



WEEK 8		Sunday, 16 February 2025		Saturday, 22 February 2025		ALL MARKETS					
Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2025-02-16	0500	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
2025-02-16	0530	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			
2025-02-16	0625	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			
2025-02-16	0630	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	RPT	PG			Y
2025-02-16	0730	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		
2025-02-16	0835	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
2025-02-16	0930	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	
2025-02-16	1025	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	
2025-02-16	1030	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
2025-02-16	1100	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			

2025-02-16	1130	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		
2025-02-16	1225	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		
2025-02-16	1230	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	RPT	PG		Y
2025-02-16	1330	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		
2025-02-16	1400	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
2025-02-16	1430	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 5	Michel splashes out on spiny lobster, langoustines, oysters, clams and sea-squirts to make a stunning seafood platter with three dipping sauces. Then Giselle shows him how to bake the perfect rum-infused turrets of sponge cake.	UNITED KINGDOM	English-100	RPT	PG	a s w	Y
2025-02-16	1525	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		
2025-02-16	1530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 6	Having discovered the only man in the world to make artisan rose wine vinegar, Michel uses it to transform his version of chicken fricasee, then Michel's in-laws pop round for steak tartare.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-16	1625	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		
2025-02-16	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 9	Italian home cooks are masters at the art of speedy meals, because their pantry and fridge are often stocked with essential ingredients, which combined with a little creativity can become incredible meals in no time. Silvia prepares a super quick seafood risotto, cooks a Sicilian pesto penne in eight minutes flat, and a lemon and almond sweet treat that can be prepared in a jiffy.	AUSTRALIA	Enya-100	RPT	G		Y
2025-02-16	1700	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 10	Kirsten shows her chocolatey twist on everyone's favourite: churros with a rich chocolate fudge sauce. Then she with her irresistible coconut shortbread recipe, plus steamed chocolate baos.	AUSTRALIA	English-100	RPT	G		
2025-02-16	1730	Jamie's Kitchen	Ep 3	Jamie faces a serious problem. Some of his trainees aren't attending classes and others aren't up to scratch. The size of the problem becomes apparent when 11 of the 15 fail their first exam.	UNITED KINGDOM	English-100	RPT	PG	I	
2025-02-16	1830	James Martin's Spanish Adventure	Granada	In Granada, James samples giant tapas, tries pan de alfacar and he goes to an organic caviar farm. He cooks steak, Moroccan chicken, fish with dressed broccoli and carpaccio with caviar.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-02-16	1930	Food Trail South Africa	Eating Johannesburg	Johannesburg- the gateway city to exploring South Africa. In this episode Warren indulges in the vibrant international flavours and surrounds of the Sandton neighbourhood.	AUSTRALIA	English-100		G		Y

2025-02-16	2000	Tom Kerridge's Pub Kitchen Secrets	Retro Bangers	Giving old-fashioned British dishes the Michelin-star treatment is one of Tom's trademarks and this week his pub kitchen is serving up generous helpings of nostalgia.	UNITED KINGDOM	English-100		PG		
2025-02-16	2030	Rick Stein's Food Stories	London: Part One	London epitomises our international UK food scene. Here Rick discovers how Chinese dim sum and Italian mozzarella are made, before tucking into a Full English with Stuart Maconie.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-02-16	2100	Rick Stein's Food Stories	London: Part Two	London-based brewer, Jaega Wise, tries to turn Rick into a craft beer fan and he puts some in a sauce for John Dory. He enjoys borscht at a Ukrainian restaurant staffed by refugees.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-02-16	2130	Anthony Bourdain: Parts Unknown	Madagascar	Tony travels to Madagascar, an island nation 500 kilometres off the coast of Africa. Beginning his journey in Antananarivo, Madagascar's chaotic capital city, Tony meets up with Hollywood director Darren Aronofsky. After leaving Antananarivo, Tony and Darren head south. Outside the city, Madagascar is a very different country - where rice is king - the difference between life and death.	USA	English-100	RPT	PG	a l w	
2025-02-16	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		
2025-02-16	2230	Big Zuu's 12 Dishes In 12 Hours	London	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 football legend Patrice Evra, as they taste London in 12 dishes. Often branded expensive and aloof, Zuu wants to show his version of the city he calls home.	UNITED KINGDOM	English-100	RPT	PG		
2025-02-16	2300	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes. Barbecue is still king, but locals are also devoted to a few other sweet specialties.	USA	English-100	RPT	G		
2025-02-16	2330	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 5	Michel splashes out on spiny lobster, langoustines, oysters, clams and sea-squirts to make a stunning seafood platter with three dipping sauces. Then Giselle shows him how to bake the perfect rum-infused turrets of sponge cake.	UNITED KINGDOM	English-100	RPT	PG	a s w	Y
2025-02-16	2425	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		
2025-02-16	2430	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 6	Having discovered the only man in the world to make artisan rose wine vinegar, Michel uses it to transform his version of chicken fricassee, then Michel's in-laws pop round for steak tartare.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-16	2525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2025-02-16	2530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 9	Italian home cooks are masters at the art of speedy meals, because their pantry and fridge are often stocked with essential ingredients, which combined with a little creativity can become incredible meals in no time. Silvia prepares a super quick seafood risotto, cooks a Sicilian pesto penne in eight minutes flat, and a lemon and almond sweet treat that can be prepared in a jiffy.	AUSTRALIA	Enya-100	RPT	G		Y
2025-02-16	2600	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 10	Kirsten shows her chocolatey twist on everyone's favourite: churros with a rich chocolate fudge sauce. Then she with her irresistible coconut shortbread recipe, plus steamed chocolate baos.	AUSTRALIA	English-100	RPT	G		
2025-02-16	2630	Jamie's Kitchen	Ep 3	Jamie faces a serious problem. Some of his trainees aren't attending classes and others aren't up to scratch. The size of the problem becomes apparent when 11 of the 15 fail their first exam.	UNITED KINGDOM	English-100	RPT	PG	I	

