



WEEK 17		Sunday, 20 April 2025	Saturday, 26 April 2025	ALL MARKETS							
Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2025-04-20	0500	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
2025-04-20	0530	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
2025-04-20	0630	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 worldwide 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
2025-04-20	0735	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	G			
2025-04-20	0805	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			
2025-04-20	0830	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	
2025-04-20	0900	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	
2025-04-20	0930	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
2025-04-20	1030	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	G			
2025-04-20	1130	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
2025-04-20	1235	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		

2025-04-20	1300	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
2025-04-20	1330	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
2025-04-20	1400	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
2025-04-20	1430	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
2025-04-20	1500	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	G		Y
2025-04-20	1530	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
2025-04-20	1600	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
2025-04-20	1630	Loving Gluten Free	Episode 6	Prepare for a gluten-free feast with Helen's delightful creations! This episode features her hearty beef stifado and light, fluffy pastos.	AUSTRALIA	English-100		PG		
2025-04-20	1700	Giada At Home	Pizza And Pasta 101	Giada De Laurentiis and her daughter, Jade, love nothing more than a day at home making pizza and pasta. People think making pizza dough from scratch is intimidating and labourious when, in fact, it's easy and a total blast!	USA	English-100	RPT	G		
2025-04-20	1730	Cheese: Searching For A Taste Of Place	America	The home of industrial cheese production, is now making world class artisan cheese. The last twenty years have seen a revolution in the American artisan cheese business. One author described it as a war, the battle field being science versus the FDA, the use of raw milk, and even argument over the type of shelves that the cheese is matured on.	AUSTRALIA	English-100		PG	a w	
2025-04-20	1830	James Martin's French Adventure	Charente	Inspired by a visit to a distillery, James uses Cognac for his first al fresco cook. He then meets a miller who still uses traditional methods to make award-winning brioche loaves.	UNITED KINGDOM	English-100	RPT	PG	a	
2025-04-20	1930	Paula McIntyre's Hamely Kitchen USA	Episode 1	Chef Paula McIntyre embarks upon a food adventure in America. Buttermilk, kale and moonshine are just some of the Scots-Irish items which are still used by home cooks and chefs in the States today.	UNITED KINGDOM	English-100				
2025-04-20	2000	My Greatest Dishes	Nathan Outlaw	Nathan Outlaw's skill and palette has led to two Michelin stars. He shares the recipes for Toad in the Hole and sherry trifle, fish and chips, and lobster risotto that's been on his menu.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-20	2030	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	Rick and Chalky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart, a local variety of cheesecake.	UNITED KINGDOM		RPT	PG	a w	

2025-04-20	2100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire, which is as rich in gastronomic delights as it is in history.	UNITED KINGDOM		RPT	PG	a w	
2025-04-20	2130	Anthony Bourdain: Parts Unknown	Cologne	Tony travels to Cologne to talk about beer, music, art, and the issue currently on every German's mind - immigration.	USA	English-100	RPT	PG	a w	Y
2025-04-20	2225	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		Y
2025-04-20	2230	David Rocco's Dolce Napoli	Music In Napoli	Naples is a city thriving with culture - and not just food culture. Music is all around the city, so it's no surprise that David meets one of Italy's top folk singers, Pietra Montecorvino.	CANADA	English-100	RPT	G		Y
2025-04-20	2300	Bizarre Foods: Delicious Destinations	Hollywood	Andrew highlights classic steak and martinis, Thai steamed whole fish, Armenian flatbread topped with minced beef and Persian ice cream in Hollywood, California.	USA	English-100	RPT	G		
2025-04-20	2330	The Zimmern List	St. Louis	Andrew heads to St. Louis to get his fill of comfort food. He savours barbecued pig snouts, indulges in a modern Midwestern incarnation of traditional Italian fare and slurps noodles at one of the hottest new spots for East Asian fare.	USA	English-100	RPT	G		Y
2025-04-20	2400	Giada At Home	Pizza And Pasta 101	Giada De Laurentiis and her daughter, Jade, love nothing more than a day at home making pizza and pasta. People think making pizza dough from scratch is intimidating and labourious when, in fact, it's easy and a total blast!	USA	English-100	RPT	G		
2025-04-20	2430	Cheese: Searching For A Taste Of Place	America	The home of industrial cheese production, is now making world class artisan cheese. The last twenty years have seen a revolution in the American artisan cheese business. One author described it as a war, the battle field being science versus the FDA, the use of raw milk, and even argument over the type of shelves that the cheese is matured on.	AUSTRALIA	English-100	RPT	PG	a w	
2025-04-20	2530	James Martin's French Adventure	Charente	Inspired by a visit to a distillery, James uses Cognac for his first al fresco cook. He then meets a miller who still uses traditional methods to make award-winning brioche loaves.	UNITED KINGDOM	English-100	RPT	PG	a	
2025-04-20	2625	Please Eat Slowly Bitesize	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	RPT	G		
2025-04-20	2630	Paula McIntyre's Hamely Kitchen USA	Episode 1	Chef Paula McIntyre embarks upon a food adventure in America. Buttermilk, kale and moonshine are just some of the Scots-Irish items which are still used by home cooks and chefs in the States today.	UNITED KINGDOM	English-100	RPT			
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2025-04-20	2825	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		Y

