



WEEK 21 Sunday, 18 May 2025 Saturday, 24 May 2025

| Date       | Start Time | Genre     | Title                                    |
|------------|------------|-----------|------------------------------------------|
| 2025-05-18 | 0500       | Cooking   | Simply Giada                             |
| 2025-05-18 | 0530       | Lifestyle | Food Markets: In The Belly Of The City   |
| 2025-05-18 | 0630       | Lifestyle | Food Markets: In The Belly Of The City   |
| 2025-05-18 | 0735       | Cooking   | Rachel Khoo's Simple Pleasures           |
| 2025-05-18 | 0800       | Travel    | David Rocco's Dolce Tuscany              |
| 2025-05-18 | 0830       | Cooking   | Dishing It Up                            |
| 2025-05-18 | 0900       | Cooking   | Marion Grasby's Flavours: Heart And Home |
| 2025-05-18 | 0930       | Travel    | Ainsley's Taste Of Malta                 |
| 2025-05-18 | 1025       | Cooking   | Destination Flavour Down Under Bitesize  |
| 2025-05-18 | 1030       | Travel    | Roux Down The River                      |
| 2025-05-18 | 1130       | Travel    | Bizarre Foods: Delicious Destinations    |
| 2025-05-18 | 1200       | Travel    | David Rocco's Dolce Tuscany              |
| 2025-05-18 | 1230       | Travel    | Rick Stein's Far Eastern Odyssey         |
| 2025-05-18 | 1335       | Cooking   | Rachel Khoo's Simple Pleasures           |
| 2025-05-18 | 1400       | Travel    | The Cook Up With Adam Liaw               |
| 2025-05-18 | 1430       | Travel    | The Cook Up With Adam Liaw               |
| 2025-05-18 | 1500       | Travel    | The Cook Up With Adam Liaw               |
| 2025-05-18 | 1530       | Cooking   | The Cook Up With Adam Liaw               |

ALL MARKETS

| Episode Title                                         | Series | Episode | TV Guide Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Country of Origin | Language                           | Year | Repeat | Classification | Consumer Advice | Closed Captions | Subtitles | Audio Description |
|-------------------------------------------------------|--------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|------------------------------------|------|--------|----------------|-----------------|-----------------|-----------|-------------------|
| Everyday Menu                                         | 01     | 2       | Giada De Laurentiis offers recipe and menu-planning tips to make eating well both easy and convenient. She makes warm quinoa 'oatmeal', chicken broth, white bean and escarole soup, fusilli with chicken and broccoli rabe and a skillet brownie.                                                                                                                                                                                                                                                                          | USA               | English-100                        | 2022 | RPT    | G              |                 |                 |           |                   |
| Cork - English Market                                 | 04     | 1       | Ireland's third-largest city has one of Northern Europe's market gems: The English Market. It supplied high-quality food to the rich English families, different to the Irish market, which no longer exists. Now, the best Irish produce today remains on the island and can be found here.                                                                                                                                                                                                                                | FRANCE            | English-100                        | 2020 | RPT    | PG             | a w             | Y               |           |                   |
| Valencia - Mercado Central                            | 04     | 2       | Perhaps one of the most beautiful and well-organised food market buildings in Europe is the Mercado Central of Valencia. Built on the area where an open-air market stood for centuries, the Valencian style Art Nouveau construction is a 'cathedral of senses'.                                                                                                                                                                                                                                                           | FRANCE            | English-55; Spanish-24; Catalan-21 | 2020 | RPT    | PG             | a w             | Y               | Y         |                   |
| My Childhood Favorites                                | 01     | 3       | Rachel Khoo reimagines some all-time favorite dishes with a modern twist. She conjures up a hearty beef and butternut squash stew that's perfect for a cold day.                                                                                                                                                                                                                                                                                                                                                            | USA               | English-100                        | 2020 | RPT    | G              |                 |                 |           |                   |
| India In Florence                                     | 1      | 4       | David meets up with Eduardo and Selvaggia, two Indophiles living in Firenze, Florence - one is the owner of the city's first Indian restaurant.                                                                                                                                                                                                                                                                                                                                                                             | CANADA            | English-100                        | 2015 | RPT    | G              |                 |                 |           |                   |
| Snack Attack                                          | 01     | 6       | 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                        | 2021 | RPT    | PG             | 1 s             | Y               |           |                   |
