jared Ingersoll, have some quick and easy ideas.	AUSTRALIA	English-100	RPT	PG		Y
2025-02-07	2300	The Cook And The Chef	Stephanie Alexander	In any who's who of Australian cuisine, Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the past and the future of food in Australia.	AUSTRALIA	English-100	RPT	G		
2025-02-07	2330	Guillaume's French Atlantic	Episode 10	In the unforgettable final episode, Guillaume Brahimi delves into the vibrant Basque culture and cuisine, experiencing Pelota, discovering underwater-aged wine, exploring the markets of Espelette.	AUSTRALIA	English-70; French-30	RPT	G		Y Y
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2025-02-07	2625	Bring A Plate	Rachel's Bossam	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	RPT	G		Y

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2025-02-08	1430	Heston's Feasts	Fairytale Feast	Top chef Heston Blumenthal sets out to reinvent famous past or imagined feasts for celebrity diners. Tonight, Heston makes a fairytale meal featuring a Cinderella pumpkin, a stuffed boar's head inspired by Snow White, and an edible Hansel and Gretel house for pudding. His guests include actress Fay Ripley and broadcaster Hardeep Singh Kohli.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2025-02-08	1525	Please Eat Slowly Bitesize	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	RPT	G		
2025-02-08	1530	Heston's Feasts	Titanic Feast	Heston lays on an adventurous Edwardian feast worthy of being served on the Titanic. The menu features an Antarctic roll served on edible snow, inspired by Scott of the Antarctic, and a camel burger, inspired by Lawrence of Arabia.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-08	1625	Destination Flavour Singapore Bitesize	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2025-02-08	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta-filled Italian crepes, and then using the leftover ingredients, shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA	Enya-100	RPT	G		Y
2025-02-08	1700	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 7	From elegant swans to delicate chocolate tubes, it's time for homemade desserts that are just as good as any fine dining establishment.	AUSTRALIA	English-100	RPT	G		
2025-02-08	1730	Silvia's Italian Masterclass	Gluten Free Italian	Sivia highlights that you don't have to give up the food you love regardless of dietary requirements. Whether you're cooking savoury or sweet, Italian food is for everyone.	AUSTRALIA	English-100				