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2025-04-21	0530	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
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2025-04-21	1100	My Greatest Dishes	Nathan Outlaw	Nathan Outlaw's skill and palette has led to two Michelin stars. He shares the recipes for Toad in the Hole and sherry trifle, fish and chips, and lobster risotto that's been on his menu.	UNITED KINGDOM	English-100	RPT	PG		
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2025-04-21	1200	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire, which is as rich in gastronomic delights as it is in history.	UNITED KINGDOM		RPT	PG	a w
2025-04-21	1230	Hugh's Three Good Things	Chocolate	It's the final day of our cook-a-thon on Hugh's Three Good Things - can Hugh be crowned 'store cupboard king'?	UNITED KINGDOM	English-100	RPT	G	
2025-04-21	1300	Food Unwrapped	Manuka Honey, Bell Pepper Crop And Leeks	Jimmy goes to Israel to help protect the bell pepper crop from the Mediterranean Fruit Fly. Kate is investigating Manuka.	UNITED KINGDOM	English-100	RPT	PG	Y
2025-04-21	1330	My Market Kitchen	Episode 17	Kathy Tsaples returns to the kitchen with another fabulous Greek recipe, but can this incredibly moist Greek semolina cake survive an encounter with John Pino?	AUSTRALIA	English-100	RPT	G	
2025-04-21	1400	Food Safari Water	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies. Tasmanian-based chef Masaaki Koyama (Masaaki's Sushi Geeveston) heads out in the misty mornings on the Huon River to haul up nets set the night before, later grilling his catch and brushing with a delicious soy glaze and says he always feels incredibly healthy after eating eel.	AUSTRALIA	English-100	RPT	G	Y
2025-04-21	1430	Mary Makes It Easy	Movie Night	Make your next movie night a feature presentation with Mary's array of snacks, from sweet and salty to savoury apps, and of course, popcorn!	CANADA	English-100	RPT	G	
2025-04-21	1500	Pati's Mexican Table	Canyon Cruise	Pati learns running is a way of life for the Raramuri and tries foods that fuel them.	USA	English-100	RPT	G	Y
2025-04-21	1530	Jamie & Jimmy's Food Fight Club	Jessica Chastain	Jamie and Jimmy are joined by Oscar-winning actress Jessica Chastain, as she dons her pinny and cooks for the diners at Southend Pier. In honour of their Hollywood leading lady, the boys pull out all the stops and create an all-vegan menu that is set to impress. They track down the chef who created one the best vegan meals that Jessica ever had; a cauliflower tempura summer roll whilst filming in Texas with Brad Pitt.	UNITED KINGDOM	English-100	RPT	G	
2025-04-21	1625	Bring A Plate	Jc's Chicken And Pork Adobo With Eggs	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	RPT	G	Y
2025-04-21	1630	On Country Kitchen	On Country Kitchen	Mark and Derek host a dinner party at Silos Estate to thank everyone. They visit a cattle farm and collect native berries and bimbalas with Noel Butler.	AUSTRALIA	English-100	RPT	G	Y
2025-04-21	1700	Tareq Taylor's Nordic Cookery	Best Of Nordic Cookery Part 2	Tareq Taylor looks back on his food adventures and delicacies from Nordic countries.	SWEDEN	English-100		PG	a w
2025-04-21	1730	Everyday Gourmet With Justine Schofield	Episode 76	Justine reveals secrets from her new cookbook as she makes a warm chicken trapanese salad and cauliflower boscaiola. Kathy Tsaples comes in to treat us with her recipe for a sticky sweet baklava.	AUSTRALIA	English-100		G	
2025-04-21	1800	Nigellissima	Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's a mid-week family feast of tagliata - a juicy steak cut into thin slices - served with crisp, fluffy Tuscan fries.	UNITED KINGDOM	English-100	RPT	G	Y

2025-04-21	1830	Jamie At Home	Furred Game	Most people think nothing of eating a chicken but what about a rabbit?	UNITED KINGDOM	English-100	RPT	PG	a s w
2025-04-21	1900	The Cook Up With Adam Liaw	Curry Up!	It's a flurry of curry as Adam gives his guests, comedian Dave Hughes and chef Peter Kuruvita, the curry up!	AUSTRALIA	English-100		G	Y
2025-04-21	1930	Adam and Poh's Great Australian Bites	Regional Victoria, Ballarat	Adam and Poh travel to Ballarat in regional Victoria hoping to find those three supporting pillars of Aussie culture and cuisine: a pub, a bakery, and a Chinese restaurant. Within this trifecta of taste lies the secret sauce that gives Australia not just great food, but also a unique culture and approach to life.	AUSTRALIA	English-100	RPT	G	Y
2025-04-21	2000	Adam and Poh's Great Australian Bites	Launceston, Tasmania	Whether pulled from the freezer, scoffed down at the footie, or as a quickie at a late-night convenience store, some might say that meat pies are Australia's national dish. So, Adam and Poh are heading to Tasmania on a quest to put together a not-so humble version of a classic Aussie pie.	AUSTRALIA	English-100	RPT	PG	Y
2025-04-21	2030	Jamie Cooks Italy	Basilicata	This week Jamie heads off the beaten track to the breath-taking but little known Basilicata in search of some seriously old school Italian recipes.	UNITED KINGDOM	English-100		G	Y
2025-04-21	2130	Come Dine With Me: The Professionals	Edinburgh B	Today's Come Dine With Me: The Professionals travels to Edinburgh and kicking off the competition is owner James and self-proclaimed best chef in Edinburgh, Ed. They're confident their fresh, foraged produce and flower garnishes will bag them the grand.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-21	2225	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	
2025-04-21	2230	The Cook Up With Adam Liaw	Curry Up!	It's a flurry of curry as Adam gives his guests, comedian Dave Hughes and chef Peter Kuruvita, the curry up!	AUSTRALIA	English-100	RPT	G	Y
2025-04-21	2300	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food. In this program Maggie and Simon whip up dishes that'll not only impress the crowd but are easy to transport to any get-together. Maggie's 'moveable feast' is a creamy asparagus and leek tart, a whole meal encased in a sour cream pastry and ready to go. Simon shows us how to make a beautifully textured goat cheese lasagne that can be transported using a gourmet "must have", the cardboard box.	AUSTRALIA	English-100	RPT	PG	
2025-04-21	2330	Rick Stein's Seafood Lovers' Guide	Episode 4	Rick visits Morecambe and meets Ray who goes shrimping and makes potted shrimps. In Solway Firth, he discovers the wonder of fresh salmon, oysters, and scallops.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-04-21	2400	Hugh's Three Good Things	Chocolate	It's the final day of our cook-a-thon on Hugh's Three Good Things - can Hugh be crowned 'store cupboard king'?	UNITED KINGDOM	English-100	RPT	G	
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2025-04-21	2500	Adam and Poh's Great Australian Bites	Launceston, Tasmania	Whether pulled from the freezer, scoffed down at the footie, or as a quickie at a late-night convenience store, some might say that meat pies are Australia's national dish. So, Adam and Poh are heading to Tasmania on a quest to put together a not-so humble version of a classic Aussie pie.	AUSTRALIA	English-100	RPT	PG	Y