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2025-02-17	1200	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes. Barbecue is still king, but locals are also devoted to a few other sweet specialties.	USA	English-100	RPT	G	
2025-02-17	1230	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away from the tension?	UNITED KINGDOM	English-100	RPT	PG	
2025-02-17	1300	Food Unwrapped	Avocado, Eggs And Balsamico	The team ask, does a happy chicken lay a tastier egg? And how do supermarkets get avocados 'ripe and ready'?	UNITED KINGDOM	English-100	RPT	G	Y
2025-02-17	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 52	On today's episode Khanh and Elena are in the kitchen cooking a Chinese Chicken and Corn Egg Drop Soup, Sausage & Egg breakfast wrap and a quick and easy Grilled Peaches with Yoghurt for dessert.	AUSTRALIA	English-100	RPT	G	
2025-02-17	1400	Italian Food Safari	Ep 2	Tonight, we head to Fremantle to join the last sardine fisherman on the Western Australia coast - Jim Mendolla who supplies the fresh fish market. Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious classic recipe for stuffed sardines. And Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide to learn how all the various shapes of extruded pasta are made.	AUSTRALIA	English-100	RPT	G	Y
2025-02-17	1430	Mary Makes It Easy	Summer's Bounty	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100	RPT	G	
2025-02-17	1500	Pati's Mexican Table	Mex'd Up American Regional Favorites	Pati is always feeding her three, hungry, growing, Mexican-American boys. In addition to adoring their mum's Mexican dishes, her sons love some American classics. So, Pati will put her Mexican spin on some regional American dishes to make a special, sweet surprise for her boys including Mary-Mex crab dip, spicy Mexican-Southern fried chicken and dulce de leche caramel chocolate pecan pie.	USA	English-100	RPT	PG	a w
2025-02-17	1530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 1	Top chef Michel Roux cooks four of his favourite dishes while holidaying in the South of France. He'll be sourcing ingredients from local producers, from a goat farmer in the Cevennes mountains to an organic vegetable grower in the Ardeche.	UNITED KINGDOM	English-100	RPT	G	Y
2025-02-17	1625	Bring A Plate	Jc's Chicken And Pork Adobo With Eggs	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	RPT	G	Y
2025-02-17	1630	Chuck And The First Peoples' Kitchen	Odanak - Fiddlehead Picking	Chuck visits Becancour where he harvests fiddleheads and Odanak where he cooks a traditional Sagamite soup.	CANADA	English-100	RPT	G	
2025-02-17	1700	Tareq Taylor's Nordic Cookery	Roros, Norway	In each episode, chef Tareq Taylor explores a Nordic region, searching out fantastic ingredients, meeting extraordinary people, and preparing his own versions of delicious recipes along the way.	SWEDEN	English-100		PG	
2025-02-17	1730	Everyday Gourmet With Justine Schofield	Episode 31	Justine gets creative in the kitchen with a Fillo Tostada with Ceviche and a Pear Tiramisu. Laura Cassai Stops by to make a Cannelloni with Braised Meat.	AUSTRALIA	English-100		G	

2025-02-17	1800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 11	Rick and Chalky enjoy a Turkish barbecue in London's East End. After contributing Lamb Kotfas to the fare at the Mangal Okacbası Turkish restaurant in Dalton, Rick moves on to Hackney Marshes, where he meets various allotmentholders and joins them for Sunday lunch.	UNITED KINGDOM		RPT	PG	a w
2025-02-17	1830	River Cottage Forever	Ep 6	Hugh has set his sights on the Vegetable Cup at the Beaminster Show. There's also an opportunity to get some cash out of Devon's tourists with home-made iced-lollies, and a blind-folded Hugh is taken to a secret location to hunt for truffles with Delia.	UNITED KINGDOM	English-100	RPT	G	
2025-02-17	1900	The Cook Up With Adam Liaw	Cheese Please	Chef Jo Barrett and food writer Nida Degutiene join Adam in The Cook Up kitchen to create their favourite recipes that feature cheese.	AUSTRALIA	English-100	RPT	G	Y
2025-02-17	1930	Island Echoes With Nornie Bero	Hammond Island's History And Flavours	Nornie journeys to Hammond Island to explore its unique blend of cultures and rich history.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	PG	
2025-02-17	2000	Nigella Kitchen	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen. First to Asia, with a delicious, fast and easy chicken teriyaki with noodles and sugar snap peas. Next, a two-stop trip to Italy, with an incredible Venetian carrot cake with rum mascarpone cream and easy indulgent lone linguine with white truffle oil, the perfect dinner for one.	UNITED KINGDOM		RPT	G	
2025-02-17	2030	Gordon, Gino And Fred's Road Trip	Three Amigos, The	Having been to Mexico before filming An Italian In Mexico, Gino thinks he can show off some culinary nous to Gordon and Fred. On a mission to taste the world's best breakfast, the boys are up to their old tricks when Fred is nearly floored by a ten-gallon jar of tequila filled with snakes. Then, a hot chilli eating competition concludes with Gino dashing to the toilet, before they hit the coast road south to go spear fishing for lunch.	UNITED KINGDOM	English-100	RPT	PG	I Y
2025-02-17	2130	Hairy Bikers Go Local	Kopitiam, Glasgow	The Bikers are in Glasgow where they meet Julie, who runs Kopitiam, an exciting and exclusive street food cafe. The Bikers enjoy Julie's special Scottish-Malaysian fusion menu and help her discover new local produce.	UNITED KINGDOM	English-100	RPT	G	
2025-02-17	2235	The Cook Up With Adam Liaw	Vego Isn't A Flavour	Gardening Australia host Costa Georgiadis and chef Tom Walton join Adam in the Cook Up kitchen to create their vegetarian inspired dishes.	AUSTRALIA	English-100	RPT	G	Y
2025-02-17	2305	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today. Not only are they as convenient, but they're a whole lot tastier and healthy for you too.	AUSTRALIA	English-100	RPT	G	
2025-02-17	2335	Hugh's Three Good Things	Lamb	This week it's all about the joys of meat, but who can come up with the winning dish, featuring three key flavours? The three chefs all have one common ingredient to cook with every day and to kick off the week it's lamb.	UNITED KINGDOM	English-100	RPT	G	
2025-02-17	2400	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away from the tension?	UNITED KINGDOM	English-100	RPT	PG	
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2025-02-17	2500	Nigella Kitchen	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen. First to Asia, with a delicious, fast and easy chicken teriyaki with noodles and sugar snap peas. Next, a two-stop trip to Italy, with an incredible Venetian carrot cake with rum mascarpone cream and easy indulgent lone linguine with white truffle oil, the perfect dinner for one.	UNITED KINGDOM		RPT	G	

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2025-02-17	2625	Destination Flavour Fillers	Episode 1	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
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2025-02-18	0600	Italian Food Safari	Ep 2	Tonight, we head to Fremantle to join the last sardine fisherman on the Western Australia coast - Jim Mendolia who supplies the fresh fish market. Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious classic recipe for stuffed sardines. And Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide to learn how all the various shapes of extruded pasta are made.	AUSTRALIA	English-100	RPT	G		Y
2025-02-18	0630	Mary Makes It Easy	Summer's Bounty	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100	RPT	G		
2025-02-18	0700	Pati's Mexican Table	Mex'd Up American Regional Favorites	Pati's passion for travel doesn't stop in Mexico, she also has a soft spot for her American travels. Plus, Pati is always feeding her three, hungry, growing, Mexican-American boys. In addition to adoring their mum's Mexican dishes, her sons love some American classics. So, Pati will put her Mexican spin on some regional American dishes to make a special, sweet surprise for her boys including Mary-Mex crab dip, spicy Mexican-Southern fried chicken and dulce de leche caramel chocolate pecan pie.	USA	English-100	RPT	PG	a w	
2025-02-18	0730	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 1	Top chef Michel Roux cooks four of his favourite dishes while holidaying in the South of France. He'll be sourcing ingredients from local producers, from a goat farmer in the Cevennes mountains to an organic vegetable grower in the Ardeche.	UNITED KINGDOM	English-100	RPT	G		Y

