



WEEK 7 Sunday, 9 February 2025 Saturday, 15 February 2025

ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2025-02-09	0500	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		
2025-02-09	0530	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			
2025-02-09	0625	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
2025-02-09	0630	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		
2025-02-09	0735	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
2025-02-09	0830	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
2025-02-09	0925	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			
2025-02-09	0930	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
2025-02-09	1000	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			

2025-02-09	1030	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
2025-02-09	1100	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	
2025-02-09	1130	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		
2025-02-09	1225	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
2025-02-09	1230	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	PG		
2025-02-09	1300	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		
2025-02-09	1330	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	RPT	PG		Y
2025-02-09	1430	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 3	Michel visits an artisanal vermouth distillery in the Provencal countryside before barbecuing king-size scallops with white vermouth sauce. Then he creates oreillettes and crepes suzette for dessert.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-02-09	1525	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2025-02-09	1530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 4	Michel bakes a crisp pastry pie called a pastilla served with harissa sauce. Then he cooks poached chicken in Musketeer sauce and veloute. Finally, Michel visits the Morin chocolate factory before inviting a master chocolatier to try his chocolate and cherry mille-feuilles.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-09	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		
2025-02-09	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA	Enya-100	RPT	G	Y	Y
2025-02-09	1700	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 8	Kirsten reveals the secret to making her spicy iced chocolate drink and the perfect garnish. Then learn how to make a sticky white chocolate nougat with pineapple and a chocolate caramelised pastry stack.	AUSTRALIA	English-100	RPT	G		

2025-02-09	1730	Jamie's Kitchen	Ep 2	The successful 15 cooks are announced to a mixed reaction - jubilation and tears. Training begins for the 15 finalists, where they begin to learn the basics. It's long hours and hard work.	UNITED KINGDOM	English-100	RPT	PG		
2025-02-09	1830	James Martin's Spanish Adventure	Cordoba	James tours Cordoba on an Eco Tuk Tuk. He visits a food market, eats oxtail at a Michelin Star restaurant, helps judge a salmorejo competition, and we see how pastel cordoba is made.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-02-09	1930	Food Trail South Africa	Kruger Safari	Warren commences his second Food Trail of South Africa in the world famous Kruger National Park and surrounds.	AUSTRALIA	English-100				Y
2025-02-09	2000	Tom Kerridge's Pub Kitchen Secrets	Quality Matters	At Tom's pub, high quality ingredients are his secret for success.	UNITED KINGDOM	English-100		G		
2025-02-09	2030	Rick Stein's Food Stories	Bristol	Rick eats the ultimate jerk chicken in Bristol and witnesses the healing power of food at a cafe staffed by victims of modern slavery. He makes a modern UK favourite, the burrito.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-02-09	2100	Rick Stein's Food Stories	Suffolk	Halfway through his UK food tour, Rick visits a Suffolk bakery making artisan sourdough. He meets an old friend who sells fish on the beach and back at home he has a go at sushi!	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-02-09	2130	Anthony Bourdain: Parts Unknown	South Korea	Following a long absence, Tony travels to South Korea. In the ten years that have passed a lot has changed; the country is experiencing a stratospheric rise and has its sights set on becoming the world's top exporter of popular culture. Tony tries Kimchi, Korean fried chicken, and vintage army stew.	USA	English-100	RPT	PG	a l v w	Y
2025-02-09	2225	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		
2025-02-09	2230	Big Zuu's 12 Dishes In 12 Hours	Nicosia	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. Big Zuu is joined by comedy legend Eddie Kadi in Nicosia - the capital of Cyprus, an island best known for its sun, sea and party scene - to taste it in 12 dishes.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-09	2300	Bizarre Foods: Delicious Destinations	Jersey Shore	Andrew uncovers the boardwalk indulgences of the Jersey Shore. From sticky-sweet saltwater taffy, to slices of tomato pie and Italian subs, the Jersey Shore's culinary scene is a carnival for the taste buds.	USA	English-100	RPT	G		
2025-02-09	2330	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 3	Michel visits an artisanal vermouth distillery in the Provencal countryside before barbecuing king-size scallops with white vermouth sauce. Then he creates oreillettes and crepes suzette for dessert.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-02-09	2425	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2025-02-09	2430	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 4	Michel bakes a crisp pastry pie called a pastilla served with harissa sauce. Then he cooks poached chicken in Musketeer sauce and veloute. Finally, Michel visits the Morin chocolate factory before inviting a master chocolatier to try his chocolate and cherry mille-feuilles.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-09	2525	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		

2025-02-09	2530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA	Enya-100	RPT	G		Y	Y
2025-02-09	2600	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 8	Kirsten reveals the secret to making her spicy iced chocolate drink and the perfect garnish. Then learn how to make a sticky white chocolate nougat with pineapple and a chocolate caramelised pastry stack.	AUSTRALIA	English-100	RPT	G			
2025-02-09	2630	Jamie's Kitchen	Ep 2	The successful 15 cooks are announced to a mixed reaction - jubilation and tears. Training begins for the 15 finalists, where they begin to learn the basics. It's long hours and hard work.	UNITED KINGDOM	English-100	RPT	PG			
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2025-02-09	2825	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
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2025-02-10	0500	Bizarre Foods: Delicious Destinations	Jersey Shore	Andrew uncovers the boardwalk indulgences of the Jersey Shore. From sticky-sweet saltwater taffy, to slices of tomato pie and Italian subs, the Jersey Shore's culinary scene is a carnival for the taste buds.	USA	English-100	RPT	G			
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2025-02-10	1100	Bizarre Foods: Delicious Destinations	Jersey Shore	Andrew uncovers the boardwalk indulgences of the Jersey Shore. From sticky-sweet saltwater taffy, to slices of tomato pie and Italian subs, the Jersey Shore's culinary scene is a carnival for the taste buds.	USA	English-100	RPT	G		
2025-02-10	1130	Food Trail South Africa	Kruger Safari	Warren commences his second Food Trail of South Africa in the world famous Kruger National Park and surrounds.	AUSTRALIA	English-100	RPT			Y
2025-02-10	1200	Tom Kerridge's Pub Kitchen Secrets	Quality Matters	At Tom's pub, high quality ingredients are his secret for success.	UNITED KINGDOM	English-100	RPT	G		
2025-02-10	1230	Come Dine With Me UK	Exeter Day 5	It's the final day of the competition and estate agent Ajay is hoping her nautical themed evening will see her sail to victory. Along with a gigantic seafood spread, Ajay's also laid on a boat trip around Torquay harbour.	UNITED KINGDOM	English-100	RPT	PG	a l	
2025-02-10	1300	Food Unwrapped	Kebab, Oysters And Gin	Jimmy Doherty asks: what exactly is in a doner kebab, and do kebab shops know?	UNITED KINGDOM	English-100	RPT	G		
2025-02-10	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 47	Khanh and Elena are in the kitchen together today cooking a mouthwatering Chilli Soy Ribs dish. Followed by Khanh's go to snack, a Honey Cranberry Nut Bar. Then Elena heads to the wineries with Adam from Wine Selectors for a Steak and Chips recipe, paired with perfect wines.	AUSTRALIA	English-100	RPT	G		
2025-02-10	1400	French Food Safari	Ep 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud, and later join passionate Parisienne baker Fabrice le Bourdat in the pre-dawn hours to see the work behind the scenes of his busy bakery. Then it is into the precision of the commercial kitchen at Guillaume's restaurant for a lesson on how the perfect puff pastry is created.	AUSTRALIA	English-100	RPT	G	Y	Y
2025-02-10	1430	Mary Makes It Easy	B-B-Q's And A's	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact. Barbecue Chicken is a staple for any grill master, and Mary reveals her secret to making it evenly cooked and full of flavour.	CANADA	English-100	RPT	G		
2025-02-10	1500	Pat's Mexican Table	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero. They make a pit stop at his favorite roadside carnitas stand, check out a local organic strawberry farm, head to the beach for some fresh-off-the-boat fish, and finally make their way to Javier's newest restaurant, Jazamango, where he has a beautiful garden that feeds his customers every day.	USA	English-100	RPT	PG		Y
2025-02-10	1530	Masters Of Savours	Masters Of Coffee	For almost a decade, the world of roasting has been in the midst of a revolution with the so-called 'specialty' coffee. These coffees are being tended in exceptional places such as the Finca Bora in Panama, the Reunion Island, or the heights of Cali in Colombia. This program shows us the complexity of this plant through the men and women who watch over it with passion.	FRANCE	English-100	RPT	G		

