



WEEK 16				ALL MARKETS							
Sunday, 13 April 2025				Saturday, 19 April 2025							
Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2025-04-13	0500	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
2025-04-13	0530	Judi Love's Culinary Cruise	Kotor	Judi Love embarks on a food exploration and travel adventure in this inspirational series.	UNITED KINGDOM	English-100	RPT	PG			
2025-04-13	0630	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
2025-04-13	0735	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
2025-04-13	0835	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
2025-04-13	0935	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	PG			
2025-04-13	1005	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			
2025-04-13	1030	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	
2025-04-13	1100	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	
2025-04-13	1130	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		

2025-04-13	1200	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
2025-04-13	1230	Judi Love's Culinary Cruise	Kotor	Judi Love embarks on a food exploration and travel adventure in this inspirational series.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-13	1330	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	PG		
2025-04-13	1400	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
2025-04-13	1430	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
2025-04-13	1500	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
2025-04-13	1530	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
2025-04-13	1600	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
2025-04-13	1630	Loving Gluten Free	Episode 4	Get ready to discover new gluten-free favourites on today's episode! Helen begins with a vibrant paella, an easy halloumi, feta and mint bread, and her zesty chicken fajitas.	AUSTRALIA	English-100		PG		
2025-04-13	1700	Barefoot Contessa: Back To Basics	Modern Comfort Food: Classics Made Over	Ina gets fresh with spring green spaghetti carbonara, and chocolate-dipped brown sugar shortbread livens up an old favourite sweet treat.	USA	English-100	RPT	G		
2025-04-13	1730	Jamie's Chef	Ep 4	Aaron and Nikki eventually open the restaurant to customers. The first evening is a complete disaster with meals taking an hour to come out, bookings being lost and many patrons complaining. Aaron and Nikki eventually find more staff, hire a front of house manager and have a full restaurant over Christmas with everything running smoothly including an evening with a visit from the Fifteen graduates who did not make the cut.	UNITED KINGDOM	English-100	RPT	PG	a l	
2025-04-13	1830	James Martin's French Adventure	Languedoc	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. After stopping at a fruit stall, James uses some great local produce to create an unusual first dish with melon and onion rings!	UNITED KINGDOM	English-100	RPT	G		
2025-04-13	1930	Food Trail South Africa	Beyond Blyde Canyon	As the final stanza in Warren's Food Trail of South Africa, he's back in the bush, a quintessential part of all travel to the rainbow nation.	AUSTRALIA	English-100		G		Y
2025-04-13	2000	My Greatest Dishes	Michel Roux Jr	Michel has become the modern master. His four greatest dishes include griddled veal tongue, chicken liver mousse with hollandaise, tender squid stuffed with lobster rice, and souffle suissee.	UNITED KINGDOM	English-100	RPT	G		

2025-04-13	2030	Rick Stein's Food Heroes	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front, and obtaining oatmeal from a watermill in the Tay Valley to make the famous Scottish dessert, Cranachan.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-13	2100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb. Next stop is Seahouses, where Rick visits the Swallow smokehouse, run by Patrick Wilkin.	UNITED KINGDOM		RPT	G		
2025-04-13	2130	Anthony Bourdain: Parts Unknown	Georgia	Strategically located at the crux of ancient spice routes from Russia, Asia and the Middle East, post-Soviet satellite Georgia has always cultivated and maintained a fascinating, steadfastly distinctive culture all its own. From its one-of-a-kind language and alphabet, with no ties to any other, to its wildly inventive amalgam of culinary influences - Georgia is utterly unique.	USA	English-100	RPT	PG	a	Y
2025-04-13	2225	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
2025-04-13	2230	David Rocco's Dolce Napoli	Espresso Espresso	In Naples, coffee is a world onto itself, both culturally and socially. Dark, bittersweet shots of espresso drunk quickly and with purpose is part the Neapolitan's daily routine.	CANADA	English-100	RPT	PG		Y
2025-04-13	2300	Bizarre Foods: Delicious Destinations	Bermuda	Andrew Zimmern explores the landscape and cuisine of the island of Bermuda. He finds native dishes ranging from fish chowder and jerk chicken to spiny lobster.	USA	English-100	RPT	PG		
2025-04-13	2330	The Zimmern List	Queens	Andrew eats his way through Queens, NY. He digs into a monster Mexican sandwich, samples some of New York's best Egyptian cuisine and feasts on Argentine meats and authentic Taiwanese fare.	USA	English-100	RPT	G		Y
2025-04-13	2400	Loving Gluten Free	Episode 4	Get ready to discover new gluten-free favourites on today's episode! Helen begins with a vibrant paella, an easy halloumi, feta and mint bread, and her zesty chicken fajitas.	AUSTRALIA	English-100	RPT	PG		
2025-04-13	2430	Jamie's Chef	Ep 4	Aaron and Nikki eventually open the restaurant to customers. The first evening is a complete disaster with meals taking an hour to come out, bookings being lost and many patrons complaining. Aaron and Nikki eventually find more staff, hire a front of house manager and have a full restaurant over Christmas with everything running smoothly including an evening with a visit from the Fifteen graduates who did not make the cut.	UNITED KINGDOM	English-100	RPT	PG	a l	
2025-04-13	2525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2025-04-13	2530	James Martin's French Adventure	Languedoc	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. After stopping at a fruit stall, James uses some great local produce to create an unusual first dish with melon and onion rings!	UNITED KINGDOM	English-100	RPT	G		
2025-04-13	2625	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	RPT	G		
2025-04-13	2630	Food Trail South Africa	Beyond Blyde Canyon	As the final stanza in Warren's Food Trail of South Africa, he's back in the bush, a quintessential part of all travel to the rainbow nation.	AUSTRALIA	English-100	RPT	G		Y
2025-04-13	2700	My Greatest Dishes	Michel Roux Jr	Michel has become the modern master. His four greatest dishes include griddled veal tongue, chicken liver mousse with hollandaise, tender squid stuffed with lobster rice, and souffle suisses.	UNITED KINGDOM	English-100	RPT	G		

2025-04-13	2730	Anthony Bourdain: Parts Unknown	Georgia	Strategically located at the crux of ancient spice routes from Russia, Asia and the Middle East, post-Soviet satellite Georgia has always cultivated and maintained a fascinating, steadfastly distinctive culture all its own. From its one-of-a-kind language and alphabet, with no ties to any other, to its wildly inventive amalgam of culinary influences - Georgia is utterly unique.	USA	English-100	RPT	PG	a	Y
2025-04-13	2825	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
2025-04-13	2830	The Zimmern List	Queens	Andrew eats his way through Queens, NY. He digs into a monster Mexican sandwich, samples some of New York's best Egyptian cuisine and feasts on Argentine meats and authentic Taiwanese fare.	USA	English-100	RPT	G		Y
2025-04-14	0500	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
2025-04-14	0530	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
2025-04-14	0600	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
2025-04-14	0630	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
2025-04-14	0700	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
2025-04-14	0730	Loving Gluten Free	Episode 4	Get ready to discover new gluten-free favourites on today's episode! Helen begins with a vibrant paella, an easy halloumi, feta and mint bread, and her zesty chicken fajitas.	AUSTRALIA	English-100	RPT	PG		
2025-04-14	0800	Barefoot Contessa: Back To Basics	Modern Comfort Food: Classics Made Over	Ina gets fresh with spring green spaghetti carbonara, and chocolate-dipped brown sugar shortbread livens up an old favourite sweet treat.	USA	English-100	RPT	G		
2025-04-14	0830	Jamie's Chef	Ep 4	Aaron and Nikki eventually open the restaurant to customers. The first evening is a complete disaster with meals taking an hour to come out, bookings being lost and many patrons complaining. Aaron and Nikki eventually find more staff, hire a front of house manager and have a full restaurant over Christmas with everything running smoothly including an evening with a visit from the Fifteen graduates who did not make the cut.	UNITED KINGDOM	English-100	RPT	PG	a l	
2025-04-14	0925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2025-04-14	0930	James Martin's French Adventure	Languedoc	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. After stopping at a fruit stall, James uses some great local produce to create an unusual first dish with melon and onion rings!	UNITED KINGDOM	English-100	RPT	G		