2025-02-18	0825	Bring A Plate	Jc's Chicken And Pork Adobo With Eggs	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	RPT	G	Y
2025-02-18	0830	Chuck And The First Peoples' Kitchen	Odanak - Fiddlehead Picking	Chuck visits Becancour where he harvests fiddleheads and Odanak where he cooks a traditional Sagamite soup.	CANADA	English-100	RPT	G	
2025-02-18	0900	Tareq Taylor's Nordic Cookery	Roros, Norway	In each episode, chef Tareq Taylor explores a Nordic region, searching out fantastic ingredients, meeting extraordinary people, and preparing his own versions of delicious recipes along the way.	SWEDEN	English-100	RPT	PG	
2025-02-18	0930	Everyday Gourmet With Justine Schofield	Episode 31	Justine gets creative in the kitchen with a Fillo Tostada with Ceviche and a Pear Tiramisu. Laura Cassai Stops by to make a Cannelloni with Braised Meat.	AUSTRALIA	English-100	RPT	G	
2025-02-18	1000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 11	Rick and Chalky enjoy a Turkish barbecue in London's East End. After contributing Lamb Koftas to the fare at the Mangal Okacbasi Turkish restaurant in Dalton, Rick moves on to Hackney Marshes, where he meets various allotmentholders and joins them for Sunday lunch.	UNITED KINGDOM		RPT	PG	a w
2025-02-18	1030	River Cottage Forever	Ep 6	Hugh has set his sights on the Vegetable Cup at the Beaminster Show. There's also an opportunity to get some cash out of Devon's tourists with home-made iced-lollies, and a blind-folded Hugh is taken to a secret location to hunt for truffles with Delia.	UNITED KINGDOM	English-100	RPT	G	
2025-02-18	1100	The Cook Up With Adam Liaw	Cheese Please	Chef Jo Barrett and food writer Nida Degutiene join Adam in The Cook Up kitchen to create their favourite recipes that feature cheese.	AUSTRALIA	English-100	RPT	G	Y
2025-02-18	1130	Island Echoes With Normie Bero	Hammond Island's History And Flavours	Normie journeys to Hammond Island to explore its unique blend of cultures and rich history.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	PG	
2025-02-18	1200	Nigella Kitchen	Kitchen Tourist	Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen. First to Asia, with a delicious, fast and easy chicken teriyaki with noodles and sugar snap peas. Next, a two-stop trip to Italy, with an incredible Venetian carrot cake with rum mascarpone cream and easy indulgent lone linguine with white truffle oil, the perfect dinner for one.	UNITED KINGDOM		RPT	G	
2025-02-18	1230	Come Dine With Me UK	Peterborough Day 1	Moony is hoping to win over his guests with a night of 'Eastern Promise', based on Pakistani recipes. It all makes for an eventful evening, but will it be enough to land Moony the 1,000 pound prize?	UNITED KINGDOM	English-100	RPT	PG	
2025-02-18	1300	Food Unwrapped	Sardines, Ducks And Pasta	Are fresh sardines better for us than tinned sardines? How much is known about the ducks we consume? And, when it comes to pasta, is fresh best?	UNITED KINGDOM	English-100	RPT	PG	
2025-02-18	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 53	Today on My Market Kitchen Elena is making an XO Sauce from scratch, before showing how it can be used in a Pipis dish. Khanh takes us to his restaurant The George on Collins for a Tuna Mango & Pineapple Ceviche recipe.	AUSTRALIA	English-100	RPT	G	
2025-02-18	1400	Italian Food Safari	Ep 3	Tonight's is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's black soil plains during harvest. Maeve then shares tomato day with a large Calabrese clan - the Cipri family in suburban Sydney who have made fresh tomato sauce every year since the patriarch Severio arrived in Australia 45 years ago.	AUSTRALIA	English-100	RPT	G	Y
2025-02-18	1430	Mary Makes It Easy	Fake It Until You Bake It	Mary shares recipes that will raise your baking game: chocolate chip cookie cupcakes, blondie pie with apricot jam, hummingbird cake, and peanut butter feuilletine-like toppings.	CANADA	English-100	RPT	G	

2025-02-18	1500	Pati's Mexican Table	Local's Tour Of Culiacan, A	Pati visits Culiacan, the capital of the state of Sinaloa. Founded in 1531, Culiacan is the centre of trade for produce, meat, and fish and the locals pride themselves on the produce cultivated from the land and nearby sea.	USA	English-100	RPT	G		Y
2025-02-18	1530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 2	Chef Michel Roux is on a food adventure in the South of France. Cooking the simple things he loves to eat while relaxing on holiday, he'll be making an easy and delicious pre-dinner onion tart.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-18	1625	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
2025-02-18	1630	Chuck And The First Peoples' Kitchen	Wildlife Reserve In La Verendrye - Wild Turkey Hunting	The Wildlife Reserve of La Verendrye is the meeting point Tommy Labelle has given Chuck to go hunt wild turkey.	CANADA	English-100	RPT	PG	a w	
2025-02-18	1700	Tareq Taylor's Nordic Cookery	Faroe Islands	Situated north of Scotland, living on this collection of eighteen islands has always be a struggle for survival.	SWEDEN	English-100				
2025-02-18	1730	Everyday Gourmet With Justine Schofield	Episode 32	Charred Calamari Tacos and Beef en Croute with Onion Gravy are on the menu today. Daniel Wilson is back and in fine form with Vietnamese Black Pepper Caramel Pork Belly.	AUSTRALIA	English-100		G		
2025-02-18	1800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM		RPT	PG	a w	
2025-02-18	1830	River Cottage Forever	Ep 7	On his regular morning stock-check, Hugh finds that one of his old ewes has died. It's a sad day at River Cottage as later on he sends off two of his pigs to the abattoir. Later, local charcoal-maker Sean Bridges comes round to lift the gloom by chopping down some of the trees which shade Hugh's vegetable patch. They take the wood to Sean's charcoal-burner which they set alight and cover up for the night.	UNITED KINGDOM	English-100	RPT	PG		
2025-02-18	1900	The Cook Up With Adam Liaw	Steam	It's getting steamy in The Cook Up kitchen as Adam, presenter and comedian Alex Lee and head chef of China Doll Frank Shek employ the method of steaming for tonight's dishes.	AUSTRALIA	English-100	RPT	PG		Y
2025-02-18	1930	Lorraine's Fast, Fresh And Easy Food	Comfort Food	To start, we cook a breakfast of ginger bread pancakes with parma ham and maple syrup, then a warming prawn linguine with chorizo and cabernet tomato sauce, and a soft and satisfying butternut and sweet potato.	UNITED KINGDOM	English-100	RPT	PG		
2025-02-18	2000	Donal Skehan: Home Cook	Great Outdoors, The	In this episode, Donal is headed outdoors to show us how to cook some of his favourite dishes that come to life over flame, zingy Korean Beef short ribs, and citrusy barbecued harissa lamb.	IRELAND	English-100		PG		
2025-02-18	2030	Save With Jamie	Chilli	This week Jamie cooks a Mexican Chilli that's luxurious and low on price, reveals the secrets of his homemade chapatis, and shares two delicious new ideas for using up leftover roast chicken.	UNITED KINGDOM	English-100				
2025-02-18	2130	Hairy Bikers Go Local	Lords Of The Manor: Cotswolds	The Bikers head south to find Charles his perfect ingredients: they meet a special herd of cows, try hand-made ice cream, and create smoked haddock soufflé. Will these local favourites make it on the menu?	UNITED KINGDOM	English-100	RPT	PG	I	
2025-02-18	2235	The Cook Up With Adam Liaw	Musicals	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up kitchen with Adam to sing their favourite musicals and create dishes inspired by them.	AUSTRALIA	English-100	RPT	PG	I	Y

