



WEEK 10: Sunday, 5 March - Saturday, 11 March 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-03-05	0500	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 4	The Ahi restaurant pop-up allows Ben to test some of his menu. He then heads to Cambridge to select his tableware made of native timber.	NEW ZEALAND	English-100		PG		
2023-03-05	0530	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100		G		
2023-03-05	0625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-05	0630	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100		PG		
2023-03-05	0730	The Zimmern List	Pittsburgh	Andrew heads to Pittsburgh where new restaurants are building on old culinary traditions. He tries a vegan twist on pierogies, and checks out the newest wave of local chef talent.	USA	English-100		PG		
2023-03-05	0800	The Zimmern List	Queens	Andrew eats his way through Queens, NY. He digs into a monster Mexican sandwich, samples some of New York's best Egyptian cuisine and feasts on Argentine meats and authentic Taiwanese fare.	USA	English-100		PG		Y
2023-03-05	0830	Hairy Bikers Go North	Cumbria	The lakes, is the most visited national park in England and with such an incredible scenery it's not hard to see why. Dave takes Si around his beloved home turf in search of the best produce and food.	UNITED KINGDOM	English-100		PG		
2023-03-05	0925	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 10	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-03-05	0930	Restaurants On The Edge	Malta	Famous footballer, family man and Maltese national treasure Justin Haber decided to jump into the restaurant business with both feet when he opened Haber 16 on the shores of Marsaxlokk, Malta.	CANADA	English-100		G		
2023-03-05	1025	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-05	1030	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 3	The Ahi team receive bad budget news. They then work on their pop-up restaurant at Seresin Estate's Waterfall Bay, which will be the first test of some of Ben's menu ideas.	NEW ZEALAND	English-100		PG		
2023-03-05	1100	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 4	The Ahi restaurant pop-up allows Ben to test some of his menu. He then heads to Cambridge to select his tableware made of native timber.	NEW ZEALAND	English-100		PG		
2023-03-05	1130	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100		G		

2023-03-05	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-03-05	1230	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100		PG	
2023-03-05	1330	The Zimmern List	Pittsburgh	Andrew heads to Pittsburgh where new restaurants are building on old culinary traditions. He tries a vegan twist on pierogies, and checks out the newest wave of local chef talent.	USA	English-100		PG	
2023-03-05	1400	The Cook Up With Adam Liaw	Family Favourites	Actor Mabel Li, emerging culinary talent, Billy Hannigan, and Adam are in The Cook Up Kitchen tonight, bringing you their family favourites.	AUSTRALIA	English-100	RPT	PG	Y
2023-03-05	1430	The Cook Up With Adam Liaw	Perennial Pastas	With so many styles and flavour profiles, pastas are an enduring favourite. Adam and guests Gabriel Gate and Julia Busuttill Nishimura come together to cook with pasta.	AUSTRALIA	English-100	RPT	PG	Y
2023-03-05	1500	The Cook Up With Adam Liaw	Better Bowls	Tonight, Adam is joined by Korean food expert, Heather Jeong, and musician Dave Novak to cook up their favourite dishes in a bowl.	AUSTRALIA	English-100	RPT	PG	Y
2023-03-05	1530	The Cook Up With Adam Liaw	In The Middle	Adam is joined by nose-to-tail aficionado, Colin Fassnidge, and Double J broadcaster Zan Rowe to share their in-the-middle cooking.	AUSTRALIA	English-100	RPT	PG	
2023-03-05	1600	The Cook Up With Adam Liaw	Fish	Tonight we cast our net far and wide to bring you dishes of fish with Adam, Tetsuya's head chef Josh Raine, and music producer Reuben Styles.	AUSTRALIA	English-100		PG	
2023-03-05	1630	Wok The World	Wok The World Series 2 Ep 3	From a Portugese influenced restaurant to a fine-dining establishment, we are treated to a myriad of mouth-watering dishes honed over the years to adapt to local palettes and ingredients.	CHINA	English-90; Cantonese-10		PG	Y
2023-03-05	1705	Lightened Up	All About Noodles	Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so many people love and crave but we don't realize how unhealthy they can be for us.	USA	English-100		PG	
2023-03-05	1730	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		G	Y
2023-03-05	1800	Mary Makes It Easy	Living In The Past-A	Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettucine alfredo.	CANADA	English-100		PG	
2023-03-05	1830	Food Chain: From Source To Table	Food Chain: From Source To Table Series 1 Ep, The 2	Chef Ming travels to the highlands of Indonesia and the fields of Belgium to find out why beansprouts and potatoes have shot up in price far more than other foods.	SINGAPORE	English-100		PG	
2023-03-05	1930	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 5	Michel splashes out on spiny lobster, langoustines, oysters, clams and sea-squirts to make a stunning seafood platter with three dipping sauces. Then Giselle shows him how to bake the perfect rum-infused turrets of sponge cake.	UNITED KINGDOM	English-100		PG	Y
2023-03-05	2030	Rick Stein's Long Weekends	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y
2023-03-05	2135	Anthony Bourdain: Parts Unknown	Greece	Tony visits the Greek Islands to kick off the new season of Parts Unknown in a region known for its sun, sand, and charming lifestyle, rich in history and known for its infamous healthy diet.	USA	English-100		PG	Y