2025-04-14	1025	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
2025-04-14	1030	Rick Stein's Food Heroes	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front, and obtaining oatmeal from a watermill in the Tay Valley to make the famous Scottish dessert, Cranachan.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-14	1100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb. Next stop is Seahouses, where Rick visits the Swallow smokehouse, run by Patrick Wilkin.	UNITED KINGDOM		RPT	G		
2025-04-14	1130	Food Trail South Africa	Beyond Blyde Canyon	As the final stanza in Warren's Food Trail of South Africa, he's back in the bush, a quintessential part of all travel to the rainbow nation.	AUSTRALIA	English-100	RPT	G		Y
2025-04-14	1200	My Greatest Dishes	Michel Roux Jr	Michel has become the modern master. His four greatest dishes include griddled veal tongue, chicken liver mousse with hollandaise, tender squid stuffed with lobster rice, and soufflé suisse.	UNITED KINGDOM	English-100	RPT	G		
2025-04-14	1230	Hugh's Three Good Things	Squid	It's the final day of fish week but can Hugh triumph in the fishy food fight? It's the competition week he most wants to win, so he is pulling out all the stops as everyone battles with today's star ingredient, 'squid'.	UNITED KINGDOM	English-100	RPT	G		
2025-04-14	1300	Food Unwrapped	Banana, Plant Meat, Green Crisps	Jimmy goes to Ecuador to investigate the remarkable claims that bananas could one day be used to fight against viruses. Kate is in search of a meat substitute that actually tastes like meat.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-14	1330	My Market Kitchen	Episode 12	Ben returns to his English roots with Toad In The Hole, then shares a stress-free midweek dinner: tray bake chicken maryland.	AUSTRALIA	English-100	RPT	G		
2025-04-14	1400	Food Safari Water	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level. Chef Lennox Hastie (Firedoor) cooks only over fire and takes his grill to a NSW south coast beach to cook a perfect whole flathead over coals, serving with broccolini and an ingenious pil pil sauce learnt from his days cooking in Spain's Basque country.	AUSTRALIA	English-100	RPT	PG		Y
2025-04-14	1430	Mary Makes It Easy	Whatever Ails Ya	Mary showcases her go-to recipes for when you're not feeling 100 percent, from tummy-to heart-aches, or whatever else ails ya.	CANADA	English-100	RPT	PG		
2025-04-14	1500	Pati's Mexican Table	Recados	Pati returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Relleno Negro using a recado negro.	USA	English-100	RPT	G		Y
2025-04-14	1530	Jamie & Jimmy's Food Fight Club	Danny DeVito	Jamie and Jimmy are joined by Hollywood legend Danny DeVito, as he puts on his pinny and cooks for the diners at the end of Southend Pier. In honour of their guest's Italian roots, the boys have tracked down the village in Italy where his grandparents were from before they emigrated to the USA, because if Danny hasn't yet been to San Fele the boys are going to bring San Fele to him!	UNITED KINGDOM	English-100	RPT	PG		
2025-04-14	1625	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	RPT	G		

2025-04-14	1630	On Country Kitchen	On Country Kitchen	Mark and Derek take a tour around the historic ghost town of Joadja and help with the distilling process with the Jimenez family. Like Derek, Valero doesn't drink - an interesting challenge for a head distiller. At the Dapto Community Garden, they collect kohlrabi with Harry, and over in Gerrungong they stumble upon a coffee plantation on a picturesque hill. They retire for a game of cricket at the Bradman Museum in Bowral and learn about the rich Indigenous sporting history of the sport in Australia.	AUSTRALIA	English-100	RPT	G		Y
2025-04-14	1700	Tareq Taylor's Nordic Cookery	Lacko & Kinnekulle: A Historical Food Adventure	Tareq Taylor, one of Sweden's most loved chefs, visits Nordic countries to collect the very best culinary experiences.	SWEDEN	English-100				
2025-04-14	1730	Everyday Gourmet With Justine Schofield	Episode 71	Neha Sen joins Justine in the kitchen to make Spiced Aromatic Patties. Meanwhile Justine gets busy cooking Choucroute with Seafood and Ham Steaks with Sauce Chablisienne.	AUSTRALIA	English-100		PG		
2025-04-14	1800	Nigella Kitchen	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert. Fresh pink garlic takes centre stage in a simple take on a French classic, chicken with 40 cloves of garlic - in true Nigella style it's one hundred per cent a one-pot wonder.	UNITED KINGDOM		RPT	G		
2025-04-14	1830	Jamie At Home	Summer Brassicas	A quick trip around Jamie's vegetable garden produces an army of colourful ingredients to make inspired winter salads.	UNITED KINGDOM	English-100	RPT	G		
2025-04-14	1900	The Cook Up With Adam Liaw	Pork Ribs	Grab your bibs, because Adam and his guests, chef and food writer Matthew Evans and journalist Marc Fennell, are making pork ribs!	AUSTRALIA	English-100		G		Y
2025-04-14	1930	Memory Bites With Matt Moran	Danielle Cormack	Chef Matt Moran and actor Danielle Cormack celebrate the unlikely influence of iconic TV Chefs from New Zealand, Hudson and Halls, recreating flamboyant dishes that shaped her childhood and career.	AUSTRALIA	English-100		PG	a	Y
2025-04-14	2000	Adam and Poh's Great Australian Bites	Gippsland	In this episode, Adam and Poh are heading to one of Australia's great food bowls in the Gippsland region of Victoria. They want to discover what it is we love about simple home cooking and attempt to make the ultimate Aussie family meal.	AUSTRALIA	English-100	RPT	G		Y
2025-04-14	2030	Jamie Cooks Italy	Naples	This week Jamie heads to fiery Naples, the pizza capital of Italy, to seek out undiscovered family recipes the locals love to eat.	UNITED KINGDOM	English-100		G		Y
2025-04-14	2130	Come Dine With Me: The Professionals	Oxfordshire B	The Professionals travel to Oxfordshire. Kicking off the competition is The Snooty Mehmaan in Faringdon with owner Asad and Executive chef Rehan hoping to bag the grand.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-14	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
2025-04-14	2230	The Cook Up With Adam Liaw	Pork Ribs	Grab your bibs, because Adam and his guests, chef and food writer Matthew Evans and journalist Marc Fennell, are making pork ribs!	AUSTRALIA	English-100	RPT	G		Y
2025-04-14	2300	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus, and continues the theme of simplicity with the perfect soft boiled egg.	AUSTRALIA	English-100	RPT	G		

2025-04-14	2330	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simple Thai dipping sauce to horseshoe crab roes with green mango salad. Inspired by his jaunt to Thailand, Rick returns to Cornwall and prepares hard-fried fish in red curry with steamed jasmine rice.	UNITED KINGDOM	English-100	RPT	PG	a	w
2025-04-14	2400	Hugh's Three Good Things	Squid	It's the final day of fish week but can Hugh triumph in the fishy food fight? It's the competition week he most wants to win, so he is pulling out all the stops as everyone battles with today's star ingredient, 'squid'.	UNITED KINGDOM	English-100	RPT	G		
2025-04-14	2430	Memory Bites With Matt Moran	Danielle Cormack	Chef Matt Moran and actor Danielle Cormack celebrate the unlikely influence of iconic TV Chefs from New Zealand, Hudson and Hallis, recreating flamboyant dishes that shaped her childhood and career.	AUSTRALIA	English-100	RPT	PG	a	Y
2025-04-14	2500	Adam and Poh's Great Australian Bites	Gippsland	In this episode, Adam and Poh are heading to one of Australia's great food bowls in the Gippsland region of Victoria. They want to discover what it is we love about simple home cooking and attempt to make the ultimate Aussie family meal.	AUSTRALIA	English-100	RPT	G		Y
2025-04-14	2530	Jamie Cooks Italy	Naples	This week Jamie heads to fiery Naples, the pizza capital of Italy, to seek out undiscovered family recipes the locals love to eat.	UNITED KINGDOM	English-100	RPT	G		Y
2025-04-14	2630	Come Dine With Me: The Professionals	Oxfordshire B	The Professionals travel to Oxfordshire. Kicking off the competition is The Snooty Mehmaan in Faringdon with owner Asad and Executive chef Rehan hoping to bag the grand.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-14	2725	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
2025-04-14	2730	Jamie & Jimmy's Food Fight Club	Danny DeVito	Jamie and Jimmy are joined by Hollywood legend Danny DeVito, as he puts on his pinny and cooks for the diners at the end of Southend Pier. In honour of their guest's Italian roots, the boys have tracked down the village in Italy where his grandparents were from before they emigrated to the USA, because if Danny hasn't yet been to San Fele the boys are going to bring San Fele to him!	UNITED KINGDOM	English-100	RPT	PG		
2025-04-14	2825	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	RPT	G		
2025-04-14	2830	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simple Thai dipping sauce to horseshoe crab roes with green mango salad. Inspired by his jaunt to Thailand, Rick returns to Cornwall and prepares hard-fried fish in red curry with steamed jasmine rice.	UNITED KINGDOM	English-100	RPT	PG	a	w
2025-04-15	0500	Food Unwrapped	Banana, Plant Meat, Green Crisps	Jimmy goes to Ecuador to investigate the remarkable claims that bananas could one day be used to fight against viruses. Kate is in search a meat substitute that actually tastes like meat.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-15	0530	My Market Kitchen	Episode 12	Ben returns to his English roots with Toad In The Hole, then shares a stress-free midweek dinner: tray bake chicken maryland.	AUSTRALIA	English-100	RPT	G		
2025-04-15	0600	Food Safari Water	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level. Chef Lennox Hastie (Firedoor) cooks only over fire and takes his grill to a NSW south coast beach to cook a perfect whole flathead over coals, serving with broccolini and an ingenious pil pil sauce learnt from his days cooking in Spain's Basque country.	AUSTRALIA	English-100	RPT	PG		Y