2025-02-10	1630	Strait To The Plate	Saibai Island	Aaron completes his culinary expedition of the Top Western Cluster group by visiting Saibai Island, the most northern island in the Torres Strait.	AUSTRALIA		RPT	G	Y	Y
2025-02-10	1700	Tareq Taylor's Nordic Cookery	Bergen, Norway	Bergen is a thousand-year-old city built on the back of the seafood trade especially cod.	SWEDEN	English-100		PG	a w	
2025-02-10	1730	Everyday Gourmet With Justine Schofield	Episode 26	Laura Cassai comes in with a great pasta recipe: Spelt Spirals with Smoked Trout, Dill and Mascarpone. Justine makes Thai Duck Salad and Muesli.	AUSTRALIA	English-100		G		
2025-02-10	1800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 6	Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot. But Rick's attention is fixed firmly on the ground where the local new potatoes are free of pollution and full of flavour.	UNITED KINGDOM		RPT	PG	a w	
2025-02-10	1830	River Cottage Forever	Ep 1	It's February and while Hugh has survived the winter there's precious little to eat at River Cottage. But thinking of the future he gets busy building a complex of high-rise chicken accommodation to house the poultry for his latest money-making scheme: to breed the ultimate roast chicken. Poultry-guru Richard Hicks calls round with Hugh's breeding stock and over pancakes in the cottage they wager the cost of the birds on their performance in the local pancake race.	UNITED KINGDOM	English-100	RPT	G		
2025-02-10	1900	The Cook Up With Adam Liaw	Family Dinner, The	Welcome to the family! Adam, chef Dom Wilton and comedian Mel Buttie host an Easy Entertaining that's a crowd-pleaser for all ages.	AUSTRALIA	English-100	RPT	G	Y	
2025-02-10	1930	Island Echoes With Nornie Bero	Memories And Flavours Of Thursday Island	Nornie returns to Thursday Island, a place close to her heart and where she spent much of her childhood. She reconnects with old friends, then reminisces about life on the island and its rich cultural heritage.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	PG		
2025-02-10	2000	Nigella Kitchen	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper of sauteed Scallops with Thai Scented Pea Puree, then it's Saturday lunch for the kids, and Nigella's conjuring up an Italian classic, Pasta Alla Genovese, a double carb dish of spaghetti cooked with potatoes and a fabulous basil pesto.	UNITED KINGDOM		RPT	G		
2025-02-10	2030	Gordon, Gino And Fred's Road Trip	Three Unwise Men	Gordon, Gino and Fred are reconvening after their European adventures to rediscover the spirit of Christmas in the most unlikely of places. They've arrived in the land of tagine, mint tea, snakes, saffron, sand dunes and camels - Morocco.	UNITED KINGDOM	English-100	RPT	PG	I s	Y
2025-02-10	2130	Hairy Bikers Mediterranean	Corsica	The Corsican 'trinity' of meat, chestnuts and cheese forms the basis of the bikers' exploration but it's the independent spirit of the people that shines through.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-02-10	2230	The Cook Up With Adam Liaw	After-Show	Host Adam Liaw is joined in the Cook Up Kitchen by comedians Suren Jayemanne and Jennifer Wong to create their ultimate after-show eats.	AUSTRALIA	English-100	RPT	G	Y	
2025-02-10	2300	The Cook And The Chef	Margaret Fulton	There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend and has probably done more to influence what's been cooked in Australian home kitchens over the last fifty years than anyone else. Simon and Maggie recreate some of their favourite recipes written by Margaret.	AUSTRALIA	English-100	RPT	G		
2025-02-10	2330	Hugh's Three Good Things	Beetroot	The star ingredient is beetroot. Watch out for the following recipes: an egg anchovy salad, marinated beetroot, blue cheese and poppy seeds, and yoghurt soup. Which one will be the winner?	UNITED KINGDOM	English-100	RPT	PG		

2025-02-10	2400	Come Dine With Me UK	Exeter Day 5	It's the final day of the competition and estate agent Ajay is hoping her nautical themed evening will see her sail to victory. Along with a gigantic seafood spread, Ajay's also laid on a boat trip around Torquay harbour.	UNITED KINGDOM	English-100	RPT	PG	a l		
2025-02-10	2430	Island Echoes With Norrie Bero	Memories And Flavours Of Thursday Island	Norrie returns to Thursday Island, a place close to her heart and where she spent much of her childhood. She reconnects with old friends, then reminisces about life on the island and its rich cultural heritage.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	PG			
2025-02-10	2500	Nigella Kitchen	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper of sauteed Scallops with Thai Scented Pea Puree, then it's Saturday lunch for the kids, and Nigella's conjuring up an Italian classic, Pasta Alla Genovese, a double carb dish of spaghetti cooked with potatoes and a fabulous basil pesto.	UNITED KINGDOM		RPT	G			
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2025-02-10	2625	Destination Flavour China Bitesize	Cattail Milk Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG		Y	Y
2025-02-10	2630	Hairy Bikers Mediterranean	Corsica	The Corsican 'trinity' of meat, chestnuts and cheese forms the basis of the bikers' exploration but it's the independent spirit of the people that shines through.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
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2025-02-11	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 47	Khanh and Elena are in the kitchen together today cooking a mouthwatering Chilli Soy Ribs dish. Followed by Khanh's go to snack, a Honey Cranberry Nut Bar. Then Elena heads to the wineries with Adam from Wine Selectors for a Steak and Chips recipe, paired with perfect wines.	AUSTRALIA	English-100	RPT	G			
2025-02-11	0600	French Food Safari	Ep 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud, and later join passionate Parisienne baker Fabrice le Bourdat in the pre-dawn hours to see the work behind the scenes of his busy bakery. Then it is into the precision of the commercial kitchen at Guillaume's restaurant for a lesson on how the perfect puff pastry is created.	AUSTRALIA	English-100	RPT	G		Y	Y
2025-02-11	0630	Mary Makes It Easy	B-B-Q's And A's	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact. Barbecue Chicken is a staple for any grill master, and Mary reveals her secret to making it evenly cooked and full of flavour.	CANADA	English-100	RPT	G			