2023-03-05	2230	Restaurants On The Edge	Austria	Married couple Miriam and Dave are frustrated that their failing restaurant is dipping into the profits of their adjoining boutique hotel in the Austrian Alps.	CANADA	English-100		PG		
2023-03-05	2325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 11, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
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2023-03-05	2500	Mary Makes It Easy	Living In The Past-A	Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettucine alfredo.	CANADA	English-100		PG		
2023-03-05	2530	Food Chain: From Source To Table	Food Chain: From Source To Table Series 1 Ep, The 2	Chef Ming travels to the highlands of Indonesia and the fields of Belgium to find out why beansprouts and potatoes have shot up in price far more than other foods.	SINGAPORE	English-100		PG		
2023-03-05	2630	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 5	Michel splashes out on spiny lobster, langoustines, oysters, clams and sea-squirts to make a stunning seafood platter with three dipping sauces. Then Giselle shows him how to bake the perfect rum-infused turrets of sponge cake.	UNITED KINGDOM	English-100		PG		Y
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2023-03-05	2825	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 11, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
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2023-03-06	0530	The Cook Up With Adam Liaw	Perennial Pastas	With so many styles and flavour profiles, pastas are an enduring favourite. Adam and guests Gabriel Gate and Julia Busuttill Nishimura come together to cook with pasta.	AUSTRALIA	English-100	RPT	PG	Y	
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2023-03-06	1130	Rick Stein's Long Weekends	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y
2023-03-06	1235	Restaurants On The Edge	Austria	Married couple Miriam and Dave are frustrated that their failing restaurant is dipping into the profits of their adjoining boutique hotel in the Austrian Alps.	CANADA	English-100	PG		
2023-03-06	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 4	Lidia travels to the region of Abruzzo where she goes from the highlands to the seashore exploring the beautiful scenery and fresh food.	USA	English-100	PG		Y
2023-03-06	1400	United Plates Of America	Hawaii	Hawaii. Between the pristine beaches and perfect climate, it's no wonder this island is a hotspot for adventurers and honeymooners.	USA	English-100	G		
2023-03-06	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 66	Matt is back in Noosa Heads where he's preparing seared salmon with sesame dressing. Courtney cooks a quick and easy curried chicken pie, while Michael prepares a family classic - beef chow mein.	AUSTRALIA	English-100	G		
2023-03-06	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Tasmanian cheese with a Czech cheese pioneer, and Vietnamese vegetable carving.	AUSTRALIA	English-100	RPT	G	Y
2023-03-06	1530	David Rocco's Dolce India	Talkin' Toddy	David is on a mission to discover Goa's unique blend of Portuguese and Indian cultures one dish at a time, including the oh so delectable Goan sausage. He also learns all about the toddy vinegar.	CANADA	English-100	G		
2023-03-06	1600	David Rocco's Dolce India	Goan Fishing	In Goa, David heads out on a crab fishing expedition with some local fisherman in a nearby river. Afterwards, he meets up with internationally renowned chef Cyrus Todiwala at the local fish market.	CANADA	English-100	PG		
2023-03-06	1630	Frankie's World Series	Polenta Party With A Twist	Join Frankie as he explores the history of polenta and makes an incredible short rib ragu. And are pretzels one of the most dangerous things you can cook in the kitchen? Let's find out.	USA	English-100	PG		Y

2023-03-06	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 16	Ben and Chef Leslie Chan make vegetable spring rolls, honey baked soy chicken wings, and a chocolate mousse with berries.	AUSTRALIA	English-100		PG	
2023-03-06	1730	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 6	Hayden's journey down the Murrumbidgee River starts with an indigenous tour, then it's time to pick up local rice and chocolate to make a wonderful dessert.	AUSTRALIA	English-100		PG	
2023-03-06	1800	The Cook And The Chef	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G	
2023-03-06	1830	Food Safari	Singaporean Safari	This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food.	AUSTRALIA	English-100	RPT	G	Y
2023-03-06	1900	The Cook Up With Adam Liaw	Proof Is In The Pudding	It's dessert time in The Cook Up kitchen with classically-trained chef, Warren Mendes, and award-winning actor Pia Miranda joining Adam to satisfy your sweet tooth.	AUSTRALIA	English-100		PG	
2023-03-06	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's the start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.	UNITED KINGDOM	English-100		PG	
2023-03-06	2000	The Chocolate Queen	Chocolate Queen Series 2, The Ep 5	All hail The Chocolate Queen, as Kirsten dishes up more sensational desserts, like chocolate spaghetti with caramel ice cream, nutty florentines and indulgent chocolate coconut bars.	AUSTRALIA	English-100		G	
2023-03-06	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 where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y
2023-03-06	2140	Come Dine With Me UK Couples	Nottingham B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2023-03-06	2230	The Cook Up With Adam Liaw	Proof Is In The Pudding	It's dessert time in The Cook Up kitchen with classically-trained chef, Warren Mendes, and award-winning actor Pia Miranda joining Adam to satisfy your sweet tooth.	AUSTRALIA	English-100		PG	
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2023-03-06	2330	Royal Recipes	Sporting Pursuits	Presenter Michael Buerk and chef Paul Ainsworth recreate the pudding that was served to the Olympic Committee during Britain's successful bid.	UNITED KINGDOM	English-100		G	
2023-03-06	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
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2023-03-06	2540	Come Dine With Me UK Couples	Nottingham B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	