2025-04-15	0630	Mary Makes It Easy	Whatever Ails Ya	Mary showcases her go-to recipes for when you're not feeling 100 percent, from tummy-to heart-aches, or whatever else ails ya.	CANADA	English-100	RPT	PG	
2025-04-15	0700	Pati's Mexican Table	Recados	Pati returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Relleno Negro using a recado negro.	USA	English-100	RPT	G	Y
2025-04-15	0730	Jamie & Jimmy's Food Fight Club	Danny DeVito	Jamie and Jimmy are joined by Hollywood legend Danny DeVito, as he puts on his pinny and cooks for the diners at the end of Southend Pier. In honour of their guest's Italian roots, the boys have tracked down the village in Italy where his grandparents were from before they emigrated to the USA, because if Danny hasn't yet been to San Fele the boys are going to bring San Fele to him!	UNITED KINGDOM	English-100	RPT	PG	
2025-04-15	0825	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	RPT	G	
2025-04-15	0830	On Country Kitchen	On Country Kitchen	Mark and Derek take a tour around the historic ghost town of Joadja and help with the distilling process with the Jimenez family. Like Derek, Valero doesn't drink - an interesting challenge for a head distiller. At the Dapto Community Garden, they collect kohlrabi with Harry, and over in Gerringong they stumble upon a coffee plantation on a picturesque hill. They retire for a game of cricket at the Bradman Museum in Bowral and learn about the rich Indigenous sporting history of the sport in Australia.	AUSTRALIA	English-100	RPT	G	Y
2025-04-15	0900	Tareq Taylor's Nordic Cookery	Lacko & Kinnekulle: A Historical Food Adventure	Tareq Taylor, one of Sweden's most loved chefs, visits Nordic countries to collect the very best culinary experiences.	SWEDEN	English-100	RPT		
2025-04-15	0930	Everyday Gourmet With Justine Schofield	Episode 71	Neha Sen joins Justine in the kitchen to make Spiced Aromatic Patties. Meanwhile Justine gets busy cooking Choucroute with Seafood and Ham Steaks with Sauce Chablisienne.	AUSTRALIA	English-100	RPT	PG	
2025-04-15	1000	Nigella Kitchen	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert. Fresh pink garlic takes centre stage in a simple take on a French classic, chicken with 40 cloves of garlic - in true Nigella style it's one hundred per cent a one-pot wonder.	UNITED KINGDOM		RPT	G	
2025-04-15	1030	Jamie At Home	Summer Brassicas	A quick trip around Jamie's vegetable garden produces an army of colourful ingredients to make inspired winter salads.	UNITED KINGDOM	English-100	RPT	G	
2025-04-15	1100	The Cook Up With Adam Liaw	Pork Ribs	Grab your bibs, because Adam and his guests, chef and food writer Matthew Evans and journalist Marc Fennell, are making pork ribs!	AUSTRALIA	English-100	RPT	G	Y
2025-04-15	1130	Memory Bites With Matt Moran	Danielle Cormack	Chef Matt Moran and actor Danielle Cormack celebrate the unlikely influence of iconic TV Chefs from New Zealand, Hudson and Halls, recreating flamboyant dishes that shaped her childhood and career.	AUSTRALIA	English-100	RPT	PG	a Y
2025-04-15	1200	Adam and Poh's Great Australian Bites	Gippsland	In this episode, Adam and Poh are heading to one of Australia's great food bowls in the Gippsland region of Victoria. They want to discover what it is we love about simple home cooking and attempt to make the ultimate Aussie family meal.	AUSTRALIA	English-100	RPT	G	Y
2025-04-15	1230	Hugh's Three Good Things	Pasta	On Hugh's Three Good Things, it's time to raid the store cupboard, as Hugh is joined by two top chefs with the aim of making great dishes - each only using three key ingredients.	UNITED KINGDOM	English-100	RPT	PG	

2025-04-15	1300	Food Unwrapped	Fortified Wine, Almond Butter And Onion	Kate jumps on a plane to California to investigate why almond butter is more expensive than other nutty spreads and discovers a combination of extreme weather and global economics have made the price of almonds go completely nuts. Jimmy meanwhile journeys from Spain to Portugal to uncover the secrets of how wine is turned into fortified wine. Matt enlists the help of an innovative farmer and a team of cage fighters, to try to get to the bottom of that age old culinary problem of why slicing onions makes you cry.	UNITED KINGDOM	English-100	RPT	G		Y
2025-04-15	1330	My Market Kitchen	Episode 13	Ben puts his spin on prawn and zucchini linguine, then teaches David Mann how to cook. They swap stories about camping, cooking disasters, and Her Majesty Queen Elizabeth as they put together a Knickerbocker Glory.	AUSTRALIA	English-100	RPT	PG		
2025-04-15	1400	Food Safari Water	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the world's most prized queen scallops off Kangaroo Island, adored for their purple roe and savoury taste with a hint of nutty sweetness. Adelaide-based Calabrese chef Salvatore Pepe (Pepe's Cucina) uses queen scallops to create a delicious mouthful called capesante gratinate, using a garlic, herb, and breadcrumb mix to grill on top.	AUSTRALIA	English-100	RPT	PG	a w	Y
2025-04-15	1430	Mary Makes It Easy	Toot, Toot, We're Going To Beantown!	When it comes to versatility, beans slap! Board the bean train with recipes like black bean brownies or linguini with white bean cream sauce.	CANADA	English-100	RPT	PG	I	
2025-04-15	1500	Pati's Mexican Table	Maya Today	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pati visits Cenote Xocemlich with activist and lawyer Zola Cen, who has dedicated her career to helping Mayan people. The next day, Zola invites Pati to her niece's birthday celebration.	USA	English-100	RPT	G		Y
2025-04-15	1530	Jamie & Jimmy's Food Fight Club	Harry Hill	Jamie and Jimmy whip up a packed menu full of dishes for the weekend and joining them in the cafe to lend a hand is the funny man of TV outtakes, Harry Hill.	UNITED KINGDOM	English-100	RPT	G		
2025-04-15	1625	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	RPT	G		
2025-04-15	1630	On Country Kitchen	On Country Kitchen	Painted up in beautiful traditional markings, Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. Overlooking the vineyards in the late afternoon, Derek helps Liam with the brewing process and Mark taste-tests his craft for the two of them. In Berry, Raj takes the boys through his vineyard, explaining the different types of varietals on the property and the way they are able to run the property with no carbon impact.	AUSTRALIA	English-100	RPT	G		Y
2025-04-15	1700	Tareq Taylor's Nordic Cookery	Sjuharad: Gastronomy With Closeness To Nature	Tareq takes the bike to meet some of the food entrepreneurs in the area who have started exciting new businesses.	SWEDEN	English-100		PG		
2025-04-15	1730	Everyday Gourmet With Justine Schofield	Episode 72	Justine makes Rice Pudding with Fruit and Nut Crumble and Spaghetti Al Tonno. Daniel Wilson returns to show us how to make Crisp Kale Chips with Cashew Hummus.	AUSTRALIA	English-100		PG		
2025-04-15	1800	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans - it's the work of moments and makes a perfect after work supper.	UNITED KINGDOM		RPT	G		
2025-04-15	1830	Jamie At Home	Pickles And Preserves	Jamie Oliver provides tips on how to choose the best and most-succulent bird for a family Christmas dinner.	UNITED KINGDOM	English-100	RPT	G		

2025-04-15	1900	The Cook Up With Adam Liaw	Crowd Pleasers	Adam is joined by two award-winning guests, chef Jason Barratt and poet and comedian Anisa Nandaula, for a night of crowd-pleasing food.	AUSTRALIA	English-100		G	Y
2025-04-15	1930	Cooking With Curtis	Kendra	Writer and avid foodie Kendra was devastated when she learned she had multiple food allergies. She was encouraged after meeting Laron, who enthusiastically assisted her in the kitchen and adapted his diet to work around foods Kendra needed to avoid.	USA	English-100	RPT	G	
2025-04-15	2000	Donal's Real Time Recipes	Food For Friends	Have friends coming over but run out of ideas for crowd-pleasers? Donal has three great recipes that lets you cook up a feast fast, allowing you more time to spend with friends.	IRELAND	English-100		PG	
2025-04-15	2030	Mary Berry's Easter Feasts	Ep 2	The foods that bring communities together on Easter Sunday.	UNITED KINGDOM	English-100	RPT	G	
2025-04-15	2140	Come Dine With Me: The Professionals	Middlesbrough A	Tonight we're in the North East and kicking off the competition is Darlington-based Indian and Bangladeshi restaurant, Babul's, owned by brothers Zak and Shuhel.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-15	2230	The Cook Up With Adam Liaw	Crowd Pleasers	Adam is joined by two award-winning guests, chef Jason Barratt and poet and comedian Anisa Nandaula, for a night of crowd-pleasing food.	AUSTRALIA	English-100	RPT	G	Y
2025-04-15	2300	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring vegies and this week they demonstrate that you can have a delicious and filling meal without meat.	AUSTRALIA	English-100	RPT	G	
2025-04-15	2330	Rick Stein's Seafood Odyssey	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab with an old friend, Johnny Apple, who shares Rick's enthusiasm for good eating.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-04-15	2400	Hugh's Three Good Things	Pasta	On Hugh's Three Good Things, it's time to raid the store cupboard, as Hugh is joined by two top chefs with the aim of making great dishes - each only using three key ingredients.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-15	2430	Cooking With Curtis	Kendra	Writer and avid foodie Kendra was devastated when she learned she had multiple food allergies. She was encouraged after meeting Laron, who enthusiastically assisted her in the kitchen and adapted his diet to work around foods Kendra needed to avoid.	USA	English-100	RPT	G	
2025-04-15	2500	Donal's Real Time Recipes	Food For Friends	Have friends coming over but run out of ideas for crowd-pleasers? Donal has three great recipes that lets you cook up a feast fast, allowing you more time to spend with friends.	IRELAND	English-100	RPT	PG	
2025-04-15	2530	Mary Berry's Easter Feasts	Ep 2	The foods that bring communities together on Easter Sunday.	UNITED KINGDOM	English-100	RPT	G	
2025-04-15	2640	Come Dine With Me: The Professionals	Middlesbrough A	Tonight we're in the North East and kicking off the competition is Darlington-based Indian and Bangladeshi restaurant, Babul's, owned by brothers Zak and Shuhel.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-15	2730	Jamie & Jimmy's Food Fight Club	Harry Hill	Jamie and Jimmy whip up a packed menu full of dishes for the weekend and joining them in the cafe to lend a hand is the funny man of TV outtakes, Harry Hill.	UNITED KINGDOM	English-100	RPT	G	