2025-02-18	2305	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100	RPT	G		
2025-02-18	2335	Hugh's Three Good Things	Ham & Bacon	It's day 2 of meat week in the show that pits Hugh against two top chefs to see who can cook the best dish from three key flavours. Today it's all about ham and bacon. As ever Hugh is cooking two dishes (one for fun and one for the competition).	UNITED KINGDOM	English-100	RPT	G		
2025-02-18	2400	Come Dine With Me UK	Peterborough Day 1	Moony is hoping to win over his guests with a night of 'Eastern Promise', based on Pakistani recipes. It all makes for an eventful evening, but will it be enough to land Moony the 1,000 pound prize?	UNITED KINGDOM	English-100	RPT	PG		
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2025-02-18	2625	Destination Flavour Fillers	Episode 3	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
2025-02-18	2630	Hairy Bikers Go Local	Lords Of The Manor: Cotswolds	The Bikers head south to find Charles his perfect ingredients: they meet a special herd of cows, try hand-made ice cream, and create smoked haddock soufflé. Will these local favourites make it on the menu?	UNITED KINGDOM	English-100	RPT	PG	I	
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2025-02-19	1230	Come Dine With Me UK	Peterborough Day 2	This week we're in the Peterborough area where driving instructor Christine is hoping her vegetarian cuisine will grab her the 1000 pound prize. But after Muneer's food was last night criticised by fiery Brazilian Rosie, she's concerned about being in the firing line.	UNITED KINGDOM	English-100	RPT	PG	a	
2025-02-19	1300	Food Unwrapped	Caffine, Prawns, Formed Ham	In this special episode Jimmy Doherty, Matt Tebbutt and Kate Quilton test some of the food techniques they've discovered during the series, to answer viewers' burning questions.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2025-02-19	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 54	Elena and Khanh are in the kitchen today cooking a Summer Sweet and Spicy Salad. Khanh is on the road with David Mann showing him a Charred Corn on the cob, perfect for camping. Elena then shows us how to use healthy ingredients to make her Seed Crackers.	AUSTRALIA	English-100	RPT	G		
2025-02-19	1400	Italian Food Safari	Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. Guy then demonstrates a delicious bread-based salad called panzanella. Maeve learns about the Italian passion for veal and meets passionate Western Australian butcher Vince Garreffa. And celebrated Sydney chef Nino Zoccali shows how easy it is to make a beautiful osso buco.	AUSTRALIA	English-100	RPT	G		Y
2025-02-19	1430	Mary Makes It Easy	Living In The Past-A	Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettucine alfredo.	CANADA	English-100	RPT	G		
2025-02-19	1500	Pati's Mexican Table	Altata, Hidden Gem By The Sea Of Cortez	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacsn with stretches of beautiful beaches and delicious seafood at your fingertips. Pati visits with locals and chefs as this town embarks on a journey to reinvent itself from sleepy fishing village to first class tourist destination.	USA	English-100	RPT	G		Y
2025-02-19	1530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 3	On this French food adventure, chef Michel Roux goes beach fishing before cooking one of his favourite fish dishes, Mackerel with Mustard sauce. He heads out to sample a delicious dessert at a local patisserie, before going home and firing up the barbecue to show us how to cook a French hamburger to die for. Different flavoured butters are then on the menu to help him baste and roast the perfect chicken for his family to feast on, but who will get the best cut is anybody's guess. Cherry Clafoutis rounds off a mouth watering episode.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-02-19	1625	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
2025-02-19	1630	Chuck And The First Peoples' Kitchen	Landlocked Salmon Fishing	Chuck visits Mashteuiatsh to fish landlocked salmon, a symbol of the community.	CANADA	English-100	RPT	PG	a w	Y
2025-02-19	1700	Tareq Taylor's Nordic Cookery	Midtjylland, Denmark	Tareq pays a visit to the western part of Denmark, where he explores the region called Midtjylland.	SWEDEN	English-100				
2025-02-19	1730	Everyday Gourmet With Justine Schofield	Episode 33	Justine makes tasty Ham and Egg Buckwheat Crepes and Chilli Pork Stew with Garlic and Oregano Flatbread. Adam Swanson drops in to make a Lasanga with Lamb and Eggplant.	AUSTRALIA	English-100		G		
2025-02-19	1800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM		RPT	PG	a w	
2025-02-19	1830	River Cottage Forever	Ep 8	As winter approaches, Hugh has one major money-earner up his sleeve. He's teaming up with old rival and chilli pepper guru Michael Michaud, to capitalise on the huge profits available at the Borough Farmers' Market in London. After stripping his polytunnel of his entire chilli crop, Hugh sets about designing his added-value take-away fast-food product - the Mexican wrap.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-02-19	1900	The Cook Up With Adam Liaw	Shoots & Leaves	Adam, executive chef Jacqui Challinor and winner of the Australian Professional Chef of the Year Andrew Ballard are in The Cook Up kitchen to create dishes featuring shoots and leaves.	AUSTRALIA	English-100	RPT	G		Y
2025-02-19	1930	Marcus In The Med: Mallorca	Med Light Bites	Marcus is in search of the ultimate light bites and heads to Port de Soller on Mallorca's west coast, to try their famous Soller prawns.	UNITED KINGDOM	English-100		G		