2023-03-06	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 4	Lidia travels to the region of Abruzzo where she goes from the highlands to the seashore exploring the beautiful scenery and fresh food.	USA	English-100		PG		Y
2023-03-06	2700	United Plates Of America	Hawaii	Hawaii. Between the pristine beaches and perfect climate, it's no wonder this island is a hotspot for adventurers and honeymooners.	USA	English-100		G		
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2023-03-07	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Tasmanian cheese with a Czech cheese pioneer, and Vietnamese vegetable carving.	AUSTRALIA	English-100	RPT	G		Y
2023-03-07	0530	David Rocco's Dolce India	Talkin' Toddy	David is on a mission to discover Goa's unique blend of Portuguese and Indian cultures one dish at a time, including the oh so delectable Goan sausage. He also learns all about the toddy vinegar.	CANADA	English-100		G		
2023-03-07	0600	David Rocco's Dolce India	Goan Fishing	In Goa, David heads out on a crab fishing expedition with some local fisherman in a nearby river. Afterwards, he meets up with internationally renowned chef Cyrus Todiwala at the local fish market.	CANADA	English-100		PG		
2023-03-07	0630	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 6	Ben and Chef Leslie Chan make vegetable spring rolls, honey baked soy chicken wings, and a chocolate mousse with berries.	AUSTRALIA	English-100		PG		
2023-03-07	0700	My Market Kitchen	My Market Kitchen Series 5 Ep 16	Hayden's journey down the Murrumbidgee River starts with an indigenous tour, then it's time to pick up local rice and chocolate to make a wonderful dessert.	AUSTRALIA	English-100		PG		
2023-03-07	0730	Frankie's World Series	Polenta Party With A Twist	Join Frankie as he explores the history of polenta and makes an incredible short rib ragu. And are pretzels one of the most dangerous things you can cook in the kitchen? Let's find out.	USA	English-100		PG		Y
2023-03-07	0800	The Cook And The Chef	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G		
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2023-03-07	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 5	Lidia travels to the north eastern part of Sardegna - a region known for it's rich and complex foods. Join Lidia as she creates a zuppa filled with savoy cabbage, provolone, and pecorino cheese.	USA	English-100		G	Y
2023-03-07	1400	United Plates Of America	Denver	In the era of drive thru's and microwave dinners, Denver provides a pleasant escape from the hustle. Nestled at the foot of the Rocky Mountains, life in the mile high city has a slower pace.	USA	English-100		G	
2023-03-07	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 67	Matt celebrates an absolute icon - the Aussie beef pie. He makes his own version of Aussie beef and bacon party pies that are a little bit different - they feature vegemite!	AUSTRALIA	English-100		G	
2023-03-07	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, jam and pickle ladies, bush food and berries, and Thai and Malaysian cuisines.	AUSTRALIA	English-100	RPT	G	Y
2023-03-07	1530	David Rocco's Dolce India	Beach And Jungle	David heads deep into the rainforest of Goa to visit the Savoi Plantations. Here, they grow all manners of Indian fruits including coconut and mango, as well as almost every spice under the sun!	CANADA	English-100		G	
2023-03-07	1600	David Rocco's Dolce India	Backwaters Of Kerala, The	Kollam is a beautiful old seaport and city in Kerala. David gets a chance to explore life in this verdant region: he goes digging for clams and takes a tour on a floating restaurant down the river.	CANADA	English-100		PG	
2023-03-07	1630	Frankie's World Series	Puttanesca Carbonara	Frankie uncovers a secret ingredient you never knew you loved, along with the strange history of "the prostitute's pasta", aka carbonara!	USA	English-100		PG	Y
2023-03-07	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 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		PG	
2023-03-07	1730	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 7	Hayden starts with an early morning cruise on the Tweed River, goes mud crabbing, then creates a tasty salt-baked crab dish!	AUSTRALIA	English-100		PG	
2023-03-07	1800	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G	
2023-03-07	1830	Food Safari	Hungarian Safari	Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food.	AUSTRALIA	English-100	RPT	G	Y
2023-03-07	1900	The Cook Up With Adam Liaw	Flavour In A Flash	Acclaimed interior and fashion designer Collette Dinnigan, and talented young chef Hugh Allen join Adam to show you their fast and flavourful dishes.	AUSTRALIA	English-100		PG	