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2025-04-21	2800	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food. In this program Maggie and Simon whip up dishes that'll not only impress the crowd but are easy to transport to any get-together. Maggie's 'moveable feast' is a creamy asparagus and leek tart, a whole meal encased in a sour cream pastry and ready to go. Simon shows us how to make a beautifully textured goat cheese lasagne that can be transported using a gourmet "must have", the cardboard box.	AUSTRALIA	English-100	RPT	PG		
2025-04-21	2830	Rick Stein's Seafood Lovers' Guide	Episode 4	Rick visits Morecambe and meets Ray who goes shrimping and makes potted shrimps. In Solway Firth, he discovers the wonder of fresh salmon, oysters, and scallops.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-22	0500	Food Unwrapped	Manuka Honey, Bell Pepper Crop And Leeks	Jimmy goes to Israel to help protect the bell pepper crop from the Mediterranean Fruit Fly. Kate is investigating Manuka.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-22	0530	My Market Kitchen	Episode 17	Kathy Tsaples returns to the kitchen with another fabulous Greek recipe, but can this incredibly moist Greek semolina cake survive an encounter with John Pino?	AUSTRALIA	English-100	RPT	G		
2025-04-22	0600	Food Safari Water	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies. Tasmanian-based chef Masaaki Koyama (Masaaki's Sushi Geeveston) heads out in the misty mornings on the Huon River to haul up nets set the night before, later grilling his catch and brushing with a delicious soy glaze and says he always feels incredibly healthy after eating eel.	AUSTRALIA	English-100	RPT	G		Y
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2025-04-22	0830	On Country Kitchen	On Country Kitchen	Mark and Derek host a dinner party at Silos Estate to thank everyone. They visit a cattle farm and collect native berries and bimbalas with Noel Butler.	AUSTRALIA	English-100	RPT	G		Y
2025-04-22	0900	Tareq Taylor's Nordic Cookery	Best Of Nordic Cookery Part 2	Tareq Taylor looks back on his food adventures and delicacies from Nordic countries.	SWEDEN	English-100	RPT	PG	a w	
2025-04-22	0930	Everyday Gourmet With Justine Schofield	Episode 76	Justine reveals secrets from her new cookbook as she makes a warm chicken trapanese salad and cauliflower boscaiola. Kathy Tsaples comes in to treat us with her recipe for a sticky sweet baklava.	AUSTRALIA	English-100	RPT	G		
2025-04-22	1000	Nigellissima	Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's a mid-week family feast of tagliata - a juicy steak cut into thin slices - served with crisp, fluffy Tuscan fries.	UNITED KINGDOM	English-100	RPT	G		Y
2025-04-22	1030	Jamie At Home	Furred Game	Most people think nothing of eating a chicken but what about a rabbit?	UNITED KINGDOM	English-100	RPT	PG	a s w	
2025-04-22	1100	The Cook Up With Adam Liaw	Curry Up!	It's a flurry of curry as Adam gives his guests, comedian Dave Hughes and chef Peter Kuruvita, the curry up!	AUSTRALIA	English-100	RPT	G		Y
2025-04-22	1130	Adam and Poh's Great Australian Bites	Regional Victoria, Ballarat	Adam and Poh travel to Ballarat in regional Victoria hoping to find those three supporting pillars of Aussie culture and cuisine: a pub, a bakery, and a Chinese restaurant. Within this trifecta of taste lies the secret sauce that gives Australia not just great food, but also a unique culture and approach to life.	AUSTRALIA	English-100	RPT	G		Y
2025-04-22	1200	Adam and Poh's Great Australian Bites	Launceston, Tasmania	Whether pulled from the freezer, scoffed down at the footie, or as a quickie at a late-night convenience store, some might say that meat pies are Australia's national dish. So, Adam and Poh are heading to Tasmania on a quest to put together a not-so humble version of a classic Aussie pie.	AUSTRALIA	English-100	RPT	PG		Y
2025-04-22	1230	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
2025-04-22	1300	Food Unwrapped	Coconut, Artichokes And Absinthe	Kate is in Vietnam, taking a close look at coconut oil. Jimmy is puzzled by exactly what goes into a supermarket jar of artichoke hearts. He heads to Italy to visit one of Europe's largest producers.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-22	1330	My Market Kitchen	Episode 18	Ben cooks two recipes that go hand-in-hand: his coconut caramel sauce, and his ricotta and buttermilk pancakes.	AUSTRALIA	English-100	RPT	G		
2025-04-22	1400	Food Safari Water	Feel Good Fish	Food Safari Water celebrates the hearty deliciousness of seafood with touch-your-heart dishes and stories from northern England, Lebanon, Portugal, and Sri Lanka. A cheese and leek topped pie made with perfect white fish, smoked fish, salmon, and plump prawns in a rich bechamel sauce baked in the oven and brought steaming to the table is chef Nelly's Robinson's (Nel Restaurant) favourite dish from childhood in North Manchester, and he shares his brilliant recipe with many tips and tricks along the way.	AUSTRALIA	English-100	RPT	G		Y