2025-02-19	2000	Rachael Ray's Meals In Minutes	Grown Up Tomato Soup And Grilled Cheese	This classic combo from your youth gets an adult makeover and will make your mouth water. Rachael shows us her version of a creamy tomato soup and a spicy grilled cheese.	USA	English-100		G	
2025-02-19	2030	Cooking Italy	Tertenia	Chefs Rob and Craig meet up with Loris at his cousin's farm in the southwest corner of Sardinia, where the goats graze freely and produce delicious milk.	CANADA	English-100		PG	
2025-02-19	2100	Street Food Nomad: Kolkata	Episode 5	In a vibrant exploration of textures and tastes, Will dives into the world of Indian street food chats and snacks, some of the most loved and sought after dishes in all of India.	AUSTRALIA	English-100		PG	
2025-02-19	2130	Hairy Bikers Go Local	Harbour Cafe - Fife	The Bikers continue their adventure on the east coast of Scotland, on the hunt for new, local ingredients to include on a menu at a beachfront cafe.	UNITED KINGDOM	English-100	RPT	PG	
2025-02-19	2235	The Cook Up With Adam Liaw	Couch Potato	Adam and our guests, Mexican Deli owner Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta serve up their ultimate lazy, couch day dishes in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2025-02-19	2305	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed to embrace the food and the shared style of dining typical of Lebanese culture.	AUSTRALIA	English-100	RPT	G	
2025-02-19	2335	Hugh's Three Good Things	Chicken	Hugh's out to prove that you really can make a winning dish from three key ingredients and he's putting his cooking where his heart is.	UNITED KINGDOM	English-100	RPT	G	
2025-02-19	2400	Come Dine With Me UK	Peterborough Day 2	This week we're in the Peterborough area where driving instructor Christine is hoping her vegetarian cuisine will grab her the 1000 pound prize. But after Muneer's food was last night criticised by fiery Brazilian Rosie, she's concerned about being in the firing line.	UNITED KINGDOM	English-100	RPT	PG	a
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2025-02-19	2500	Rachael Ray's Meals In Minutes	Grown Up Tomato Soup And Grilled Cheese	This classic combo from your youth gets an adult makeover and will make your mouth water. Rachael shows us her version of a creamy tomato soup and a spicy grilled cheese.	USA	English-100	RPT	G	
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2025-02-20	0600	Italian Food Safari	Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. Guy then demonstrates a delicious bread-based salad called panzanella. Maeve learns about the Italian passion for veal and meets passionate Western Australian butcher Vince Garreffa. And celebrated Sydney chef Nino Zoccali shows how easy it is to make a beautiful osso buco.	AUSTRALIA	English-100	RPT	G		Y
2025-02-20	0630	Mary Makes It Easy	Living In The Past-A	Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettucine alfredo.	CANADA	English-100	RPT	G		
2025-02-20	0700	Pati's Mexican Table	Altata, Hidden Gem By The Sea Of Cortez	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips. Pati visits with locals and chefs as this town embarks on a journey to reinvent itself from sleepy fishing village to first class tourist destination.	USA	English-100	RPT	G		Y
2025-02-20	0730	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 3	On this French food adventure, chef Michel Roux goes beach fishing before cooking one of his favourite fish dishes, Mackerel with Mustard sauce. He heads out to sample a delicious dessert at a local patisserie, before going home and firing up the barbecue to show us how to cook a French hamburger to die for. Different flavoured butters are then on the menu to help him baste and roast the perfect chicken for his family to feast on, but who will get the best cut is anybody's guess. Cherry Clafoutis rounds off a mouth watering episode.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-02-20	0825	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
2025-02-20	0830	Chuck And The First Peoples' Kitchen	Landlocked Salmon Fishing	Chuck visits Mashteuiatsh to fish landlocked salmon, a symbol of the community.	CANADA	English-100	RPT	PG	a w	Y
2025-02-20	0900	Tareq Taylor's Nordic Cookery	Midtjylland, Denmark	Tareq pays a visit to the western part of Denmark, where he explores the region called Midtjylland.	SWEDEN	English-100	RPT			
2025-02-20	0930	Everyday Gourmet With Justine Schofield	Episode 33	Justine makes tasty Ham and Egg Buckwheat Crepes and Chilli Pork Stew with Garlic and Oregano Flatbread. Adam Swanson drops in to make a Lasanga with Lamb and Eggplant.	AUSTRALIA	English-100	RPT	G		
2025-02-20	1000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM		RPT	PG	a w	

