



WEEK 15		Sunday, 6 April 2025	Saturday, 12 April 2025	ALL MARKETS							
Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2025-04-06	0500	Bizarre Foods: Delicious Destinations	Alsace	Andrew Zimmern discovers the French and German cuisine of Alsace, France and its rustic flavors made from farm-fresh local ingredients.	USA	English-100	RPT	G			
2025-04-06	0530	Remarkable Places To Eat	Puglia	TV and radio host, Dermot O'Leary takes Fred Sirieix to Puglia in Italy's deep South to his favourite restaurants showcasing simple but sublime cucina povera, or poor man's cooking.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2025-04-06	0625	Taste The Philippines With Yasmin Newman	Mushroom Egg Benedict With Adam Hall	Chef Adam Hall, founder of Kanin Project, plates up a classic Australian breakfast, eggs benedict, with a Filipino vegetarian twist.	AUSTRALIA	English-100	RPT	G			
2025-04-06	0630	Dermot's Taste Of Ireland	Belfast	In the last episode of the series, Dermot travels to Northern Ireland to explore the culinary scene in Belfast, a city blessed with a bounty of food and drink.	UNITED KINGDOM	English-100	RPT	G			
2025-04-06	0730	Rick Stein's Road To Mexico	Mexico City To Oaxaca	Heading south from the capital, Rick travels to Puebla, which conjures up images of Cortez and the Spanish conquest of Mexico. It is a city with impressive European architecture, and the home of mole, Mexico's most famous meat stew.	UNITED KINGDOM	English-100	RPT	PG	a l		Y
2025-04-06	0835	Food Markets: In The Belly Of The City	Torino - Porta Palazzo	At Europe's biggest open air market there is a world to discover! With its 1000 stalls, Torino's Porta Palazzo is a reverberating hub full of colours and people. Our journey takes us from the region's finest cherry trees that become the city's tastiest gelato to the region's most friendly geese and their eggs. We'll explore the winter's best artichokes, the region's most renowned homemade ricotta and meet a local chef who's made whipping up seasonal delights his speciality. If you start to lick the screen don't panic.	FRANCE	English-65; Italian-35	RPT	G		Y	Y
2025-04-06	0935	Food Markets: In The Belly Of The City	Vienna - Naschmarkt	Lying in the culinary heart of Vienna like an island, a little world of treats rises in the midst - the Naschmarkt food market. Here you can find a colourful crowd blended in with the fresh produce.	FRANCE	English-54; German-46	RPT	G		Y	Y
2025-04-06	1040	Loving Gluten Free	Episode 1	Loving Gluten Free is back for a brand-new season! Join Helen Tzouganatos as she takes you on a journey of gluten-free Mediterranean flavours.	AUSTRALIA	English-100	RPT				
2025-04-06	1110	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simply Seafood	Ina Garten is serving up a seafood spread, starting with fresh crab and pea risotto for a comforting one-pot wonder.	USA	English-100	RPT	G			
2025-04-06	1135	David Rocco's Dolce Napoli	Mozarella Love	The town of Casserta, just outside Naples, is home to some of the best Buffalo Mozzarella in the world. David takes a tour of the dairy with Rosanna, whose passion for the soft, creamy cheese borders on the obsessive.	CANADA	English-100	RPT	PG	a w		Y

2025-04-06	1200	Memory Bites With Matt Moran	Richard Roxburgh	Actor Richard Roxburgh revisits his mother's creative influence on his acting career as chef Matt Moran recreates her iconic Beggar's Chicken, a unique school sandwich, and beloved Lemon Delicious Dessert.	AUSTRALIA	English-100	RPT	PG		Y
2025-04-06	1230	Dermot's Taste Of Ireland	Belfast	In the last episode of the series, Dermot travels to Northern Ireland to explore the culinary scene in Belfast, a city blessed with a bounty of food and drink.	UNITED KINGDOM	English-100	RPT	G		
2025-04-06	1330	Silvia's Italian Masterclass	Crowd Pleasers	In this episode, Silvia takes you through her cult favourite recipes, perfect for any occasion; whether you're cooking up a feast or just looking to create an impressive appetizer.	AUSTRALIA	English-100	RPT	G		
2025-04-06	1400	The Cook Up With Adam Liaw	Garden Harvest	Adam is joined by chef Alastair McLeod and urban gardener Connie Cao for a big ole garden harvest.	AUSTRALIA	English-100	RPT	G		Y
2025-04-06	1430	The Cook Up With Adam Liaw	Greece Is The Word	Trailblazing entertainer Jean Kittson and celebrated food writer Ella Mitas have heard that Greece is the word, and they're here to make a Greek feast with Adam.	AUSTRALIA	English-100	RPT	G		Y
2025-04-06	1500	The Cook Up With Adam Liaw	Mie, Myself, And I	Noodles for one, anyone? Adam and his guests, Lilly Wright from Flying Chillies in Ballarat and comedian Sasha Perera share their solo noodle go-tos.	AUSTRALIA	English-100	RPT	G		Y
2025-04-06	1530	The Cook Up With Adam Liaw	Fast, Fab & Fruity	It's a guaranteed flavour sensation as drag legend Art Simone, chef Jerry Mai and Adam cook food that's fast, fab and fruity.	AUSTRALIA	English-100	RPT	PG		Y
2025-04-06	1600	The Cook Up With Adam Liaw	Provincial French Picnic, The	It's Easy Entertaining, and designer Jamie Durie and chef Annie Smithers join Adam for The Provincial French Picnic.	AUSTRALIA	English-100	RPT	G		Y
2025-04-06	1630	Loving Gluten Free	Episode 2	Experience the delicious world of gluten-free cooking with Loving Gluten Free! In this episode, Helen prepares flavourful homemade dumplings and creamy coconut rice pudding.	AUSTRALIA	English-100				
2025-04-06	1700	Barefoot Contessa: Back To Basics	Modern Comfort Food: All Italian	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100	RPT	G		
2025-04-06	1730	Jamie's Chef	Ep 3	This episode follows Aaron Craze, his partner Nicci and their family as they attempt to move into the Essex pub restaurant. Their troubles begin when the Foundation has problems in organising the transfer for the pub, and Aaron and his family end up residing in a Bed and Breakfast in Essex. Further stumbling blocks emerge when the renovations for the restaurant fall behind schedule and the opening has to be postponed for a few days.	UNITED KINGDOM	English-100	RPT	PG	a l	
2025-04-06	1830	James Martin's French Adventure	Canal Du Midi	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100	RPT	G		Y
2025-04-06	1930	Food Trail South Africa	Paternoster By The Sea	Warren is heading out of Cape Town into the more quiet coastal area of the Western Cape, and the picturesque town of Paternoster.	AUSTRALIA	English-100		PG		Y
2025-04-06	2000	My Greatest Dishes	Giorgio Locatelli	Giorgio Locatelli is celebrated for elevating Italian cookery and his four dishes reflects his progression; blackberry yoghurt dessert, parpadelle with bean puree, scallops, and veal sweetbreads.	UNITED KINGDOM	English-100	RPT	G		

