



WEEK 18 **Sunday, 27 April 2025** **Saturday, 3 May 2025**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2025-04-27	0500	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	
2025-04-27	0530	Food Markets: In The Belly Of The City	Zagred - 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
2025-04-27	0630	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 Markt, a street market stretching along the upcoming (and "hip") neighborhood of de Pijp.	FRANCE	English-63; Dutch-37	RPT	G		Y	Y
2025-04-27	0730	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		
2025-04-27	0830	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	G			
2025-04-27	0930	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	
2025-04-27	1035	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	G			
2025-04-27	1105	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
2025-04-27	1130	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	
2025-04-27	1200	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 Brave.	AUSTRALIA	English-90; Catalan-10	RPT	PG		Y	Y

2025-04-27	1230	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
2025-04-27	1300	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		
2025-04-27	1330	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
2025-04-27	1400	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
2025-04-27	1430	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
2025-04-27	1500	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
2025-04-27	1530	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
2025-04-27	1600	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
2025-04-27	1630	Loving Gluten Free	Episode 8	Tune in for a sensational lineup of gluten-free delights on today's episode! Helen cooks up a fragrant snapper curry and a cheesy potato gratin.	AUSTRALIA	English-100		G		
2025-04-27	1700	Giada At Home	Special Delivery	Giada prepares chicken with chickpea and tomato ragu and chocolate hazelnut banana bread for her aunt and her new baby.	USA	English-100	RPT	G		
2025-04-27	1730	Cheese: Searching For A Taste Of Place	Camembert	Camembert, the cheese, is a French national treasure. So popular that, much to the horror of the French, it is now made all over the world. You can buy Chinese Camembert, Korean, Danish, German, American and Australian Camembert. Camembert is now an everywhere cheese.	AUSTRALIA	English-100				
2025-04-27	1830	James Martin's French Adventure	Dordogne	James visits a region known for its traditional hearty cuisine, buried treasures and a love of all things duck, the Dordogne!	UNITED KINGDOM	English-100	RPT	PG	I	
2025-04-27	1930	Paula McIntyre's Hamely Kitchen USA	Episode 2	In episode two, Paula visits Belfast, Maine. She goes clam-digging, visits a maple syrup farm and tries some lobster rolls.	UNITED KINGDOM	English-100		PG	a w	
2025-04-27	2000	My Greatest Dishes	Angela Hartnett	Angela Hartnett's Italian roots have shaped her culinary career for the last three decades. She makes fresh anolini, lemon meringue pie, a crispy sweetbread dish, and roasted pigeon with beetroot.	UNITED KINGDOM	English-100	RPT	PG		

2025-04-27	2030	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding. From her village shop in this tiny pretty village, truckloads of puddings are transported daily to all parts of Britain.	UNITED KINGDOM		RPT	PG		
2025-04-27	2100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 5	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast to Waterford, a town usually renowned for its glass.	UNITED KINGDOM		RPT	PG		
2025-04-27	2130	Anthony Bourdain: Parts Unknown	Buenos Aires	Tony ventures to Buenos Aires. Against popular wisdom, he arrives in the middle of summer, when most Porteños leave the city to escape the heat. As he wanders through the empty streets, he prepares himself to dive deep into two things that Porteños hold dear - meat and therapy.	USA	English-100	RPT	PG		
2025-04-27	2225	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	RPT	G		
2025-04-27	2230	David Rocco's Dolce Napoli	Forza Napoli	In Naples, soccer isn't just a sport, it's a religion, and their fans are world renowned for their dedication, enthusiasm and creativity.	CANADA	English-100	RPT	PG	I	Y
2025-04-27	2300	Bizarre Foods: Delicious Destinations	Bangkok: A Second Sound Bite	Bangkok, Thailand, has so many culinary treasures, it deserves a second trip! From steamed bass to massaman curry, Andrew highlights the city's delicious flavors.	USA	English-100	RPT	PG	a w	Y
2025-04-27	2330	The Zimmern List	Orlando	Andrew Zimmern heads to Orlando, Florida, to discover the incredible rich food scene that's often left in the shadow of Disney World.	USA	English-100	RPT	PG	a w	Y
2025-04-27	2400	Loving Gluten Free	Episode 8	Tune in for a sensational lineup of gluten-free delights on today's episode! Helen cooks up a fragrant snapper curry and a cheesy potato gratin.	AUSTRALIA	English-100	RPT	G		
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2025-04-27	2530	James Martin's French Adventure	Dordogne	James visits a region known for its traditional hearty cuisine, buried treasures and a love of all things duck, the Dordogne!	UNITED KINGDOM	English-100	RPT	PG	I	
2025-04-27	2625	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
2025-04-27	2630	Paula McIntyre's Hamely Kitchen USA	Episode 2	In episode two, Paula visits Belfast, Maine. She goes clam-digging, visits a maple syrup farm and tries some lobster rolls.	UNITED KINGDOM	English-100	RPT	PG	a w	
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2025-04-28	1000	Bizarre Foods: Delicious Destinations	Bangkok: A Second Sound Bite	Bangkok, Thailand, has so many culinary treasures, it deserves a second trip! From steamed bass to massaman curry, Andrew highlights the city's delicious flavors.	USA	English-100	RPT	PG	a w		Y
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2025-04-28	1100	Paula McIntyre's Hamely Kitchen USA	Episode 2	In episode two, Paula visits Belfast, Maine. She goes clam-digging, visits a maple syrup farm and tries some lobster rolls.	UNITED KINGDOM	English-100	RPT	PG	a w	
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2025-04-28	1230	Dishing It Up	Homegrown	This episode, everyday home cooks put three homegrown recipes to the test. Will Hayden Quinn's Vietnamese Surf 'n Turf rock the boat? Will Analiese Gregory's rabbit stew send them hopping mad? And will Maggie Beer charm with her chocolate tart?	AUSTRALIA	English-100	RPT	PG		Y