2025-02-20	1030	River Cottage Forever	Ep 8	As winter approaches, Hugh has one major money-earner up his sleeve. He's teaming up with old rival and chilli pepper guru Michael Michaud, to capitalise on the huge profits available at the Borough Farmers' Market in London. After stripping his polytunnel of his entire chilli crop, Hugh sets about designing his added-value take-away fast-food product - the Mexican wrap.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-02-20	1100	The Cook Up With Adam Liaw	Shoots & Leaves	Adam, executive chef Jacqui Challinor and winner of the Australian Professional Chef of the Year Andrew Ballard are in The Cook Up kitchen to create dishes featuring shoots and leaves.	AUSTRALIA	English-100	RPT	G	Y
2025-02-20	1130	Marcus In The Med: Mallorca	Med Light Bites	Marcus is in search of the ultimate light bites and heads to Port de Soller on Mallorca's west coast, to try their famous Soller prawns.	UNITED KINGDOM	English-100	RPT	G	
2025-02-20	1200	Rachael Ray's Meals In Minutes	Grown Up Tomato Soup And Grilled Cheese	This classic combo from your youth gets an adult makeover and will make your mouth water. Rachael shows us her version of a creamy tomato soup and a spicy grilled cheese.	USA	English-100	RPT	G	
2025-02-20	1230	Come Dine With Me UK	Peterborough Day 3	This week we're in the Peterborough area where loveable mobile hairdresser Ben is hoping his night of Gourmet Normay will win him the money. Hopes are high amongst the guests for some meat after Christine's vegetarian feast the night before.	UNITED KINGDOM	English-100	RPT	PG	
2025-02-20	1300	Food Unwrapped	Beef, Ice Cream, Tinned Grapefruit	Jimmy heads to Brazil to put stock cubes in the spotlight. How can something so small taste so beefy?	UNITED KINGDOM	English-100	RPT	PG	Y
2025-02-20	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 55	On this episode of My Market Kitchen, Elena shows us a family favourite Roasted Lamb Rack. Then we head to the wineries to learn about the perfect wine to pair with Khanhs Olive and Ricotta Puffs, with Bel from Wine Selectors. Back in the kitchen Elena shows us a medditeranian Octopus, Mandarins, Oregano and Olives dish.	AUSTRALIA	English-100	RPT	G	
2025-02-20	1400	Italian Food Safari	Ep 5	Tonight, Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on Melbourne chef Maurizio Eposito to learn the secrets of his delicious crayfish gnocchi recipe. Maeve then seeks out the best pizza and Guy discovers artichokes. Also, Sicilian-born gelato-makers explain why Italian gelato is so good.	AUSTRALIA	English-100	RPT	G	Y
2025-02-20	1430	Mary Makes It Easy	Cast Away	Mary channels her inner cowboy with a campfire-style vegetarian chilli cobbler with cornbread dumplings, and one-pan breadcrumb chicken thighs with orzo and greens.	CANADA	English-100	RPT	G	
2025-02-20	1500	Pati's Mexican Table	South By South Of The Border With Vivian Howard	Pati welcomes dear friend and fellow public television chef and host Vivian Howard to her kitchen. In this south of the border meets southern food experience, Pati and Vivian will cook a couple of their classic recipes for each other, looking for connections in cultures and food.	USA	English-100	RPT	G	Y
2025-02-20	1530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 4	Chef Michel Roux goes foraging in France on the cliffs of Donzerre above the Rhone river, finding wild herbs to flavour a local delicacy, a dish of roast rabbit. He'll be out in the garden showing us how to make the perfect barbecued chicken that's succulent and moist and never fails to please. Michel shares his tips for creating the ultimate cheese and makes an all-time classic of Almond Frangipani tart. This perfect summer dessert might look tricky but Roux reveals the secret to cracking it every time. But will it impress his visiting family?	UNITED KINGDOM	English-100	RPT	PG	Y
2025-02-20	1625	Bring A Plate	Rayan's Koosa Mahshi	Rayan shares his Syrian favorite, Kousa Mahshi, or stuffed zucchini and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	RPT	G	Y
2025-02-20	1630	Chuck And The First Peoples' Kitchen	Gesgapegiag - Clam Harvesting	Chuck travels to Gesgapegiag where he harvests clams on the beach and makes a seafood clambake.	CANADA	English-100	RPT	PG	
2025-02-20	1700	Tareq Taylor's Nordic Cookery	Trysil, Norway	The mountains and months of snowfall in Trysil mean that this winter sports town has to be creative when it comes to what they can do locally.	SWEDEN	English-100			

2025-02-20	1730	Everyday Gourmet With Justine Schofield	Episode 34	Guillaume Brahimi is in the kitchen and making classic Pavlova with Vanilla Bean Cream and Raspberries. Justine Makes Pork Ragout and Tomatoes Stuffed with Lentils and Silky Eggplant.	AUSTRALIA	English-100	G		
2025-02-20	1800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM		RPT	PG	a w
2025-02-20	1830	Beyond River Cottage	Beyond River Cottage Series 1 Ep 1	It's five years since Hugh left London behind for rural Dorset, and now he and his growing family are moving on from River Cottage to the nearby farm of their dreams.	UNITED KINGDOM	English-100	RPT	PG	a l w
2025-02-20	1900	The Cook Up With Adam Liaw	Quick Curries	Adam, chef Mark Olive and comedian Shiralee Hood are in The Cook Up kitchen feeling the need for speed and spice as they make some quick curries.	AUSTRALIA	English-100	RPT	G	Y
2025-02-20	1930	John And Lisa's Food Trip Down Under	John And Lisa Enjoy Street Food And The Beach	Chefs John Torode and Lisa Faulkner devour delicious potato dosa at a local market, are stunned by huge stingrays on beautiful Hamelin Bay, and are left spellbound by a tasty native oyster with a Japanese twist.	USA	English-100		PG	Y
2025-02-20	2030	Jamie At Home	Asparagus	English asparagus is world renowned and with a short six week season, something to really treasure.	UNITED KINGDOM	English-100		PG	I
2025-02-20	2100	Symon's Dinners Cooking Out	Lizzie's Favorite Italian Feast	Something about Italian food tastes like home. Michael Symon is joined by his wife Lizzie to prepare an eloquent Italian feast.	USA	English-100		G	
2025-02-20	2130	Hairy Bikers Go Local	Barsham Arms, Norfolk	The Bikers continue their adventure in Norfolk, on the hunt for new, local ingredients for a country pub chef with a creative streak.	UNITED KINGDOM	English-100	RPT	G	
2025-02-20	2235	The Cook Up With Adam Liaw	Pastry	Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate pastry inspired dishes in The Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	G	Y
2025-02-20	2305	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa where today, food, religion and cultural traditions echo Prussian, Silesian and German origins.	AUSTRALIA	English-100	RPT	G	
2025-02-20	2335	Hugh's Three Good Things	Venison	It's the penultimate day of meat week and the chefs are taking on a wonderful but less popular butcher's option - venison, a meat that's dear to Hugh's heart!	UNITED KINGDOM	English-100	RPT	G	
2025-02-20	2400	Come Dine With Me UK	Peterborough Day 3	This week we're in the Peterborough area where loveable mobile hairdresser Ben is hoping his night of Gourmet Normay will win him the money. Hopes are high amongst the guests for some meat after Christine's vegetarian feast the night before.	UNITED KINGDOM	English-100	RPT	PG	
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2025-02-21	1230	Come Dine With Me UK	Peterborough Day 4	Tonight, fridge salesman Gregory is hoping his Spanish themed menu will say 'Hola!' to the 1000 pound prize. Last night Ben was the very model of a Prince Charming as he entertained his guests with his amazing body art, amazing cooking skills and even more amazing pet crabs!	UNITED KINGDOM	English-100	RPT	PG		
2025-02-21	1300	Food Unwrapped	Vanilla, Rice, Cheese	Matt meets with a team of researchers to examine why reheating rice can make people ill and discovers what makes the precooked rice stocked in supermarkets safe to eat.	UNITED KINGDOM	English-100	RPT	G		Y
2025-02-21	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 56	Today on My Market Kitchen Elena is cooking a Chicken Biryani by fan request. The Khanh takes us back to our childhood with his Fairy Bread Slice. Finishing up with a traditional Oyakodon recipe from Elena.	AUSTRALIA	English-100	RPT	G		
2025-02-21	1400	Italian Food Safari	Ep 6	Guy discovers a huge family vegetable and herb garden in Melbourne's suburbs which provides meals and even the wine to drink with it. Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco in his country estate. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood, while Loretta Sartori cooks a spectacular ricotta cake.	AUSTRALIA	English-100	RPT	G		Y
2025-02-21	1430	Mary Makes It Easy	Make And Take	Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.	CANADA	English-100	RPT	G		
2025-02-21	1500	Pati's Mexican Table	Los Mochis, Street Taco Favourites	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa and gets an incredibly delicious tour of the street food, Pati returns to her kitchen to create two mouth-watering taco recipes that take her right back to those street stands in Los Mochis.	USA	English-100	RPT	G		Y
2025-02-21	1530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 5	Chef Michel Roux heads out in the French countryside to source the things he loves to eat while on holiday. Michel's stunning pan-roasted guinea fowl is a feast for the eye. Charcuterie is on his lunch menu to as he constructs the most luxurious croque monsieur.	UNITED KINGDOM	English-100	RPT	G		Y