2025-04-06	2030	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales, including cawl, Welsh Black beef, Conway mussels, and salt marsh lamb.	UNITED KINGDOM	English-100	RPT	G		
2025-04-06	2100	Rick Stein's Food Heroes	North East England And Scotland	In Tyne, Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for eight generations, earning them a royal seal of approval.	UNITED KINGDOM	English-100	RPT	G		
2025-04-06	2130	Anthony Bourdain: Parts Unknown	Chicago	Chicago is revealed through the memories and stories of the people who live there - primarily a select few, drawn from the regulars at The Old Town Ale House, one of Chicago's most iconic bars. Why the Old Town Ale House? Because every night, all walks of life, rich and poor, black and white, young and old, pass through its doors for a cold beer and intelligent conversation, or maybe just the beer.	USA	English-100	RPT	PG	a n	
2025-04-06	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2025-04-06	2230	David Rocco's Dolce Napoli	By The Seaside	David spends time with the Mattiucci Brothers who are known in Naples for their independent fishing operation. They troll the gulf of Naples for the freshest catch.	CANADA	English-100	RPT	PG	a w	
2025-04-06	2300	Bizarre Foods: Delicious Destinations	Montevideo	Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.	USA	English-100	RPT	G		
2025-04-06	2330	The Zimmern List	Cleveland	Andrew visits Cleveland for a taste of the city's culinary comeback. He gets nostalgic at the West Side Market, discovers new classics in a 100-year-old food hall and swings by a neighborhood butcher.	USA	English-100	RPT	G		Y
2025-04-06	2400	Barefoot Contessa: Back To Basics	Modern Comfort Food: All Italian	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100	RPT	G		
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2025-04-06	2625	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	RPT	G		
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2025-04-07	1230	Hugh's Three Good Things	Sweet Apple	It's the final day of Fruit week competition and it's all to play for as the three chefs return to Monday's key ingredient: apples.	UNITED KINGDOM	English-100	RPT	G	
2025-04-07	1300	Food Unwrapped	Pineapple, Bubbly Chocolate And Mussels	Kate travels to Ghana and discovers that pineapples contain an enzyme that destroys the dead skin cells in your mouth. Jimmy uncovers how they put the bubbles in some of our chocolate bars.	UNITED KINGDOM	English-100	RPT	PG	Y
2025-04-07	1330	My Market Kitchen	Episode 7	Ben puts a spin on a seasonal favourite with his Easter bread scrolls, saves some old kale by turning it into a bowl of kale gnocchi, and shares a homemade mocktail.	AUSTRALIA	English-100	RPT	G	
2025-04-07	1400	Food Safari Water	From The Water	Maeve O'Meara journeys into the Top End of Australia to seek out wild barramundi with local fisherman Billy Boustead and his chef friend, legendary Darwin and Alice Springs restaurateur Jimmy Shu (Hanuman), who moved from Melbourne when he tasted magnificent 'barra' over 25 years ago.	AUSTRALIA	English-100	RPT	PG	Y
2025-04-07	1430	Mary Makes It Easy	Soup's On!	Mary. Loves. Soup. Join the soup obsession with recipes that vary from cozy to chill, smooth or chunky, plus an ample dose of cheese, duh.	CANADA	English-100	RPT	G	
2025-04-07	1500	Pati's Mexican Table	Guayabera World	In Tekit, or The Capital of the Guayabera, Pati encounters a tale of sons going against their father's wishes to follow their own path. Pati meets Eliodoro Xicum, a farmer's son who went against his father to build a family business making the iconic Guayabera shirts. Then she meets his son, Elio, who chose to become a chef and created a dish that resembles a Guayabera in honor of his father.	USA	English-100	RPT	PG	Y
2025-04-07	1530	Homegrown Tastes South Africa	Cheese And Wine	The winelands of the Cape play host to Lorna and her guest, singer and comedian Tracy-Lee Oliver. Lorna learns about how to make unique buffalo mozzarella cheese and wine.	UNITED KINGDOM	English-100	RPT	G	Y
2025-04-07	1630	On Country Kitchen	Kim Chi, Maple Smoked Bacon & Honey	Derek starts out with a fun way to harvest cabbages, he then helps prepare smoked meats, and helps a beekeeper put a queen bee into a new hive!	AUSTRALIA	English-100	RPT	G	
2025-04-07	1700	Tareq Taylor's Nordic Cookery	Stockholm: Big City For Foodies	When Tareq arrives in Stockholm he encounters innovation and world class gastronomy. He makes pizza at the Rosendal garden cafe and goes on an adventure in the archipelago.	SWEDEN	English-100			
2025-04-07	1730	Everyday Gourmet With Justine Schofield	Episode 66	Kathy Tsaples visits the kitchen to cook Gigantes, and Justine puts together a Chicken, Seed and Coriander Salad before we visit New Caledonia for Francophile Prawn Baguette.	AUSTRALIA	English-100		G	
2025-04-07	1800	Nigella Kitchen	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. Like South Indian Vegetable Curry - made from the wilting contents of a Monday morning fridge raid, decadent Chocolate Chip Bread pudding AKA stale bread reincarnated Nigella style. Beer Braised Pork Knuckles with Caraway, Garlic, Apples and Potatoes - totally divine and cheap to boot.	UNITED KINGDOM		RPT	G	
2025-04-07	1830	Jamie At Home	Potatoes	Everyone loves potatoes. Jamie enthuses about these underground jewels and makes the perfect potato salad using freshly dug wonderful new potatoes at their best.	UNITED KINGDOM	English-100	RPT	PG	