| Chicken Any Night Of The Week                         | 01     | 3       | Marion explores time-saving chicken recipes, from a game-changing roast to Cheat's Butter Chicken and Tantanmen Ramen, proving that simple meals can be extraordinary.                                                                                                                                                                                                                                                                                                                                                      | AUSTRALIA         | English-100                        | 2024 | RPT    | PG             |                 | Y               | Y         |                   |
| Valetta                                               | 01     | 1       | Ainsley starts his Maltese adventure in Valetta. He joins historian Liam for a tour of the harbour, where he learns why Malta is such a melting pot of cultures and the impact this has on the cuisine.                                                                                                                                                                                                                                                                                                                     | UNITED KINGDOM    | English-100                        | 2023 | RPT    | G              |                 |                 |           |                   |
| Destination Flavour Down Under Bitesize Series 1 Ep 3 | 01     | 3       | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.                                                                                                                                                                                                                                                                                                                                                                                                | AUSTRALIA         | English-100                        | 2014 | RPT    | G              |                 | Y               |           |                   |
| Cookham To Bray                                       | 01     | 1       | In this enchanting new series, legendary chef Michel Roux journeys down the magnificent River Thames exploring the delicious food and fascinating people who live and work on its banks.                                                                                                                                                                                                                                                                                                                                    | UNITED KINGDOM    | English-100                        | 2024 | RPT    | PG             |                 |                 |           |                   |
| Las Vegas                                             | 8      | 12      | Andrew Zimmern goes on a gastronomic tour of Las Vegas. From quail breast stuffed with foie gras and mouthwatering Wagyu steaks to classic veal Parmigiana and tantalizing Thai, Sin City has it all!                                                                                                                                                                                                                                                                                                                       | USA               | English-100                        | 2018 | RPT    | PG             | a               |                 | Y         |                   |
| India In Florence                                     | 1      | 4       | David meets up with Eduardo and Selvaggia, two Indophiles living in Firenze, Florence - one is the owner of the city's first Indian restaurant.                                                                                                                                                                                                                                                                                                                                                                             | CANADA            | English-100                        | 2015 | RPT    | G              |                 |                 |           |                   |
| Malaysia And Sri Lanka                                | 01     | 4       | Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of Malay, Indian and Chinese with a bit of British charm thrown in for good measure. He meets up with vibrant food writer, Fay Khoo, to discover the exceptional popularity of fish head curry in the region. Across the Indian Ocean, in Sri Lanka, Rick continues his passion for seafood by visiting a bustling fishing village north of Colombo and takes part in a most unusual fishing expedition further south in Galle. | UNITED KINGDOM    |                                    | 2009 | RPT    | PG             |                 | Y               |           |                   |
| My Childhood Favorites                                | 01     | 3       | Rachel Khoo reimagines some all-time favorite dishes with a modern twist. She conjures up a hearty beef and butternut squash stew that's perfect for a cold day.                                                                                                                                                                                                                                                                                                                                                            | USA               | English-100                        | 2020 | RPT    | G              |                 |                 |           |                   |
| One Coin                                              | 08     | 25      | Adam, chef Yumi Nagaya and comedian Takashi Wakasugi celebrate the brilliance of Japan's one-coin meals with three brilliant recipes.                                                                                                                                                                                                                                                                                                                                                                                       | AUSTRALIA         | English-90; Japanese-10            | 2025 | RPT    | PG             |                 | Y               | Y         |                   |