2025-02-11	0700	Pati's Mexican Table	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero. They make a pit stop at his favorite roadside carnitas stand, check out a local organic strawberry farm, head to the beach for some fresh-off-the-boat fish, and finally make their way to Javier's newest restaurant, Jazamango, where he has a beautiful garden that feeds his customers every day.	USA	English-100	RPT	PG		Y
2025-02-11	0730	Masters Of Savours	Masters Of Coffee	For almost a decade, the world of roasting has been in the midst of a revolution with the so-called 'specialty' coffee. These coffees are being tended in exceptional places such as the Finca Bora in Panama, the Reunion Island, or the heights of Cali in Colombia. This program shows us the complexity of this plant through the men and women who watch over it with passion.	FRANCE	English-100	RPT	G		
2025-02-11	0830	Strait To The Plate	Saibai Island	Aaron completes his culinary expedition of the Top Western Cluster group by visiting Saibai Island, the most northern island in the Torres Strait.	AUSTRALIA		RPT	G	Y	Y
2025-02-11	0900	Tareq Taylor's Nordic Cookery	Bergen, Norway	Bergen is a thousand-year-old city built on the back of the seafood trade especially cod.	SWEDEN	English-100	RPT	PG	a w	
2025-02-11	0930	Everyday Gourmet With Justine Schofield	Episode 26	Laura Cassai comes in with a great pasta recipe: Spelt Spirals with Smoked Trout, Dill and Mascarpone. Justine makes Thai Duck Salad and Muesli.	AUSTRALIA	English-100	RPT	G		
2025-02-11	1000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 6	Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot. But Rick's attention is fixed firmly on the ground where the local new potatoes are free of pollution and full of flavour.	UNITED KINGDOM		RPT	PG	a w	
2025-02-11	1030	River Cottage Forever	Ep 1	It's February and while Hugh has survived the winter there's precious little to eat at River Cottage. But thinking of the future he gets busy building a complex of high-rise chicken accommodation to house the poultry for his latest money-making scheme: to breed the ultimate roast chicken. Poultry-guru Richard Hicks calls round with Hugh's breeding stock and over pancakes in the cottage they wager the cost of the birds on their performance in the local pancake race.	UNITED KINGDOM	English-100	RPT	G		
2025-02-11	1100	The Cook Up With Adam Liaw	Family Dinner, The	Welcome to the family! Adam, chef Dom Wilton and comedian Mel Buttle host an Easy Entertaining that's a crowd-pleaser for all ages.	AUSTRALIA	English-100	RPT	G	Y	
2025-02-11	1130	Island Echoes With Nornie Bero	Memories And Flavours Of Thursday Island	Nornie returns to Thursday Island, a place close to her heart and where she spent much of her childhood. She reconnects with old friends, then reminisces about life on the island and its rich cultural heritage.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	PG		
2025-02-11	1200	Nigella Kitchen	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper of sauteed Scallops with Thai Scented Pea Puree, then it's Saturday lunch for the kids, and Nigella's conjuring up an Italian classic, Pasta Alla Genovese, a double carb dish of spaghetti cooked with potatoes and a fabulous basil pesto.	UNITED KINGDOM		RPT	G		
2025-02-11	1230	Come Dine With Me UK	Sheffield Day 1	This week our guests are in Sheffield for a performing arts themed dinner. But will this whirlwind evening entertain, or leave the guests deflated?	UNITED KINGDOM	English-100	RPT	PG		
2025-02-11	1300	Food Unwrapped	Cashew, Scampi And Salt	The team ask: Why are cashew nuts never on the supermarket shelf in their shells? What exactly is scampi? And does expensive salt taste different to cheap salt?	UNITED KINGDOM	English-100	RPT	PG		Y
2025-02-11	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 48	Today on My Market Kitchen Elena is joined by Kinsan from Asian Inspirations, cooking a traditional Tamagoyaki. Then Khanh makes a super simple, restaurant quality Cumin and Coriander Crusted Lamb dish. Finishing up with a homemade Sweet Chilli Sauce from Elena.	AUSTRALIA	English-100	RPT	G		

2025-02-11	1400	French Food Safari	Ep 7	Maeve and Guillaume experience the thrill of the hunt amongst the oak trees of Perigord with France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus referred to as the black diamond. Inspired by Paul Bocuse, Guillaume uses slivers of truffle under the skin of a plump chicken ready to roast and serves it with cauliflower puree and sautéed cauliflower with caramelised eschallots.	AUSTRALIA	English-100	RPT	PG		Y	Y
2025-02-11	1430	Mary Makes It Easy	When Life Gives You Lemons	In Mary's world, when life gives you lemons, you put them in everything! Lemons are her absolute main squeeze in the kitchen and she can never get enough. Using her all-time favourite ingredient as the star, Mary starts with sweets by baking Lemon Raspberry Loaf topped with a bright pink glaze.	CANADA	English-100	RPT	G			Y
2025-02-11	1500	Pati's Mexican Table	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. At age 15, starting out as a waitress, Edith decided she would one day own the restaurant where she worked and is now living her dream, owning both Edith's Restaurant and The Office, a Cabo staple. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area. Edith takes Pati to the small town of Miraflores where they meet up with a family that has shown Edith how to make their traditional tamales and sopa fresca.	USA	English-100	RPT	G			Y
2025-02-11	1530	Masters Of Savours	Masters Of Luxury Teas	Tea is likely to become exceptional when it grows on miraculous soil and is handled by experts who respect the land and the plant. In this world, some unexpected countries stand out, like Malawi, in Africa, whose harvest is now attracting connoisseurs, but also Vietnam, which is home to unique and difficult-to-access century-old tea plants.	FRANCE	English-100	RPT	G			
2025-02-11	1630	Chuck And The First Peoples' Kitchen	Rapid Lake - Ice Fishing	Chuck visits Rapid Lake where he goes ice fishing.	CANADA	English-100	RPT	PG	a w		Y
2025-02-11	1700	Tareq Taylor's Nordic Cookery	Malmö, Sweden	Tareq is in his hometown of Malmö-Sweden's third largest city. Built upon the backs of herring in the sea, the town is now a centre of culture and technology with a bridge connecting it to Copenhagen.	SWEDEN	English-100		PG			
2025-02-11	1730	Everyday Gourmet With Justine Schofield	Episode 27	In the kitchen today Justine makes Puffed Rice bars and Chicken Patties. Rosie Mansfield shows us that cooking does not have to equal a lot of cleaning with her One-Skillet Shakshuka Eggs.	AUSTRALIA	English-100		G			
2025-02-11	1800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 7	In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years. All that fresh sea air gives them a hearty appetite as Rick fries the Herring in Wholemeal Flour.	UNITED KINGDOM		RPT	G	a w		
2025-02-11	1830	River Cottage Forever	Ep 2	Hugh arranges a meeting with Antony Hitchens, his landlord from the big house, to discuss the prospect of Hugh acquiring the rights to fish for the huge grass carp that inhabit the muddy estate lake. Amazed that his carp are in fact edible, Antony challenges Hugh to serve one at his upcoming dinner party. Should his guests find it palatable, Hugh gets the fishing rights, if not, Hugh has to clean out Antony's garden pond.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-02-11	1900	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100	RPT	G		Y	
2025-02-11	1930	Lorraine's Fast, Fresh And Easy Food	Easy Entertaining	The show is brimming with recipes that are perfect for a whole host of occasions from an impromptu dinner with friends to fresh and fun party food.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-02-11	2000	Donal Skehan: Home Cook	Slow Weekend Cooking	Donal shares three of his favourite lazy weekend dishes: a tasty Saturday Fakeaway, his Slow Cooker Butter Chicken, and the perfect Slow Sunday Pork Shoulder Roast.	IRELAND	English-100		PG			