2025-04-22	1430	Baking It Easy	It's Floofy And Everything's Fine	Meghan shares her designs for decadently delicious cream puffs and cookies fit to serve for any occasion.	USA	English-100	RPT	PG		
2025-04-22	1500	Pati's Mexican Table	Symphony Of Flavours	Pati meets the first world-famous Raramuri pianist and learns ancient Chihuahuan cooking.	USA	English-100	RPT	G		Y
2025-04-22	1530	Jamie & Jimmy's Food Fight Club	Patrick Stewart	Jamie and Jimmy are joined by Sir Patrick Stewart, as he swaps the Starship Enterprise for the little cafe on the end of Southend Pier. The boys bring back fond food memories for Patrick, tracking down the restaurant in which he first fell in love with Mexican food 30 years ago.	UNITED KINGDOM	English-100	RPT	G		
2025-04-22	1625	Bring A Plate	Rachel's Bossam	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	RPT	G		Y
2025-04-22	1630	Island Echoes With Nornie Bero	Homecoming To Mer Island	Join acclaimed Torres Strait Islander chef and cultural ambassador Nornie Bero in Island Echoes, a vibrant journey through the breathtaking landscapes and rich traditions of her homeland.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	PG	Y	Y
2025-04-22	1700	Symon's Dinners Cooking Out	Tastes Like Summer	Things are coming to a head on Symon's Dinners as Michael Symon gets corny with some summery dishes. Kicking it off with Fried Clams and a homemade tartar sauce as the main dish, Michael then whips up an Avocado & Corn Salad as the side.	USA	English-100		G		
2025-04-22	1730	Everyday Gourmet With Justine Schofield	Episode 77	Justine makes Kataifi Wrapped Rockling with Soy Cream Sauce. Waste not want not, Justine shows us how to economise with a Beef Bone Broth. Kirsten Tibballs visits the kitchen to bake Madeleine Lime and Mint Cupcakes.	AUSTRALIA	English-100		G		
2025-04-22	1800	Nigellissima	Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory, yet simple, Italian roast chicken, served alongside a sunny saffron orzotto. Dessert comes courtesy of Nigella's surprisingly easy coffee ice cream, inspired by lazy days spent in the ice cream parlours of Florence, and an extra treat is presented in the form of a chocolate olive oil cake.	UNITED KINGDOM	English-100	RPT	G		Y
2025-04-22	1830	Jamie At Home	Pastry	Delicious pastry is the order of the day in this programme. Jamie shows us how to make a simple, short crust pastry that is versatile for sweet or savoury dishes.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-22	1900	The Cook Up With Adam Liaw	Sustainable Feast	Adam and his guests, award-winning chef Jo Barrett and acclaimed director Damon Gameau, prepare a sensational, sustainable feast.	AUSTRALIA	English-100		G		Y
2025-04-22	1930	Cooking With Curtis	Greg	Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. Curtis guides Greg in making herb crusted lamb.	USA	English-100	RPT	PG		
2025-04-22	2000	Donal's Real Time Recipes	Speedy Suppers	Don't have much time to spare? Donal's got four recipes that are a whiz. He starts with a brown-butter fried fish with salt-crust potatoes and a romesco sauce - an Irish twist on a Spanish classic.	IRELAND	English-100		G		
2025-04-22	2030	Prue Leith's Cotswold Kitchen	Lisa Hogan	Prue Leith invites you into her Cotswold Kitchen to cook mouth-watering dishes and explore the joys of her Cotswold home and local area.	UNITED KINGDOM	English-100		PG		

2025-04-22	2130	Come Dine With Me: The Professionals	Swansea A	Today's competition is in Swansea, where first to host are head chef Calum and director Lucy of the Secret Bar and Kitchen. The guests they're hoping to impress are Nick and Rich of The Plough.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-22	2225	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		
2025-04-22	2230	The Cook Up With Adam Liaw	Sustainable Feast	Adam and his guests, award-winning chef Jo Barrett and acclaimed director Damon Gameau, prepare a sensational, sustainable feast.	AUSTRALIA	English-100	RPT	G		Y
2025-04-22	2300	The Cook And The Chef	Shellfish	What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade as Maggie tries to convince Simon he can't live without sea urchins with her scallop and sea urchin butter. Simon opts for clean, bold flavours with his half shell scallops with dukkah.	AUSTRALIA	English-100	RPT	G		
2025-04-22	2330	Rick Stein's Seafood Lovers' Guide	Episode 5	Rick visits Northern Ireland for potted herrings and goes on many fishing expeditions. He cooks prawns with an old French recipe, does a stir fry with eel, cooks trout, and makes miso soup.	UNITED KINGDOM	English-100	RPT	PG	a w	
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2025-04-22	2430	Cooking With Curtis	Greg	Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. Curtis guides Greg in making herb crusted lamb.	USA	English-100	RPT	PG		
2025-04-22	2500	Donal's Real Time Recipes	Speedy Suppers	Don't have much time to spare? Donal's got four recipes that are a whiz. He starts with a brown-butter fried fish with salt-crust potatoes and a romesco sauce - an Irish twist on a Spanish classic.	IRELAND	English-100	RPT	G		
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2025-04-23	0630	Baking It Easy	It's Floofy And Everything's Fine	Meghan shares her designs for decadently delicious cream puffs and cookies fit to serve for any occasion.	USA	English-100	RPT	PG		
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2025-04-23	1430	Baking It Easy	Oppsite Of A Hot Mess, The	Meghan takes your fears about layer cakes and chocolate and throws them out the window! She shares all her best tips and tricks to combine them into a delightful cake.	USA	English-100	RPT	PG		Y	
2025-04-23	1500	Pati's Mexican Table	Revolutionary Bites	Pati experiences preserved foods that sustained people during the Mexican Revolution.	USA	English-100	RPT	G		Y	
2025-04-23	1530	Jamie & Jimmy's Food Fight Club	Davina McCall	Jamie and Jimmy welcome the wonderful Davina to the cafe at the end of the pier. They take her on a trip down memory lane, reuniting her with long-lost family through the power of food by recreating the slow cooked rabbit casserole and deliciously indulgent pomme puree that she remembers from her teenage years in Paris.	UNITED KINGDOM	English-100	RPT	G			
2025-04-23	1625	Bring A Plate	Keyma's Empanadas	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	RPT	G		Y	
2025-04-23	1630	Island Echoes With Nornie Bero	Beauty Of Badu, The	Nornie travels to Badu Island. With acclaimed artist Alick Tipoti, they prepare delicious dishes using fresh local ingredients.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	G		Y	Y
2025-04-23	1700	Symon's Dinners Cooking Out	Mango, Pineapple And Pork. Oh My!	Michael Symon heats the grill for a pork tenderloin bound to make any meat lover drool. The pork marinates in brown sugar while Michael whips up a side of Mango Slaw, paired with a thirst-quenching fresh mango and pineapple mojito created by Michael's wife, Liz. This meal is mangolicious!	USA	English-100		G			
2025-04-23	1730	Everyday Gourmet With Justine Schofield	Episode 78	Justine makes Henderson-inspired Roasted Bone Marrow and a Pesto Sweet Potato Lasagne. Colin Magee steps from behind the scenes to in front of the camera to share his Whiskey and Peppercorn Cured Salmon.	AUSTRALIA	English-100		G			