2025-04-28	1300	Food Unwrapped	Best Of 4 - Saffron, Glace Cherries And White Bait	Kate heads to Morocco to uncover the secrets of saffron fraud. Jimmy finds out what pub grub favourite, 'whitebait', actually is - and learns why we can't get it in Latvian supermarkets.	UNITED KINGDOM	English-100	RPT	G		Y
2025-04-28	1330	My Market Kitchen	Episode 22	Ben bakes a tart lemon curd slice, then Chef Masa from Wasshoi teaches Ben the secret to making the perfect beef and tofu hamburg.	AUSTRALIA	English-100	RPT	G		
2025-04-28	1400	Luca's Key Ingredient	Ep 3	As a staple in all cuisines, today's key ingredient features the benefits of cooking with and utilising good quality extra virgin olive oil. Luca uses olive oil to toss through an elegant spaghetti dish, poaches tuna and makes a light saffron gelato.	AUSTRALIA	English-100	RPT	G		
2025-04-28	1430	Freshly Picked With Simon Toohey	Ep 1	Learn to make the crispiest tempura eggplant tacos and get brunch sorted with a potato rosti utilising locally grown Dutch cream potatoes. Lynton Tapp makes his ultimate banana bake recipe.	AUSTRALIA	English-100	RPT	G		
2025-04-28	1500	Pati's Mexican Table	Magic Of Mata Ortiz, The	Pati visits the village of Mata Ortiz to learn about the exquisite pottery it's known for.	USA	English-100	RPT	G		Y
2025-04-28	1530	Bbq Brawl	Introduce Your Cue	Captains Bobby Flay, Michael Symon and Eddie Jackson choose their teams and get ready for battle, and nothing is off limits as they face off in their first team brawl in hopes of avoiding elimination.	USA	English-100	RPT	PG		
2025-04-28	1640	Island Echoes With Normie Bero	Memories And Flavours Of Thursday Island	Normie returns to Thursday Island, a place close to her heart and where she spent much of her childhood. She reconnects with old friends, then reminisces about life on the island and its rich cultural heritage.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	G	Y	Y
2025-04-28	1705	Symon's Dinners Cooking Out	Strawberry Pie In The Sky	Strawberries steal the show as Michael Symon makes a Spatchcock Chicken with a Citrus marinade and wisely pairs it with a side of Strawberry Salad with Goat Cheese and Arugula.	USA	English-100		G		
2025-04-28	1735	Everyday Gourmet With Justine Schofield	Episode 81	Laura Cassai comes by to share a great pearl couscous with tuna and avocado recipe, quick, simple and delicious. Justine cooks Iranian lamb shanks with Jewelled Rice and Ham and cheese fillo tourte.	AUSTRALIA	English-100		G		
2025-04-28	1805	Nigellissima	Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil. Dessert is a true Anglo-Italian affair with a ruby red plum and amaretto crumble. There is also Nigella's easy no-stir farro risotto with mushrooms, and chocolate pasta with a dark butterscotch sauce - a perfect supper for those nights when you can't decide if you're in the mood for savoury or sweet.	UNITED KINGDOM	English-100	RPT	G	Y	
2025-04-28	1830	Jamie At Home	Peppers And Chillies	Jamie makes a delicious spicy pork goulash using a variety of ingredients from the capsicum family.	UNITED KINGDOM	English-100	RPT	PG	a w	

2025-04-28	1900	The Cook Up With Adam Liaw	One Pan Spicy Beef Mince	Adam, culinary pro Marion Grasby and comedy pro Becky Lucas have three delicious recipes for one pan spicy beef night on The Cook Up!	AUSTRALIA	English-100	PG			Y	
2025-04-28	1930	Marion Grasby's Flavours: Heart And Home	From The City To The Coast	Marion explores her Asian-Australian heritage through food, from Thai street eats to Aussie lamb, blending cultures and family traditions in a heartfelt coastal journey.	AUSTRALIA	English-100	PG	a w		Y	Y
2025-04-28	2000	Adam and Poh's Great Australian Bites	South Australia	This episode we are going to look at one great Aussie culinary innovation we've gifted to the world! From flat whites, to avo on toast, Aussie baristas and cooks are sought after all over the world. So how did Australian brekky and brunches make it big on the world stage? And was it just an excuse for drinking in the day?	AUSTRALIA	English-100	RPT	PG		Y	
2025-04-28	2030	Jamie Cooks Italy	Sicily	This week Jamie heads to the island of Sicily in search of sensational homecooked recipes that set apart from the food of the mainland.	UNITED KINGDOM	English-100	PG	a w			Y
2025-04-28	2130	Come Dine With Me: The Professionals	Oxfordshire A	First to compete tonight are Owner Baz and his South African Head Chef Anthony from The White Hart. They are pitting their Alfresco Asardo BBQ cooking against their fellow pros.	UNITED KINGDOM	English-100	RPT	PG			
2025-04-28	2225	Destination Flavour Fillers	Episode 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2025-04-28	2230	The Cook Up With Adam Liaw	One Pan Spicy Beef Mince	Adam, culinary pro Marion Grasby and comedy pro Becky Lucas have three delicious recipes for one pan spicy beef night on The Cook Up!	AUSTRALIA	English-100	RPT	PG		Y	
2025-04-28	2300	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve. It's the difference between 'off the rack' and 'couture' as Maggie and Simon cook with some 'designer' cheeses.	AUSTRALIA	English-100	RPT	G			
2025-04-28	2330	Rick Stein's French Odyssey	Padstow To Bordeaux	Award-winning chef Rick Stein returns to France for an idyllic gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles in search of the best food and wine the area has to offer. He waves goodbye to Padstow and boards the Plymouth to Roscoff ferry for the first stage of his journey, a leisurely tour of Brittany, known for its superb seafood.	UNITED KINGDOM	English-100	RPT	G			
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2025-04-28	2430	Marion Grasby's Flavours: Heart And Home	From The City To The Coast	Marion explores her Asian-Australian heritage through food, from Thai street eats to Aussie lamb, blending cultures and family traditions in a heartfelt coastal journey.	AUSTRALIA	English-100	RPT	PG	a w	Y	Y
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2025-04-29	0530	My Market Kitchen	Episode 22	Ben bakes a tart lemon curd slice, then Chef Masa from Wasshoi teaches Ben the secret to making the perfect beef and tofu hamburg.	AUSTRALIA	English-100	RPT	G		
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2025-04-29	0700	Pati's Mexican Table	Magic Of Mata Ortiz, The	Pati visits the village of Mata Ortiz to learn about the exquisite pottery it's known for.	USA	English-100	RPT	G		Y