2023-03-07	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.	UNITED KINGDOM	English-100		G	
2023-03-07	2000	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 2	Silvia and Marion create the ultimate comforting soups, from traditional Tom Yum, to a vibrant green pea and pancetta soup.	AUSTRALIA	English-100		PG	
2023-03-07	2030	Cheese: A Love Story	Toronto	Afrim takes a mini cheese trip around the world in his own backyard, Toronto, one of the most diverse and cultural cities on the planet.	CANADA	English-100		G	Y
2023-03-07	2130	Come Dine With Me UK Couples	Belfast B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2023-03-07	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-03-07	2230	The Cook Up With Adam Liaw	Flavour In A Flash	Acclaimed interior and fashion designer Collette Dinnigan, and talented young chef Hugh Allen join Adam to show you their fast and flavourful dishes.	AUSTRALIA	English-100		PG	
2023-03-07	2300	Food Safari	Hungarian Safari	Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food.	AUSTRALIA	English-100	RPT	G	Y
2023-03-07	2330	Royal Recipes	Exotic Flavours	Presenter Michael Buerk and chef Paul Ainsworth rustle up an exotic pudding, which was a favourite of Henry VIII.	UNITED KINGDOM	English-100		G	
2023-03-07	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-03-07	2430	Cheese: A Love Story	Toronto	Afrim takes a mini cheese trip around the world in his own backyard, Toronto, one of the most diverse and cultural cities on the planet.	CANADA	English-100		G	Y
2023-03-07	2530	Come Dine With Me UK Couples	Belfast B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2023-03-07	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
2023-03-07	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 5	Lidia travels to the north eastern part of Sardegna - a region known for it's rich and complex foods. Join Lidia as she creates a zuppa filled with savoy cabbage, provolone, and pecorino cheese.	USA	English-100		G	Y
2023-03-07	2700	United Plates Of America	Denver	In the era of drive thru's and microwave dinners, Denver provides a pleasant escape from the hustle. Nestled at the foot of the Rocky Mountains, life in the mile high city has a slower pace.	USA	English-100		G	
2023-03-07	2730	Royal Recipes	Exotic Flavours	Presenter Michael Buerk and chef Paul Ainsworth rustle up an exotic pudding, which was a favourite of Henry VIII.	UNITED KINGDOM	English-100		G	
2023-03-07	2825	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y

2023-03-07	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 67	Matt celebrates an absolute icon - the Aussie beef pie. He makes his own version of Aussie beef and bacon party pies that are a little bit different - they feature vegemite!	AUSTRALIA	English-100		G	
2023-03-08	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, jam and pickle ladies, bush food and berries, and Thai and Malaysian cuisines.	AUSTRALIA	English-100	RPT	G	Y
2023-03-08	0530	David Rocco's Dolce India	Beach And Jungle	David heads deep into the rainforest of Goa to visit the Savoi Plantations. Here, they grow all manners of Indian fruits including coconut and mango, as well as almost every spice under the sun!	CANADA	English-100		G	
2023-03-08	0600	David Rocco's Dolce India	Backwaters Of Kerala, The	Kollam is a beautiful old seaport and city in Kerala. David gets a chance to explore life in this verdant region: he goes digging for clams and takes a tour on a floating restaurant down the river.	CANADA	English-100		PG	
2023-03-08	0630	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 7	Hayden starts with an early morning cruise on the Tweed River, goes mud crabbing, then creates a tasty salt-baked crab dish!	AUSTRALIA	English-100		PG	
2023-03-08	0700	My Market Kitchen	My Market Kitchen Series 5 Ep 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		PG	
2023-03-08	0730	Frankie's World Series	Puttanesca Carbonara	Frankie uncovers a secret ingredient you never knew you loved, along with the strange history of "the prostitute's pasta", aka carbonara!	USA	English-100		PG	Y
2023-03-08	0800	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G	
2023-03-08	0830	Food Safari	Hungarian Safari	Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food.	AUSTRALIA	English-100	RPT	G	Y
2023-03-08	0900	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.	UNITED KINGDOM	English-100		G	
2023-03-08	0930	Cheese: A Love Story	Toronto	Afrim takes a mini cheese trip around the world in his own backyard, Toronto, one of the most diverse and cultural cities on the planet.	CANADA	English-100		G	Y
2023-03-08	1030	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 7	Hayden starts with an early morning cruise on the Tweed River, goes mud crabbing, then creates a tasty salt-baked crab dish!	AUSTRALIA	English-100		PG	
2023-03-08	1100	The Cook Up With Adam Liaw	Flavour In A Flash	Acclaimed interior and fashion designer Collette Dinnigan, and talented young chef Hugh Allen join Adam to show you their fast and flavourful dishes.	AUSTRALIA	English-100		PG	
2023-03-08	1130	Come Dine With Me UK Couples	Belfast B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2023-03-08	1225	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
2023-03-08	1230	Royal Recipes	Exotic Flavours	Presenter Michael Buerk and chef Paul Ainsworth rustle up an exotic pudding, which was a favourite of Henry VIII.	UNITED KINGDOM	English-100		G	