2025-04-23	1800	Nigellissima	Ep 3	Nigella shares the secrets of delicious Italian-inspired food. She treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash and lazy person's vignarola - a recipe based on the traditional Roman spring stew of broad beans, peas and artichokes.	UNITED KINGDOM	English-100	RPT	G		Y
2025-04-23	1830	Jamie At Home	Eggs	Jamie collects the eggs that his healthy hens have laid and heads for the kitchen. He makes a delicious homemade egg tagliatelle and an omelette salad with bresaola.	UNITED KINGDOM	English-100	RPT	PG	I	
2025-04-23	1900	The Cook Up With Adam Liaw	Protein Packed	Adam is joined by award-winning writer and actor Michelle Law and Food Trail South Africa's Warren Mendes for a protein packed night in the kitchen.	AUSTRALIA	English-100		G		Y
2025-04-23	1930	Nadiya's Cook Once, Eat Twice	Feel Good Favourites	Tonight, Nadiya turns her attention to one of her favourite things, baking. Nadiya's fun packed, Cook Once Eat Twice recipes will bring joy and ease to both sweet and savoury bakes, helping us stretch our weekly shop further than we could imagine.	UNITED KINGDOM	English-100		G		
2025-04-23	2000	Rachael Ray's Meals In Minutes	Stellar Chicken With Dijon	You only need one skillet to make this 'stellar' sauteed chicken dinner served with sauteed vegetables and flavored with heavy cream, dijon mustard and imported beer.	USA	English-100		G		
2025-04-23	2030	Tom Kerridge Cooks Britain	Kent And Cambridgeshire - Apples And Beetroot	Tom Kerridge heads to Kent and Cambridgeshire in his 1950s food truck to discover what it takes to produce the food on our plate and to cook with the British ingredients he finds along the way. His journey starts in the Fens in Cambridgeshire where he's in search of Beetroot.	UNITED KINGDOM	English-100	RPT	G		
2025-04-23	2100	Ready Jet Cook	Chinese Cuisines: Sichuan And Dim Sum	Jet Tila leads a culinary tour across China as he makes two popular dishes from two different regions. He prepares Dim Sum Sew Mai Dumplings in a steamer for a restaurant-style experience and whips up some Sichuan Dan Dan Noodles packed with umami flavor.	USA	English-100		PG		
2025-04-23	2130	Come Dine With Me: The Professionals	Wolverhampton / Birmingham A	Today we're in and around Birmingham, kicking off at Island Lounge, where married chefs Marlon and Dania are showcasing their Caribbean cuisine. It's not long before our hosts realise they've got their work cut out trying to impress foodies Mustapha and Jamie, from Jungle Street Kitchen.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-23	2225	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		
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2025-04-23	2300	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew and Maggie visits another icon in the Australian culinary world, Stephanie Alexander at her Kitchen garden project in Melbourne.	AUSTRALIA	English-100	RPT	PG		
2025-04-23	2330	Rick Stein's Seafood Lovers' Guide	Episode 6	Rick Stein visits Cromer, famous for its crabs and stiffkey blue cockles. Near Kings Lynn, he gathers samphire and shrimps, then cooks crabs with hollandaise sauce, shrimp risotto, and plaice goustons.	UNITED KINGDOM	English-100	RPT	PG	a w	
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2025-04-24	0700	Pati's Mexican Table	Revolutionary Bites	Pati experiences preserved foods that sustained people during the Mexican Revolution.	USA	English-100	RPT	G	Y
2025-04-24	0730	Jamie & Jimmy's Food Fight Club	Davina McCall	Jamie and Jimmy welcome the wonderful Davina to the cafe at the end of the pier. They take her on a trip down memory lane, reuniting her with long-lost family through the power of food by recreating the slow cooked rabbit casserole and deliciously indulgent pomme puree that she remembers from her teenage years in Paris.	UNITED KINGDOM	English-100	RPT	G	

2025-04-24	0825	Bring A Plate	Keyma's Empanadas	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	RPT	G		Y	
2025-04-24	0830	Island Echoes With Nornie Bero	Beauty Of Badu, The	Nornie travels to Badu Island. With acclaimed artist Alick Tipoti, they prepare delicious dishes using fresh local ingredients.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	G		Y	Y
2025-04-24	0900	Symon's Dinners Cooking Out	Mango, Pineapple And Pork. Oh My!	Michael Symon heats the grill for a pork tenderloin bound to make any meat lover drool. The pork marinates in brown sugar while Michael whips up a side of Mango Slaw, paired with a thirst-quenching fresh mango and pineapple mojito created by Michael's wife, Liz. This meal is mangolicious!	USA	English-100	RPT	G			
2025-04-24	0930	Everyday Gourmet With Justine Schofield	Episode 78	Justine makes Henderson-inspired Roasted Bone Marrow and a Pesto Sweet Potato Lasagne. Colin Magee steps from behind the scenes to in front of the camera to share his Whiskey and Peppercorn Cured Salmon.	AUSTRALIA	English-100	RPT	G			
2025-04-24	1000	Nigellissima	Ep 3	Nigella shares the secrets of delicious Italian-inspired food. She treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash and lazy person's vignarola - a recipe based on the traditional Roman spring stew of broad beans, peas and artichokes.	UNITED KINGDOM	English-100	RPT	G		Y	
2025-04-24	1030	Jamie At Home	Eggs	Jamie collects the eggs that his healthy hens have laid and heads for the kitchen. He makes a delicious homemade egg tagliatelle and an omelette salad with bresaola.	UNITED KINGDOM	English-100	RPT	PG	I		
2025-04-24	1100	The Cook Up With Adam Liaw	Protein Packed	Adam is joined by award-winning writer and actor Michelle Law and Food Trail South Africa's Warren Mendes for a protein packed night in the kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2025-04-24	1130	Nadiya's Cook Once, Eat Twice	Feel Good Favourites	Tonight, Nadiya turns her attention to one of her favourite things, baking. Nadiya's fun packed, Cook Once Eat Twice recipes will bring joy and ease to both sweet and savoury bakes, helping us stretch our weekly shop further than we could imagine.	UNITED KINGDOM	English-100	RPT	G			
2025-04-24	1200	Rachael Ray's Meals In Minutes	Stellar Chicken With Dijon	You only need one skillet to make this 'stellar' sauteed chicken dinner served with sauteed vegetables and flavored with heavy cream, dijon mustard and imported beer.	USA	English-100	RPT	G			
2025-04-24	1230	Dishing It Up	Choc O'clock	Everyday home cooks put celebrity chefs Kirsten Tibballs, Rachel Khoo and Donna Hay's chocolate recipes to the test.	AUSTRALIA	English-100	RPT	PG	S	Y	
2025-04-24	1300	Food Unwrapped	Best Of 2 - Greek Yogurt, Red Leicester And Ostrich	Jimmy is in Greece where he learns that Greek Yoghurt production creates a potentially devastating by-product. Matt asks how can ostrich meat be red when other poultry is white?	UNITED KINGDOM	English-100	RPT	G			Y
2025-04-24	1330	My Market Kitchen	Episode 20	Ben puts his spin on an ANZAC biscuit ice cream sandwich while Kathy shares her unbelievably tasty greek chicken tray bake.	AUSTRALIA	English-100	RPT	G			
2025-04-24	1400	Luca's Key Ingredient	Ep 1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series which takes our taste buds on a journey showcasing some exceptional Italian and Australian produce. Today's episode utilises a classic ingredient in quintessential Italian cooking, Prosciutto di Parma.	AUSTRALIA	English-100	RPT	G			
2025-04-24	1430	Baking It Easy	Take The Time To Do It Right	No one said baking a pie or making macaroons was easy, but Meghan shows you how to do so with less stress and mess!	USA	English-100	RPT	PG			