2025-04-29	0730	Bbq Brawl	Introduce Your Cue	Captains Bobby Flay, Michael Symon and Eddie Jackson choose their teams and get ready for battle, and nothing is off limits as they face off in their first team brawl in hopes of avoiding elimination.	USA	English-100	RPT	PG		
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2025-04-29	1030	Jamie At Home	Peppers And Chillies	Jamie makes a delicious spicy pork goulash using a variety of ingredients from the capsicum family.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-29	1100	The Cook Up With Adam Liaw	One Pan Spicy Beef Mince	Adam, culinary pro Marion Grasby and comedy pro Becky Lucas have three delicious recipes for one pan spicy beef night on The Cook Up!	AUSTRALIA	English-100	RPT	PG		Y
2025-04-29	1130	Marion Grasby's Flavours: Heart And Home	From The City To The Coast	Marion explores her Asian-Australian heritage through food, from Thai street eats to Aussie lamb, blending cultures and family traditions in a heartfelt coastal journey.	AUSTRALIA	English-100	RPT	PG	a w	Y Y
2025-04-29	1200	Adam and Poh's Great Australian Bites	South Australia	This episode we are going to look at one great Aussie culinary innovation we've gifted to the world! From flat whites, to avo on toast, Aussie baristas and cooks are sought after all over the world. So how did Australian brekky and brunches make it big on the world stage? And was it just an excuse for drinking in the day?	AUSTRALIA	English-100	RPT	PG		Y
2025-04-29	1230	Dishing It Up	Snack Attack	This episode, everyday home cooks put three snack recipes to the test. Will Marco Pierre White's buttery chip shop chips be worth the wait? Will Nadiya Hussain's chicken doughnuts rise to the occasion? And will Paul West's honeycomb make them snap?	AUSTRALIA	English-100	RPT	PG	l s	Y
2025-04-29	1300	Food Unwrapped	Best Of 5 - Gluten, Red Wine And Gelatin	Kate is in Romania finding out how cheap red wine is made, and asks if we can really tell the difference between cheap and posh plonk? Jimmy looks into the reasons why many of us are avoiding gluten.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-29	1330	My Market Kitchen	Episode 23	Ben cooks up his simple yet delicious tray bake porkchop with pear and parsnip, and shares his porkchop horror stories.	AUSTRALIA	English-100	RPT	G		
2025-04-29	1400	Luca's Key Ingredient	Ep 4	Today's episode highlights the importance of small goods when it comes to Italian cooking. Luca uses Bresaola, Mortadella and Mezze Maniche to create three elegant and impressive dishes.	AUSTRALIA	English-100	RPT	PG	l	
2025-04-29	1430	Freshly Picked With Simon Toohey	Ep 2	Simon attempts to create the perfect momo with a delicious red sauce, and whips out his recipe for golden, fried tempeh with sate and bok choy. Tim makes his famous mushroom and leek toastie recipe.	AUSTRALIA	English-100	RPT	G		
2025-04-29	1500	Pati's Mexican Table	Chihuahua's Cheesiest Cheese	Pati explores the culture of mysterious Mennonites, a religious community who came to Chihuahua from Germany.	USA	English-100		G		Y
2025-04-29	1530	Bbq Brawl	Hometown Favorites	Captains Bobby Flay, Michael Symon and Eddie Jackson get to know their teams better through nostalgic challenges that inspire them to dig deep into their BBQ memory banks.	USA	English-100	RPT	PG		Y

2025-04-29	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	
2025-04-29	1630	Island Echoes With Nornie Bero	Hammond Island's History And Flavours	Nornie journeys to Hammond Island to explore its unique blend of cultures and rich history.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	G	Y	Y
2025-04-29	1700	Symon's Dinners Cooking Out	Nola Beignet Dream	The Big Easy is calling and Michael Symon is bringing a little kick with his New Orleans style Gumbo topped with Jasmine rice.	USA	English-100		G		
2025-04-29	1730	Everyday Gourmet With Justine Schofield	Episode 82	Justine warms us up with Roast Duck with Tomato Rice and a Short Rib Shepherd's Pie. Kathy Tsaples drops by the kitchen to make delicious Revani.	AUSTRALIA	English-100		G		
2025-04-29	1800	Marcus Wareing's Kitchen Garden Tales	Tomatoes	Marcus Wareing starts his day by setting off to The Knepp in Horsham to learn all about different tomato varieties in their impressive market garden.	UNITED KINGDOM	English-100	RPT	G		
2025-04-29	1830	Jamie At Home	Mushrooms	A lack of mushrooms in Jamie's garden inspires to him to go search in his local forest, taking along his mentor and mushroom don, Gennaro Contaldo.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-29	1900	The Cook Up With Adam Liaw	Set To Sizzle	It's a sizzling night on The Cook Up as Adam and his hotshot guests, chef Duncan Welgemoed and actor Jillian Nguyen, make some sensational sizzling food.	AUSTRALIA	English-100		G	Y	
2025-04-29	1930	Cooking With Curtis	Nanette	During the pandemic, Nanette cooked her way through Curtis' book, "What's For Dinner?" and started culinary school.	USA	English-100	RPT	PG		
2025-04-29	2000	Donal's Real Time Recipes	One Dish Dinners	For those evenings you want to be anywhere but washing lots of pots after dinner, Donal has four recipes that are one pan wonders.	IRELAND	English-100		G		
2025-04-29	2030	Prue Leith's Cotswold Kitchen	Mark Lane	Prue invites Mark Lane into her kitchen and shares how to make parmesan crisps.	UNITED KINGDOM	English-100		PG		
2025-04-29	2130	Come Dine With Me: The Professionals	Middlesbrough B	In Middlesbrough, steak and seafood restaurant Lost Property kickstart the competition with head chef Joe and manager Maria whipping up some serious surf and turf sharing boards.	UNITED KINGDOM	English-100	RPT	PG		
2025-04-29	2225	Destination Flavour Fillers	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2025-04-29	2230	The Cook Up With Adam Liaw	Set To Sizzle	It's a sizzling night on The Cook Up as Adam and his hotshot guests, chef Duncan Welgemoed and actor Jillian Nguyen, make some sensational sizzling food.	AUSTRALIA	English-100	RPT	G	Y	

2025-04-29	2300	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather. She and husband, Colin, take the grandchildren on a picnic and, in Spring, it's all about yabbing. In the kitchen Maggie and Simon approach the sweet and delicate yabby in two very different ways.	AUSTRALIA	English-100	RPT	G		