2025-04-07	1900	The Cook Up With Adam Liaw	Reel In A Crowd	It's a night of sensational seafood as Adam and his world-class guests, swimmer Ariarne Titmus and chef Alejandro Saravia, share how they reel in a crowd.	AUSTRALIA	English-100		G		Y
2025-04-07	1930	Memory Bites With Matt Moran	Courtney Act	Chef Matt Moran delves into the food memories of multifaceted entertainer Courtney Act, revealing how retro family dishes and deep resilience have illuminated their path to stardom.	AUSTRALIA	English-100		PG		Y
2025-04-07	2000	Adam and Poh's Great Australian Bites	Darwin-Kakadu	If Australia were a cake - what would be the recipe? To start with - the recipe is ancient, handed down over 60,000 years by the oldest, continuous living culture on the planet. Its ingredients consist of over 200 nationalities melding together in a desirable, aspirational flavour. But curiously for much of the past 150 years, from the outside the cake has presented itself with a white, vanilla icing.	AUSTRALIA	English-100	RPT	PG	a	Y
2025-04-07	2030	Jamie Cooks Italy	Pugila	This week Jamie heads to glorious Puglia to seek out family recipes that make this spectacular region the hottest food destination in Italy. Jamie meets Puglia's real pasta grannies inspiring Jamie's awesome and authentic homemade pasta with warm broccoli and tangy cheese pesto.	UNITED KINGDOM	English-100		PG	a w	Y
2025-04-07	2130	Come Dine With Me: The Professionals	Sheffield A	Today's episode comes from in and around Sheffield where first to throw their hat in the ring are husband and wife duo, Pansy and Jeremy of Plesters.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-07	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		
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2025-04-07	2300	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars of his childhood brush with rhubarb.	AUSTRALIA	English-100	RPT	G		
2025-04-07	2330	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing for the 'best fish in the world' - turbot.	UNITED KINGDOM	English-100	RPT	PG	a w	
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2025-04-08	0930	Everyday Gourmet With Justine Schofield	Episode 66	Kathy Tsaples visits the kitchen to cook Gigantes, and Justine puts together a Chicken, Seed and Coriander Salad before we visit New Caledonia for Francophile Prawn Baguette.	AUSTRALIA	English-100	RPT	G		
2025-04-08	1000	Nigella Kitchen	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. Like South Indian Vegetable Curry - made from the wilting contents of a Monday morning fridge raid, decadent Chocolate Chip Bread pudding AKA stale bread reincarnated Nigella style. Beer Braised Pork Knuckles with Caraway, Garlic, Apples and Potatoes - totally divine and cheap to boot.	UNITED KINGDOM		RPT	G		
2025-04-08	1030	Jamie At Home	Potatoes	Everyone loves potatoes. Jamie enthuses about these underground jewels and makes the perfect potato salad using freshly dug wonderful new potatoes at their best.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-08	1100	The Cook Up With Adam Liaw	Reel In A Crowd	It's a night of sensational seafood as Adam and his world-class guests, swimmer Ariarne Titmus and chef Alejandro Saravia, share how they reel in a crowd.	AUSTRALIA	English-100	RPT	G		Y
2025-04-08	1130	Memory Bites With Matt Moran	Courtney Act	Chef Matt Moran delves into the food memories of multifaceted entertainer Courtney Act, revealing how retro family dishes and deep resilience have illuminated their path to stardom.	AUSTRALIA	English-100	RPT	PG		Y
2025-04-08	1200	Adam and Poh's Great Australian Bites	Darwin-Kakadu	If Australia were a cake - what would be the recipe? To start with - the recipe is ancient, handed down over 60,000 years by the oldest, continuous living culture on the planet. Its ingredients consist of over 200 nationalities melding together in a desirable, aspirational flavour. But curiously for much of the past 150 years, from the outside the cake has presented itself with a white, vanilla icing.	AUSTRALIA	English-100	RPT	PG	a	Y
2025-04-08	1230	Hugh's Three Good Things	Black Bream	Hugh wants to introduce you to a brilliant way of cooking. The secret to so many great dishes, argues Hugh, is having three key ingredients working well together.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-08	1300	Food Unwrapped	Prunes, Cherry Tomatoes And Sea Water Veg	Jimmy wants to know if prunes can help the Food CIA team stay regular. Matt travels to The Netherlands to meet a Dutch pioneer who may have unlocked the secret to growing vegetables using seawater.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-08	1330	My Market Kitchen	Episode 8	Belinda joins Ben to pair some Australian wines with his crispy skin salmon salad. Ben then makes a beef biryani and plum tart your new go-to favourites.	AUSTRALIA	English-100	RPT	G		
2025-04-08	1400	Food Safari Water	Sea Treasures	Some of the more unusual treasures of the water include the adored gastropod mollusc abalone which fetches up to \$1300 a kilo and is a status present in the Chinese world. Diver James Palanowski works in 8-degree water off Tasmania's east coast to harvest abalone, which is then used by acclaimed Chinese chef Frank Shek (China Doll) who teaches a home sous-vide (water bath) method to achieve a tender delicious spiced seafood which he incorporates into a spectacular omelette.	AUSTRALIA	English-100	RPT	G		Y
2025-04-08	1430	Mary Makes It Easy	When You Fish Upon A Star	Mary helps you master the catch of the day with recipes focused around fish, including zesty tuna tartare and curried salmon en papillote.	CANADA	English-100	RPT	G		
2025-04-08	1500	Pati's Mexican Table	Flavours Of Merida	Pati explores the vibrant streets of Yucatan's capital, Merida, in search of its flavours. She tries the best tacos in Merida at Wayane. The aroma of freshly made cookies lures her to Donde Fabric, where their globitos and bizcochitos are an important part of Mérida's mornings.	USA	English-100	RPT	PG		Y
2025-04-08	1530	Homegrown Tastes South Africa	Kzn	Lorna is in KwaZulu natal to meet up with singer-songwriter Khaya Mthethwa to explore Durban's food scene.	UNITED KINGDOM	English-100	RPT	G		Y