| Timeless Lebanese Flavours                            | 08     | 26      | It's a night of timeless Lebanese flavours, as podcast host Ash London and Rumi Melbourne's Joseph Abboud join Adam in The Cook Up kitchen.                                                                                                                                                                                                                                                                                                                                                                                 | AUSTRALIA         | English-100                        | 2025 | RPT    | G              |                 | Y               |           |                   |
| Seafood & Citrus                                      | 08     | 27      | Adam and his guests, chefs Pingping Poh and Matias Cilloniz, celebrate the timeless flavour combination of seafood and citrus.                                                                                                                                                                                                                                                                                                                                                                                              | AUSTRALIA         | English-100                        | 2025 | RPT    | G              |                 | Y               |           |                   |
| Crispy Bites                                          | 06     | 16      | Adam sets his sights on crispy bites, with Gourmet Traveller's Best New Talent Ollie Wong-Hee and award-winning actor Lincoln Youngs.                                                                                                                                                                                                                                                                                                                                                                                       | AUSTRALIA         | English-100                        | 2023 | RPT    | G              |                 | Y               |           |                   |

|            |      |                |                                         |                                                       |    |    |                                                                                                                                                                                                                                                                                      |                |                                       |      |     |    |     |     |
|------------|------|----------------|-----------------------------------------|-------------------------------------------------------|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------------------------------|------|-----|----|-----|-----|
| 2025-05-18 | 1600 | Cooking        | The Cook Up With Adam Liaw              | Cook Once Eat Twice                                   | 06 | 17 | It's the ultimate night of tasty kitchen efficiency. Adam and his guests, NSW Good Food Guide 'Young Chef of the Year' Shashank Achuta and The Good Farm Shop's Scott Gooding cook once but eat twice.                                                                               | AUSTRALIA      | English-100                           | 2023 | RPT | G  |     | Y   |
| 2025-05-18 | 1630 | Cooking        | Rachel Khoo's Simple Pleasures          | Tasty Parcels                                         | 01 | 4  | Sometimes the best things in life come in small packages, and that is certainly the case with the dishes Rachel Khoo creates. Rachel raids her cupboards to conjure delicious meals from just a handful of ingredients.                                                              | USA            | English-100                           | 2020 | RPT | G  |     |     |
| 2025-05-18 | 1700 | Cooking        | Simply Giada                            | Dinner With Friends                                   | 01 | 4  | Giada shows how to throw a delicious dinner party while staying true to your wellness goals, starting with roasted trout, brown rice stuffed peppers, and spiced maple syrup.                                                                                                        | USA            | English-100                           | 2022 | RPT | G  |     |     |
| 2025-05-18 | 1730 | Travel         | Cheese: Searching For A Taste Of Place  | Greece And Cyprus                                     | 01 | 5  | Feta and halloumi are the two great Mediterranean cheeses. Loved worldwide, they are also copied worldwide.                                                                                                                                                                          | AUSTRALIA      | English-100                           | 2024 |     | PG |     | Y   |
| 2025-05-18 | 1830 | Travel         | James Martin's French Adventure         | Jura                                                  | 01 | 8  | Matthew Tisoet shows James around his orchard and teaches him about the region's remarkable apples and pears. James barbeques duck accompanied by a spicy apple and pear chutney.                                                                                                    | UNITED KINGDOM | English-100                           | 2017 | RPT | G  |     |     |
| 2025-05-18 | 1930 | Cooking        | Paula McIntyre's Hamely Kitchen USA     | Episode 5                                             | 04 | 5  | Paula tries a buttermilk Fried chicken in Kentucky, enjoys a buttermilk infused ice-cream and visits the Dancing Bear restaurant.                                                                                                                                                    | UNITED KINGDOM | English-100                           | 2024 |     | G  |     |     |
| 2025-05-18 | 2000 | Food Lifestyle | My Greatest Dishes                      | Daniel Clifford                                       | 01 | 12 | Daniel Clifford is one of Britain's most renowned chefs. He shares four dishes - Nan's cheese scones, mushroom risotto, scallops with truffle, veal kidneys with a chicken and snail mousse.                                                                                         | UNITED KINGDOM | English-100                           | 2019 | RPT | PG |     |     |
| 2025-05-18 | 2030 | Travel         | Rick Stein's Food Heroes                | Rick Stein's Food Heroes Series 2 Ep 10               | 02 | 10 | Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins, so Nick now calls them sardines, which have become quite fashionable among foodies. | UNITED KINGDOM |                                       | 2003 | RPT | PG | a w |     |