2023-03-08	1325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-03-08	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 6	Join Lidia as she travels to Liguria - a region all about herbs and vegetables. Lidia begins by making a simple rice and zucchini crostada, made with fresh dough and ricotta cheese.	USA	English-100		G	Y
2023-03-08	1400	United Plates Of America	Las Vegas	It's big. Over the top. Everything about this town screams excess. People come here to let loose, and go wild. But just a few miles from the strip, there's a totally different world.	USA	English-100		G	
2023-03-08	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 68	Matt and Michael cook a barbecue special - pork cutlets with apple slaw, while Courtney gets festive with a traditional breakfast recipe - French toast croissant.	AUSTRALIA	English-100		G	
2023-03-08	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney, and oxtail soup in Perth's Swan Valley.	AUSTRALIA	English-100	RPT	G	Y
2023-03-08	1530	David Rocco's Dolce India	Beef In Fort Kochi	David visits the historic region of Fort Kochi which is one of the few places in India where you can eat beef. David goes on a hunt for the good stuff, enjoying chili fried and dry-fried beef.	CANADA	English-100		G	
2023-03-08	1600	David Rocco's Dolce India	Paradise Found	The beautiful Chinese fishing nets are iconic tourist attractions along the coast of Kochi, and David discovers that the fishermen who operate them are just as intriguing.	CANADA	English-100		PG	
2023-03-08	1630	Frankie's World Series	Humble Pie	From the "American" origins of Apple Pie to the bizarre creation myth of modern ice cream, Frankie takes a look at the twisted tales behind some of our beloved desserts.	USA	English-100		PG	Y
2023-03-08	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 18	Ben cooks two recipes that go hand-in-hand: his coconut caramel sauce, and his ricotta and buttermilk pancakes.	AUSTRALIA	English-100		PG	
2023-03-08	1730	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 8	Hayden travels to see how mussels are grown, goes whale watching, then cooks up on the famous Tathra Wharf.	AUSTRALIA	English-100		PG	
2023-03-08	1800	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G	
2023-03-08	1830	Food Safari	Sri Lankan Safari	Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.	AUSTRALIA	English-100	RPT	G	Y
2023-03-08	1900	The Cook Up With Adam Liaw	6 Ingredient Dinner	Adam, Commonwealth Games gold medalist Col Pearse, and award-winning butcher Joel Young are hitting their six ingredient dinners for six.	AUSTRALIA	English-100		PG	
2023-03-08	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG	
2023-03-08	2000	Barossa Gourmet With Justine Schofield	Beauty Of The Barossa Series 1, The Ep 4	Justine starts with grilled nectarine and halloumi, then cooks shaved beef cheeseburgers, followed by a wine tasting with goat curd ravioli.	AUSTRALIA	English-100		PG	
2023-03-08	2030	Gino's Italian Coastal Escape	Masseria And Ostuni	Gino samples oils amongst the ancient olive groves and makes a dish where the oil is king: spaghetti al peperoncino. With just five ingredients, this is the ultimate plate of pasta.	UNITED KINGDOM	English-100		G	

2023-03-08	2100	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		PG		Y
2023-03-08	2130	Come Dine With Me UK Couples	Newcastle B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
2023-03-08	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
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2023-03-08	2330	Royal Recipes	War And Strife	Michael Buerk and chef Paul Ainsworth recreate a royal dish that was a staple of wartime palace meals.	UNITED KINGDOM	English-100		PG		
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2023-03-09	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney, and oxtail soup in Perth's Swan Valley.	AUSTRALIA	English-100	RPT	G	Y
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2023-03-09	0730	Frankie's World Series	Humble Pie	From the "American" origins of Apple Pie to the bizarre creation myth of modern ice cream, Frankie takes a look at the twisted tales behind some of our beloved desserts.	USA	English-100		PG	Y
2023-03-09	0800	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G	
2023-03-09	0830	Food Safari	Sri Lankan Safari	Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.	AUSTRALIA	English-100	RPT	G	Y
2023-03-09	0900	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG	
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2023-03-09	1000	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		PG	Y
2023-03-09	1030	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 8	Hayden travels to see how mussels are grown, goes whale watching, then cooks up on the famous Tathra Wharf.	AUSTRALIA	English-100		PG	
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2023-03-09	1130	Come Dine With Me UK Couples	Newcastle B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G	
2023-03-09	1225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y