2025-04-08	1630	On Country Kitchen	Avocado, Finger Lime Butter & Olive Oil	Aboriginal school kids sing to a proud Derek in their shared Noongar language before he heads out to pick avocados, learns about native finger limes and gets Mark some more of his favourite olive oil.	AUSTRALIA	English-100	RPT	G	
2025-04-08	1700	Tareq Taylor's Nordic Cookery	Skane: A Multi-Cultural Food Mix	In this episode, Tareq Taylor explores his own backyard of Skane and hometown of Malmo. Here you can find food and culture from all over the world which makes it a unique culinary destination.	SWEDEN	English-100			
2025-04-08	1730	Everyday Gourmet With Justine Schofield	Episode 67	Justine bakes John Dory with Fennel and Tomato and the infamous French dessert, Paris Brest. Rosie Mansfield makes Chia Falafel.	AUSTRALIA	English-100		G	
2025-04-08	1800	Nigella Kitchen	Suppertime And The Cooking Is Easy	If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes is the work of moments, with the leftovers turned into dreamy breakfast quesadillas. There's Nigella's no-fuss fruit tart and for evenings when you need speed, ease, and restoration, there is lemony salmon with cherry tomato couscous. For those moments when cooking is beyond you, a chip kebab is the answer.	UNITED KINGDOM		RPT	PG	s
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2025-04-08	1900	The Cook Up With Adam Liaw	Bakes & Cakes	The ovens in The Cook Up kitchen are working overtime as Adam and his guests, the Australian Chamber Orchestra's Richard Tognetti and pastry chef Christopher The make bakes and cakes.	AUSTRALIA	English-100		G	Y
2025-04-08	1930	Cooking With Curtis	Laura	Newborn photographer Laura met her husband, Jason, while working at a restaurant — she was a server, he was a sommelier. Together they are raising their five-year-old daughter, Olivia, who has an extremely rare condition that affects only 2.4 in 10 million people.	USA	English-100	RPT	G	
2025-04-08	2000	Donal's Real Time Recipes	Take 5! (Or 6)	Donal takes us through four recipes using minimal ingredients for those days you really don't want to haul home a big shopping list!	IRELAND	English-100		PG	
2025-04-08	2030	Mary Berry's Easter Feasts	Ep 1	Traditions followed by British families during Lent and Good Friday.	UNITED KINGDOM	English-100	RPT	G	
2025-04-08	2140	Come Dine With Me: The Professionals	Swansea B	Today's Come Dine With Me Professionals heads to Swansea and first up are childhood mates Ash and Suj from Adelines who are pitting their modern Indian cooking against their fellow pros.	UNITED KINGDOM	English-100	RPT	G	
2025-04-08	2230	The Cook Up With Adam Liaw	Bakes & Cakes	The ovens in The Cook Up kitchen are working overtime as Adam and his guests, the Australian Chamber Orchestra's Richard Tognetti and pastry chef Christopher The make bakes and cakes.	AUSTRALIA	English-100	RPT	G	Y
2025-04-08	2300	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100	RPT	PG	
2025-04-08	2330	Rick Stein's Seafood Odyssey	Spain And Britain	On a chilly winter afternoon Rick welcomes the warmth of the nearby pub where the locals are sharing the local speciality - Stargazy Pie - cooked once a year to celebrate the saving of the village from starvation.	UNITED KINGDOM	English-100	RPT	PG	a w

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2025-04-09	1330	My Market Kitchen	Episode 9	Join Ben as he makes a showstopping lamb wellington, and then uses the leftovers to whip up an elegant bowl of mushroom, olive and ricotta fusilli.	AUSTRALIA	English-100	RPT	G		
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2025-04-09	1430	Mary Makes It Easy	Steakhouse Sides	Mary prepares indulgent side dishes that stand out next to a steak, like shrimp scampi stuffed potato, or stuffed mushrooms two ways.	CANADA	English-100	RPT	G		
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2025-04-09	1800	Nigella Kitchen	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification. Salty and sweet may not sound like a match made in heaven, but Nigella's Sweet And Salty Crunch Nut Bars are totally irresistible. Plus, take a leap of faith with her inky Black Squink Risotto, as dramatically spectacular with its black rice and sauteed squid topping as it is simple to make. There's also an unusual slow-cooked melt in the mouth Asian Braised Shin of Beef topped with a crisp hot and sour shredded salad.	UNITED KINGDOM		RPT	G		
2025-04-09	1830	Jamie At Home	Pizza	Jamie searches for edible wild mushrooms in a local forest with his mentor, Gennaro Contaldo. Then he uses them to make bruschetta, risotto and venison Stroganoff.	UNITED KINGDOM	English-100	RPT	G		
2025-04-09	1900	The Cook Up With Adam Liaw	Garlic Crush	A big revelation leads to three delicious recipes, as Adam and his guests, chef Matt Golinski and journalist Janice Petersen reveal they all have a crush on garlic.	AUSTRALIA	English-100		G		Y
2025-04-09	1930	Nadiya's Cook Once, Eat Twice	Impress For Less	In this episode, Nadiya Hussain teaches us her tricks for easy entertaining without breaking the bank, with her impressive but wallet friendly recipes to impress guests.	UNITED KINGDOM	English-100		G		
2025-04-09	2000	Rachael Ray's Meals In Minutes	Charred Mediterranean Chicken Salad With Olives And Tahini Yogurt Sauce	Rachael teaches us how to make an Israeli inspired Tahini-based yogurt sauce with harissa that she's serving over charred chicken and family-style pita.	USA	English-100		PG		
2025-04-09	2030	Cooking Italy	Tuscany Part 2	Francesco, the owner of Poggio Foco, sends Chefs Rob and Craig to his favorite local cheese production house famous for ricotta and pecorino.	CANADA	English-100		PG		