| 2025-05-18 | 2100 | Travel         | Rick Stein's Food Heroes                | Rick Stein's Food Heroes Series 2 Ep 11               | 02 | 11 | Rick and Chalky enjoy a Turkish barbecue in London's East End. After contributing Lamb Koftas to the fare at the Mangal Okacbası Turkish restaurant in Dalton, Rick moves on to Hackney Marshes, where he meets various allotmentholders and joins them for Sunday lunch.            | UNITED KINGDOM |                                       | 2003 | RPT | PG | a w |     |
| 2025-05-18 | 2130 | Travel         | Anthony Bourdain: Parts Unknown         | Hanoi                                                 | 08 | 6  | Tony revisits one of his favourite places on Earth - Vietnam, the 15th most populous country in the world with more than 90 million inhabitants.                                                                                                                                     | USA            | English-100                           | 2016 | RPT | PG | a w | Y   |
| 2025-05-18 | 2225 | Cooking        | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 1 | 01 | 1  | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.                                                                                                                                                         | AUSTRALIA      | English-100                           | 2014 | RPT | G  |     | Y   |
| 2025-05-18 | 2230 | Travel         | David Rocco's Dolce Tuscany             | Pitigliano                                            | 1  | 5  | David sets off to the picturesque medieval town of Pitigliano, also known as Little Jerusalem, to meet (and eat!) with the locals and take in the area's beautiful sights.                                                                                                           | CANADA         | English-100                           | 2015 | RPT | G  |     |     |
| 2025-05-18 | 2300 | Travel         | Bizarre Foods: Delicious Destinations   | Big Island, The                                       | 8  | 13 | Andrew Zimmern heads to Hawaii's Big Island to take in its laid-back cuisine. From ancient traditions like lau lau and opakapaka fish to new traditions like the loco moco and huli chicken.                                                                                         | USA            | English-100                           | 2018 | RPT | G  |     |     |
| 2025-05-18 | 2330 | Travel         | Mean Street Gourmet                     | Mean Street Gourmet Series 1 Ep 1                     | 01 | 1  | The little family-run diner by the corner of the street. That hidden food stall by the alley you found once and never again. These are the flavors of a city. This is Mean Street Gourmet.                                                                                           | HONG KONG      | English-80; Cantonese-10; Mandarin-10 | 2020 | RPT | PG | a w | Y   |
| 2025-05-18 | 2400 | Cooking        | Simply Giada                            | Dinner With Friends                                   | 01 | 4  | Giada shows how to throw a delicious dinner party while staying true to your wellness goals, starting with roasted trout, brown rice stuffed peppers, and spiced maple syrup.                                                                                                        | USA            | English-100                           | 2022 | RPT | G  |     |     |
| 2025-05-18 | 2430 | Travel         | Cheese: Searching For A Taste Of Place  | Greece And Cyprus                                     | 01 | 5  | Feta and halloumi are the two great Mediterranean cheeses. Loved worldwide, they are also copied worldwide.                                                                                                                                                                          | AUSTRALIA      | English-100                           | 2024 | RPT | PG |     | Y   |
| 2025-05-18 | 2530 | Travel         | James Martin's French Adventure         | Jura                                                  | 01 | 8  | Matthew Tisoet shows James around his orchard and teaches him about the region's remarkable apples and pears. James barbeques duck accompanied by a spicy apple and pear chutney.                                                                                                    | UNITED KINGDOM | English-100                           | 2017 | RPT | G  |     |     |
| 2025-05-18 | 2625 | Travel         | Destination Flavour Japan Bitesize      | Hokkaido                                              | 01 | 1  | 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                           | 2013 | RPT | G  |     | Y Y |
| 2025-05-18 | 2630 | Cooking        | Paula McIntyre's Hamely Kitchen USA     | Episode 5                                             | 04 | 5  | Paula tries a buttermilk fried chicken in Kentucky, enjoys a buttermilk infused ice-cream and visits the Dancing Bear restaurant.                                                                                                                                                    | UNITED KINGDOM | English-100                           | 2024 | RPT | G  |     |     |
| 2025-05-18 | 2700 | Food Lifestyle | My Greatest Dishes                      | Daniel Clifford                                       | 01 | 12 | Daniel Clifford is one of Britain's most renowned chefs. He shares four dishes - Nan's cheese scones, mushroom risotto, scallops with truffle, veal kidneys with a chicken and snail mousse.                                                                                         | UNITED KINGDOM | English-100                           | 2019 | RPT | PG |     |     |

|            |      |                |                                         |                                                       |    |    |                                                                                                                                                                                                                                                                                      |                |                                       |      |     |    |     |     |
|------------|------|----------------|-----------------------------------------|-------------------------------------------------------|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------------------------------|------|-----|----|-----|-----|