2025-02-11	2030	Save With Jamie	Paella	This week Jamie rustles up a menu of dazzling dishes with incredible flavours that won't cost the Earth.	UNITED KINGDOM	English-100		PG	I	
2025-02-11	2130	Hairy Bikers Mediterranean	Mainland France	The bikers are in southern France, heading from Marseille to Catalan country. It's a journey rich in culinary delights, historical landmarks and heart-warming people.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-02-11	2230	The Cook Up With Adam Liaw	Mum's Kitchen	Happyfield owners Chris Theodosi and Jesse Orleans join host Adam Liaw in the Cook Up kitchen to create recipes they have learnt and perfected from their mums.	AUSTRALIA	English-100	RPT	G		Y
2025-02-11	2300	The Cook And The Chef	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine' which was as much about the atmosphere and service, as it was food and wine.	AUSTRALIA	English-100	RPT	G		
2025-02-11	2330	Hugh's Three Good Things	Tomatoes	The same cast of characters return - they all cook across five days, to find a 'winner of the week'. Today's focus is tomatoes with recipes such as roasted lamb shoulder and tomatoes with grey mullet.	UNITED KINGDOM	English-100	RPT	G		
2025-02-11	2400	Come Dine With Me UK	Sheffield Day 1	This week our guests are in Sheffield for a performing arts themed dinner. But will this whirlwind evening entertain, or leave the guests deflated?	UNITED KINGDOM	English-100	RPT	PG		
2025-02-11	2430	Lorraine's Fast, Fresh And Easy Food	Easy Entertaining	The show is brimming with recipes that are perfect for a whole host of occasions from an impromptu dinner with friends to fresh and fun party food.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-02-11	2500	Donal Skehan: Home Cook	Slow Weekend Cooking	Donal shares three of his favourite lazy weekend dishes: a tasty Saturday Fakeaway, his Slow Cooker Butter Chicken, and the perfect Slow Sunday Pork Shoulder Roast.	IRELAND	English-100	RPT	PG		
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2025-02-12	0700	Pati's Mexican Table	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. At age 15, starting out as a waitress, Edith decided she would one day own the restaurant where she worked and is now living her dream, owning both Edith's Restaurant and The Office, a Cabo staple. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area. Edith takes Pati to the small town of Miraflores where they meet up with a family that has shown Edith how to make their traditional tamales and sopa fresca.	USA	English-100	RPT	G		Y
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2025-02-12	1100	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100	RPT	G	Y	
2025-02-12	1130	Lorraine's Fast, Fresh And Easy Food	Easy Entertaining	The show is brimming with recipes that are perfect for a whole host of occasions from an impromptu dinner with friends to fresh and fun party food.	UNITED KINGDOM	English-100	RPT	PG	a w	

2025-02-12	1200	Donal Skehan: Home Cook	Slow Weekend Cooking	Donal shares three of his favourite lazy weekend dishes: a tasty Saturday Fakeaway, his Slow Cooker Butter Chicken, and the perfect Slow Sunday Pork Shoulder Roast.	IRELAND	English-100	RPT	PG		
2025-02-12	1230	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the £1000 prize?	UNITED KINGDOM	English-100	RPT	PG		
2025-02-12	1300	Food Unwrapped	Beef Stock, Processed Cheese And Corn Flakes	Jimmy, Kate and Matt ask how much cow is in a beef stock cube, how cornflakes are made, and what exactly processed cheese is. Jimmy tests stock: homemade versus a cube.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-12	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 49	On My Market Kitchen Khanh is combining two favourite desserts with a Tiramisu self saucing pudding. He then shows us his Charred Prawns with Compound Butter recipe from his restaurant The George on Collins.	AUSTRALIA	English-100	RPT	G		
2025-02-12	1400	French Food Safari	Ep 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works as they join Guillaume Brahimi at his restaurant to see how hundreds of exquisite meals are created and served. They also show why butchers are awarded France's highest culinary awards for their work, and in Melbourne, chef Gerard Fabre shows how to cook a perfect steak with French fries. The pair then spend a delightful and decadent day tasting some of the best chocolates in the world.	AUSTRALIA	English-100	RPT	G	Y	Y
2025-02-12	1430	Mary Makes It Easy	Made To Hors D'oeuvres	Mary's handy hors d'oeuvres elevate classic party recipes in just a few steps. She has kicked it up a notch with her grilled shrimp cocktail with a side of three dunkable dips and more.	CANADA	English-100	RPT	G		
2025-02-12	1500	Pati's Mexican Table	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest, tastiest seafood all of Los Cabos has to offer. Along with Chef Guillermo Gomez of Cabo's luxurious Esperanza hotel, Pati reels in a fresh catch and heads back to the shore. On a pristine beach with breathtaking ocean views, Pati grills up her catch-of-the-day with Chef Guillermo as they discuss the evolution of Cabo San Lucas from a small fishing village to the desirable vacation destination it has become.	USA	English-100	RPT	PG	a w	
2025-02-12	1530	Masters Of Savours	Masters Of Chiles	Originating in South and Central America, chilies have enjoyed dazzling success over the world. From India to Thailand, chefs reveal their secrets for bringing out the richness of their aromatic notes.	FRANCE	English-100	RPT	G		
2025-02-12	1630	Chuck And The First Peoples' Kitchen	Wemotaci - Hare Trapping	Chuck travels to Wemotaci where he traps a hare and carves up a moose.	CANADA	English-100	RPT	PG	a w	Y
2025-02-12	1700	Tareq Taylor's Nordic Cookery	Finland South Coast	Tareq takes a late autumn trip along Finland's southern coast.	SWEDEN	English-100		PG		
2025-02-12	1730	Everyday Gourmet With Justine Schofield	Episode 28	Daniel Wilson, the co-owner of Huxtaburger, is back in the kitchen with 'The Bills Burger'. Justine makes a Mexican breakfast, Huevos Rancheros and a Ginger Treacle and Lime Loaf.	AUSTRALIA	English-100		G		
2025-02-12	1800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 8	Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGreggor for langoustines. Here the prawns are protected by the Marien Stewardship Council, which has awarded its seal of approval to the fishermen for practising a sustainable fishery.	UNITED KINGDOM		RPT	G	a w	