2025-04-29	2330	Rick Stein's French Odyssey	Bordeaux To Bazas	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley. He whips up one of his favourite French meals, Petit Sale, a typical peasant dish of Salted Pork Belly and Lentils, before preparing a Steak Tartare in the ancient town of Bazas.	UNITED KINGDOM	English-100	RPT	G		
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2025-04-30	0830	Island Echoes With Nornie Bero	Hammond Island's History And Flavours	Nornie journeys to Hammond Island to explore its unique blend of cultures and rich history.	AUSTRALIA	English-90; Torres Strait Creole-20	RPT	G		Y Y
2025-04-30	0900	Symon's Dinners Cooking Out	Nola Beignet Dream	The Big Easy is calling and Michael Symon is bringing a little kick with his New Orleans style Gumbo topped with Jasmine rice.	USA	English-100	RPT	G		
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2025-04-30	1300	Food Unwrapped	Best Of 6 - Figs, Energy Drinks And Kidney Beans	Jimmy investigates the myth that there is a wasp inside your fresh fig. Kate looks into how energy drinks give you a boost, and Matt finds out why you can't eat kidney beans raw.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-04-30	1330	My Market Kitchen	Episode 24	Ben is back with Kathy Tsaples who makes a delicious mushroom tart, and Chef Karen Chan who creates sticky BBQ pork.	AUSTRALIA	English-100	RPT	G		
2025-04-30	1400	Luca's Key Ingredient	Ep 5	Luca's ingredient today is a staple in Italy and all over the world, the humble grain of rice. With an entree, main and dessert, Luca shows how to turn rice into crisps, a risotto and even a cake.	AUSTRALIA	English-100	RPT	G		
2025-04-30	1430	Freshly Picked With Simon Toohey	Ep 3	Make beans the hero with today's simple recipe for a Spanish style white bean casserole that's big on flavour, and for the perfect lazy dinner a slow baked sweet potato.	AUSTRALIA	English-100	RPT	G		
2025-04-30	1500	Pati's Mexican Table	Hidden Guachochi	Pati has a traditional meal with Raramuri community leaders and visits a sustainable ranch.	USA	English-100	RPT	PG	a w	Y
2025-04-30	1530	Bbq Brawl	Bbq Hacks	A true Master of 'Cue must have the ability to handle any challenge or cooking condition, so the competitors have to prove their ability to pivot! Team captains keep an eye on who can adapt.	USA	English-100	RPT	PG		
2025-04-30	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
2025-04-30	1630	Island Echoes With Nornie Bero	Sunrise And Flavours Of Horn Island, The	This episode is a heartfelt tribute to Horn Island's charm, its people, and the deep connection between the community and the sea.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	PG		Y Y
2025-04-30	1700	Symon's Dinners Cooking Out	Everything's Better With Feta	Taking it back to his Greek roots, Michael Symon folds up spanakopita and decorates the plate with colorful vegetables topped with his homemade Tahini Sauce.	USA	English-100		G		
2025-04-30	1730	Everyday Gourmet W/ith Justine Schofield	Episode 83	Roasted or Grilled? Justine has both for you today, Roasted Capsicum Focaccia from Geneo and Grilled Zucchini and Ham Hock Salad, before we stop off in New Caledonia for Bougna.	AUSTRALIA	English-100		PG	a	
2025-04-30	1800	Marcus Wareing's Kitchen Garden Tales	Bees	After his bees mysteriously disappeared last year, Marcus and gardener Anatoliy decide they need some advice. He travels to The Newt to meet Paula and learn more about beekeeping.	UNITED KINGDOM	English-100	RPT	G		
2025-04-30	1830	Jamie At Home	Feathered Game	Jamie has been invited on a local shoot and uses the opportunity to explore the world of delicious game birds.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-04-30	1900	The Cook Up With Adam Liaw	Cookies Or Cream	Talk about a deliciously difficult decision: Adam and his guests, ice cream expert Terri Mercieca and cookie CEO Brooke Bellamy must choose between cookies or cream.	AUSTRALIA	English-100		G		Y
2025-04-30	1930	Nadiya Bakes	Classic Bakes With A Twist	Nadiya Hussain kicks off her brand-new series with her favourite recipes that put a twist on classic bakes, from scones to cupcakes and pastries.	UNITED KINGDOM	English-100	RPT	G		

2025-04-30	2000	Rachael Ray's Meals In Minutes	Crispy Fish Tacos	You don't have to be intimidated to make fish tacos at home. Rachael is going to make a crispy flake cod fish taco with refried beans that you're going to love.	USA	English-100		G	
2025-04-30	2030	Tom Kerridge Cooks Britain	Pennines - Beef And Tomatoes	Tom Kerridge heads to the Pennines 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.	UNITED KINGDOM	English-100	RPT	PG	
2025-04-30	2100	Ready Jet Cook	Northern Thai Favorites	The northern region of Thailand is home to some of Jet Tila's favorite hearty and savory dishes.	USA	English-100		PG	
2025-04-30	2130	Come Dine With Me: The Professionals	Exeter A	Today's Come Dine With Me Professionals head to Devon. First up are step-mum and step-son Zoe and Don from Honky Tonk, who offer up their unique brand of wine and dine.	UNITED KINGDOM	English-100	RPT	PG	I
2025-04-30	2225	Destination Flavour Fillers	Episode 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2025-04-30	2230	The Cook Up With Adam Liaw	Cookies Or Cream	Talk about a deliciously difficult decision: Adam and his guests, ice cream expert Terri Mercieca and cookie CEO Brooke Bellamy must choose between cookies or cream.	AUSTRALIA	English-100	RPT	G	Y
2025-04-30	2300	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group. Maggie and Simon demonstrate that cooking a Christmas lunch or dinner doesn't have to be stressful, as they share some great tips on presenting simple but delicious Christmas fare, using turkey as the centre dish.	AUSTRALIA	English-100	RPT	PG	
2025-04-30	2330	Rick Stein's French Odyssey	Agen	Journeying along the Canal Lateral a la Garonne, he stops by a canal-side restaurant run by a chef famous for her duck in red wine. Fish is Rick's speciality, and he can't resist going fishing for alose, a freshwater herring with Alain Penichon. At the markets of Nerac and Cadillac, Rick creates a dish made up of pork with lots of garlic; and at a plum farm, is inspired to cook the classic Prune And Almond Tart flavoured with local Armagnac.	UNITED KINGDOM	English-100	RPT	G	
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2025-05-01	1230	Dishing It Up	Returning To Roots	This episode, everyday home cooks put recipes from four chefs returning to their roots to the test. Will Rick Stein's Stargazey Pie come crashing back down to earth? Will Warren Mendes flex his mussel curry? Will they be too chicken to try Luke Nguyen's chicken rice? And will Guillaume Brahimi's 'Tourte des myrtilles' be a rough or easy ride?	AUSTRALIA	English-100	RPT	G	Y