2025-04-09	2100	Ready Jet Cook	Shrimp	Jet Tila mixes up two classic stir-fries where shrimp is the star of the dish. He starts things off with a flavour-packed Kung Pao Shrimp before revealing the two superheroes of stir-frying while making Salt and Pepper Shrimp with veggie-loaded fried rice.	USA	English-100		G	
2025-04-09	2130	Come Dine With Me: The Professionals	Wolverhampton / Birmingham B	Today we're in and around Birmingham and Wolverhampton and first up is Adians Dining where chef Adian and fiancé and front of house manager Eloise are showcasing their Caribbean-Asian fusion menu.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-09	2225	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	RPT	G	
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2025-04-09	2330	Rick Stein's Seafood Odyssey	Goa And America	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100	RPT	PG	a w
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2025-04-10	1000	Nigella Kitchen	Don't Knock It Till You've Tried It	No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification. Salty and sweet may not sound like a match made in heaven, but Nigella's Sweet And Salty Crunch Nut Bars are totally irresistible. Plus, take a leap of faith with her inky Black Squink Risotto, as dramatically spectacular with its black rice and sauteed squid topping as it is simple to make. There's also an unusual slow-cooked melt in the mouth Asian Braised Shin of Beef topped with a crisp hot and sour shredded salad.	UNITED KINGDOM		RPT	G		
2025-04-10	1030	Jamie At Home	Pizza	Jamie searches for edible wild mushrooms in a local forest with his mentor, Gennaro Contaldo. Then he uses them to make bruschetta, risotto and venison Stroganoff.	UNITED KINGDOM	English-100	RPT	G		

2025-04-10	1100	The Cook Up With Adam Liaw	Garlic Crush	A big revelation leads to three delicious recipes, as Adam and his guests, chef Matt Golinski and journalist Janice Petersen reveal they all have a crush on garlic.	AUSTRALIA	English-100	RPT	G		Y
2025-04-10	1130	Nadiya's Cook Once, Eat Twice	Impress For Less	In this episode, Nadiya Hussain teaches us her tricks for easy entertaining without breaking the bank, with her impressive but wallet friendly recipes to impress guests.	UNITED KINGDOM	English-100	RPT	G		
2025-04-10	1200	Rachael Ray's Meals In Minutes	Charred Mediterranean Chicken Salad With Olives And Tahini Yogurt Sauce	Rachael teaches us how to make an Israeli inspired Tahini-based yogurt sauce with harissa that she's serving over charred chicken and family-style pita.	USA	English-100	RPT	PG		
2025-04-10	1230	Hugh's Three Good Things	Crab	It's competition time at River Cottage and the culinary battle is hotting up as our three chefs take on the crab challenge.	UNITED KINGDOM	English-100	RPT	PG	I	
2025-04-10	1300	Food Unwrapped	Rocksalt, Free Range Eggs And Haggis	Jimmy heads to Sicily, where he's surprised to find his final destination isn't the sea, but the high mountains of the interior. Kate's looking at free range hens, and is surprised to learn most chicks on British hen farms have their beaks trimmed at birth. And Matt's in Scotland, investigating Haggis. He makes a surprising discovery about the dish's true origins.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-04-10	1330	My Market Kitchen	Episode 10	Ben starts off with the holiday favourite, hot cross buns, then creates a flavoursome and vibrant pork belly salad, and salmon fishcakes.	AUSTRALIA	English-100	RPT	G		
2025-04-10	1400	Food Safari Water	Raw	The pure clean taste of the ocean is celebrated in this episode. Maeve explores the natural briny flavour of the three main types of oysters with Clyde River 'oyster affineur' Steve Feletti (Moonlight Flat Oysters) and Lee and Suzanne Macefield (Get Shucked) on Bruny Island, exploring Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG		Y
2025-04-10	1430	Mary Makes It Easy	Sneak Attack	Give yourself a nutritional sneak attack with Mary's recipes that cram in the good stuff without skimping on flavour.	CANADA	English-100	RPT	G		Y
2025-04-10	1500	Pati's Mexican Table	Ode To The Egg	Pati arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motulenos. Pati meets Dona Evelia, who put Motul back on the map with her world-famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchen, where chef Julio Dominguez makes Abuela's Buttoned Eggs.	USA	English-100	RPT	G		Y
2025-04-10	1530	Jamie & Jimmy's Food Fight Club	Jodie Whittaker	Doctor Who's Jodie Whittaker joins the boys in cooking up the perfect roast pork, Thai beef massaman curry and brown crabs as well as a DIY barbeque.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-10	1630	On Country Kitchen	On Country Kitchen	On the coast at Jervis Bay, Derek helps Joel and Adrian to dive for lobsters off the rocks while Mark tends to the fire. In Ulladulla, the boys get a taste for the cheesemaking life with Rosie and Angel, and relax on the picturesque deck with a wine and cheese in hand, soaking up the mid-afternoon sun. Inland at Milton, the boys are put to the task of eating as little produce as possible when chocolate making with Jo and Dan. Mark and Derek indulge in a heart-to-heart kayaking down the Kangaroo Valley River.	AUSTRALIA	English-100	RPT	PG	a w	Y
2025-04-10	1700	Tareq Taylor's Nordic Cookery	Lolland And Falster In Denmark: The Pantry Of Denmark	When Michelin star chefs move from Copenhagen to the countryside, they often end up in Lolland/Falster.	SWEDEN	English-100				
2025-04-10	1730	Everyday Gourmet With Justine Schofield	Episode 69	Neha Sen treats us to Spiced Sundae with Cinnamon Crunch. Justine whips together Chargrilled Capsicums with Whipped Ricotta and a Seafood Chowder.	AUSTRALIA	English-100		PG		