2025-02-12	1830	River Cottage Forever	Ep 3	It's late May, the vet calls and it's bad news: Marge the cow is not as pregnant as Hugh once thought, there'll be no more lambs and the first batch of eggs are all addled. But his spirits are raised by the news that huge shoals of cuttlefish are massing off the Dorset coast. Scenting a free meal, Hugh sets about designing a honey trap - a lobster pot fitted with a dummy female cuttlefish to lure in the eager males.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-02-12	1900	The Cook Up With Adam Liaw	Grilled Feast, The	Tongs at the ready, it's an Easy Entertaining that's all about great grilling, with Hardcore Carnivore Jess Pryles and actor Gary Sweet.	AUSTRALIA	English-100	RPT	G	Y
2025-02-12	1930	Marcus In The Med: Mallorca	Fiesta Food	Marcus is discovering what Mallorcans like to feast on for a special occasion. He discovers some amazing cakes at a traditional bakery in Palma, then makes his own version of the local favourite, almond cake.	UNITED KINGDOM	English-100		G	
2025-02-12	2000	Rachael Ray's Meals In Minutes	Impossibly Delicious Brunch	Rachael shows us how to make an impossibly delicious brunch menu of Parm Frittata with tomato sauce, served with a side of sausage and a simple salad that you can serve all day.	USA	English-100		G	
2025-02-12	2030	Cooking Italy	Cagliari	The series follows Chefs Rob and Craig as they travel to incredible and often overlooked regions of Italy.	CANADA	English-100			
2025-02-12	2100	Street Food Nomad: Kolkata	Episode 4	Fuelled by the bustling energy of street vendors, Will seeks inspiration from Indian essentials to ignite his culinary creativity.	AUSTRALIA	English-100		PG	
2025-02-12	2130	Hairy Bikers Mediterranean	Balearics	The bikers visit Minorca and Majorca to discover evidence of British influence, great fresh fish and local produce, and to ride one of the most extraordinary roads in the world.	UNITED KINGDOM	English-100	RPT	G	
2025-02-12	2230	The Cook Up With Adam Liaw	Five-Ingredient Lunch	Chef and author Bridget Foliaki Davis and apprentice chef Kyah Lulman are in the Cook Up Kitchen with Adam Liaw to create their ultimate five-ingredient lunches.	AUSTRALIA	English-100	RPT	G	Y
2025-02-12	2300	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes. Simon fries some eggs in spectacular style while Maggie prepares a rustic Oxtail dish, perfect for the centre of a winter table.	AUSTRALIA	English-100	RPT	G	
2025-02-12	2330	Hugh's Three Good Things	Courgettes	It's all about the lovely courgette as we hit the halfway mark in veg week. Hugh has a compelling case for winning with his competition dish of courgettes, mozzarella and pasta.	UNITED KINGDOM	English-100	RPT	G	
2025-02-12	2400	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the £1000 prize?	UNITED KINGDOM	English-100	RPT	PG	
2025-02-12	2430	Marcus In The Med: Mallorca	Fiesta Food	Marcus is discovering what Mallorcans like to feast on for a special occasion. He discovers some amazing cakes at a traditional bakery in Palma, then makes his own version of the local favourite, almond cake.	UNITED KINGDOM	English-100	RPT	G	
2025-02-12	2500	Rachael Ray's Meals In Minutes	Impossibly Delicious Brunch	Rachael shows us how to make an impossibly delicious brunch menu of Parm Frittata with tomato sauce, served with a side of sausage and a simple salad that you can serve all day.	USA	English-100	RPT	G	

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2025-02-13	0600	French Food Safari	Ep 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works as they join Guillaume Brahimi at his restaurant to see how hundreds of exquisite meals are created and served. They also show why butchers are awarded France's highest culinary awards for their work, and in Melbourne, chef Gerard Fabre shows how to cook a perfect steak with French fries. The pair then spend a delightful and decadent day tasting some of the best chocolates in the world.	AUSTRALIA	English-100	RPT	G	Y
2025-02-13	0630	Mary Makes It Easy	Made To Hors D'oeuvres	Mary's handy hors d'oeuvres elevate classic party recipes in just a few steps. She has kicked it up a notch with her grilled shrimp cocktail with a side of three dunkable dips and more.	CANADA	English-100	RPT	G	
2025-02-13	0700	Pati's Mexican Table	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest, tastiest seafood all of Los Cabos has to offer. Along with Chef Guillermo Gomez of Cabo's luxurious Esperanza hotel, Pati reels in a fresh catch and heads back to the shore. On a pristine beach with breathtaking ocean views, Pati grills up her catch-of-the-day with Chef Guillermo as they discuss the evolution of Cabo San Lucas from a small fishing village to the desirable vacation destination it has become.	USA	English-100	RPT	PG	a w
2025-02-13	0730	Masters Of Savours	Masters Of Chiles	Originating in South and Central America, chilies have enjoyed dazzling success over the world. From India to Thailand, chefs reveal their secrets for bringing out the richness of their aromatic notes.	FRANCE	English-100	RPT	G	