2025-05-01	1300	The Zimmern List	Birmingham	Andrew travels to Birmingham to explore one of the fastest growing food scenes in America. From the state's signature barbecue to innovative Southern cuisine, he gets a taste of what makes the Magic City so unique.	USA	English-100	RPT	PG	I
2025-05-01	1330	My Market Kitchen	Episode 25	Ben and wine expert Adam are together again, talking all things Barossa Valley food and wine as Ben prepares a moreish spiced BBQ chicken and tangy tomato relish.	AUSTRALIA	English-100	RPT	G	
2025-05-01	1400	Luca's Key Ingredient	Ep 6	An essential in the Italian way of life is consuming at least one cup of coffee each day. Luca shows how to use coffee beans in more than just dessert with a wonderful Coffee Pappardelle. Head to the sweeter side with a Coffee Granita, and it wouldn't be Italian dessert without a Tiramisu.	AUSTRALIA	English-100	RPT	G	
2025-05-01	1430	Freshly Picked With Simon Toohey	Ep 4	Simon adds some zing to a summer salad with under-utilised ingredients like kohlrabi and radishes, then impresses with a crispy and creamy mushroom and leek potato pie that has some serious flavour.	AUSTRALIA	English-100	RPT	PG	
2025-05-01	1500	Food Unwrapped	Kids' Teeth, Red Wine, Garlic	Jimmy Doherty puts so-called healthy snacks under the spotlight as he learns the impact they can have on kids' teeth. In Romania finding out what makes cheap red wine taste so good, Kate Quilton asks the question, when it comes to price, can we really tell the difference? Meanwhile, Matt Tebbutt is on the Isle of Wight to discover why good garlic gives us bad breath.	UNITED KINGDOM	English-100	RPT	PG	
2025-05-01	1530	Bbq Brawl	Game Day Bbq	The teams celebrate a classic BBQ tradition: tailgating! Team captains Bobby Flay, Michael Symon and Eddie Jackson mentor their pitmasters as they explore the sporty side of BBQ -- the kind that brings friends and family together around the grill to fire up their team spirit ... and their taste buds.	USA	English-100	RPT	PG	

2025-05-01	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	
2025-05-01	1630	Island Echoes With Nornie Bero	Echoes Of Erub	In the final episode of Season 1 of Island Echoes, Nornie Bero visits the breathtaking island of Erub to experience a truly unique local pastime.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	G		Y	Y
2025-05-01	1700	Symon's Dinners Cooking Out	Pork Roastin' And Toastin'	We are roastin' and toastin' today on Symon's Dinners and Michael is preparing a meal that checks off every box.	USA	English-100		G			
2025-05-01	1730	Everyday Gourmet With Justine Schofield	Episode 84	Join Justine in New Caledonia for a delicious Polynesian Tuna Nicoise Salad. Justine also makes a Chilli Con Pollo and her mum Francoise comes by for a visit to bake a Pear and Almond Tart.	AUSTRALIA	English-100		G			
2025-05-01	1800	Marcus Wareing's Kitchen Garden Tales	Potatoes	Marcus meets a local potato farmer Steve, who is doing something quite unusual: growing thirty-three varieties of potato on just thirty-five acres. All this talk has got Marcus thinking about one of his favourite pairings; he decides to head out to the Kentish coastline to meet some local fishermen.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-05-01	1830	Jamie At Home	Pumpkin And Squash	Short ones, long ones, round ones, fat ones, yellow ones, green ones, striped ones, massive ones. Jamie's talking about pumpkin & squash of course and his garden has a crop of fascinating variety.	UNITED KINGDOM	English-100	RPT	G			
2025-05-01	1900	The Cook Up With Adam Liaw	Mushrooms	Adam and his guests, globally acclaimed food writer Emiko Davies and hatted chef Alessandro Pavoni put the 'fun' in 'fungi' with a night of mouth-watering mushroom recipes.	AUSTRALIA	English-100	RPT	G		Y	
2025-05-01	1930	Jason Atherton's Dubai Dishes	Hajar Mountains, The	Jason escapes the city on an epic adventure into the Hajar Mountains, the highlands of Dubai, where he fires up the coals to barbecue delicious dishes using local ingredients like mountain honey.	UNITED KINGDOM	English-100		PG			
2025-05-01	2030	Jamie's Great Italian Escape	Amalfi	Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tension mounts as the chef hopes to prove he has learnt from his Italian experience.	UNITED KINGDOM	English-100	RPT	PG	a l w		Y
2025-05-01	2100	Sophie Grigson: Slice Of Italy	Market Day	It's the weekly market in Sophie's town, her favourite day of the week. She makes zucchini alla poverella, then learns about stuffed aubergines, and asparagus frittata.	UNITED KINGDOM	English-100	RPT	PG			Y
2025-05-01	2130	Come Dine With Me: The Professionals	Essex A	Starting tonight's competition is chef and owner Billy and his manager Sam, who are confident their original vegan BBQ menu will bag them the grand. Chef Jim and his partner Samantha from rival vegan restaurant The Oak Tree are relishing the prospect of an all plant-based competition.	UNITED KINGDOM	English-100	RPT	PG			
2025-05-01	2225	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2025-05-01	2230	The Cook Up With Adam Liaw	Mushrooms	Adam and his guests, globally acclaimed food writer Emiko Davies and hatted chef Alessandro Pavoni put the 'fun' in 'fungi' with a night of mouth-watering mushroom recipes.	AUSTRALIA	English-100	RPT	G		Y	

2025-05-01	2300	Escape To River Cottage	Ep 1	Hugh Fearnley-Whittingstall's dream of escaping the city sprawl and downshifting to rural Dorset is about to be realised. In his 1960s Ford Corsair, Hugh has arrived at River Cottage, and his new life as a small holder, living off the fat of the land, lies before him. But first there has to be some changes.	UNITED KINGDOM	English-100	RPT	PG	a n w	
2025-05-01	2330	Rick Stein's French Odyssey	Agen To Moissac	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare, before heading off to cook a traditional Agen dish of Rabbit with local Prunes. Another famous Gascon dish is Poule Au Pot (chicken and vegetables), created by Henry IV as a sustaining meal for the peasantry, and is still revered throughout France.	UNITED KINGDOM	English-100	RPT	G		