2025-04-15	2825	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	RPT	G		
2025-04-15	2830	Rick Stein's Seafood Odyssey	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab with an old friend, Johnny Apple, who shares Rick's enthusiasm for good eating.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-16	0500	Food Unwrapped	Fortified Wine, Almond Butter And Onion	Kate jumps on a plane to California to investigate why almond butter is more expensive than other nutty spreads and discovers a combination of extreme weather and global economics have made the price of almonds go completely nuts. Jimmy meanwhile journeys from Spain to Portugal to uncover the secrets of how wine is turned into fortified wine. Matt enlists the help of an innovative farmer and a team of cage fighters, to try to get to the bottom of that age old culinary problem of why slicing onions makes you cry.	UNITED KINGDOM	English-100	RPT	G		Y
2025-04-16	0530	My Market Kitchen	Episode 13	Ben puts his spin on prawn and zucchini linguine, then teaches David Mann how to cook. They swap stories about camping, cooking disasters, and Her Majesty Queen Elizabeth as they put together a Knickerbocker Glory.	AUSTRALIA	English-100	RPT	PG		
2025-04-16	0600	Food Safari Water	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the world's most prized queen scallops off Kangaroo Island, adored for their purple roe and savoury taste with a hint of nutty sweetness. Adelaide-based Calabrese chef Salvatore Pepe (Pepe's Cucina) uses queen scallops to create a delicious mouthful called capesante gratinate, using a garlic, herb, and breadcrumb mix to grill on top.	AUSTRALIA	English-100	RPT	PG	a w	Y
2025-04-16	0630	Mary Makes It Easy	Toot, Toot, We're Going To Beantown!	When it comes to versatility, beans slap! Board the bean train with recipes like black bean brownies or linguini with white bean cream sauce.	CANADA	English-100	RPT	PG	I	
2025-04-16	0700	Pati's Mexican Table	Maya Today	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pati visits Cenote Xocempich with activist and lawyer Zoila Cen, who has dedicated her career to helping Mayan people. The next day, Zoila invites Pati to her niece's birthday celebration.	USA	English-100	RPT	G		Y
2025-04-16	0730	Jamie & Jimmy's Food Fight Club	Harry Hill	Jamie and Jimmy whip up a packed menu full of dishes for the weekend and joining them in the cafe to lend a hand is the funny man of TV outtakes, Harry Hill.	UNITED KINGDOM	English-100	RPT	G		
2025-04-16	0825	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	RPT	G		
2025-04-16	0830	On Country Kitchen	On Country Kitchen	Painted up in beautiful traditional markings, Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. Overlooking the vineyards in the late afternoon, Derek helps Liam with the brewing process and Mark taste-tests his craft for the two of them. In Berry, Raj takes the boys through his vineyard, explaining the different types of varietals on the property and the way they are able to run the property with no carbon impact.	AUSTRALIA	English-100	RPT	G		Y
2025-04-16	0900	Tareq Taylor's Nordic Cookery	Sjuharad: Gastronomy With Closeness To Nature	Tareq takes the bike to meet some of the food entrepreneurs in the area who have started exciting new businesses.	SWEDEN	English-100	RPT	PG		
2025-04-16	0930	Everyday Gourmet With Justine Schofield	Episode 72	Justine makes Rice Pudding with Fruit and Nut Crumble and Spaghetti Al Tonno. Daniel Wilson returns to show us how to make Crisp Kale Chips with Cashew Hummus.	AUSTRALIA	English-100	RPT	PG		
2025-04-16	1000	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans - it's the work of moments and makes a perfect after work supper.	UNITED KINGDOM		RPT	G		

2025-04-16	1030	Jamie At Home	Pickles And Preserves	Jamie Oliver provides tips on how to choose the best and most-succulent bird for a family Christmas dinner.	UNITED KINGDOM	English-100	RPT	G		
2025-04-16	1100	The Cook Up With Adam Liaw	Crowd Pleasers	Adam is joined by two award-winning guests, chef Jason Barratt and poet and comedian Anisa Nandaula, for a night of crowd-pleasing food.	AUSTRALIA	English-100	RPT	G		Y
2025-04-16	1130	Cooking With Curtis	Kendra	Writer and avid foodie Kendra was devastated when she learned she had multiple food allergies. She was encouraged after meeting Laron, who enthusiastically assisted her in the kitchen and adapted his diet to work around foods Kendra needed to avoid.	USA	English-100	RPT	G		
2025-04-16	1200	Donal's Real Time Recipes	Food For Friends	Have friends coming over but run out of ideas for crowd-pleasers? Donal has three great recipes that lets you cook up a feast fast, allowing you more time to spend with friends.	IRELAND	English-100	RPT	PG		
2025-04-16	1230	Hugh's Three Good Things	Nuts	It's episode two of store cupboard week on Hugh's Three Good Things and Hugh is joined by River Cottage star chef, Tim Maddams.	UNITED KINGDOM	English-100	RPT	G		
2025-04-16	1300	Food Unwrapped	Dates, Processed Meats And Perfect Apple	Jimmy's off to Israel on the trail of an elusive fruit - the fresh date. If raisins are dried grapes and prunes are dried plums, then what exactly are dates? Kate heads to Belfast to meet a sausage maker whose sales suffered in the wake of the recent World Health Organisation report linking processed meat to cancer. In his otherwise ordinary back garden, Paul Barnett has an extraordinary tree with no fewer than 250 separate varieties of apple on it. By what alchemy is this possible? Matt's search for the answer takes him to Kent, where experts have perfected the science of growing apples, in the process transforming an industry worth billions of pounds.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-16	1330	My Market Kitchen	Episode 14	Ben serves up an exquisite pork chop with apple sauce, and a simple summer dish that is sure to impress at your next picnic, his fig carpaccio.	AUSTRALIA	English-100	RPT	G		
2025-04-16	1400	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking, starting with a visit to a supplier in Cabramatta with live fish.	AUSTRALIA	English-100	RPT	PG	a w	Y
2025-04-16	1430	Mary Makes It Easy	Sandwich Bored	Never get bored again with Mary's stacked recipe lineup of sandwich possibilities, like classic muffuletta or turkey patty melts.	CANADA	English-100	RPT	G		
2025-04-16	1500	Pati's Mexican Table	Pink	An ingredient Pati constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means blush red, gets its distinctive color from red algae. Engineer Felipe Perez takes Pati to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100	RPT	G		Y
2025-04-16	1530	Jamie & Jimmy's Food Fight Club	Romesh Ranganathan	Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-16	1625	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	RPT	G		

2025-04-16	1630	On Country Kitchen	On Country Kitchen	Arriving in Berrima, Brigid takes the boys through the kitchen garden attached to her restaurant, The Loch. At Maple Ridge Farm, Derek and Mark help in milking the goats at the dairy and back in Jervis bay, Joel and Adrian catch and cook up some abalone burgers for a beach fire and feed with the little ones. Atop Cambewarra mountain, Joel tells the story in language of the black cockatoo overlooking the picturesque NSW landscape.	AUSTRALIA	English-100	RPT	G	Y
2025-04-16	1700	Tareq Taylor's Nordic Cookery	Greater Copenhagen: Roof Gardens & Design Castles	Copenhagen and Skane are hot food destinations. Tareq visits Ostergro, Denmark's first 'rooftop farm' in the middle of Copenhagen, Eden in the new district of Hyllie, Malmo and Hackeberg Castle.	SWEDEN	English-100		PG	I
2025-04-16	1730	Everyday Gourmet With Justine Schofield	Episode 73	Justine knows that you'll be able to impress your guests when you make her Best Ever Creme Caramel. She cooks Broccoli and Mussel Spaghetti and Neha Sen visits to make a delicious Bollywood Burger.	AUSTRALIA	English-100		PG	
2025-04-16	1800	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu, made even more incredible with hazelnut liqueur. Then it's her home-style version of Jamaica's classic jerk chicken with coconutty rice and peas.	UNITED KINGDOM		RPT	G	
2025-04-16	1830	Jamie At Home	Lamb	Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.	UNITED KINGDOM	English-100	RPT	G	
2025-04-16	1900	The Cook Up With Adam Liaw	Smokey Flavours	It's a night of smokey goodness as Adam, chef Tom Sarafian and comedian Tegan Higginbotham share how they like to savour smokey flavours.	AUSTRALIA	English-100			Y
2025-04-16	1930	Nadiya's Cook Once, Eat Twice	Easy Peasy Bakes	In the fifth of this new six-part crafty cooking series, Nadiya shares her favourite feelgood recipes, sweet and savoury, that are not only guaranteed to lift the spirits but will impress.	UNITED KINGDOM	English-100		G	
2025-04-16	2000	Rachael Ray's Meals In Minutes	Crab Nachos And Steak Tacos	Surf and Turf is a great combo, but why not make that combo even better by combining it with taco night? Rachael shows us how to make the ultimate date night combo of crab nachos and steak tacos.	USA	English-100		PG	
2025-04-16	2030	Cooking Italy	Rome	The final day of the cooking adventure begins at a local pastry shop, then a walk through the Testaccio neighbourhood, and finally to a market where the chefs guide, Manuela, shows off fresh produce.	CANADA	English-100		PG	
2025-04-16	2100	Ready Jet Cook	Easy Comfort Classics	Chef Jet Tila cooks up some easy comfort classics. He kicks things off with one of his favourite dishes that is deceptively simple, Lo Mein. Then to a local market to pick out the perfect pineapple for Pineapple Fried Rice.	USA	English-100			
2025-04-16	2130	Come Dine With Me: The Professionals	Exeter B	Exeter chicken joint, Eat the Bird, begin today's competition with owner Dan and head chef Luke risking it all with their fried chicken fare.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-16	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2025-04-16	2230	The Cook Up With Adam Liaw	Smokey Flavours	It's a night of smokey goodness as Adam, chef Tom Sarafian and comedian Tegan Higginbotham share how they like to savour smokey flavours.	AUSTRALIA	English-100	RPT		Y