2025-02-21	1625	Bring A Plate	Nimi's Poori-Chole	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	RPT	G	Y
2025-02-21	1630	Chuck And The First Peoples' Kitchen	Odanak - Sturgeon Fishing	Chuck meets Abenaki Luc in Odanak to fish and smoke sturgeon, the symbol of the community.	CANADA	English-100	RPT	PG	
2025-02-21	1700	Tareq Taylor's Nordic Cookery	Aland Part 2	After making an intial trip to this special archipelago in Season 1, Tareq goes back to Aland to explore more of this island territory.	SWEDEN	English-100			
2025-02-21	1730	Everyday Gourmet With Justine Schofield	Episode 35	Trish McKenzie is back and her Jaffa Mousse with Candied Orange will set your heart a flutter. On the savory side Justine is making Duck Wontons and Bouillabaisse.	AUSTRALIA	English-100		G	
2025-02-21	1800	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham. Rick looks back over some of the local heroes he has discovered during the series, and there is a special tribute to his dog Chalky.	UNITED KINGDOM		RPT	PG	a n w
2025-02-21	1830	Beyond River Cottage	Beyond River Cottage Series 1 Ep 2	It's been several weeks since Hugh took a lease on a collection of barns near his new farm in Dorset. He plans to turn them into a culinary headquarters - a place he can use as an outlet for his home.	UNITED KINGDOM	English-100	RPT	PG	
2025-02-21	1900	The Cook Up With Adam Liaw	Sizzle	The Cook Up kitchen is heating up! Adam, head chef of Stanley Restaurant Louis Tikaram and executive chef and owner of Arkhe, Jake Kellie, make foods that have a real sizzle.	AUSTRALIA	English-100	RPT	G	Y
2025-02-21	1930	Andi Oliver's Fabulous Feasts	Trelick	In her old neighbourhood of Notting Hill, Andi revisits her past with daughter Miquita, to make her most fabulous feast yet, celebrating the incredible work of the community.	UNITED KINGDOM	English-100		PG	
2025-02-21	2030	A Lake District Farmshop	Wabi Sabi	We meet Asian chef, Bing, whose restaurant, like so many others, has struggled to make a profit during the pandemic. Now he is focusing on a takeaway product and has developed a new ramen noodle dish for the service station. But will Tebay's Head Food Buyer Alex buy into his dish?	UNITED KINGDOM	English-100	RPT	G	
2025-02-21	2130	Hairy Bikers Go Local	Prashad, Bradford	The Bikers continue their adventure in Yorkshire, on the hunt for new, local ingredients for a high-end Indian vegetarian restaurant.	UNITED KINGDOM	English-100	RPT	PG	
2025-02-21	2235	The Cook Up With Adam Liaw	Chopsticks Or Fork	Adam and guests comedian Suren Jayemanne and Jennifer Wong are in the Cook Up kitchen to create dishes that require some skill when eating - dishes for chopsticks or forks.	AUSTRALIA	English-100	RPT	G	Y
2025-02-21	2305	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting winter menu.	AUSTRALIA	English-100	RPT	G	
2025-02-21	2335	Hugh's Three Good Things	Beef	It's the final day of meat week and some might argue we've saved the best till last: beef! Guest chef Lisa Allen of Northcote Manor is showing her Michelin starred skills by not even cooking her beef!	UNITED KINGDOM	English-100	RPT	G	
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2025-02-21	2625	Destination Flavour Japan Bitesize	Mie And Aichi	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
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2025-02-22	0830	Chuck And The First Peoples' Kitchen	Odanak - Sturgeon Fishing	Chuck meets Abenaki Luc in Odanak to fish and smoke sturgeon, the symbol of the community.	CANADA	English-100	RPT	PG	
2025-02-22	0900	Tareq Taylor's Nordic Cookery	Aland Part 2	After making an intial trip to this special archipelago in Season 1, Tareq goes back to Aland to explore more of this island territory.	SWEDEN	English-100	RPT		
2025-02-22	0930	Everyday Gourmet With Justine Schofield	Episode 35	Trish McKenzie is back and her Jaffa Mousse with Candied Orange will set your heart a flutter. On the savory side Justine is making Duck Wontons and Bouillabaisse.	AUSTRALIA	English-100	RPT	G	
2025-02-22	1000	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham. Rick looks back over some of the local heroes he has discovered during the series, and there is a special tribute to his dog Chalky.	UNITED KINGDOM		RPT	PG	a n w
2025-02-22	1030	Beyond River Cottage	Beyond River Cottage Series 1 Ep 2	It's been several weeks since Hugh took a lease on a collection of barns near his new farm in Dorset. He plans to turn them into a culinary headquarters - a place he can use as an outlet for his home.	UNITED KINGDOM	English-100	RPT	PG	
2025-02-22	1100	The Cook Up With Adam Liaw	Sizzle	The Cook Up kitchen is heating up! Adam, head chef of Stanley Restaurant Louis Tikaram and executive chef and owner of Arkhe, Jake Kellie, make foods that have a real sizzle.	AUSTRALIA	English-100	RPT	G	Y
2025-02-22	1130	Andi Oliver's Fabulous Feasts	Trelick	In her old neighbourhood of Notting Hill, Andi revisits her past with daughter Miquita, to make her most fabulous feast yet, celebrating the incredible work of the community.	UNITED KINGDOM	English-100	RPT	PG	
2025-02-22	1230	Food Unwrapped	Vanilla, Rice, Cheese	Matt meets with a team of researchers to examine why reheating rice can make people ill and discovers what makes the precooked rice stocked in supermarkets safe to eat.	UNITED KINGDOM	English-100	RPT	G	Y
2025-02-22	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 56	Today on My Market Kitchen Elena is cooking a Chicken Biryani by fan request. The Khanh takes us back to our childhood with his Fairy Bread Slice. Finishing up with a traditional Oyakodon recipe from Elena.	AUSTRALIA	English-100	RPT	G	
2025-02-22	1330	Italian Food Safari	Ep 6	Guy discovers a huge family vegetable and herb garden in Melbourne's suburbs which provides meals and even the wine to drink with it. Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco in his country estate. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood, while Loretta Sartori cooks a spectacular ricotta cake.	AUSTRALIA	English-100	RPT	G	Y
2025-02-22	1400	Mary Makes It Easy	Make And Take	Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.	CANADA	English-100	RPT	G	
2025-02-22	1430	Heston's Feasts	80s Feast	Heston returns to the 1980s, cooking up sake champagne in a giant mobile phone with edible sushi money, the ultimate toasted sandwich, a power lobster in the microwave, and a weightless floating dessert combining vienetta and tiramisu.	UNITED KINGDOM	English-100	RPT	G	Y
2025-02-22	1525	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
2025-02-22	1530	Heston's Feasts	Ultimate Feast	Top chef Heston Blumenthal sets out to reinvent famous past or imagined feasts for celebrity diners. Heston picks his favourite dishes from his first series of Feasts, including meat fruit from the middle ages, a mesmerising mock turtle soup from his trippy Victorian Feast, a cake from ancient Rome, and an edible monster from the times of Henry VIII called a cockentrice.	UNITED KINGDOM	English-100	RPT	PG	s Y