2025-05-01	2400	Dishing It Up	Returning To Roots	This episode, everyday home cooks put recipes from four chefs returning to their roots to the test. Will Rick Stein's Stargazey Pie come crashing back down to earth? Will Warren Mendes flex his mussel curry? Will they be too chicken to try Luke Nguyen's chicken rice? And will Guillaume Brahimi's 'Tourte des myrtilles' be a rough or easy ride?	AUSTRALIA	English-100	RPT	G		Y
2025-05-01	2430	Jason Atherton's Dubai Dishes	Hajar Mountains, The	Jason escapes the city on an epic adventure into the Hajar Mountains, the highlands of Dubai, where he fires up the coals to barbecue delicious dishes using local ingredients like mountain honey.	UNITED KINGDOM	English-100	RPT	PG		
2025-05-01	2530	Jamie's Great Italian Escape	Amalfi	Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tension mounts as the chef hopes to prove he has learnt from his Italian experience.	UNITED KINGDOM	English-100	RPT	PG	a l w	Y
2025-05-01	2600	Sophie Grigson: Slice Of Italy	Market Day	It's the weekly market in Sophie's town, her favourite day of the week. She makes zucchini alla poverella, then learns about stuffed aubergines, and asparagus frittata.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-05-01	2630	Come Dine With Me: The Professionals	Essex A	Starting tonight's competition is chef and owner Billy and his manager Sam, who are confident their original vegan BBQ menu will bag them the grand. Chef Jim and his partner Samantha from rival vegan restaurant The Oak Tree are relishing the prospect of an all plant-based competition.	UNITED KINGDOM	English-100	RPT	PG		
2025-05-01	2725	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2025-05-01	2730	The Cook Up With Adam Liaw	Mushrooms	Adam and his guests, globally acclaimed food writer Emiko Davies and hatted chef Alessandro Pavoni put the 'fun' in 'fungi' with a night of mouth-watering mushroom recipes.	AUSTRALIA	English-100	RPT	G		Y
2025-05-01	2800	Escape To River Cottage	Ep 1	Hugh Fearnley-Whittingstall's dream of escaping the city sprawl and downshifting to rural Dorset is about to be realised. In his 1960s Ford Corsair, Hugh has arrived at River Cottage, and his new life as a small holder, living off the fat of the land, lies before him. But first there has to be some changes.	UNITED KINGDOM	English-100	RPT	PG	a n w	
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2025-05-02	0500	The Zimmern List	Birmingham	Andrew travels to Birmingham to explore one of the fastest growing food scenes in America. From the state's signature barbecue to innovative Southern cuisine, he gets a taste of what makes the Magic City so unique.	USA	English-100	RPT	PG	I	
2025-05-02	0530	My Market Kitchen	Episode 25	Ben and wine expert Adam are together again, talking all things Barossa Valley food and wine as Ben prepares a moreish spiced BBQ chicken and tangy tomato relish.	AUSTRALIA	English-100	RPT	G		

2025-05-02	0600	Luca's Key Ingredient	Ep 6	An essential in the Italian way of life is consuming at least one cup of coffee each day. Luca shows how to use coffee beans in more than just dessert with a wonderful Coffee Pappardelle. Head to the sweeter side with a Coffee Granita, and it wouldn't be Italian dessert without a Tiramisu.	AUSTRALIA	English-100	RPT	G		
2025-05-02	0630	Freshly Picked With Simon Toohey	Ep 4	Simon adds some zing to a summer salad with under-utilised ingredients like kohlrabi and radishes, then impresses with a crispy and creamy mushroom and leek potato pie that has some serious flavour.	AUSTRALIA	English-100	RPT	PG		
2025-05-02	0700	Food Unwrapped	Kids' Teeth, Red Wine, Garlic	Jimmy Doherty puts so-called healthy snacks under the spotlight as he learns the impact they can have on kids' teeth. In Romania finding out what makes cheap red wine taste so good, Kate Quilton asks the question, when it comes to price, can we really tell the difference? Meanwhile, Matt Tebbutt is on the Isle of Wight to discover why good garlic gives us bad breath.	UNITED KINGDOM	English-100	RPT	PG		
2025-05-02	0730	Bbq Brawl	Game Day Bbq	The teams celebrate a classic BBQ tradition: tailgating! Team captains Bobby Flay, Michael Symon and Eddie Jackson mentor their pitmasters as they explore the sporty side of BBQ -- the kind that brings friends and family together around the grill to fire up their team spirit ... and their taste buds.	USA	English-100	RPT	PG		
2025-05-02	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	
2025-05-02	0830	Island Echoes With Normie Bero	Echoes Of Erub	In the final episode of Season 1 of Island Echoes, Normie Bero visits the breathtaking island of Erub to experience a truly unique local pastime.	AUSTRALIA	English-90; Torres Strait Creole-20	RPT	G	Y	Y
2025-05-02	0900	Symon's Dinners Cooking Out	Pork Roastin' And Toastin'	We are roastin' and toastin' today on Symon's Dinners and Michael is preparing a meal that checks off every box.	USA	English-100	RPT	G		
2025-05-02	0930	Everyday Gourmet With Justine Schofield	Episode 84	Join Justine in New Caledonia for a delicious Polynesian Tuna Nicoise Salad. Justine also makes a Chilli Con Pollo and her mum Francoise comes by for a visit to bake a Pear and Almond Tart.	AUSTRALIA	English-100	RPT	G		
2025-05-02	1000	Marcus Wareing's Kitchen Garden Tales	Potatoes	Marcus meets a local potato farmer Steve, who is doing something quite unusual: growing thirty-three varieties of potato on just thirty-five acres. All this talk has got Marcus thinking about one of his favourite pairings; he decides to head out to the Kentish coastline to meet some local fishermen.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-05-02	1030	Jamie At Home	Pumpkin And Squash	Short ones, long ones, round ones, fat ones, yellow ones, green ones, striped ones, massive ones. Jamie's talking about pumpkin & squash of course and his garden has a crop of fascinating variety.	UNITED KINGDOM	English-100	RPT	G		
2025-05-02	1100	The Cook Up With Adam Liaw	Mushrooms	Adam and his guests, globally acclaimed food writer Emiko Davies and hatted chef Alessandro Pavoni put the 'fun' in 'fungi' with a night of mouth-watering mushroom recipes.	AUSTRALIA	English-100	RPT	G	Y	
2025-05-02	1130	Jason Atherton's Dubai Dishes	Hajar Mountains, The	Jason escapes the city on an epic adventure into the Hajar Mountains, the highlands of Dubai, where he fires up the coals to barbecue delicious dishes using local ingredients like mountain honey.	UNITED KINGDOM	English-100	RPT	PG		