2025-04-24	1500	Pati's Mexican Table	Cowboy Life	Pati saddles up for an exhilarating ride into Chihuahua's ranch and rodeo life.	USA	English-100	RPT	PG	a w	Y
2025-04-24	1530	Jamie & Jimmy's Food Fight Club	Stephen Mangan	Jamie and Jimmy are joined by comic writer and actor, Stephen Mangan, as he puts on his pinny and cooks for the diners at the end of Southend Pier. The boys taken Stephen down memory lane by recreating one of the best dishes he has ever had whilst following the English Cricket team around the world.	UNITED KINGDOM	English-100	RPT	G		
2025-04-24	1625	Bring A Plate	Rayan's Koosa Mahshi	Rayan shares his Syrian favourite, Kousa Mahshi, or stuffed zucchini, and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	RPT	G		Y
2025-04-24	1630	Island Echoes With Nornie Bero	Moa And More	Chef Nornie ventures to the picturesque Moa Island, where she meets with Hans Awang. Together, they explore his lush garden brimming with fresh produce and the bountiful ocean at his doorstep, crafting extraordinary dishes inspired by the island's natural abundance.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	PG		Y
2025-04-24	1700	Symon's Dinners Cooking Out	Mom's All-American Mac	Michael Symon cooks Greek/American dishes reminiscent of his childhood. He recreates his mother's pasta dish where she adds Greek spices to an American-style macaroni dinner.	USA	English-100		G		
2025-04-24	1730	Everyday Gourmet With Justine Schofield	Episode 79	Very special guest, Matt Doran, visits to share Matt's Special Spag Bolognese. But will he be able to impress Justine? Justine makes a Herb-Crusted Baked Side of King Fish.	AUSTRALIA	English-100		G		
2025-04-24	1800	Nigellissima	Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. In this episode, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding, before introducing us to the joys of fregola - the Sardinian sun-dried and toasted couscous - in a light, tomato-hued recipe of couscous with clams.	UNITED KINGDOM	English-100	RPT	G		Y
2025-04-24	1830	Jamie At Home	Rhubarb	Rhubarb is finally having a resurgence! This is good news for the UK as historically they grow some of the best rhubarb in the world.	UNITED KINGDOM	English-100	RPT	G		
2025-04-24	1900	The Cook Up With Adam Liaw	Italian Table, The	Chef Giovanni Pilu and author Julia Busuttill Nishimura join Adam for a night of Easy Entertaining at The Italian Table.	AUSTRALIA	English-100	RPT	G		Y
2025-04-24	1930	Jason Atherton's Dubai Dishes	Jumeirah	Jason is on the beach in the coastal area of Jumeirah where he delves into the ancient Arabic art of pickling and cooking up dishes, including a Dubai version of a chip butty.	UNITED KINGDOM	English-100		G		
2025-04-24	2030	Jamie's Great Italian Escape	Puglia	Jamie travels to the region of Puglia and is delighted to discover the schoolchildren get a three-course menu of organic food. He also has to feed 35 fussy eaters at a party.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-04-24	2100	Sachie's Kitchen	Mackenzie	Sachie meets Kiwi entertainer and personality Lynda Topp. The two go to High Country Salmon for the catch a fish experience and to learn how the salmon is produced. They cook salmon on the banks of the lake.	NEW ZEALAND	English-99; Maori-1	RPT	PG	a w	Y
2025-04-24	2130	Come Dine With Me: The Professionals	Brighton A	In Sussex, business partners Will and Jack are kicking off the week with some decidedly risky fare from their restaurant MED. Head chef Will doesn't like to waste any part of the animal when cooking.	UNITED KINGDOM	English-100	RPT	PG	a	