2025-04-10	1800	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	
2025-04-10	1830	Jamie At Home	Strawberries	Jamie makes some great game recipes starting with his very own Essex Fried Rabbit. His local gamekeeper brings Jamie some venison and they have a chat about the free range nature of deer.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-10	1900	The Cook Up With Adam Liaw	Canape & Cocktail Party, The	Ditch the awkward small talk but savour the best canapes and cocktails, as The Cook Up throws a fancy night of Easy Entertaining with Chefs Rosheen Kaul and Aleksis Kalnins.	AUSTRALIA	English-100	RPT	G	Y
2025-04-10	1930	Jason Atherton's Dubai Dishes	Sustainable Dubai	Jason goes green cooking up dishes using leftovers that are not only sumptuous, but also sustainable.	UNITED KINGDOM	English-100		PG	
2025-04-10	2030	Jamie's Great Italian Escape	Marettimo	Jamie Oliver arrives on the tiny Sicilian island of Marettimo, which only has one fruit and veg stall. Here he meets fisherman Giovanni - the owner of one of Sicily's best restaurants. The larger-than-life character puts Jamie to the test working as his assistant, before leaving him in charge of the eatery.	UNITED KINGDOM	English-100	RPT	PG	Y
2025-04-10	2100	Sachie's Kitchen	Auckland	Henry Onesemo, head chef at Tala restaurant, grew up in Samoa. His passion for food started when he was young. The Samoan word tala means story or tale. For Henry, Tala is where he tells his tales of Samoa through familiar ingredients presented with a fresh twist.	NEW ZEALAND	English-100	RPT	G	
2025-04-10	2130	Come Dine With Me: The Professionals	Brighton B	Today we're in Brighton and Hove where Indian vegetarian restaurant Planet India kickstart the competition with chef Neez and front of house Ahmad cooking up some cosy vegan curries from special recipes.	UNITED KINGDOM	English-100	RPT	PG	I
2025-04-10	2225	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	RPT	G	
2025-04-10	2230	The Cook Up With Adam Liaw	Canape & Cocktail Party, The	Ditch the awkward small talk but savour the best canapes and cocktails, as The Cook Up throws a fancy night of Easy Entertaining with Chefs Rosheen Kaul and Aleksis Kalnins.	AUSTRALIA	English-100	RPT	G	Y
2025-04-10	2300	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline. It features beautiful beaches, is teeming with wildlife, and, as we discover, has become a source of delicious and innovative food produce. Simon visits a sheep dairy to source a favourite cheese and then roams the coast in search of Samphire, a native herb. Maggie introduces us to an Island farmer who farms Marron, a freshwater crayfish, and together Maggie and Simon show us how quality produce demands minimum fuss.	AUSTRALIA	English-100	RPT	PG	a
2025-04-10	2330	Rick Stein's Seafood Odyssey	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing. She also shows Rick a thing or two about seafood cooking Australian-style.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-04-10	2400	Hugh's Three Good Things	Crab	It's competition time at River Cottage and the culinary battle is hotting up as our three chefs take on the crab challenge.	UNITED KINGDOM	English-100	RPT	PG	I

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2025-04-11	0700	Pati's Mexican Table	Ode To The Egg	Pati arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motulenos. Pati meets Dona Evelia, who put Motul back on the map with her world-famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchen, where chef Julio Dominguez makes Abuela's Buttoned Eggs.	USA	English-100	RPT	G		Y
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2025-04-11	0825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	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
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2025-04-11	1130	Jason Atherton's Dubai Dishes	Sustainable Dubai	Jason goes green cooking up dishes using leftovers that are not only sumptuous, but also sustainable.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-11	1230	Hugh's Three Good Things	Mackerel	It's day four of this week's cooking competition and the stakes are high, with everyone cooking Hugh's favourite fish: mackerel.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-11	1300	Food Unwrapped	Tofu, Portion Distortion, Milk	Kate heads to Japan on the trail of tofu, wondering how they turn green soy beans into something so white and creamy. Jimmy is investigating reports that supermarket ready meals have nearly doubled in size since the 1950s. He tracks down the ready meals of his childhood from one of the UK's quirkiest, most remarkable museums. And Matt's in Wales, looking into a new kind of milk, which claims to be easier to digest.	UNITED KINGDOM	English-100	RPT	PG		Y