2025-05-02	1230	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 1	Chef Adam Swanson visits one of Darwin's most well-known restaurants, Hanuman, owned by renowned chef Jimmy Shu.	AUSTRALIA	English-100	RPT	PG		
2025-05-02	1300	The Zimmern List	Miami	Andrew travels to Miami, where the food scene fuses new ideas with old classics. From sizzling Cuban dishes to Peruvian bites with a glitzy Miami twist, Andrew immerses himself in the bold flavours of Latin America.	USA	English-100	RPT	G		Y

2025-05-02	1330	My Market Kitchen	Episode 26	Ben O'Donoghue whips up a crowd favourite, sticky date puddings, then is joined by Georgia Barnes to make guilt-free carrot cake.	AUSTRALIA	English-100	RPT	G	
2025-05-02	1400	Luca's Key Ingredient	Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100	RPT	G	
2025-05-02	1430	Freshly Picked With Simon Toohey	Ep 5	Learn how a cheat pizza can fit into any day of the week and stay healthy, and get sweet with a decadent coconut ice cream with bananas and caramel.	AUSTRALIA	English-100	RPT	G	
2025-05-02	1500	Food Unwrapped	Halloumi, Sourdough, Apple Pips	This episode, Jimmy Doherty walks into a cheese war while in Cyprus looking into halloumi. Kate Quilton investigates claims of a lethal poison lurking in the humble apple core, while Matt Tebbutt delves into the secret world of baker's yeast to find out what actually gives sourdough bread its twang.	UNITED KINGDOM	English-100	RPT	G	Y
2025-05-02	1530	Bbq Brawl	Competition Cue	Inspired by the BBQ competition circuit, it's all about low and slow as captains Bobby Flay, Michael Symon and Eddie Jackson see how well their contenders handle the classic BBQ cuts.	USA	English-100	RPT	PG	
2025-05-02	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
2025-05-02	1630	Kriol Kitchen	Broome: Veronica Francis	Enjoy the culinary skills of Veronica Francis, who draws on her Malaysian influences from her father.	AUSTRALIA		RPT	G	Y
2025-05-02	1700	Symon's Dinners Cooking Out	Steak And Bourbon On The Rocks	Things are sizzling as Michael Symon heats up a strip steak with his secret ingredient that even non-steak lovers will die for.	USA	English-100		G	
2025-05-02	1730	Everyday Gourmet With Justine Schofield	Episode 85	Justine make Egg and Trout Salad and a Chicken Stew with Speck and Olives. Trish McKenzie is in the kitchen showing us how to create a White Chocolate and Raspberry Trifle.	AUSTRALIA	English-100		G	
2025-05-02	1800	Marcus Wareing's Kitchen Garden Tales	Wasabi & Watercress	Marcus rediscovers some wasabi plants in his kitchen garden and decides to find out more about them. Heading to a wasabi farm he learns all about how to grow this temperamental plant. The farm also produce watercress and he picks up some tips for this nutritious crop too.	UNITED KINGDOM	English-100	RPT	G	
2025-05-02	1830	Jamie At Home	Winter Salads	Jamie is nearly knocked off his feet in this episode as he braves the gales to collect a variety of salad. Unlikely as it seems, the garden is far from boring at this time of year and offers up a varied collection of crunchy, colourful delights.	UNITED KINGDOM	English-100	RPT	PG	I
2025-05-02	1900	The Cook Up With Adam Liaw	Food Culture	Jung Eun Chae from Chae restaurant and Ukrainian chef Iveneg Klopotenko are in the kitchen with Adam, cooking with fermented ingredients.	AUSTRALIA	English-100	RPT	PG	Y
2025-05-02	1930	Jimmy Doherty's New Zealand Escape	Ep 1	Jimmy Doherty heads to Aotearoa to sample the finest and most surprising foods on the planet. He learns to gravity-fish and trade, heads to a women-only farm, and the oldest illegal distillery.	NEW ZEALAND	English-100	RPT	PG	a w
2025-05-02	2030	A Lake District Farmshop	Ep 7	We return to the beloved service station for a one-off special during Tebay's busiest and most joyful time of year. Tebay's team and its army of local producers will go above and beyond to make a magical Christmas happen for its customers.	UNITED KINGDOM	English-100	RPT	G	

2025-05-02	2125	Destination Flavour Japan Bitesize	Hokkaido	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2025-05-02	2130	Come Dine With Me: The Professionals	Edinburgh A	The competition has headed to Edinburgh where first to host are front of house Matthew and chef Yaw from Bundits. They are hoping to impress their guests Buumba and Mario of Riverlife and Frazer and Jon of Piper's Rest with a variety of colourful Asian street food.	UNITED KINGDOM	English-100	RPT	PG			
2025-05-02	2225	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2025-05-02	2230	The Cook Up With Adam Liaw	Food Culture	Jung Eun Chae from Chae restaurant and Ukrainian chef Iveneg Klopotenko are in the kitchen with Adam, cooking with fermented ingredients.	AUSTRALIA	English-100	RPT	PG		Y	
2025-05-02	2300	Escape To River Cottage	Ep 2	Hugh had thought his downshifting was progressing nicely. But his daily garden check reveals a pesky garden pest - Hugh is not amused. At least the pigs have settled in, although they keep Hugh on his toes with their occasional bids for freedom.	UNITED KINGDOM	English-100	RPT	PG		a w	
2025-05-02	2330	Rick Stein's French Odyssey	Moissac To Toulouse	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac. The town is famous for its freshwater fish and, at the Restaurant Le Pont Napoleon, Rick and chef Michel Dussau create Pike in Pinot Noir, a popular duck confit with braised red cabbage and cherry pithiviers.	UNITED KINGDOM	English-100	RPT	G			
2025-05-02	2400	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 1	Chef Adam Swanson visits one of Darwin's most well-known restaurants, Hanuman, owned by renowned chef Jimmy Shu.	AUSTRALIA	English-100	RPT	PG			
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2025-05-02	2525	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	RPT	G			
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2025-05-03	0500	The Zimmern List	Miami	Andrew travels to Miami, where the food scene fuses new ideas with old classics. From sizzling Cuban dishes to Peruvian bites with a glitzy Miami twist, Andrew immerses himself in the bold flavours of Latin America.	USA	English-100	RPT	G	Y
2025-05-03	0530	My Market Kitchen	Episode 26	Ben O'Donoghue whips up a crowd favourite, sticky date puddings, then is joined by Georgia Barnes to make guilt-free carrot cake.	AUSTRALIA	English-100	RPT	G	
2025-05-03	0600	Luca's Key Ingredient	Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100	RPT	G	
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2025-05-03	0825	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