2023-03-09	1230	Royal Recipes	War And Strife	Michael Buerk and chef Paul Ainsworth recreate a royal dish that was a staple of wartime palace meals.	UNITED KINGDOM	English-100		PG		
2023-03-09	1325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 8, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-03-09	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 7	Lidia travels to Basilicata - a small region known for fish and capsicums. Join Lidia in the kitchen as she incorporates these capsicums into each dish she creates.	USA	English-100		G		Y
2023-03-09	1400	United Plates Of America	Los Angeles	A city like no other, filled with people from all over the world. No matter the craving, you can find what you're looking for. But if you're in the mood for Filipino food, take trip to the east side.	USA	English-100		G		
2023-03-09	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100		PG		
2023-03-09	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil, and a third generation Aussie bee keeper.	AUSTRALIA	English-100	RPT	G		Y
2023-03-09	1530	David Rocco's Dolce India	Bengali Thali	David and Myanck head into the kitchen with their fish-market finds and experiment with Kolkata's signature ingredients: mustard and fresh river fish, and everyone agrees the results are delicious.	CANADA	English-100		PG		
2023-03-09	1600	David Rocco's Dolce India	Street Eats In Kolkata	David goes on a crazy food tour of the city: they ride the tram and do as the locals do on their quest to sample Kolkata's best street eats, including the famous Kati roll.	CANADA	English-100		G		
2023-03-09	1630	Frankie's World Series	Chicken Coup	From unloved pantry stalwart to gourmet pub favourite, Frankie demonstrates how mac 'n' cheese continues to reinvent itself. Later, Frankie shares the history of fried chicken and KFC.	USA	English-100		PG		Y
2023-03-09	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 19	Ben and award-winning Pastry Chef Anna Polyviou share the secrets and squash the myths of making meringue, all while making a toasted marshallow pavlova.	AUSTRALIA	English-100		PG		
2023-03-09	1730	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 9	Hayden's friend Amina is his guide for a wonderful food-filled tour of Western Sydney as Amina takes Hayden to some of her favourite places.	AUSTRALIA	English-100		PG		
2023-03-09	1800	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100		G		
2023-03-09	1830	Food Safari	Brazilian Safari	Food Safari is an enticing blend of exotic food with down to earth practicality. Tonight, Maeve O'Meara explores the flavour, texture and complexity of Brazilian food.	AUSTRALIA	English-100	RPT	G		Y
2023-03-09	1900	The Cook Up With Adam Liaw	Smoking Hot	Funny man Harley Breen and TikTok wonder-chef Vincent Yeow Lim join Adam in The Cook Up Kitchen to step up to the hot plates.	AUSTRALIA	English-100		PG		
2023-03-09	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100		PG		

2023-03-09	2000	Nadiya's Everyday Baking	Nadiya's Everyday Baking Series 1 Ep 1	Nadiya Hussain shares her take on British afternoon tea: a traditional coffee cake with dalgona coffee cream, meringue lollipops, butterscotch cheesecake bars, and cardamom infused scones.	UNITED KINGDOM	English-100			
2023-03-09	2030	Long Weekend In... With Rory O'Connell	Lisbon	Rory visits Lisbon. His first stop is Manteigaria Silva, an acclaimed delicatessen, and a treasure trove of traditional Portuguese food. Rory stocks up on local bread, cheese, cured meats and olives.	IRELAND	English-100		G	
2023-03-09	2100	Gok Wan's Easy Asian	Take Out Tricks	In this episode Gok celebrates the fact we all love a takeaway. He shows how some of the most popular take-outs are just so easy to cook at home.	UNITED KINGDOM	English-100		G	
2023-03-09	2130	Come Dine With Me UK Couples	Aberdeen B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2023-03-09	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-03-09	2230	The Cook Up With Adam Liaw	Smoking Hot	Funny man Harley Breen and TikTok wonder-chef Vincent Yeow Lim join Adam in The Cook Up Kitchen to step up to the hot plates.	AUSTRALIA	English-100		PG	
2023-03-09	2300	Food Safari	Brazilian Safari	Food Safari is an enticing blend of exotic food with down to earth practicality. Tonight, Maeve O'Meara explores the flavour, texture and complexity of Brazilian food.	AUSTRALIA	English-100	RPT	G	Y
2023-03-09	2330	Royal Recipes	Royal Visits	Michael Buerk and chef Paul Ainsworth re-imagine a dish served at a royal banquet to a grumpy Persian monarch in the early years of the 20th century.	UNITED KINGDOM	English-100		G	
2023-03-09	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 9, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y
2023-03-09	2430	Long Weekend In... With Rory O'Connell	Lisbon	Rory visits Lisbon. His first stop is Manteigaria Silva, an acclaimed delicatessen, and a treasure trove of traditional Portuguese food. Rory stocks up on local bread, cheese, cured meats and olives.	IRELAND	English-100		G	
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2023-03-09	2530	Come Dine With Me UK Couples	Aberdeen B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG	
2023-03-09	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-03-09	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 7	Lidia travels to Basilicata - a small region known for fish and capsicums. Join Lidia in the kitchen as she incorporates these capsicums into each dish she creates.	USA	English-100		G	Y
2023-03-09	2700	United Plates Of America	Los Angeles	A city like no other, filled with people from all over the world. No matter the craving, you can find what you're looking for. But if you're in the mood for Filipino food, take trip to the east side.	USA	English-100		G	
2023-03-09	2730	Royal Recipes	Royal Visits	Michael Buerk and chef Paul Ainsworth re-imagine a dish served at a royal banquet to a grumpy Persian monarch in the early years of the 20th century.	UNITED KINGDOM	English-100		G	