2025-04-16	2300	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns with Rice Pilaf along with Maggie's Crispy Skin Salmon and Pea Salsa - all frozen of course. And take out that packet of frozen peas, as Maggie shows us how to make a wonderful Frozen Pea Soup.	AUSTRALIA	English-100	RPT	G	
2025-04-16	2330	Rick Stein's Seafood Lovers' Guide	Episode 1	Rick Stein travels along the South Coast, starting at Chesil Beach, where he goes seine netting for mackerel. At Portland he meets Ken Lyneham who fishes for squid or quiddles.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-04-16	2400	Hugh's Three Good Things	Nuts	It's episode two of store cupboard week on Hugh's Three Good Things and Hugh is joined by River Cottage star chef, Tim Maddams.	UNITED KINGDOM	English-100	RPT	G	
2025-04-16	2430	Nadiya's Cook Once, Eat Twice	Easy Peasy Bakes	In the fifth of this new six-part crafty cooking series, Nadiya shares her favourite feelgood recipes, sweet and savoury, that are not only guaranteed to lift the spirits but will impress.	UNITED KINGDOM	English-100	RPT	G	
2025-04-16	2500	Rachael Ray's Meals In Minutes	Crab Nachos And Steak Tacos	Surf and Turf is a great combo, but why not make that combo even better by combining it with taco night? Rachael shows us how to make the ultimate date night combo of crab nachos and steak tacos.	USA	English-100	RPT	PG	
2025-04-16	2530	Cooking Italy	Rome	The final day of the cooking adventure begins at a local pastry shop, then a walk through the Testaccio neighbourhood, and finally to a market where the chefs guide, Manuela, shows off fresh produce.	CANADA	English-100	RPT	PG	
2025-04-16	2600	Ready Jet Cook	Easy Comfort Classics	Chef Jet Tila cooks up some easy comfort classics. He kicks things off with one of his favourite dishes that is deceptively simple, Lo Mein. Then to a local market to pick out the perfect pineapple for Pineapple Fried Rice.	USA	English-100	RPT		
2025-04-16	2630	Come Dine With Me: The Professionals	Exeter B	Exeter chicken joint, Eat the Bird, begin today's competition with owner Dan and head chef Luke risking it all with their fried chicken fare.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-16	2725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2025-04-16	2730	Jamie & Jimmy's Food Fight Club	Romesh Ranganathan	Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-16	2825	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	RPT	G	
2025-04-16	2830	Rick Stein's Seafood Lovers' Guide	Episode 1	Rick Stein travels along the South Coast, starting at Chesil Beach, where he goes seine netting for mackerel. At Portland he meets Ken Lyneham who fishes for squid or quiddles.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-04-17	0500	Food Unwrapped	Dates, Processed Meats And Perfect Apple	Jimmy's off to Israel on the trail of an elusive fruit - the fresh date. If raisins are dried grapes and prunes are dried plums, then what exactly are dates? Kate heads to Belfast to meet a sausage maker whose sales suffered in the wake of the recent World Health Organisation report linking processed meat to cancer. In his otherwise ordinary back garden, Paul Barnett has an extraordinary tree with no fewer than 250 separate varieties of apple on it. By what alchemy is this possible? Matt's search for the answer takes him to Kent, where experts have perfected the science of growing apples, in the process transforming an industry worth billions of pounds.	UNITED KINGDOM	English-100	RPT	PG	Y

2025-04-17	0530	My Market Kitchen	Episode 14	Ben serves up an exquisite pork chop with apple sauce, and a simple summer dish that is sure to impress at your next picnic, his fig carpaccio.	AUSTRALIA	English-100	RPT	G		
2025-04-17	0600	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking, starting with a visit to a supplier in Cabramatta with live fish.	AUSTRALIA	English-100	RPT	PG	a w	Y
2025-04-17	0630	Mary Makes It Easy	Sandwich Bored	Never get bored again with Mary's stacked recipe lineup of sandwich possibilities, like classic muffuletta or turkey patty melts.	CANADA	English-100	RPT	G		
2025-04-17	0700	Pati's Mexican Table	Pink	An ingredient Pati constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means blush red, gets its distinctive color from red algae. Engineer Felipe Perez takes Pati to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100	RPT	G		Y
2025-04-17	0730	Jamie & Jimmy's Food Fight Club	Romesh Ranganathan	Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-17	0825	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	RPT	G		
2025-04-17	0830	On Country Kitchen	On Country Kitchen	Arriving in Berrima, Brigid takes the boys through the kitchen garden attached to her restaurant, The Loch. At Maple Ridge Farm, Derek and Mark help in milking the goats at the dairy and back in Jervis bay, Joel and Adrian catch and cook up some abalone burgers for a beach fire and feed with the little ones. Atop Cambewarra mountain, Joel tells the story in language of the black cockatoo overlooking the picturesque NSW landscape.	AUSTRALIA	English-100	RPT	G		Y
2025-04-17	0900	Tareq Taylor's Nordic Cookery	Greater Copenhagen: Roof Gardens & Design Castles	Copenhagen and Skaneateles are hot food destinations. Tareq visits Ostergro, Denmark's first 'rooftop farm' in the middle of Copenhagen, Eden in the new district of Hyllie, Malmo and Hackeberga Castle.	SWEDEN	English-100	RPT	PG	I	
2025-04-17	0930	Everyday Gourmet With Justine Schofield	Episode 73	Justine knows that you'll be able to impress your guests when you make her Best Ever Creme Caramel. She cooks Broccoli and Mussel Spaghetti and Neha Sen visits to make a delicious Bollywood Burger.	AUSTRALIA	English-100	RPT	PG		
2025-04-17	1000	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu, made even more incredible with hazelnut liqueur. Then it's her home-style version of Jamaica's classic jerk chicken with coconutty rice and peas.	UNITED KINGDOM		RPT	G		
2025-04-17	1030	Jamie At Home	Lamb	Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.	UNITED KINGDOM	English-100	RPT	G		
2025-04-17	1100	The Cook Up With Adam Liaw	Smokey Flavours	It's a night of smokey goodness as Adam, chef Tom Sarafian and comedian Tegan Higginbotham share how they like to savour smokey flavours.	AUSTRALIA	English-100	RPT			Y
2025-04-17	1130	Nadiya's Cook Once, Eat Twice	Easy Peasy Bakes	In the fifth of this new six-part crafty cooking series, Nadiya shares her favourite feelgood recipes, sweet and savoury, that are not only guaranteed to lift the spirits but will impress.	UNITED KINGDOM	English-100	RPT	G		