2025-04-11	1330	My Market Kitchen	Episode 11	Pastry Chef Kay-Lene Tan joins Ben to put a twist on cranberry scones. Then they create a Mapo Tofu dish, Turkish delight and a spice-filled Moroccan snapper tagine.	AUSTRALIA	English-100	RPT	G		
2025-04-11	1400	Food Safari Water	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level. Chef Frank Camorra (Movida) showcases a number of seafood tapas dishes and shares his recipe for luscious salty bunnuelos de bacalao (salt cod croquettes).	AUSTRALIA	English-100	RPT	G		Y
2025-04-11	1430	Mary Makes It Easy	Doughn't Go Bakin' My Heart	Mary's straightforward bread recipes are all you knead: biscuits, buns, thick focaccia pizza, and a classic loaf.	CANADA	English-100	RPT	G		
2025-04-11	1500	Pati's Mexican Table	Yucatan Meats	Temozoon is the birthplace of Yucatan's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pati strolls around town to try different versions of Carne Ahumada. She also returns to Hacienda Tamchen for another traditional dish prepared by chef Julio Dominguez called Huidzi Bii Wai, which means united tortilla.	USA	English-100	RPT	G		Y
2025-04-11	1530	Jamie & Jimmy's Food Fight Club	Martin Freeman	Jamie and Jimmy welcome British actor turned Hollywood star Martin Freeman to the pier as he joins them in the cafe for 'an unexpected journey' in the cooking lesson of a lifetime.	UNITED KINGDOM	English-100	RPT	G		
2025-04-11	1630	On Country Kitchen	On Country Kitchen	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	RPT	PG	a w	Y
2025-04-11	1700	Tareq Taylor's Nordic Cookery	Best Of Nordic Cookery Part 1	Tareq Taylor looks back on some of the food adventures he has been part of in the series. Tareq promises delicacies from all over the Nordics and meetings with fantastic people	SWEDEN	English-100				
2025-04-11	1730	Everyday Gourmet With Justine Schofield	Episode 70	We visit New Caledonia for Octopus and Yam Stew, Justine makes a Mixed Fruit and Mustard Meatloaf. Trish McKenzie creates the most incredible Chocolate Baskets.	AUSTRALIA	English-100		PG		
2025-04-11	1800	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		
2025-04-11	1830	Jamie At Home	Peas And Broadbeans	Jamie's garden has a bumper crop of fascinating varieties of pumpkin and squash.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-11	1900	The Cook Up With Adam Liaw	Too Hot To Cook	What do you make when it's too hot to cook? Adam's very cool guests, actor Bert LaBonte and chef Rodney Dunn, join him to make food that's fast and refreshing.	AUSTRALIA	English-100	RPT	G		Y
2025-04-11	1930	Nadiya's American Adventure	California	Nadiya Hussain has always been fascinated by America, home to more immigrants than anywhere else, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50				Y

2025-04-11	2030	A Lake District Farmshop	Ep 4	Join the preparations for the service station's big birthday, celebrating a monumental 50 years of operation.	UNITED KINGDOM	English-100	RPT	G	
2025-04-11	2130	Come Dine With Me: The Professionals	Belfast A	The Professionals travel to Northern Ireland and kicking off the competition are head Chef Ian and Front of House Eva of Mourne Seafood Bar in Belfast.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-11	2225	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	RPT	G	
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2025-04-11	2300	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved and be part of the whole experience. Maggie is treating her friends to a roast. For Maggie the best time of year for a good roast is spring when the lamb is at its peak and is served with baked vegetables, caramelised to almost burning, just like her Mother used to do.	AUSTRALIA	English-100	RPT	PG	
2025-04-11	2330	Rick Stein's Seafood Odyssey	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland, in America. The area is famous for striped bass and Rick makes a mouth-watering visit to an oyster shack.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-04-11	2400	Hugh's Three Good Things	Mackerel	It's day four of this week's cooking competition and the stakes are high, with everyone cooking Hugh's favourite fish: mackerel.	UNITED KINGDOM	English-100	RPT	PG	a w
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2025-04-12	0700	Pati's Mexican Table	Yucatan Meats	Temozoon is the birthplace of Yucatan's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pati strolls around town to try different versions of Carne Ahumada. She also returns to Hacienda Tamchen for another traditional dish prepared by chef Julio Dominguez called Huidzi Bii Wai, which means united tortilla.	USA	English-100	RPT	G	Y
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2025-04-12	0825	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
2025-04-12	0830	On Country Kitchen	On Country Kitchen	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	RPT	PG	a w Y
2025-04-12	0900	Tareq Taylor's Nordic Cookery	Best Of Nordic Cookery Part 1	Tareq Taylor looks back on some of the food adventures he has been part of in the series. Tareq promises delicacies from all over the Nordics and meetings with fantastic people	SWEDEN	English-100	RPT		
2025-04-12	0930	Everyday Gourmet With Justine Schofield	Episode 70	We visit New Caledonia for Octopus and Yam Stew, Justine makes a Mixed Fruit and Mustard Meatloaf. Trish McKenzie creates the most incredible Chocolate Baskets.	AUSTRALIA	English-100	RPT	PG	

2025-04-12	1000	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			
2025-04-12	1030	Jamie At Home	Peas And Broadbeans	Jamie's garden has a bumper crop of fascinating varieties of pumpkin and squash.	UNITED KINGDOM	English-100	RPT	PG			
2025-04-12	1100	The Cook Up With Adam Liaw	Too Hot To Cook	What do you make when it's too hot to cook? Adam's very cool guests, actor Bert LaBonte and chef Rodney Dunn, join him to make food that's fast and refreshing.	AUSTRALIA	English-100	RPT	G		Y	
2025-04-12	1130	Nadiya's American Adventure	California	Nadiya Hussain has always been fascinated by America, home to more immigrants than anywhere else, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	RPT			Y	
2025-04-12	1230	A Lake District Farmshop	Ep 4	Join the preparations for the service station's big birthday, celebrating a monumental 50 years of operation.	UNITED KINGDOM	English-100	RPT	G			
2025-04-12	1325	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	
2025-04-12	1330	Come Dine With Me: The Professionals	Belfast A	The Professionals travel to Northern Ireland and kicking off the competition are head Chef Ian and Front of House Eva of Mourne Seafood Bar in Belfast.	UNITED KINGDOM	English-100	RPT	PG			
2025-04-12	1425	Taste The Philippines With Yasmin Newman	Mushroom Egg Benedict With Adam Hall	Chef Adam Hall, founder of Kanin Project, plates up a classic Australian breakfast, eggs benedict, with a Filipino vegetarian twist.	AUSTRALIA	English-100	RPT	G			
2025-04-12	1430	Food Markets: In The Belly Of The City	Firenze - Mercato Central	The Renaissance capitol is where the city food market as a concept was born. More than 1000 years ago farmers from the countryside came to the main square of Florence and gave their goods to the craftsmen, merchants, and bankers for money.	FRANCE	English-55; Italian-45	RPT	G		Y	Y
2025-04-12	1530	Food Markets: In The Belly Of The City	Freiburg - Munstermarkt	Freiburg is the 'green' city of Germany and surrounding its imposing gothic cathedral is the Munstermarkt, its food market.	FRANCE	English-50; German-50	RPT	PG	a w	Y	Y
2025-04-12	1630	Loving Gluten Free	Episode 3	Helen impresses once again with an all gluten-free menu, including her speedy ragu tagliatelle, a rich coconut syrup cake, and ricotta and feta pies. She wraps it all up with her creative coconut protein balls for a perfect sweet ending.	AUSTRALIA	English-100					
2025-04-12	1700	Barefoot Contessa: Back To Basics	Modern Comfort Food: Bake It Delicious	Ina puts a new spin on a decadent, elegant bittersweet chocolate cake that everyone adores, and kick-starts the day with a dramatic apple cinnamon Dutch Baby.	USA	English-100	RPT	G			
2025-04-12	1730	Dishing It Up	Moreish	We all love watching celebrity chefs dish up mouthwatering meals but are they as impressive in reality as they seem? The everyday home cooks put four moreish dishes to the test.	AUSTRALIA	English-100	RPT	PG	I s	Y	