2025-02-13	0830	Chuck And The First Peoples' Kitchen	Wemotaci - Hare Trapping	Chuck travels to Wemotaci where he traps a hare and carves up a moose.	CANADA	English-100	RPT	PG	a w	Y
2025-02-13	0900	Tareq Taylor's Nordic Cookery	Finland South Coast	Tareq takes a late autumn trip along Finland's southern coast.	SWEDEN	English-100	RPT	PG		
2025-02-13	0930	Everyday Gourmet With Justine Schofield	Episode 28	Daniel Wilson, the co-owner of Huxtaburger, is back in the kitchen with 'The Bills Burger'. Justine makes a Mexican breakfast, Huevos Rancheros and a Ginger Treacle and Lime Loaf.	AUSTRALIA	English-100	RPT	G		
2025-02-13	1000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 8	Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGreggor for langoustines. Here the prawns are protected by the Marien Stewardship Council, which has awarded its seal of approval to the fishermen for practising a sustainable fishery.	UNITED KINGDOM		RPT	G	a w	
2025-02-13	1030	River Cottage Forever	Ep 3	It's late May, the vet calls and it's bad news: Marge the cow is not as pregnant as Hugh once thought, there'll be no more lambs and the first batch of eggs are all addled. But his spirits are raised by the news that huge shoals of cuttlefish are massing off the Dorset coast. Scenting a free meal, Hugh sets about designing a honey trap - a lobster pot fitted with a dummy female cuttlefish to lure in the eager males.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-02-13	1100	The Cook Up With Adam Liaw	Grilled Feast, The	Tongs at the ready, it's an Easy Entertaining that's all about great grilling, with Hardcore Carnivore Jess Pryles and actor Gary Sweet.	AUSTRALIA	English-100	RPT	G		Y
2025-02-13	1130	Marcus In The Med: Mallorca	Fiesta Food	Marcus is discovering what Mallorcans like to feast on for a special occasion. He discovers some amazing cakes at a traditional bakery in Palma, then makes his own version of the local favourite, almond cake.	UNITED KINGDOM	English-100	RPT	G		
2025-02-13	1200	Rachael Ray's Meals In Minutes	Impossibly Delicious Brunch	Rachael shows us how to make an impossibly delicious brunch menu of Parm Frittata with tomato sauce, served with a side of sausage and a simple salad that you can serve all day.	USA	English-100	RPT	G		
2025-02-13	1230	Come Dine With Me UK	Sheffield Day 3	Monika hopes to win the 1000 pound prize by treating her guests to a traditional Bulgarian night. Can she keep her guests under control so as not to ruin her chances of winning?	UNITED KINGDOM	English-100	RPT	PG		
2025-02-13	1300	Food Unwrapped	De-Caff, Gum And Diet Bread	Jimmy visits Brazil to find out more about coffee beans and to try to find a naturally grown caffeine-free coffee.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2025-02-13	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 50	On this episode of My Market Kitchen Elena is showing us how to cook an impressive Baby Snapper meal. Then Khanh and David Mann are on the road again cooking a Chili Tuna Pasta Bake. Then Elena is doing her take on a gluten free Cherry Clafoutis.	AUSTRALIA	English-100	RPT	G		
2025-02-13	1400	French Food Safari	Ep 9	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three-star chef Guy Savoy, who cooks up some of his signature dishes. Then it's a visit to one of Paris' most famous wood-fired bread makers, Pollane, whose oven has been creating great sourdough for decades. Finally, there is breakfast in the markets of Lyon with legendary chef Paul Bocuse, who shares his thoughts on the future of French food.	AUSTRALIA	English-100	RPT	G		Y Y
2025-02-13	1430	Mary Makes It Easy	Supermarket Swap	Mary loves a grocery store shortcut to make cooking smarter, not harder. Mary jazzes up a store-bought chicken and cooks a snacky timesaver, creamy french onion dip using frozen pre-chopped onions.	CANADA	English-100	RPT	G		

2025-02-13	1500	Pati's Mexican Table	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House in New York City. The James Beard Foundation is a non-profit culinary arts organization, which hosts frequent meals typically prepared by esteemed chefs, like Pati, who take pride in sharing their culture and cuisine with the world. Before she leaves New York, Pati visits three authentic Mexican-American culinary establishments around the city. While tasting and enjoying traditional Mexican breads, tamales, and chilaquiles, Pati learns the stories of chefs using food as a way of pursuing their dreams in America, creating their own successful businesses and honoring traditional Mexican recipes and ingredients.	USA	English-100	RPT	G		Y
2025-02-13	1530	Masters Of Savours	Masters Of Seaweed	Kombu, dulse, wakame: seaweeds are a growing success. Whether they're sought after for their nutritional properties, iodized flavours, or aesthetic appeal, they're set to conquer the world.	FRANCE		RPT	PG	a w	
2025-02-13	1630	Chuck And The First Peoples' Kitchen	Wolf Lake - Beaver Trapping	In Wolf Lake, Chuck learns how to trap a beaver and cooks it with stuffing.	CANADA	English-100	RPT	PG	a w	
2025-02-13	1700	Tareq Taylor's Nordic Cookery	Kiruna, Sweden	Tareq arrives in Kiruna, over 200km north of the Arctic Circle. With the weather getting down to -30C, this does not deter the locals from being outside for sport and food preparation.	SWEDEN	English-100		PG		
2025-02-13	1730	Everyday Gourmet With Justine Schofield	Episode 29	Adam Swanson mixes things up with Alphabet Pasta Chocolate Crackles. Justine will make your mouth water with a Philly Cheese Steak Sandwich and Kale and Cheddar Fillo Strudel.	AUSTRALIA	English-100		G		
2025-02-13	1800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills.He also makes a Consommé and enjoys a beach barbecue, before sprucing himself up for a feast at a Maderian club restaurant.	UNITED KINGDOM		RPT	PG	a w	
2025-02-13	1830	River Cottage Forever	Ep 4	It's mid-June and it's time to make hay. After last year's disaster, Hugh is determined to get it right and calls in local farmer Paddy Rudd to advise. Good weather makes good hay and Paddy reckons that the next five days will give them the window they require to finish the job. To pay for the hire of the haymaking kit, Hugh clears his polytunnel of his peas and beans to sell them at the Bridport Farmers' Market.	UNITED KINGDOM	English-100	RPT	PG		
2025-02-13	1900	The Cook Up With Adam Liaw	Bakery Brunch: Pies, Pasties & Sausage Rolls, The	Ready the sauce! It's an Easy Entertaining that celebrates pastry, as Adam and his guests, comedian Jenny Tian and chef Kane Pollard make pies, pastie and sausage rolls.	AUSTRALIA	English-100	RPT	G		Y
2025-02-13	1930	John And Lisa's Food Trip Down Under	John And Lisa's Seafood Discovery	Chefs John Torode and Lisa Faulkner explore the bush with a fantastic picnic of exquisite artisan cheese, encounter the ultimate Aussie animal, and are introduced to a unique truffle sauce that perfectly compliments crayfish.	USA	English-100		PG	a w	
2025-02-13	2030	Jamie At Home	Rhubarb	Rhubarb is finally having a resurgence! This is good news for the UK as historically they grow some of the best rhubarb in the world.	UNITED KINGDOM	English-100		G		
2025-02-13	2100	Symon's Dinners Cooking Out	You Say Tomato, I Say Delicious	The lengthy debate of whether a tomato is a fruit or vegetable takes no truth away from its tremendous taste. So tasty in fact, Michael dedicates this whole episode to tomatoes.	USA	English-100		G		
2025-02-13	2130	Hairy Bikers Mediterranean	Mainland Spain	The bikers are in Southern Spain, travelling from Valencia to Torremolinos and eating their way through the spicy delights of southern Spanish cuisine.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-13	2230	The Cook Up With Adam Liaw	Peanut Butter	Survivor Australia winner Pia Miranda and hospitality consultant Justin North join Adam in the Cook Up Kitchen to create their ultimate peanut butter dishes.	AUSTRALIA	English-100	RPT	G		Y