2025-04-17	1200	Rachael Ray's Meals In Minutes	Crab Nachos And Steak Tacos	Surf and Turf is a great combo, but why not make that combo even better by combining it with taco night? Rachael shows us how to make the ultimate date night combo of crab nachos and steak tacos.	USA	English-100	RPT	PG		
2025-04-17	1230	Hugh's Three Good Things	Pulses	We are halfway through Store Cupboard week on Hugh's Three Good Things and it's the week that Hugh is most desperate to win - not surprising, as his mum is the judge!	UNITED KINGDOM	English-100	RPT	PG		
2025-04-17	1300	Food Unwrapped	Yeast, Black Pepper And Crisp Flavour	Kate's in Vietnam, the world's largest exporter of black pepper, where a global surge in demand has transformed the lives of farmers across the country. Jimmy meets a man with one of the strangest jobs in the food industry, harvesting different strains of yeast from multiple locations across the globe. Matt's looking into how they get the flavours onto our crisps. Do producers use real cheese, onion, vinegar and salt - or are these actually artificial flavours cooked up in a lab?	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-17	1330	My Market Kitchen	Episode 15	Ben shows off his fusion skills with his breakfast dish Aussie Asian Eggs. Then Kathy Tsaples from Sweet Greek serves up a nourishing bowl of vegetable soup with chickpeas.	AUSTRALIA	English-100	RPT	G		
2025-04-17	1400	Food Safari Water	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce. Food Safari Water captures the sheer adventure of one of the world's great marine migrations with dramatic scenes netting the abundance of fish on Queensland's Kirra Beach.	AUSTRALIA	English-100	RPT	PG	a w	Y
2025-04-17	1430	Mary Makes It Easy	Pub Crawlers	Mary makes her favourite bar bites at home like antojitos, beer battered cheese curds, and crispy baked chicken wings.	CANADA	English-100	RPT	G		
2025-04-17	1500	Pati's Mexican Table	Mayan League Of Their Own, A	Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enedina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.	USA	English-100	RPT	PG		Y
2025-04-17	1530	Jamie & Jimmy's Food Fight Club	Jessica Ennis-Hill	Jamie and Jimmy are joined by the golden girl of the 2012 Olympics, Dame Jessica Ennis-Hill, as she puts on her pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100	RPT	PG	a	
2025-04-17	1625	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	RPT	G		
2025-04-17	1630	On Country Kitchen	On Country Kitchen	Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing.	AUSTRALIA	English-100	RPT	PG		Y
2025-04-17	1700	Tareq Taylor's Nordic Cookery	Hoganas: The Wild Pantry	The wild coast at Kullaberg in Skane has a lot of culture and gastronomy to offer: fantastic ceramics, vineyards and world-class ice cream. Tareq visits VikenTomater and cooks vegetarian ragu.	SWEDEN	English-100		PG	I	
2025-04-17	1730	Everyday Gourmet With Justine Schofield	Episode 74	Justine shows us a trick or two with her Leg of Lamb Stuffed with Dates. We fly to New Caledonia for a Lobster BBQ with Gabi and Sweet Potato Salad. Rosie Mansfield drops in for a Peanut Butter Cacao Smoothie.	AUSTRALIA	English-100		PG		
2025-04-17	1800	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips, washed down with a cool and classic Americano cocktail. If it's ease you need, she's got the answer - it's greed-gratifying roast duck and potatoes with a simple salad.	UNITED KINGDOM		RPT	G		
2025-04-17	1830	Jamie At Home	Leeks	Leeks are not only a beautiful plant - they're a versatile asset in the kitchen. Jamie makes delicious pappardelle with slow-roasted leeks and a clever concertina squid with grilled leeks.	UNITED KINGDOM	English-100	RPT	G		

2025-04-17	1900	The Cook Up With Adam Liaw	Dinner SOS	Adam and his guests, powerhouse hospitality duo Martin Benn and Vicki Wild, answer the dinner SOS distress call.	AUSTRALIA	English-100	RPT	G		Y
2025-04-17	1930	Jason Atherton's Dubai Dishes	Old Dubai	Jason visits Old Town where he gets fully immersed in the local culture and cuisine, cooking up some delicious dishes including his take on the national dish of the UAE-Ouzi.	UNITED KINGDOM	English-100		G		
2025-04-17	2030	Jamie's Great Italian Escape	Le Marche	Jamie heads north to the mountains of Le Marche - a relatively unexplored region next door to Umbria - to stay with a family of hunters. He'll be living off the land and learning from the local Mamas how to perfect the most traditional meat sauce of all - ragu.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-04-17	2100	Sachie's Kitchen	Taranaki	Sachie spends the day at the internationally famous Roebuck Farm, where she is put to work on the farm while learning about its sustainable practices. They finish the day cooking some of the farm's lamb in their immaculate farm kitchen.	NEW ZEALAND	English-100	RPT	PG	a w	
2025-04-17	2130	Come Dine With Me: The Professionals	Essex B	In Essex, co-owner and chef of Toulouse, Stefan has engaged his sous chef Billy to help him kick off the week with some restaurant classics. However, the starter comes under fire from a rival couple.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-17	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	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
2025-04-17	2230	The Cook Up With Adam Liaw	Dinner SOS	Adam and his guests, powerhouse hospitality duo Martin Benn and Vicki Wild, answer the dinner SOS distress call.	AUSTRALIA	English-100	RPT	G		Y
2025-04-17	2300	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, coconut and meringue all make the 'blonde food' menu, and with the use of simple sauces and balancing of flavours the cook and the chef prove that blonde doesn't mean bland. It's a program packed with blonde tips and worth watching just to see how the theme goes to Simon's head.	AUSTRALIA	English-100	RPT	G		
2025-04-17	2330	Rick Stein's Seafood Lovers' Guide	Episode 2	Rick starts his journey at Fraserburgh on the East coast of Scotland where he goes out on a huge trawler fishing for herring.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-17	2400	Hugh's Three Good Things	Pulses	We are halfway through Store Cupboard week on Hugh's Three Good Things and it's the week that Hugh is most desperate to win - not surprising, as his mum is the judge!	UNITED KINGDOM	English-100	RPT	PG		
2025-04-17	2430	Jason Atherton's Dubai Dishes	Old Dubai	Jason visits Old Town where he gets fully immersed in the local culture and cuisine, cooking up some delicious dishes including his take on the national dish of the UAE-Ouzi.	UNITED KINGDOM	English-100	RPT	G		
2025-04-17	2530	Jamie's Great Italian Escape	Le Marche	Jamie heads north to the mountains of Le Marche - a relatively unexplored region next door to Umbria - to stay with a family of hunters. He'll be living off the land and learning from the local Mamas how to perfect the most traditional meat sauce of all - ragu.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2025-04-17	2600	Sachie's Kitchen	Taranaki	Sachie spends the day at the internationally famous Roebuck Farm, where she is put to work on the farm while learning about its sustainable practices. They finish the day cooking some of the farm's lamb in their immaculate farm kitchen.	NEW ZEALAND	English-100	RPT	PG	a w	
2025-04-17	2630	Come Dine With Me: The Professionals	Essex B	In Essex, co-owner and chef of Toulouse, Stefan has engaged his sous chef Billy to help him kick off the week with some restaurant classics. However, the starter comes under fire from a rival couple.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-17	2725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	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
2025-04-17	2730	Jamie & Jimmy's Food Fight Club	Jessica Ennis-Hill	Jamie and Jimmy are joined by the golden girl of the 2012 Olympics, Dame Jessica Ennis-Hill, as she puts on her pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100	RPT	PG	a	
2025-04-17	2825	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	RPT	G		
2025-04-17	2830	Rick Stein's Seafood Lovers' Guide	Episode 2	Rick starts his journey at Fraserburgh on the East coast of Scotland where he goes out on a huge trawler fishing for herring.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-18	0500	Food Unwrapped	Yeast, Black Pepper And Crisp Flavour	Kate's in Vietnam, the world's largest exporter of black pepper, where a global surge in demand has transformed the lives of farmers across the country. Jimmy meets a man with one of the strangest jobs in the food industry, harvesting different strains of yeast from multiple locations across the globe. Matt's looking into how they get the flavours onto our crisps. Do producers use real cheese, onion, vinegar and salt - or are these actually artificial flavours cooked up in a lab?	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-18	0530	My Market Kitchen	Episode 15	Ben shows off his fusion skills with his breakfast dish Aussie Asian Eggs. Then Kathy Tsaples from Sweet Greek serves up a nourishing bowl of vegetable soup with chickpeas.	AUSTRALIA	English-100	RPT	G		
2025-04-18	0600	Food Safari Water	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce. Food Safari Water captures the sheer adventure of one of the world's great marine migrations with dramatic scenes netting the abundance of fish on Queensland's Kirra Beach.	AUSTRALIA	English-100	RPT	PG	a w	Y
2025-04-18	0630	Mary Makes It Easy	Pub Crawlers	Mary makes her favourite bar bites at home like antojitos, beer battered cheese curds, and crispy baked chicken wings.	CANADA	English-100	RPT	G		
2025-04-18	0700	Pati's Mexican Table	Mayan League Of Their Own, A	Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enedina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.	USA	English-100	RPT	PG		Y
2025-04-18	0730	Jamie & Jimmy's Food Fight Club	Jessica Ennis-Hill	Jamie and Jimmy are joined by the golden girl of the 2012 Olympics, Dame Jessica Ennis-Hill, as she puts on her pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100	RPT	PG	a	
2025-04-18	0825	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	RPT	G		