2025-04-12	1800	Memory Bites With Matt Moran	Courtney Act	Chef Matt Moran delves into the food memories of multifaceted entertainer Courtney Act, revealing how retro family dishes and deep resilience have illuminated their path to stardom.	AUSTRALIA	English-100	RPT	PG		Y	
2025-04-12	1830	Remarkable Places To Eat	Mallorca	Pastry Chef Ravneet Gill takes Fred to Mallorca to experience incredible island cooking, from a buzzing beach bar serving holiday food in the sun, to light and fluffy pastries.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2025-04-12	1930	Judi Love's Culinary Cruise	Kotor	Judi Love embarks on a food exploration and travel adventure in this inspirational series.	UNITED KINGDOM	English-100		PG			
2025-04-12	2030	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	Rick Stein reaches Oaxaca, home to Mexico's national cheese, queso oaxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2025-04-12	2140	Anthony Bourdain: Parts Unknown	Montana	Tony travels to Big Sky Country - Montana. Since long before statehood, Montana has attracted those looking to live by their own means. Throughout Montana's history, past and present, cowboys, artists, billionaires, prospectors, cattle and railroad men, eco-hippies and miners, outdoorsmen and drifters have all been pulled into Montana's orbit.	USA	English-100	RPT	PG	a w		
2025-04-12	2230	David Rocco's Dolce Napoli	Procidia Time	David travels just off the coast of Naples to the island of Procida, a place untouched by time, where he takes a walking tour from a local named Mr. Time. On the Island David does exactly what the locals do: takes a donkey ride to port and dives for sea urchins for his afternoon lunch.	CANADA	English-100	RPT	PG	a w		
2025-04-12	2300	Bizarre Foods: Delicious Destinations	Guayaquil	Andrew introduces the tropical and frenetic coastal cuisine of Guayaquil, Ecuador. Bright flavors and local ingredients define Guayaquil's gastronomy.	USA	English-100	RPT	PG			Y
2025-04-12	2330	The Zimmern List	Pittsburgh	Andrew heads to Pittsburgh where new restaurants are building on old culinary traditions. He tries a vegan twist on pierogies, checks out the newest wave of local chef talent, and indulges in classic dishes from Spain.	USA	English-100	RPT	G			
2025-04-12	2400	Loving Gluten Free	Episode 3	Helen impresses once again with an all gluten-free menu, including her speedy ragu tagliatelle, a rich coconut syrup cake, and ricotta and feta pies. She wraps it all up with her creative coconut protein balls for a perfect sweet ending.	AUSTRALIA	English-100	RPT				
2025-04-12	2430	Food Markets: In The Belly Of The City	Firenze - Mercato Central	The Renaissance capitol is where the city food market as a concept was born. More than 1000 years ago farmers from the countryside came to the main square of Florence and gave their goods to the craftsmen, merchants, and bankers for money.	FRANCE	English-55; Italian-45	RPT	G		Y	Y
2025-04-12	2530	Food Markets: In The Belly Of The City	Freiburg - Munstermarkt	Freiburg is the 'green' city of Germany and surrounding its imposing gothic cathedral is the Munstermarkt, its food market.	FRANCE	English-50; German-50	RPT	PG	a w	Y	Y
2025-04-12	2630	Remarkable Places To Eat	Mallorca	Pastry Chef Ravneet Gill takes Fred to Mallorca to experience incredible island cooking, from a buzzing beach bar serving holiday food in the sun, to light and fluffy pastries.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2025-04-12	2725	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	
2025-04-12	2730	Anthony Bourdain: Parts Unknown	Montana	Tony travels to Big Sky Country - Montana. Since long before statehood, Montana has attracted those looking to live by their own means. Throughout Montana's history, past and present, cowboys, artists, billionaires, prospectors, cattle and railroad men, eco-hippies and miners, outdoorsmen and drifters have all been pulled into Montana's orbit.	USA	English-100	RPT	PG	a w		

2025-04-12	2825	Taste The Philippines With Yasmin Newman	Mushroom Egg Benedict With Adam Hall	Chef Adam Hall, founder of Kanin Project, plates up a classic Australian breakfast, eggs benedict, with a Filipino vegetarian twist.	AUSTRALIA	English-100	RPT	G
2025-04-12	2830	The Zimmern List	Pittsburgh	Andrew heads to Pittsburgh where new restaurants are building on old culinary traditions. He tries a vegan twist on pierogies, checks out the newest wave of local chef talent, and indulges in classic dishes from Spain.	USA	English-100	RPT	G