2025-04-24	2225	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		
2025-04-24	2230	The Cook Up With Adam Liaw	Italian Table, The	Chef Giovanni Pilu and author Julia Busuttill Nishimura join Adam for a night of Easy Entertaining at The Italian Table.	AUSTRALIA	English-100	RPT	G		Y
2025-04-24	2300	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape. These days Simon is a convert to the delights of Australian bush food, but to find out more he travels to Reedy Creek in South Australia's South East, where Mike and Gayle Quarmby have been working hard to help foster the growing bush food industry.	AUSTRALIA	English-100	RPT	G		
2025-04-24	2330	Rick Stein's Seafood Lovers' Guide	Episode 7	Rick visits Bear Island in Co. Cork where he meets Mike Sullivan, restaurant owner, and cooks monk fish with scallops and seaweed. He makes Cornish pasties, carrageen pudding, and trout along the way.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-24	2400	Dishing It Up	Choc O'clock	Everyday home cooks put celebrity chefs Kirsten Tibballs, Rachel Khoo and Donna Hay's chocolate recipes to the test.	AUSTRALIA	English-100	RPT	PG	s	Y
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2025-04-25	1400	Luca's Key Ingredient	Ep 2	In this episode we learn all about how to cook with the king of Italian cheeses, Parmigiano-Reggiano. Luca makes a special gnocchetti pasta, parmigiano bites with veal buttuta and ends with a cheesy parmigiano souffle.	AUSTRALIA	English-100	RPT	PG		
2025-04-25	1430	Baking It Easy	Bundt And Roll With It	Get fancy in the kitchen by taking your baking skills to the next level! Meghan shares her sure-fire recipe for a delicious bundt cake.	USA	English-100	RPT	PG	I	
2025-04-25	1500	Pati's Mexican Table	Paquime & Pecans	Pati visits a haven of Chihuahuan culture and learns what makes their pecans so delicious.	USA	English-100	RPT	G		Y
2025-04-25	1530	Jamie & Jimmy's Food Fight Club	Russell Howard	Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.	UNITED KINGDOM	English-100	RPT	G		
2025-04-25	1625	Bring A Plate	Nimi's Poori-Chole	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	RPT	G		Y
2025-04-25	1630	Island Echoes With Nornie Bero	Kup Murri And The Spirit Of Tradition	In this heartfelt episode, Nornie continues her journey on Masig Island, uncovering one of the Torres Strait's most sought-after dishes, prepared using the renowned Kup Murri.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	G		Y
2025-04-25	1700	Symon's Dinners Cooking Out	Taco About A Fiesta	It's getting spicy in the kitchen as Michael Symon makes Beef Tacos that will drip in your mouth.	USA	English-100		G		
2025-04-25	1730	Everyday Gourmet With Justine Schofield	Episode 80	Trish McKenzie creates another chocolate treat with White Chocolate, Pineapple and Coconut Slice. Justine makes a Wonton Ravioli and shares another one of her favourites from her cookbook, Scallops with a Fricassee of Mushroom.	AUSTRALIA	English-100		G		
2025-04-25	1800	Nigellissima	Ep 5	Nigella Lawson continues to share her passion for creating mouth-watering Italian food. Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G		Y
2025-04-25	1830	Jamie At Home	Asparagus	English asparagus is world renowned and with a short six week season, something to really treasure.	UNITED KINGDOM	English-100	RPT	PG	I	

2025-04-25	1900	The Cook Up With Adam Liaw	Great Australian Pub Meal, The	Chef Jacqui Challinor and actor Dave Lawson join Adam to make great Australian pub meals at home. And they won't even charge you extra for sauce.	AUSTRALIA	English-100	RPT	G		Y
2025-04-25	1930	Nadiya's Asian Odyssey	Nepal	In the last leg of her travels Nadiya takes a trip to the remote Himalayan country of Nepal to learn more about its people, places and food as part of her adventure to further explore her identity.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-25	2035	A Lake District Farmshop	Ep 6	Farm shop buyer Alex Evans travels to the vast coastline of Morecambe Bay, with its miles upon miles of mud and sand flats. Alex plans to visit Furness Fish, suppliers of potted brown shrimp.	UNITED KINGDOM	English-100	RPT	G		
2025-04-25	2130	Come Dine With Me: The Professionals	Belfast B	Todays Come Dine With Me: The Professionals travels to Northern Ireland and kicking off the competition are head Chef Ian and Front of House Eva of Mourne Seafood Bar in Belfast.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-25	2225	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		
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2025-04-25	2300	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourite ingredients. They begin with two very different 'Devils on horseback', followed by Maggies mouth watering barbecue Quail and Simons Wagyu Yakiniuku.	AUSTRALIA	English-100	RPT	G		
2025-04-25	2330	Rick Stein's Seafood Lovers' Guide	Episode 8	Rick visits Whitby where he tries kippers smoked by brothers Barry and Derek Brown, a family recipe for years. He visits Flamborough Head where he goes longlining for cod with Richard Emerson.	UNITED KINGDOM	English-100	RPT	PG	a w	
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2025-04-26	0930	Everyday Gourmet With Justine Schofield	Episode 80	Trish McKenzie creates another chocolate treat with White Chocolate, Pineapple and Coconut Slice. Justine makes a Wonton Ravioli and shares another one of her favourites from her cookbook, Scallops with a Fricassee of Mushroom.	AUSTRALIA	English-100	RPT	G	
2025-04-26	1000	Nigellissima	Ep 5	Nigella Lawson continues to share her passion for creating mouth-watering Italian food. Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G	Y
2025-04-26	1030	Jamie At Home	Asparagus	English asparagus is world renowned and with a short six week season, something to really treasure.	UNITED KINGDOM	English-100	RPT	PG	I