| 2025-05-18 | 2730 | Travel         | Anthony Bourdain: Parts Unknown         | Hanoi                                                 | 08 | 6  | Tony revisits one of his favourite places on Earth - Vietnam, the 15th most populous country in the world with more than 90 million inhabitants.                                                                                                                                     | USA            | English-100                           | 2016 | RPT | PG | a w | Y   |
| 2025-05-18 | 2825 | Cooking        | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 1 | 01 | 1  | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.                                                                                                                                                         | AUSTRALIA      | English-100                           | 2014 | RPT | G  |     | Y   |
| 2025-05-18 | 2830 | Travel         | Mean Street Gourmet                     | Mean Street Gourmet Series 1 Ep 1                     | 01 | 1  | The little family-run diner by the corner of the street. That hidden food stall by the alley you found once and never again. These are the flavors of a city. This is Mean Street Gourmet.                                                                                           | HONG KONG      | English-80; Cantonese-10; Mandarin-10 | 2020 | RPT | PG | a w | Y   |
| 2025-05-19 | 0500 | Travel         | The Cook Up With Adam Liaw              | One Coin                                              | 08 | 25 | Adam, chef Yumi Nagaya and comedian Takashi Wakasugi celebrate the brilliance of Japan's one-coin meals with three brilliant recipes.                                                                                                                                                | AUSTRALIA      | English-90; Japanese-10               | 2025 | RPT | PG |     | Y Y |
| 2025-05-19 | 0530 | Travel         | The Cook Up With Adam Liaw              | Timeless Lebanese Flavours                            | 08 | 26 | It's a night of timeless Lebanese flavours, as podcast host Ash London and Rumi Melbourne's Joseph Abboud join Adam in The Cook Up kitchen.                                                                                                                                          | AUSTRALIA      | English-100                           | 2025 | RPT | G  |     | Y   |
| 2025-05-19 | 0600 | Travel         | The Cook Up With Adam Liaw              | Seafood & Citrus                                      | 08 | 27 | Adam and his guests, chefs Pingping Poh and Matias Cilonis, celebrate the timeless flavour combination of seafood and citrus.                                                                                                                                                        | AUSTRALIA      | English-100                           | 2025 | RPT | G  |     | Y   |
| 2025-05-19 | 0630 | Cooking        | The Cook Up With Adam Liaw              | Crispy Bites                                          | 06 | 16 | Adam sets his sights on crispy bites, with Gourmet Traveller's Best New Talent Ollie Wong-Hee and award-winning actor Lincoln Younes.                                                                                                                                                | AUSTRALIA      | English-100                           | 2023 | RPT | G  |     | Y   |
| 2025-05-19 | 0700 | Cooking        | The Cook Up With Adam Liaw              | Cook Once Eat Twice                                   | 06 | 17 | It's the ultimate night of tasty kitchen efficiency. Adam and his guests, NOW Good Food Guide Young Chef of the Year Shahank Achuta and The Good Farm Shop's Scott Gooding cook once but eat twice.                                                                                  | AUSTRALIA      | English-100                           | 2023 | RPT | G  |     | Y   |
| 2025-05-19 | 0730 | Travel         | James Martin's French Adventure         | Jura                                                  | 01 | 8  | Matthew Tisot shows James around his orchard and teaches him about the region's remarkable apples and pears. James barbeques duck accompanied by a spicy apple and pear chutney.                                                                                                     | UNITED KINGDOM | English-100                           | 2017 | RPT | G  |     |     |
| 2025-05-19 | 0825 | Cooking        | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 1 | 01 | 1  | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.                                                                                                                                                         | AUSTRALIA      | English-100                           | 2014 | RPT | G  |     | Y   |
| 2025-05-19 | 0830 | Travel         | Rick Stein's Food Heroes                | Rick Stein's Food Heroes Series 2 Ep 10               | 02 | 10 | Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins, so Nick now calls them sardines, which have become quite fashionable among foodies. | UNITED KINGDOM |                                       | 2003 | RPT | PG | a w |     |
| 2025-05-19 | 0900 | Travel         | Rick Stein's Food Heroes                | Rick Stein's Food Heroes Series 2 Ep 11               | 02 | 11 | Rick and Chulky enjoy a Turkish barbecue in London's East End. After contributing Lamb Koftas to the fare at the Mangal Olacbaşı Turkish restaurant in Dalton, Rick moves on to Hackney Marshes, where he meets various allotmentholders and joins them for Sunday lunch.            | UNITED KINGDOM |                                       | 2003 | RPT | PG | a w |     |
| 2025-05-19 | 0930 | Travel         | David Rocco's Dolce Tuscany             | Pitigliano                                            | 1  | 5  | David sets off to the picturesque medieval town of Pitigliano, also known as Little Jerusalem, to meet (and eat!) with the locals and take in the area's beautiful sights.                                                                                                           | CANADA         | English-100                           | 2015 | RPT | G  |     |     |