2025-04-18	0830	On Country Kitchen	On Country Kitchen	Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing.	AUSTRALIA	English-100	RPT	PG		Y
2025-04-18	0900	Tareq Taylor's Nordic Cookery	Hoganas: The Wild Pantry	The wild coast at Kullaberg in Skane has a lot of culture and gastronomy to offer: fantastic ceramics, vineyards and world-class ice cream. Tareq visits VikenTomater and cooks vegetarian ragu.	SWEDEN	English-100	RPT	PG	I	
2025-04-18	0930	Everyday Gourmet With Justine Schofield	Episode 74	Justine shows us a trick or two with her Leg of Lamb Stuffed with Dates. We fly to New Caledonia for a Lobster BBQ with Gabi and Sweet Potato Salad. Rosie Mansfield drops in for a Peanut Butter Cacao Smoothie.	AUSTRALIA	English-100	RPT	PG		
2025-04-18	1000	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips, washed down with a cool and classic Americano cocktail. If it's ease you need, she's got the answer - it's greed-gratifying roast duck and potatoes with a simple salad.	UNITED KINGDOM		RPT	G		
2025-04-18	1030	Jamie At Home	Leeks	Leeks are not only a beautiful plant - they're a versatile asset in the kitchen. Jamie makes delicious pappardelle with slow-roasted leeks and a clever concertina squid with grilled leeks.	UNITED KINGDOM	English-100	RPT	G		
2025-04-18	1100	The Cook Up With Adam Liaw	Dinner SOS	Adam and his guests, powerhouse hospitality duo Martin Benn and Vicki Wild, answer the dinner SOS distress call.	AUSTRALIA	English-100	RPT	G		Y
2025-04-18	1130	Jason Atherton's Dubai Dishes	Old Dubai	Jason visits Old Town where he gets fully immersed in the local culture and cuisine, cooking up some delicious dishes including his take on the national dish of the UAE-Ouzi.	UNITED KINGDOM	English-100	RPT	G		
2025-04-18	1230	Hugh's Three Good Things	Rice	Hugh's Three Good Things goes rummaging around in the store cupboard and for this episode pulls out rice.	UNITED KINGDOM	English-100	RPT	G		
2025-04-18	1300	Food Unwrapped	Marmalade, Sustainable Fish And Goat	Jimmy is in Seville, looking for the mysterious ingredient that gives marmalade its bitter tang. Kate is investigating sustainable fish. She learns that even farmed smoked salmon aren't considered fully sustainable - so what fish can we be eating with a clear conscience? Matt meets a man who is trying to turn Britain onto goat meat.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-18	1330	My Market Kitchen	Episode 16	Ben and Chef Leslie Chan make vegetable spring rolls, honey baked soy chicken wings, and a chocolate mousse with berries.	AUSTRALIA	English-100	RPT	G		
2025-04-18	1400	Food Safari Water	Surf And Turf	Maeva explores seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to an intriguing episode with some diverse and inspired flavour combinations. Vietnamese chef Dai Duong (Uncle, Uncle Collins) shows how prawns are pounded into a paste with pork lard and shaped onto sugarcane skewers to make the classic Chao Tom, which are grilled to golden perfection.	AUSTRALIA	English-100	RPT	G		Y
2025-04-18	1430	Mary Makes It Easy	Veggin' Out On The Grill	Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad.	CANADA	English-100	RPT	G		
2025-04-18	1500	Pati's Mexican Table	Swinging Spirits	Pati explores Juarez's Prohibition-era legacy and two icons – the margarita and burritos.	USA	English-100	RPT	PG		Y

2025-04-18	1530	Jamie & Jimmy's Food Fight Club	Stephen Fry	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane. He's inspired by his memories of his childhood nanny who made the most incredible apple pies and taught him how to make a rose out of pastry for the top.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-18	1625	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	
2025-04-18	1630	On Country Kitchen	On Country Kitchen	Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.	AUSTRALIA	English-100	RPT	G	Y
2025-04-18	1700	Tareq Taylor's Nordic Cookery	Karlstad: Food From Two Seasons	Tareq visits sunny Karlstad! Here, food is prepared by Vanern's shores and in Värmland's deep forests. Butter-fried Zander, crepes and cooking over an open fire are on the menu.	SWEDEN	English-100		PG	
2025-04-18	1730	Everyday Gourmet With Justine Schofield	Episode 75	Let your taste buds travel the world with Justine's Chinese Duck and Potato Stir-fry and her Maldivian Chicken Curry. The chocolate guru Trish McKenzie is back to make a Chocolate Sponge Sandwich.	AUSTRALIA	English-100		PG	
2025-04-18	1800	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe, wholegrain mustard, and ginger cocktail sausages served in a scooped-out loaf. For something a little different, there is gorgeous grilled halloumi in radicchio leaves with a zingy beetroot and lime sauce. Then as festive a dessert as you could imagine, squares of black beer gingerbread with snow-white icing sugar. For a final flourish, a simple, seasonal cocktail, Filthy Fizz.	UNITED KINGDOM		RPT	G	
2025-04-18	1830	Jamie At Home	Winter Veg	It may be November but the garden is still offering up some beautiful winter veg. Jamie explores what the garden has proffered and takes his finds to the kitchen to make a seasonal winter veg coleslaw. More of the fabulous veg gets used for the best bubble & squeak.	UNITED KINGDOM	English-100	RPT	PG	I
2025-04-18	1900	The Cook Up With Adam Liaw	Nature's Finest	Shout out to Mother Nature as Restaurant Botanic's Justin James and Vola Foods's Ashely Vola join Adam to make fantastic food with nature's finest ingredients.	AUSTRALIA	English-100	RPT	G	Y
2025-04-18	1930	Nadiya's Asian Odyssey	Thailand And Cambodia	Nadiya makes a surprise discovery about her DNA which sees her travel solo for the first time. From the temples of Angkor Wat in North Cambodia to a Muslim island in the deep south of Thailand.	UNITED KINGDOM	English-100	RPT	G	Y
2025-04-18	2035	A Lake District Farmshop	Ep 5	In this episode, we travel to one of the Lake's highest peaks, Blencathra, to meet independent coffee roasters Gareth and Angharad of Carvetii Coffee. With the service station selling over two thousand cups a day, amounting to over sixteen thousand cups a week, it's one of their most important contracts to get right. The pair offer a training day to the service station baristas on how the beans should be brewed and served, and they reveal how some of the purest water in the UK, from the lake district's own reservoirs, can cause an issue for their roast.	UNITED KINGDOM	English-100	RPT	G	
2025-04-18	2130	Come Dine With Me: The Professionals	Sheffield B	In Sheffield, Sicilian restaurant Bella Donna kick off the competition with head chef Monica and front of house manager Katrina cooking up some serious seafood and breaded beef.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-18	2225	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
2025-04-18	2230	The Cook Up With Adam Liaw	Nature's Finest	Shout out to Mother Nature as Restaurant Botanic's Justin James and Vola Foods's Ashely Vola join Adam to make fantastic food with nature's finest ingredients.	AUSTRALIA	English-100	RPT	G	Y

2025-04-18	2300	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away. This week Maggie and Simon demonstrate that some ingredients which are considered 'junk food' can be tasty if they're prepared with love and attention.	AUSTRALIA	English-100	RPT	G	
2025-04-18	2330	Rick Stein's Seafood Lovers' Guide	Episode 3	Rick travels along England's south coast and cooks up a variety of dishes along the way – such as monk fish with potatoes, pilchards on a bruchetta, ormers and salad.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-04-18	2400	Hugh's Three Good Things	Rice	Hugh's Three Good Things goes rummaging around in the store cupboard and for this episode pulls out rice.	UNITED KINGDOM	English-100	RPT	G	
2025-04-18	2430	Nadiya's Asian Odyssey	Thailand And Cambodia	Nadiya makes a surprise discovery about her DNA which sees her travel solo for the first time. From the temples of Angkor Wat in North Cambodia to a Muslim island in the deep south of Thailand.	UNITED KINGDOM	English-100	RPT	G	Y
2025-04-18	2535	A Lake District Farmshop	Ep 5	In this episode, we travel to one of the Lake's highest peaks, Blencathra, to meet independent coffee roasters Gareth and Angharad of Carveti Coffee. With the service station selling over two thousand cups a day, amounting to over sixteen thousand cups a week, it's one of their most important contracts to get right. The pair offer a training day to the service station baristas on how the beans should be brewed and served, and they reveal how some of the purest water in the UK, from the lake district's own reservoirs, can cause an issue for their roast.	UNITED KINGDOM	English-100	RPT	G	
2025-04-18	2630	Come Dine With Me: The Professionals	Sheffield B	In Sheffield, Sicilian restaurant Bella Donna kick off the competition with head chef Monica and front of house manager Katrina cooking up some serious seafood and breaded beef.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-18	2725	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
2025-04-18	2730	Jamie & Jimmy's Food Fight Club	Stephen Fry	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane. He's inspired by his memories of his childhood nanny who made the most incredible apple pies and taught him how to make a rose out of pastry for the top.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-18	2825	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	
2025-04-18	2830	Rick Stein's Seafood Lovers' Guide	Episode 3	Rick travels along England's south coast and cooks up a variety of dishes along the way – such as monk fish with potatoes, pilchards on a bruchetta, ormers and salad.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-04-19	0500	Food Unwrapped	Marmalade, Sustainable Fish And Goat	Jimmy is in Seville, looking for the mysterious ingredient that gives marmalade its bitter tang. Kate is investigating sustainable fish. She learns that even farmed smoked salmon aren't considered fully sustainable - so what fish can we be eating with a clear conscience? Matt meets a man who is trying to turn Britain onto goat meat.	UNITED KINGDOM	English-100	RPT	PG	Y
2025-04-19	0530	My Market Kitchen	Episode 16	Ben and Chef Leslie Chan make vegetable spring rolls, honey baked soy chicken wings, and a chocolate mousse with berries.	AUSTRALIA	English-100	RPT	G	
2025-04-19	0600	Food Safari Water	Surf And Turf	Maeva explores seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to an intriguing episode with some diverse and inspired flavour combinations. Vietnamese chef Dai Duong (Uncle, Uncle Collins) shows how prawns are pounded into a paste with pork lard and shaped onto sugarcane skewers to make the classic Chao Tom, which are grilled to golden perfection.	AUSTRALIA	English-100	RPT	G	Y