2025-04-26	1100	The Cook Up With Adam Liaw	Great Australian Pub Meal, The	Chef Jacqui Challinor and actor Dave Lawson join Adam to make great Australian pub meals at home. And they won't even charge you extra for sauce.	AUSTRALIA	English-100	RPT	G		Y	
2025-04-26	1130	Nadiya's Asian Odyssey	Nepal	In the last leg of her travels Nadiya takes a trip to the remote Himalayan country of Nepal to learn more about its people, places and food as part of her adventure to further explore her identity.	UNITED KINGDOM	English-100	RPT	PG			Y
2025-04-26	1235	A Lake District Farmshop	Ep 6	Farm shop buyer Alex Evans travels to the vast coastline of Morecambe Bay, with its miles upon miles of mud and sand flats. Alex plans to visit Furness Fish, suppliers of potted brown shrimp.	UNITED KINGDOM	English-100	RPT	G			
2025-04-26	1330	Jamie & Jimmy's Food Fight Club	Russell Howard	Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.	UNITED KINGDOM	English-100	RPT	G			
2025-04-26	1425	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2025-04-26	1430	Food Markets: In The Belly Of The City	Zagreb - Dolac	Looking at the 'Kumice' selling their baskets full of vegetables and cheese on the Dolac market stalls in Zagreb is like going back in time. These ladies come to town bringing only what they grow in their gardens. Croatia is the last country that joined the EU, and visiting its food market is the best way to embrace Eastern and Western Europe in one look, and to taste it in one bite.	FRANCE	English-58; Croatian-42	RPT	PG	a w	Y	Y
2025-04-26	1530	Food Markets: In The Belly Of The City	Amsterdam	Food markets have a strong tradition in the Netherlands and many citizens count on their long street markets for their fresh food supplies. One of the oldest and most famous market of the Netherlands is the Albert Cuyp Market, a street market stretching along the upcoming (and "hip") neighborhood of de Pijp.	FRANCE	English-63; Dutch-37	RPT	G		Y	Y
2025-04-26	1630	Loving Gluten Free	Episode 7	This episode of Loving Gluten Free is all about crowd-pleasers! Helen whips up chicken and spinach meatballs alongside rosemary-infused homemade bread.	AUSTRALIA	English-100		PG			
2025-04-26	1700	Giada At Home	Recipes On Repeat	Giada De Laurentiis shares summertime recipes that play on repeat in her home: her Insalata Di Riso, Mixed 'Caprese,' and Chocolate Peanut Butter Cookie Sandwiches are a home run every time.	USA	English-100	RPT	G			Y
2025-04-26	1730	Dishing It Up	Choc O'clock	Everyday home cooks put celebrity chefs Kirsten Tibballs, Rachel Khoo and Donna Hay's chocolate recipes to the test.	AUSTRALIA	English-100	RPT	PG	s	Y	
2025-04-26	1800	Hungry For More: Spain	Hungry For More	Tom Anlezark and Georgia Maher explore the country's deep relationship with food and how it influences the Spanish way of life. This series takes viewers from Barcelona to Costa Brava.	AUSTRALIA	English-90; Catalan-10	RPT	PG		Y	Y
2025-04-26	1830	Remarkable Places To Eat	Devon	Fred travels to South Devon with chef and restaurateur Angela Hartnett, from Angela's all-time favourite restaurant in Dartmouth to an incredible floating cafe on the River Exe.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-04-26	1930	Judi Love's Culinary Cruise	Parga	Judi stops in the olive oil land of Parga as she tries traditional Greek coffee, learns everything to do with olive oil, and visits a hotel's historic gardens.	UNITED KINGDOM	English-100					

2025-04-26	2030	Rick Stein's Far Eastern Odyssey	Cambodia And Vietnam	One of Britain's most revered chefs and successful authors, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures which have soared to the heights of popularity the world over. Rick begins his odyssey in Cambodia, a country still recovering from the regime of the Khmer Rouge. Rick discovers the joys of freshly caught swimmer crabs cooked with green peppercorns from Kampot, once the king of pepper.	UNITED KINGDOM		RPT	PG		Y
2025-04-26	2140	Anthony Bourdain: Parts Unknown	Senegal	Tony lands in Senegal's capital, Dakar, which is the furthest western point on the entire continent. He gets his bearings by meeting up with Ofiebia Quist-Arcton at a local market.	USA	English-100	RPT	PG		Y
2025-04-26	2230	David Rocco's Dolce Napoli	Donkey Way, The	The Palio del Casale, or Donkey Race, brings thousands of spectators and partiers to the town of Camposano. It's a weekend long party based around old Italian tradition and light competition between neighboring towns, regions, and even countries.	CANADA	English-100	RPT	PG	a w	Y
2025-04-26	2300	Bizarre Foods: Delicious Destinations	Santa Monica	Andrew dives in to the laid-back eats of Santa Monica, California. Boasting miles of coastline, Santa Monica is home to spicy seafood soup, Chinese chicken salad and Tsukemen.	USA	English-100	RPT	G		
2025-04-26	2330	The Zimmern List	Detroit	Andrew heads to the Motor City to grab a slice of Detroit-style pizza, line up for Coney Island chili fries, fill up on timeless Middle Eastern classics and dine at a Detroit institution in the making.	USA	English-100	RPT	G		Y
2025-04-26	2400	Loving Gluten Free	Episode 7	This episode of Loving Gluten Free is all about crowd-pleasers! Helen whips up chicken and spinach meatballs alongside rosemary-infused homemade bread.	AUSTRALIA	English-100	RPT	PG		
2025-04-26	2430	Remarkable Places To Eat	Devon	Fred travels to South Devon with chef and restaurateur Angela Hartnett, from Angela's all-time favourite restaurant in Dartmouth to an incredible floating cafe on the River Exe.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-26	2530	Judi Love's Culinary Cruise	Parga	Judi stops in the olive oil land of Parga as she tries traditional Greek coffee, learns everything to do with olive oil, and visits a hotel's historic gardens.	UNITED KINGDOM	English-100	RPT			
2025-04-26	2630	Rick Stein's Far Eastern Odyssey	Cambodia And Vietnam	One of Britain's most revered chefs and successful authors, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures which have soared to the heights of popularity the world over. Rick begins his odyssey in Cambodia, a country still recovering from the regime of the Khmer Rouge. Rick discovers the joys of freshly caught swimmer crabs cooked with green peppercorns from Kampot, once the king of pepper.	UNITED KINGDOM		RPT	PG		Y
2025-04-26	2740	Anthony Bourdain: Parts Unknown	Senegal	Tony lands in Senegal's capital, Dakar, which is the furthest western point on the entire continent. He gets his bearings by meeting up with Ofiebia Quist-Arcton at a local market.	USA	English-100	RPT	PG		Y
2025-04-26	2830	Giada At Home	Recipes On Repeat	Giada De Laurentiis shares summertime recipes that play on repeat in her home: her Insalata Di Riso, Mixed 'Caprese,' and Chocolate Peanut Butter Cookie Sandwiches are a home run every time.	USA	English-100	RPT	G		Y