| 2025-05-19 | 1000 | Travel         | Mean Street Gourmet                     | Mean Street Gourmet Series 1 Ep 1                     | 01 | 1  | The little family-run diner by the corner of the street. That hidden food stall by the alley you found once and never again. These are the flavors of a city. This is Mean Street Gourmet.                                                                                           | HONG KONG      | English-80; Cantonese-10; Mandarin-10 | 2020 | RPT | PG | a w | Y   |
| 2025-05-19 | 1030 | Cooking        | Paula McIntyre's Hamely Kitchen USA     | Episode 5                                             | 04 | 5  | Paula tries a buttermilk fried chicken in Kentucky, enjoys a buttermilk infused ice-cream and visits the Dancing Bear restaurant.                                                                                                                                                    | UNITED KINGDOM | English-100                           | 2024 | RPT | G  |     |     |
| 2025-05-19 | 1100 | Food Lifestyle | My Greatest Dishes                      | Daniel Clifford                                       | 01 | 12 | Daniel Clifford is one of Britain's most renowned chefs. He shares four dishes - Nan's cheese scones, mushroom risotto, scallops with truffle, veal kidneys with a chicken and snail mousse.                                                                                         | UNITED KINGDOM | English-100                           | 2019 | RPT | PG |     |     |
| 2025-05-19 | 1130 | Travel         | Cheese: Searching For A Taste Of Place  | Greece And Cyprus                                     | 01 | 5  | Feta and halloumi are the two great Mediterranean cheeses. Loved worldwide, they are also copied worldwide.                                                                                                                                                                          | AUSTRALIA      | English-100                           | 2024 | RPT | PG |     | Y   |
| 2025-05-19 | 1230 | Travel         | Spaghetti And Noodles                   | Spaghetti And Noodles Series 1 Ep 12                  | 01 | 12 | Tuom has a stall at the Rapid Creek markets where she and her husband Vilim specialise in soups; beginning by making their stock at 4.00am each morning.                                                                                                                             | AUSTRALIA      | English-100                           | 2022 | RPT | G  |     |     |
| 2025-05-19 | 1300 | Travel         | The Zimmern List                        | Providence                                            | 2  | 13 | Andrew heads to Providence, one of the oldest cities in America and home to a unique food scene. He savors authentic Portuguese-style seafood, and discovers a refreshing take on New England pub food.                                                                              | USA            | English-100                           | 2018 | RPT | G  |     | Y   |

|            |      |                |                                          |                                                               |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                |             |      |     |    |     |
|------------|------|----------------|------------------------------------------|---------------------------------------------------------------|----|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|
| 2025-05-19 | 1330 | Cooking        | My Market Kitchen                        | Episode 37                                                    | 05 | 37 | Ben highlights a light and fluffy strawberry bread before Chef Leslie Chan drops by to make a quick and easy stir-fried chicken fillets with mixed mushrooms.                                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |
| 2025-05-19 | 1400 | Cooking        | Luca's Key Ingredient                    | Ep 4                                                          | 03 | 4  | Luca shows us his favourite recipes using today's key ingredient, small goods.                                                                                                                                                                                                                                                                                                                                                                                                        | AUSTRALIA      | English-100 | 2023 | RPT | G  |     |
| 2025-05-19 | 1430 | Cooking        | Freshly Picked With Simon Toohey         | Ep 16                                                         | 01 | 16 | Zachary Bird joins Simon today with a very different and delicious spin on southern fried drumsticks. Head to the olive groves for a punchy vegetable dish that's a delight on the senses.                                                                                                                                                                                                                                                                                            | AUSTRALIA      | English-100 | 2020 | RPT | PG |     |
| 2025-05-19 | 1500 | Food Lifestyle | Food Unwrapped                           | Fresh Fish, Stuffed Olives, Dietary Fat                       | 04 | 13 | Jimmy gives our supermarket fish a sniff to discover how fresh the stock in the superstores really is. Kate is intrigued about what goes into a stuffed olive. In Greece, she discovers that the filling in pimento olives is not just red pepper. It contains another, surprising ingredient: seaweed. Matt's lifting the lid on skimmed milk - whole, semi skimmed, and skimmed.                                                                                                    | UNITED KINGDOM | English-100 | 2015 | RPT | G  |     |
| 2025-05-19 | 1530 | Cooking        | Mary Makes It Easy                       | Love Letter To Leftovers                                      | 1  | 6  | Leftovers can seem uninspiring, but Mary gives them new life by showing how to use them as ingredients in brand new recipes. Starting with leftover risotto, Mary turns this day-old dish into something completely different.                                                                                                                                                                                                                                                        | CANADA         | English-100 | 2021 | RPT | G  |     |