2025-02-13	2300	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine. The resulting savoury and sweet dishes are delicate, exquisitely complex and beautifully balanced in flavour, and surprisingly Maggie friendly.	AUSTRALIA	English-100	RPT	G		
2025-02-13	2330	Hugh's Three Good Things	Mushrooms	It's competition time at River Cottage and the stoves are heating up. Today we're celebrating that delicious staple of so many plates - the mushroom.	UNITED KINGDOM	English-100	RPT	PG		
2025-02-13	2400	Come Dine With Me UK	Sheffield Day 3	Monika hopes to win the 1000 pound prize by treating her guests to a traditional Bulgarian night. Can she keep her guests under control so as not to ruin her chances of winning?	UNITED KINGDOM	English-100	RPT	PG		
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2025-02-13	2600	Symon's Dinners Cooking Out	You Say Tomato, I Say Delicious	The lengthy debate of whether a tomato is a fruit or vegetable takes no truth away from its tremendous taste. So tasty in fact, Michael dedicates this whole episode to tomatoes.	USA	English-100	RPT	G		
2025-02-13	2630	Hairy Bikers Mediterranean	Mainland Spain	The bikers are in Southern Spain, travelling from Valencia to Torremolinos and eating their way through the spicy delights of southern Spanish cuisine.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-13	2730	The Cook Up With Adam Liaw	Peanut Butter	Survivor Australia winner Pia Miranda and hospitality consultant Justin North join Adam in the Cook Up kitchen to create their ultimate peanut butter dishes.	AUSTRALIA	English-100	RPT	G		Y
2025-02-13	2800	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine. The resulting savoury and sweet dishes are delicate, exquisitely complex and beautifully balanced in flavour, and surprisingly Maggie friendly.	AUSTRALIA	English-100	RPT	G		
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2025-02-14	1230	Come Dine With Me UK	Sheffield Day 4	Ivor Hillman is determined to put some fun into his night by giving his guests a true 80s extravaganza. Can his charm wow his guests to win the one thousand pounds at the end of the week?	UNITED KINGDOM	English-100	RPT	PG		
2025-02-14	1300	Food Unwrapped	Chillis, Pork And Food Dye	Kate's in Mozambique, home to the peri peri chilli, to discover its secrets.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2025-02-14	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 51	On My Market Kitchen Elena shows us how to make a homemade Chia Jam. Then Khanh does an Asian twist on an Aussie classic with his Honey Soy Leg of Lamb, then finishing up the show with Karen from Asian Inspirations teaching Elena her Thai Laksa with Pork Belly.	AUSTRALIA	English-100	RPT	G	
2025-02-14	1400	Italian Food Safari	Ep 1	Join Maeve O'Meara and Melbourne chef Guy Grossi in an Australian-wide celebration of traditional Italian food and culture. Tonight, Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G	Y
2025-02-14	1430	Mary Makes It Easy	Herb Your Enthusiasm	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza topped, rosemary olive oil cake is no exception and herbal fish and chips.	CANADA	English-100	RPT	G	
2025-02-14	1500	Pati's Mexican Table	Photographic Food Memories	Friends and family always tell Pati she has an extraordinary photographic food memory. She can recall a bite of a memorable dish from decades ago as if it were just yesterday. So, Pati decides to recreate some of her most favourite food memories in her own kitchen and give the stories behind the dishes.	USA	English-100	RPT	G	Y
2025-02-14	1530	Masters Of Savours	Master Of Savours: Lemons	Yuzu, Buddha's hand, caviar lemon. The lemon family is large, and some members are far from our classic yellow lemons.	FRANCE	English-70; French-10; Italian-10; Japanese-10		PG	
2025-02-14	1630	Chuck And The First Peoples' Kitchen	Pikogan- Pike Fishing	Chuck visits the community of Pikogan where he goes fishing for pike.	CANADA	English-100	RPT	PG	Y
2025-02-14	1700	Tareq Taylor's Nordic Cookery	Aland	Tareq heads out to Aland, a group of 6700 islands situated between Sweden and Finland.	SWEDEN	English-100		PG	
2025-02-14	1730	Everyday Gourmet With Justine Schofield	Episode 30	Justine shows us how simple it can be to make your own dip; come see how to make a chickpea and Avocado dip.	AUSTRALIA	English-100		G	
2025-02-14	1800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins, so Nick now calls them sardines, which have become quite fashionable among foodies.	UNITED KINGDOM		RPT	PG	a w
2025-02-14	1830	River Cottage Forever	Ep 5	Under the hot summer sun, the animals at River Cottage are giving Hugh considerable grief. Marge's calf, Psycho, will not let Hugh anywhere near him - even for routine veterinary treatment - so he calls in local animal healer Hilary Merrill. Dismayed by the calf's moniker, Hilary renames him and sets about trying to soothe the savage beast.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-02-14	1900	The Cook Up With Adam Liaw	Dressy Dinner Party, The	Tonight's Easy Entertaining is a celebration of sauce, as Myra Karakelle from MLK Deli and chef Jean-Paul El Tom join Adam for a dressy dinner party.	AUSTRALIA	English-100	RPT	G	Y
2025-02-14	1930	Andi Oliver's Fabulous Feasts	Burnley	Andi's in Burnley supersizing a cricket match between members of local Mosques & Clergy. Will her bid to create the ultimate cricket tea, & add razzmatazz, be stumped by a storm?	UNITED KINGDOM	English-100		PG	
2025-02-14	2030	A Cotswold Farm Shop	Ep 6	Jane is keen to find out why the locally produced malt is so special. Alex embarks on a plan to preserve a cheese legacy. Diana discovers a possible new range of silk scarves from employee, Nadiyaa.	UNITED KINGDOM	English-100	RPT	G	
2025-02-14	2130	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". They're offering diners an eight-course tasting menu and the Bikers delight in their menu.	UNITED KINGDOM	English-100	RPT	G	