2025-02-08	1800	Palisa Anderson's Water Heart Food	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs and restaurants in New South Wales. One of these is the renowned Peter Gilmore of Quay restaurant, who uses Palisa's incredibly beautiful fresh peanuts to make a refined mud crab salad. Palisa then catches up with chef Christine Mansfield, one of Australia's most celebrated chefs and a perfectionist inspired by the culinary melting pot of global flavours, at the Mullimbimby markets and then at her farm, where she uses fresh guavas in a scrumptious Thai inspired finger-lime tapioca dessert.	AUSTRALIA	English-100	RPT	G		Y
2025-02-08	1830	Jimmy's Taste Of Florida	New Smyrna Beach / Kennedy Space Centre	Jimmy goes to New Smyrna Beach, where he tests his surfing and learns about Southern grits. He heads to the Kennedy Space Centre to see the iconic launchpads where many missions began.	UNITED KINGDOM	English-100	RPT	G		
2025-02-08	1930	Billy And Dom Eat The World	Japan	Japanese knives are the most sought-after knives in the world. In Kyushu, Japan's southwestern-most island, Billy and Dom learn the art of sushi knife making from one of Japan's leading blacksmiths.	UNITED KINGDOM	English-100		PG		Y
2025-02-08	2030	Rick Stein: From Venice to Istanbul	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, Urla's famous red wine, and the ultimate Turkish breakfast. He also cooks Turkey's iconic dish of Sultan's Delight - mouth-watering lamb stew on a bed of eggplant puree.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-02-08	2140	Anthony Bourdain: Parts Unknown	Glasgow	Tony visits one of his favourite cities in Europe, Glasgow. He makes his first stop at the Old College Bar for a pint and a chat about Glasgow's dark history. He then travels to an abandoned shipyard for a knife defence lesson from instructor Mark Davies, before heading north and into the Scottish Highlands - a place where silence reigns over everything.	USA	English-100	RPT	PG	a l v w	
2025-02-08	2230	Big Zuu's 12 Dishes In 12 Hours	Bologna	Rapper Big Zuu takes famous faces on culinary tours of European cities, teaching them everything that they need to know about the place through a dozen dishes. The culinary travelogue begins with Big Zuu meeting up with actor Will Poulter in the Italian city of Bologna.	UNITED KINGDOM	English-100	RPT	G		
2025-02-08	2300	Bizarre Foods: Delicious Destinations	Cape Cod	Andrew Zimmern explores the treasures of Cape Cod's coastal cuisine. From fried clams to fresh-caught cod, clambakes to cranberry bog ice cream, the Massachusetts peninsula's culinary scene is cause for summertime celebration.	USA	English-100	RPT	PG	a w	
2025-02-08	2330	Heston's Feasts	Fairytale Feast	Top chef Heston Blumenthal sets out to reinvent famous past or imagined feasts for celebrity diners. Tonight, Heston makes a fairytale meal featuring a Cinderella pumpkin, a stuffed boar's head inspired by Snow White, and an edible Hansel and Gretel house for pudding. His guests include actress Fay Ripley and broadcaster Hardeep Singh Kohli.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2025-02-08	2425	Please Eat Slowly Bitesize	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	RPT	G		
2025-02-08	2430	Heston's Feasts	Titanic Feast	Heston lays on an adventurous Edwardian feast worthy of being served on the Titanic. The menu features an Antarctic roll served on edible snow, inspired by Scott of the Antarctic, and a camel burger, inspired by Lawrence of Arabia.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-08	2525	Destination Flavour Singapore Bitesize	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2025-02-08	2530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta-filled Italian crepes, and then using the leftover ingredients, shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA	Enya-100	RPT	G		Y
2025-02-08	2600	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 7	From elegant swans to delicate chocolate tubes, it's time for homemade desserts that are just as good as any fine dining establishment.	AUSTRALIA	English-100	RPT	G		

2025-02-08	2630	Silvia's Italian Masterclass	Gluten Free Italian	Sivia highlights that you don't have to give up the food you love regardless of dietary requirements. Whether you're cooking savoury or sweet, Italian food is for everyone.	AUSTRALIA	English-100	RPT		
2025-02-08	2700	Palisa Anderson's Water Heart Food	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs and restaurants in New South Wales. One of these is the renowned Peter Gilmore of Quay restaurant, who uses Palisa's incredibly beautiful fresh peanuts to make a refined mud crab salad. Palisa then catches up with chef Christine Mansfield, one of Australia's most celebrated chefs and a perfectionist inspired by the culinary melting pot of global flavours, at the Mullimbimby markets and then at her farm, where she uses fresh guavas in a scrumptious Thai inspired finger-lime tapioca dessert.	AUSTRALIA	English-100	RPT	G	Y
2025-02-08	2730	Anthony Bourdain: Parts Unknown	Glasgow	Tony visits one of his favourite cities in Europe, Glasgow. He makes his first stop at the Old College Bar for a pint and a chat about Glasgow's dark history. He then travels to an abandoned shipyard for a knife defence lesson from instructor Mark Davies, before heading north and into the Scottish Highlands - a place where silence reigns over everything.	USA	English-100	RPT	PG	a l v w
2025-02-08	2825	Please Eat Slowly Bitesize	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	RPT	G	
2025-02-08	2830	Big Zuu's 12 Dishes In 12 Hours	Bologna	Rapper Big Zuu takes famous faces on culinary tours of European cities, teaching them everything that they need to know about the place through a dozen dishes. The culinary travelogue begins with Big Zuu meeting up with actor Will Poulter in the Italian city of Bologna.	UNITED KINGDOM	English-100	RPT	G	