2025-04-19	0630	Mary Makes It Easy	Veggin' Out On The Grill	Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad.	CANADA	English-100	RPT	G	
2025-04-19	0700	Pati's Mexican Table	Swinging Spirits	Pati explores Juarez's Prohibition-era legacy and two icons – the margarita and burritos.	USA	English-100	RPT	PG	Y
2025-04-19	0730	Jamie & Jimmy's Food Fight Club	Stephen Fry	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane. He's inspired by his memories of his childhood nanny who made the most incredible apple pies and taught him how to make a rose out of pastry for the top.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-19	0825	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	
2025-04-19	0830	On Country Kitchen	On Country Kitchen	Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.	AUSTRALIA	English-100	RPT	G	Y
2025-04-19	0900	Tareq Taylor's Nordic Cookery	Karlstad: Food From Two Seasons	Tareq visits sunny Karlstad! Here, food is prepared by Vanern's shores and in Värmland's deep forests. Butter-fried Zander, crepes and cooking over an open fire are on the menu.	SWEDEN	English-100	RPT	PG	
2025-04-19	0930	Everyday Gourmet With Justine Schofield	Episode 75	Let your taste buds travel the world with Justine's Chinese Duck and Potato Stir-fry and her Maldivian Chicken Curry. The chocolate guru Trish McKenzie is back to make a Chocolate Sponge Sandwich.	AUSTRALIA	English-100	RPT	PG	
2025-04-19	1000	Nigella Kitchen	Safety in Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe, wholegrain mustard, and ginger cocktail sausages served in a scooped-out loaf. For something a little different, there is gorgeous grilled halloumi in radicchio leaves with a zingy beetroot and lime sauce. Then as festive a dessert as you could imagine, squares of black beer gingerbread with snow-white icing sugar. For a final flourish, a simple, seasonal cocktail, Filthy Fizz.	UNITED KINGDOM		RPT	G	
2025-04-19	1030	Jamie At Home	Winter Veg	It may be November but the garden is still offering up some beautiful winter veg. Jamie explores what the garden has proffered and takes his finds to the kitchen to make a seasonal winter veg coleslaw. More of the fabulous veg gets used for the best bubble & squeak.	UNITED KINGDOM	English-100	RPT	PG	I
2025-04-19	1100	The Cook Up With Adam Liaw	Nature's Finest	Shout out to Mother Nature as Restaurant Botanic's Justin James and Volä Foods's Ashely Volä join Adam to make fantastic food with nature's finest ingredients.	AUSTRALIA	English-100	RPT	G	Y
2025-04-19	1130	Nadiya's Asian Odyssey	Thailand And Cambodia	Nadiya makes a surprise discovery about her DNA which sees her travel solo for the first time. From the temples of Angkor Wat in North Cambodia to a Muslim island in the deep south of Thailand.	UNITED KINGDOM	English-100	RPT	G	Y
2025-04-19	1235	Jamie & Jimmy's Food Fight Club	Stephen Fry	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane. He's inspired by his memories of his childhood nanny who made the most incredible apple pies and taught him how to make a rose out of pastry for the top.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-19	1330	Mary Makes It Easy	Veggin' Out On The Grill	Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad.	CANADA	English-100	RPT	G	

2025-04-19	1400	Pati's Mexican Table	Swinging Spirits	Pati explores Juarez's Prohibition-era legacy and two icons – the margarita and burritos.	USA	English-100	RPT	PG			Y
2025-04-19	1430	Food Markets: In The Belly Of The City	Riga - Centraltirgus	Latvia is a small country yet Riga Centraltirgus is the biggest city food market in Europe. It's located by the Old Town of the city, famous for its Art-Nouveau architecture.	FRANCE	English-67; Latvian-32; Russian-1	RPT	PG	a d w	Y	Y
2025-04-19	1530	Food Markets: In The Belly Of The City	Toulouse - Victor Hugo	In the deep south of France the so called pink city of Toulouse hosts a coffer full of world wide famous food treasures - the Victor Hugo Market. The black truffles of Quercy, the Rocamadour cheese, the foie gras and the white beans of the most traditional Cassoulet allows us to discover the French Pyrenees.	FRANCE	English-50; French-50	RPT	G		Y	Y
2025-04-19	1635	Loving Gluten Free	Episode 5	Bring fresh flavours to your weeknights with today's episode of Loving Gluten Free! Helen starts with a gluten-free twist on a beloved Aussie pub classic, followed by creamy ricotta cannelloni.	AUSTRALIA	English-100		PG			
2025-04-19	1705	Barefoot Contessa: Back To Basics	Modern Comfort Food: Good Cheese	Ina Garten indulges in incredible recipes starring some of her favourite cheeses, featuring a panko-crusted rack of lamb for a fast and fancy dinner.	USA	English-100	RPT	G			
2025-04-19	1730	Dishing It Up	Family Faves	We all love watching celebrity chefs dish up mouthwatering meals but are they as impressive in reality as they seem? In this episode, everyday home cooks put four family favourite recipes to the test. Will Silvia Colloca's bigne be a ball of success? And will Shane Delia's knafeh hit or miss?	AUSTRALIA	English-100	RPT	PG		Y	
2025-04-19	1800	Memory Bites With Matt Moran	Danielle Cormack	Chef Matt Moran and actor Danielle Cormack celebrate the unlikely influence of iconic TV Chefs from New Zealand, Hudson and Halls, recreating flamboyant dishes that shaped her childhood and career.	AUSTRALIA	English-100	RPT	PG	a	Y	
2025-04-19	1830	Remarkable Places To Eat	Rome	Chef Giorgio Locatelli takes Fred to Rome in search of the city's most exciting eats. Sublime pasta, fluffy gnocchi and the world's best pizza - all delicious but affordable.	UNITED KINGDOM	English-100	RPT	G			Y
2025-04-19	1930	Judi Love's Culinary Cruise	Corfu	Judi's exploring Corfu - the island of spices - where she visits a dairy shop that was a firm favourite of Jackie Onassis and learns a bit of Greek dancing.	UNITED KINGDOM	English-100					
2025-04-19	2030	Rick Stein's Road To Mexico	Yucatan Peninsula	Rick Stein heads from Oaxaca to the Yucatan Peninsula, a place once frequented by real Caribbean pirates, including Sir Francis Drake. They feast on habaneros, and give slow food a new meaning.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2025-04-19	2140	Anthony Bourdain: Parts Unknown	Manila	Tony returns to the Philippines by way of Manila, its crowded capital city. Home to around 14 million inhabitants, Manila is hot, tropical, smoggy, fascinating, and especially chaotic in the lead up to Christmas. Filipinos take the holiday seriously, and the 100 days before Christmas are like one long party.	USA	English-100	RPT	PG	a v w		
2025-04-19	2235	David Rocco's Dolce Napoli	Capri Way, The	The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping. David visits his friends at the hotel San Felice and gets the true Capri treatment - a boat tour around the island - all the while finding local culinary hotspots along the way.	CANADA	English-100	RPT	PG	a w		
2025-04-19	2300	Bizarre Foods: Delicious Destinations	North Carolina's Triangle	Andrew digs into Raleigh, Durham and Chapel Hill - three tasty cities that make up North Carolina's Triangle and are home to blossoming food scenes.	USA	English-100	RPT	G			Y
2025-04-19	2330	The Zimmern List	Providence	Andrew heads to Providence, one of the oldest cities in America and home to a unique food scene. He savors authentic Portuguese-style seafood, and discovers a refreshing take on New England pub food.	USA	English-100	RPT	G			Y

2025-04-19	2400	Loving Gluten Free	Episode 5	Bring fresh flavours to your weeknights with today's episode of Loving Gluten Free! Helen starts with a gluten-free twist on a beloved Aussie pub classic, followed by creamy ricotta cannelloni.	AUSTRALIA	English-100	RPT	PG			
2025-04-19	2430	Remarkable Places To Eat	Rome	Chef Giorgio Locatelli takes Fred to Rome in search of the city's most exciting eats. Sublime pasta, fluffy gnocchi and the world's best pizza - all delicious but affordable.	UNITED KINGDOM	English-100	RPT	G		Y	
2025-04-19	2525	Destination Flavour China Bitesize	Cattail Milk Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG		Y	Y
2025-04-19	2530	Judi Love's Culinary Cruise	Corfu	Judi's exploring Corfu - the island of spices - where she visits a dairy shop that was a firm favourite of Jackie Onassis and learns a bit of Greek dancing.	UNITED KINGDOM	English-100	RPT				
2025-04-19	2630	Rick Stein's Road To Mexico	Yucatan Peninsula	Rick Stein heads from Oaxaca to the Yucatan Peninsula, a place once frequented by real Caribbean pirates, including Sir Francis Drake. They feast on habaneros, and give slow food a new meaning.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2025-04-19	2740	Anthony Bourdain: Parts Unknown	Manila	Tony returns to the Philippines by way of Manila, its crowded capital city. Home to around 14 million inhabitants, Manila is hot, tropical, smoggy, fascinating, and especially chaotic in the lead up to Christmas. Filipinos take the holiday seriously, and the 100 days before Christmas are like one long party.	USA	English-100	RPT	PG	a v w		
2025-04-19	2835	Barefoot Contessa: Back To Basics	Modern Comfort Food: Good Cheese	Ina Garten indulges in incredible recipes starring some of her favourite cheeses, featuring a panko-crusted rack of lamb for a fast and fancy dinner.	USA	English-100	RPT	G			