2023-03-09	2825	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 9, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y
2023-03-09	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100		PG	
2023-03-10	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil, and a third generation Aussie bee keeper.	AUSTRALIA	English-100	RPT	G	Y
2023-03-10	0530	David Rocco's Dolce India	Bengali Thali	David and Myanck head into the kitchen with their fish-market finds and experiment with Kolkata's signature ingredients: mustard and fresh river fish, and everyone agrees the results are delicious.	CANADA	English-100		PG	
2023-03-10	0600	David Rocco's Dolce India	Street Eats In Kolkata	David goes on a crazy food tour of the city: they ride the tram and do as the locals do on their quest to sample Kolkata's best street eats, including the famous Kati roll.	CANADA	English-100		G	
2023-03-10	0630	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 9	Hayden's friend Amina is his guide for a wonderful food-filled tour of Western Sydney as Amina takes Hayden to some of her favourite places.	AUSTRALIA	English-100		PG	
2023-03-10	0700	My Market Kitchen	My Market Kitchen Series 5 Ep 19	Ben and award-winning Pastry Chef Anna Polyviou share the secrets and squash the myths of making meringue, all while making a toasted marshmallow pavlova.	AUSTRALIA	English-100		PG	
2023-03-10	0730	Frankie's World Series	Chicken Coup	From unloved pantry stalwart to gourmet pub favourite, Frankie demonstrates how mac 'n' cheese continues to reinvent itself. Later, Frankie shares the history of fried chicken and KFC.	USA	English-100		PG	Y
2023-03-10	0800	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100		G	
2023-03-10	0830	Food Safari	Brazilian Safari	Food Safari is an enticing blend of exotic food with down to earth practicality. Tonight, Maeve O'Meara explores the flavour, texture and complexity of Brazilian food.	AUSTRALIA	English-100	RPT	G	Y
2023-03-10	0900	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100		PG	
2023-03-10	0930	Long Weekend In... With Rory O'Connell	Lisbon	Rory visits Lisbon. His first stop is Manteigaria Silva, an acclaimed delicatessen, and a treasure trove of traditional Portuguese food. Rory stocks up on local bread, cheese, cured meats and olives.	IRELAND	English-100		G	
2023-03-10	1000	Gok Wan's Easy Asian	Take Out Tricks	In this episode Gok celebrates the fact we all love a takeaway. He shows how some of the most popular take-outs are just so easy to cook at home.	UNITED KINGDOM	English-100		G	
2023-03-10	1030	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 9	Hayden's friend Amina is his guide for a wonderful food-filled tour of Western Sydney as Amina takes Hayden to some of her favourite places.	AUSTRALIA	English-100		PG	
2023-03-10	1100	The Cook Up With Adam Liaw	Smoking Hot	Funny man Harley Breen and TikTok wonder-chef Vincent Yeow Lim join Adam in The Cook Up Kitchen to step up to the hot plates.	AUSTRALIA	English-100		PG	