2025-02-14	2235	The Cook Up With Adam Liaw	Zero Waste	Delicious curators Phoebe Wood and Warren Mendes are in the Cook Up kitchen with Adam to create some zero waste dishes that use all the ingredients.	AUSTRALIA	English-100	RPT	G	Y
2025-02-14	2305	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods. Since then chefs have been experimenting with the bold flavours of Australian bushfoods and our own Australian Native Cuisine is evolving.	AUSTRALIA	English-100	RPT	G	
2025-02-14	2335	Hugh's Three Good Things	Kale	It's the final day of competition time at River Cottage - so who will win Veg week, as today everyone has to cook with the star ingredient of kale?	UNITED KINGDOM	English-100	RPT	G	
2025-02-14	2400	Come Dine With Me UK	Sheffield Day 4	Ivor Hillman is determined to put some fun into his night by giving his guests a true 80s extravaganza. Can his charm wow his guests to win the one thousand pounds at the end of the week?	UNITED KINGDOM	English-100	RPT	PG	
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2025-02-14	2625	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
2025-02-14	2630	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". They're offering diners an eight-course tasting menu and the Bikers delight in their menu.	UNITED KINGDOM	English-100	RPT	G	
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2025-02-15	1030	River Cottage Forever	Ep 5	Under the hot summer sun, the animals at River Cottage are giving Hugh considerable grief. Marge's calf, Psycho, will not let Hugh anywhere near him - even for routine veterinary treatment - so he calls in local animal healer Hilary Merrill. Dismayed by the calf's moniker, Hilary renames him and sets about trying to soothe the savage beast.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-02-15	1100	The Cook Up With Adam Liaw	Dressy Dinner Party, The	Tonight's Easy Entertaining is a celebration of sauce, as Myra Karakelle from MLK Deli and chef Jean-Paul El Tom join Adam for a dressy dinner party.	AUSTRALIA	English-100	RPT	G		Y	
2025-02-15	1130	Andi Oliver's Fabulous Feasts	Burnley	Andi's in Burnley supersizing a cricket match between members of local Mosques & Clergy. Will her bid to create the ultimate cricket tea, & add razzmatazz, be stumped by a storm?	UNITED KINGDOM	English-100	RPT	PG			
2025-02-15	1230	Masters Of Savours	Master Of Savours: Lemons	Yuzu, Buddha's hand, caviar lemon. The lemon family is large, and some members are far from our classic yellow lemons.	FRANCE	English-70; French-10; Italian-10; Japanese-10	RPT	PG			
2025-02-15	1330	Mary Makes It Easy	Herb Your Enthusiasm	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza topped, rosemary olive oil cake is no exception and herbal fish and chips.	CANADA	English-100	RPT	G			
2025-02-15	1400	Pati's Mexican Table	Photographic Food Memories	Friends and family always tell Pati she has an extraordinary photographic food memory. She can recall a bite of a memorable dish from decades ago as if it were just yesterday. So, Pati decides to recreate some of her most favourite food memories in her own kitchen and give the stories behind the dishes.	USA	English-100	RPT	G			Y
2025-02-15	1430	Heston's Feasts	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster. He polishes it off with an appetising graveyard for dessert.	UNITED KINGDOM	English-100	RPT	PG	a n	Y	Y

2025-02-15	1525	A Taste Of Island Dreams	Island Dreams No-Rice " Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA		RPT	G				
2025-02-15	1530	Heston's Feasts	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies, a luxury school dinner of spam fritters, lumpy mash and cabbage, and a flying dessert.	UNITED KINGDOM	English-100	RPT	G		Y		
2025-02-15	1625	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y		
2025-02-15	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 8	For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana.	AUSTRALIA	Enya-100	RPT	G		Y	Y	
2025-02-15	1700	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 9	Dive into a fruity chocolate journey today with Kirsten's lime and coconut-infused choux buns and a simple cream and raspberry tart. Then she makes muddy snowballs and chocolate brownie biscuits.	AUSTRALIA	English-100	RPT		PG			
2025-02-15	1730	Silvia's Italian Masterclass	Breadbasket, The	Silvia walks us through the classic, crowd-pleasing recipes of our favourite Italian breads.	AUSTRALIA	English-100			PG			
2025-02-15	1800	Palisa Anderson's Water Heart Food	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, reminisce about their childhood in Sydney over a sumptuous Thai lunch, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100	RPT	G		Y		
2025-02-15	1830	Jimmy's Taste Of Florida	St Pete / Tampa	Jimmy heads to St. Pete, on Florida's West Coast, where he sets sail with skipper Mark and learns all about a local delicacy. In Tampa Bay, he learns the art of making a world-famous Cuban sandwich.	UNITED KINGDOM	English-100	RPT	G				
2025-02-15	1930	Billy And Dom Eat The World	Switzerland	Billy and Dom are back in Europe and heading straight for the beautiful Alps and Verbier, one of Switzerland's most popular skiing resorts.	UNITED KINGDOM	English-100			PG		Y	
2025-02-15	2030	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 himself while fishing on the Bosphorus. He also cooks lavish kofte kebabs with pistachios and the much-loved Black Sea dish - kapuska.	UNITED KINGDOM	English-100	RPT		PG	a w		
2025-02-15	2140	Anthony Bourdain: Parts Unknown	Miami	Tony explores a few of the many faces of Miami, a city in constant flux. Chef Michelle Bernstein takes Tony out to an authentic Cuban breakfast and a late-night dinner at a gas station café in Doral, aka Little Venezuela. Later, Tony visits Overtown to eat BBQ with Willie Clarke - the creator of the original Miami sound.	USA	English-100	RPT		PG	a d l		
2025-02-15	2230	Big Zuu's 12 Dishes In 12 Hours	Amsterdam	Big Zuu is joined by actress Anna Maxwell Martin for a culinary tour of the Dutch capital, with the pair sampling local classics as well as Michelin-starred reinventions, Fufu and cake.	UNITED KINGDOM	English-100	RPT		G		Y	
2025-02-15	2300	Bizarre Foods: Delicious Destinations	New Jersey	Andrew Zimmern checks out the inventive and international eats of New Jersey. From all-you-can-eat Brazilian meat to rich seafood stew, potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is diverse.	USA	English-100	RPT		PG	a w	Y	
2025-02-15	2330	Heston's Feasts	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster. He polishes it off with an appetising graveyard for dessert.	UNITED KINGDOM	English-100	RPT		PG	a n	Y	Y

2025-02-15	2425	A Taste Of Island Dreams	Island Dreams No-Rice "Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA		RPT	G			
2025-02-15	2430	Heston's Feasts	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies, a luxury school dinner of spam fritters, lumpy mash and cabbage, and a flying dessert.	UNITED KINGDOM	English-100	RPT	G		Y	
2025-02-15	2525	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2025-02-15	2530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 8	For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana.	AUSTRALIA	Enya-100	RPT	G		Y	Y
2025-02-15	2600	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 9	Dive into a fruity chocolate journey today with Kirsten's lime and coconut-infused choux buns and a simple cream and raspberry tart. Then she makes muddy snowballs and chocolate brownie biscuits.	AUSTRALIA	English-100	RPT	PG			
2025-02-15	2630	Silvia's Italian Masterclass	Breadbasket, The	Silvia walks us through the classic, crowd-pleasing recipes of our favourite Italian breads.	AUSTRALIA	English-100	RPT	PG			
2025-02-15	2700	Palisa Anderson's Water Heart Food	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, reminisce about their childhood in Sydney over a sumptuous Thai lunch, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100	RPT	G		Y	
2025-02-15	2730	Anthony Bourdain: Parts Unknown	Miami	Tony explores a few of the many faces of Miami, a city in constant flux. Chef Michelle Bernstein takes Tony out to an authentic Cuban breakfast and a late-night dinner at a gas station café in Doral, aka Little Venezuela. Later, Tony visits Overtown to eat BBQ with Willie Clarke - the creator of the original Miami sound.	USA	English-100	RPT	PG		a d I	
2025-02-15	2825	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	RPT	G			
2025-02-15	2830	Big Zuu's 12 Dishes In 12 Hours	Amsterdam	Big Zuu is joined by actress Anna Maxwell Martin for a culinary tour of the Dutch capital, with the pair sampling local classics as well as Michelin-starred reinventions, Fufu and cake.	UNITED KINGDOM	English-100	RPT	G			Y