2025-02-22	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	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	
2025-02-22	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace. From a one-pot tuna pasta method even Silvia thought was too good to be true, to a no-knead method of baking sensational bread, and finally the easiest pasta dish Silvia has ever made.	AUSTRALIA	Enya-100	RPT	G		Y	Y
2025-02-22	1700	The Chocolate Queen	Ep 1	The Queen of chocolate returns for another season of dessert wonders! Kirsten kicks things off with her exceptional chocolate toffee eclairs, unveils the secret to crafting a flawless blondie cheesecake and wows us with a delicate white chocolate creation infused with a hint of tropical flavour.	AUSTRALIA	English-100	RPT	PG			
2025-02-22	1730	Silvia's Italian Masterclass	Mediterranean Feasts	Appertivo, dinner, refreshments and dessert are served. Silvia guides you through a full Mediterranean feast fit for a king.	AUSTRALIA	English-100		PG			
2025-02-22	1800	Palisa Anderson's Water Heart Food	On Origins	Palisa meets two well-known Sydney-based chefs to explore how cuisines from different countries can mingle and influence each other. Barbados-native Paul Carmichael uses two ingredients often used in Thai cuisine - coconut and pandan - to make a Cuban-inspired dessert, and Martin Boetz makes a Chinese-style Thai duck soup.	AUSTRALIA	English-100	RPT	G		Y	
2025-02-22	1830	Jimmy's Taste Of Florida	Central Florida	Jimmy is in Central Florida, where he fires up the grill at a historic BBQ restaurant. Next, he arrives at the Westgate River Ranch and helps manager Ray round up the cattle in true cowboy style.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-02-22	1930	Billy And Dom Eat The World	Manchester	TBC	UNITED KINGDOM	English-100		PG			
2025-02-22	2030	Gino And Fred's Emission Impossible	Austria	Gino D'Acampo and Fred Sirieix are in Austria to explore its eco credentials. They start their journey in the Zillertal Alps in Western Austria, surrounded by melting glaciers.	UNITED KINGDOM	English-100					Y
2025-02-22	2130	Anthony Bourdain: No Reservations	Philippines	Tony visits the Philippines, the 'Land of the Lechon'. He stops in Manila, which is a diverse combination of Spanish and Chinese cultures, which has created some delicious local dishes.	USA	English-100	RPT	PG			
2025-02-22	2225	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			
2025-02-22	2230	Big Zuu's 12 Dishes In 12 Hours	Marseille	Big Zuu is joined by talent show judge and former 'Strictly Come Dancing' professional dancer Oti Mabuse as they eat their way around France's oldest city in Marseille.	UNITED KINGDOM	English-100	RPT	PG			Y
2025-02-22	2300	Bizarre Foods: Delicious Destinations	Denver	Andrew explores the frontier fare of Denver, Colorado. From classic game meats to the signature green chili sauce of Den-Mex cuisine, Denver has become the region's cultural hub with an abundance of top shelf food.	USA	English-100	RPT	G			
2025-02-22	2330	Heston's Feasts	80s Feast	Heston returns to the 1980s, cooking up sake champagne in a giant mobile phone with edible sushi money, the ultimate toasted sandwich, a power lobster in the microwave, and a weightless floating dessert combining vienetta and tiramisu.	UNITED KINGDOM	English-100	RPT	G		Y	
2025-02-22	2425	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	

2025-02-22	2430	Heston's Feasts	Ultimate Feast	Top chef Heston Blumenthal sets out to reinvent famous past or imagined feasts for celebrity diners. Heston picks his favourite dishes from his first series of Feasts, including meat fruit from the middle ages, a mesmerising mock turtle soup from his trippy Victorian Feast, a cake from ancient Rome, and an edible monster from the times of Henry VIII called a cockatrice.	UNITED KINGDOM	English-100	RPT	PG	s	Y	
2025-02-22	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	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	
2025-02-22	2530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace. From a one-pot tuna pasta method even Silvia thought was too good to be true, to a no-knead method of baking sensational bread, and finally the easiest pasta dish Silvia has ever made.	AUSTRALIA	Enya-100	RPT	G		Y	Y
2025-02-22	2600	The Chocolate Queen	Ep 1	The Queen of chocolate returns for another season of dessert wonders! Kirsten kicks things off with her exceptional chocolate toffee eclairs, unveils the secret to crafting a flawless blondie cheesecake and wows us with a delicate white chocolate creation infused with a hint of tropical flavour.	AUSTRALIA	English-100	RPT	PG			
2025-02-22	2630	Silvia's Italian Masterclass	Mediterranean Feasts	Appertivo, dinner, refreshments and dessert are served. Silvia guides you through a full Mediterranean feast fit for a king.	AUSTRALIA	English-100	RPT	PG			
2025-02-22	2700	Palisa Anderson's Water Heart Food	On Origins	Palisa meets two well-known Sydney-based chefs to explore how cuisines from different countries can mingle and influence each other. Barbados-native Paul Carmichael uses two ingredients often used in Thai cuisine - coconut and pandan - to make a Cuban-inspired dessert, and Martin Boetz makes a Chinese-style Thai duck soup.	AUSTRALIA	English-100	RPT	G		Y	
2025-02-22	2730	Anthony Bourdain: No Reservations	Philippines	Tony visits the Philippines, the 'Land of the Lechon'. He stops in Manila, which is a diverse combination of Spanish and Chinese cultures, which has created some delicious local dishes.	USA	English-100	RPT	PG			
2025-02-22	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			
2025-02-22	2830	Big Zuu's 12 Dishes In 12 Hours	Marseille	Big Zuu is joined by talent show judge and former 'Strictly Come Dancing' professional dancer Oti Mabuse as they eat their way around France's oldest city in Marseille.	UNITED KINGDOM	English-100	RPT	PG			Y