2023-03-10	1130	Come Dine With Me UK Couples	Aberdeen B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
2023-03-10	1225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-10	1230	Royal Recipes	Royal Visits	Michael Buerk and chef Paul Ainsworth re-imagine a dish served at a royal banquet to a grumpy Persian monarch in the early years of the 20th century.	UNITED KINGDOM	English-100		G		
2023-03-10	1325	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 9, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y	
2023-03-10	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 8	Lidia travels up to the beautiful hills of Calabria. Join her as she demonstrates what a true shepherd's meal is with rigatoni alla pastora - a simple pasta dish made with sausage and ricotta cheese.	USA	English-100		G		
2023-03-10	1400	United Plates Of America	San Antonio	Fiercely independent, yet globally inspired. There are few states more proud than Texas. Deep in the heart of this great land, we discover a town with a rich history and unique cuisine.	USA	English-100		G		
2023-03-10	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 1, The Ep 70	Matt kicks things off in Noosa with guest, Simon Jones from Noosa Earth, and together they make a delicious mushroom and miso soup. Michael's also on location and cooks fillet steak with pepper sauce.	AUSTRALIA	English-100		G		
2023-03-10	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, two young indigenous women travel the outback to cook at a huge bush carnival.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-10	1530	David Rocco's Dolce India	Chinese Calcutta	Kolkata is home to India's largest Chinese community, and they're fiercely proud of their Hakka-style cuisine - a fusion of Chinese and Indian. David spends the day with locals, learning and eating!	CANADA	English-100		PG		
2023-03-10	1600	David Rocco's Dolce India	Golden Amritsar	David fulfills his dream of visiting the Golden Temple, the holiest Sikh gurdwara in the world. The community serve 100,000 people a day, and David gets a chance to experience the cooking chaos.	CANADA	English-100		G		
2023-03-10	1630	Frankie's World Series	Extra Servings	Ramen was created to be a tasty, quick and cheap way to feed Japan... but it became so much more. Check out the history behind the phenomenon and enjoy extra adventures with Frankie!	USA	English-100		PG		Y
2023-03-10	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 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		PG		
2023-03-10	1730	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 10	Hayden sails with his grandfather on the famous Sydney Harbour, visits the Sydney Fish Market, and creates a wonderful seafood dish.	AUSTRALIA	English-100		PG		
2023-03-10	1800	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100		G		
2023-03-10	1830	Food Safari	Korean Safari	Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.	AUSTRALIA	English-100	RPT	G	Y	

2023-03-10	1900	The Cook Up With Adam Liaw	Cooking With Colour	There are no grey areas tonight as Adam, writer Dani Valent, and Cafe Sunshine and Salamatea's Hamed Allahyari cook with colour!	AUSTRALIA	English-100		PG	
2023-03-10	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100		PG	
2023-03-10	2000	Dishing It Up	Retro	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	Y
2023-03-10	2030	Heston's Feasts	80s Feast	Heston returns to the 1980s, cooking up sake champagne in a giant mobile phone with edible sushi money, the ultimate toasted sandwich and a power lobster in the microwave.	UNITED KINGDOM	English-100	RPT	G	Y
2023-03-10	2130	Come Dine With Me UK Couples	Somerset A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G	
2023-03-10	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-03-10	2230	The Cook Up With Adam Liaw	Cooking With Colour	There are no grey areas tonight as Adam, writer Dani Valent, and Cafe Sunshine and Salamatea's Hamed Allahyari cook with colour!	AUSTRALIA	English-100		PG	
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2023-03-10	2330	Royal Recipes	Party Food	Chef Paul Ainsworth impresses presenter Michael Buerk, on today's Royal Recipes, with a dish from the Queen's 80th birthday dinner.	UNITED KINGDOM	English-100		G	
2023-03-10	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 10, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
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2023-03-11	1500	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 3	When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.	AUSTRALIA	English-100		G	
2023-03-11	1530	David Rocco's Dolce India	Punjabi Way, The	David is in Amritsar - a city known for the warmth of its people and its amazing food. He meets up with some locals, tries specialty Punjabi dishes and even learns to tie his own turban.	CANADA	English-100		G	
2023-03-11	1600	David Rocco's Dolce India	Grand Bharat	David is in Delhi, taking in all the sights and sounds. After spending some time in the crazy crowds of Old Delhi, he decides to head for the greener pastures of ITC Grand Bharat.	CANADA	English-100		G	
2023-03-11	1630	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles.	UNITED KINGDOM	English-100		G	
2023-03-11	1725	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2023-03-11	1730	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 5	Ben heads to Taupo to find his restaurant's perfect beef supplier. Then it's on to the Hawkes Bay where he meets the recently crowned 'NZ's most outstanding food Producer of 2020!'	NEW ZEALAND	English-100		PG	
2023-03-11	1800	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 6	Back in Auckland there are more delays to the restaurant, so Ben hits Waiheke Island to taste the best oysters in town--before his world comes crashing down!	NEW ZEALAND	English-100		PG	
2023-03-11	1830	Jamie's Food Escapes	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	Y
2023-03-11	1930	The Zimmern List	Providence	Andrew heads to Providence, one of the oldest cities in America and home to a unique food scene. He savours authentic Portuguese-style seafood, and discovers a refreshing take on New England pub food.	USA	English-100		PG	
2023-03-11	2000	The Zimmern List	St. Louis	Andrew heads to St. Louis to get his fill of comfort food. He savours barbecued pig snoots, 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		PG	
2023-03-11	2030	Hairy Bikers Go North	North Yorkshire	On this leg, the bikers will be exploring the wild lands of the Yorkshire moors and the amazing producers that call the North York Moors National Park their home.	UNITED KINGDOM	English-100		G	
2023-03-11	2130	Anthony Bourdain: Parts Unknown	Chicago	Chicago is revealed through the memories and stories of the people who live there - primarily a select few, drawn from the regulars at The Old Town Ale House, one of Chicago's most iconic bars.	USA	English-100		PG	
2023-03-11	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y

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