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2025-05-03	0900	Symon's Dinners Cooking Out	Steak And Bourbon On The Rocks	Things are sizzling as Michael Symon heats up a strip steak with his secret ingredient that even non-steak lovers will die for.	USA	English-100	RPT	G	
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2025-05-03	1100	The Cook Up With Adam Liaw	Food Culture	Jung Eun Chae from Chae restaurant and Ukrainian chef Iveneg Klopotenko are in the kitchen with Adam, cooking with fermented ingredients.	AUSTRALIA	English-100	RPT	PG		Y	
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2025-05-03	1300	My Market Kitchen	Episode 26	Ben O'Donoghue whips up a crowd favourite, sticky date puddings, then is joined by Georgia Barnes to make guilt-free carrot cake.	AUSTRALIA	English-100	RPT	G			
2025-05-03	1330	Luca's Key Ingredient	Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100	RPT	G			
2025-05-03	1400	Freshly Picked With Simon Toohey	Ep 5	Learn how a cheat pizza can fit into any day of the week and stay healthy, and get sweet with a decadent coconut ice cream with bananas and caramel.	AUSTRALIA	English-100	RPT	G			
2025-05-03	1430	Food Markets: In The Belly Of The City	Helsinki	Arriving by boat to the Baltic Sea Harbor of Helsinki, the first sight to greet you is the square, the great dome of the city hall, and The Old Market Hall.	FRANCE	English-60; Finnish-40	RPT	PG	a w	Y	Y
2025-05-03	1530	Food Markets: In The Belly Of The City	Lisboa - Mercado De Ribeira	Mercado da Ribeira in Lisbon has been open since 1800 and is the city's oldest marketplace. Here you can find all sorts of dairy products, fresh fish, vegetables and fruits.	FRANCE	English-54; Portuguese-46	RPT	PG	a w	Y	Y
2025-05-03	1635	Loving Gluten Free	Episode 9	It's a chocolate lover's dream in this episode of Loving Gluten Free! Helen elevates dessert with a creamy chocolate roulade and fluffy muesli muffins topped with white chocolate.	AUSTRALIA	English-100		G			
2025-05-03	1705	Giada At Home	Family Potluck	Giada De Laurentiis invites her siblings, cousins, aunts and uncles to a Sunday potluck, and the menu stars kale caesar salad and bacon and mushroom lasagna.	USA	English-100	RPT	G			
2025-05-03	1730	Dishing It Up	Retro	In this episode, everyday home cooks put four retro recipes to the test. Will Adam Liaw's vol au vent fall flat? Will Mary Berry's quiche be a little too niche?	AUSTRALIA	English-100	RPT	PG	I	Y	
2025-05-03	1800	Marion Grasby's Flavours: Heart And Home	From The City To The Coast	Marion explores her Asian-Australian heritage through food, from Thai street eats to Aussie lamb, blending cultures and family traditions in a heartfelt coastal journey.	AUSTRALIA	English-100	RPT	PG	a w	Y	Y
2025-05-03	1830	Remarkable Places To Eat	Burgundy	Acclaimed chef Michael Caines takes Fred to Burgundy to amazing places to eat serving the finest French country cooking and exquisite patisserie.	UNITED KINGDOM	English-100	RPT	PG			Y

2025-05-03	1930	Judi Love's Culinary Cruise	Kefalonia	Judi visits Kefalonia, the largest of the Greek islands and a place known for its pies.	UNITED KINGDOM	English-100		G		
2025-05-03	2030	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam. Here, the food is light and fresh, prepared using an abundance of herbs, lots of freshwater fish and flavoursome soups made with thin strips of beef with rice noodles. In Saigon, Rick visits the old stomping ground of his hero, author Graham Greene, and in Hanoi he meets up with a former employee who delights in the varied and delicious street food of Vietnam's capital city. For the ultimate in al fresco eating, Rick tries the night food stalls in the heart of Bangkok.	UNITED KINGDOM		RPT	G		Y
2025-05-03	2140	Anthony Bourdain: Parts Unknown	Minas Gerais	Tony travels to Minas Gerais, Brazil - the place he's always heard about in his travels. Tony is here to embark on a culinary adventure into the heart of Mineiran gastronomy, and the centrepiece of Brazilian food, culture, and heartland.	USA	English-100	RPT	PG	a	Y
2025-05-03	2230	David Rocco's Dolce Napoli	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100	RPT	PG		Y
2025-05-03	2300	Bizarre Foods: Delicious Destinations	Phuket	Andrew explores the alluring eats of Phuket, Thailand, an island paradise with bountiful natural gifts, aromatic flavors and multicultural cuisine. From spicy crab curry to crispy street snacks.	USA	English-100	RPT	G		
2025-05-03	2330	Big Appetite	La's Hometown Hero	Spin through Ben Hundred's hometown of LA with stops at Chifa, La Casita Mexicana and Evan Funke's Motherwolf.	USA	English-100	RPT	PG		
2025-05-03	2400	Loving Gluten Free	Episode 9	It's a chocolate lover's dream in this episode of Loving Gluten Free! Helen elevates dessert with a creamy chocolate roulade and fluffy muesli muffins topped with white chocolate.	AUSTRALIA	English-100	RPT	G		
2025-05-03	2430	Remarkable Places To Eat	Burgundy	Acclaimed chef Michael Caines takes Fred to Burgundy to amazing places to eat serving the finest French country cooking and exquisite patisserie.	UNITED KINGDOM	English-100	RPT	PG		Y
2025-05-03	2530	Judi Love's Culinary Cruise	Kefalonia	Judi visits Kefalonia, the largest of the Greek islands and a place known for its pies.	UNITED KINGDOM	English-100	RPT	G		
2025-05-03	2630	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam. Here, the food is light and fresh, prepared using an abundance of herbs, lots of freshwater fish and flavoursome soups made with thin strips of beef with rice noodles. In Saigon, Rick visits the old stomping ground of his hero, author Graham Greene, and in Hanoi he meets up with a former employee who delights in the varied and delicious street food of Vietnam's capital city. For the ultimate in al fresco eating, Rick tries the night food stalls in the heart of Bangkok.	UNITED KINGDOM		RPT	G		Y
2025-05-03	2740	Anthony Bourdain: Parts Unknown	Minas Gerais	Tony travels to Minas Gerais, Brazil - the place he's always heard about in his travels. Tony is here to embark on a culinary adventure into the heart of Mineiran gastronomy, and the centrepiece of Brazilian food, culture, and heartland.	USA	English-100	RPT	PG	a	Y
2025-05-03	2830	Big Appetite	La's Hometown Hero	Spin through Ben Hundred's hometown of LA with stops at Chifa, La Casita Mexicana and Evan Funke's Motherwolf.	USA	English-100	RPT	PG		