| 2025-05-19 | 1600 | Cooking        | Lidia's Kitchen                          | Best Bar Food, The                                            | 06 | 6  | Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot, and next on the menu is fried onion rings.                                                                                                                                                                                                                                                                                            | USA            | English-100 | 2019 | RPT | G  |     |
| 2025-05-19 | 1630 | Cooking        | Kriel Kitchen                            | Clifton Mamid: Tempura Fish & Blachung With Asian Style Salad | 02 | 2  | Clifton Mamid is a trained chef who draws on his grandfather's Malaysian influence and whips up three separate dishes that make for a scrumptious meal.                                                                                                                                                                                                                                                                                                                               | AUSTRALIA      |             | 2014 | RPT | G  | Y   |
| 2025-05-19 | 1700 | Travel         | Taste Of Australia With Hayden Quinn     | Albany And Denmark Western Australia                          | 01 | 6  | Hayden visits the most southern part of Western Australia, where he catches maron and cooks at the tranquil Greens Pool.                                                                                                                                                                                                                                                                                                                                                              | AUSTRALIA      | English-100 | 2020 | RPT | PG | a w |
| 2025-05-19 | 1730 | Cooking        | Everyday Gourmet With Justine Schofield  | Episode 6                                                     | 07 | 6  | Drop by the kitchen to see what Justine will create today, starting with gazpacho and Middle Eastern fried rice.                                                                                                                                                                                                                                                                                                                                                                      | AUSTRALIA      | English-100 | 2017 |     | G  |     |
| 2025-05-19 | 1800 | Cooking        | Marcus Wareing's Kitchen Garden Tales    | Piglets                                                       | 03 | 5  | Marcus checks on the new pine forest he's planted, and experiments on using pine in his cooking. He's also keen on expanding his livestock collection with some commercial pigs.                                                                                                                                                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |
| 2025-05-19 | 1830 | Cooking        | Oliver's Twist                           | Painting Party                                                | 01 | 11 | As a thank you to the hardworking pals who helped redecorate his kitchen, Jamie makes them the perfect paella.                                                                                                                                                                                                                                                                                                                                                                        | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |
| 2025-05-19 | 1900 | Travel         | The Cook Up With Adam Liaw               | Irresistible Italian                                          | 08 | 28 | Chef Rosy Scatigna and entertainment icon Paul Mercurio join Adam in The Cook Up kitchen for a night of irresistible Italian food. Buon appetito!                                                                                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2025 |     | PG | Y   |
| 2025-05-19 | 1930 | Cooking        | Marion Grasby's Flavours: Heart And Home | Comfort Food                                                  | 01 | 4  | Marion meets up with a ginger producer to learn about the history and benefits of ginger. There's lively kitchen moments as Marion prepares bolognese, and finds solace in homemade wontons after a busy day.                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2024 |     | G  | Y Y |
| 2025-05-19 | 2000 | Food Lifestyle | The Streets Hong Kong                    | Ep 1                                                          | 01 | 1  | Embark on a culinary adventure with Dan Hong through Hong Kong's bustling streets. Experience the city's diverse food culture, from Western-inspired cha chaan teng to traditional tofu-making shops.                                                                                                                                                                                                                                                                                 | AUSTRALIA      |             | 2024 | RPT | G  | Y   |
| 2025-05-19 | 2030 | Cooking        | Jamie Cooks Italy                        | Piedmont                                                      | 01 | 8  | It's mid-winter and Jamie is high up in the snow-capped Italian Alps seeking out Piedmont's legendary comfort food.                                                                                                                                                                                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2018 |     | PG | I Y |
| 2025-05-19 | 2130 | Food Lifestyle | Come Dine With Me                        | Bolton: Katie                                                 | 20 | 21 | This week's competition is in and around Bolton, where the first to host is glamorous mum and teacher Katie.                                                                                                                                                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2022 | RPT | PG | s   |
| 2025-05-19 | 2200 | Food Lifestyle | Come Dine With Me                        | Bolton: Shane                                                 | 20 | 22 | It's the second day of the competition in Bolton, where salon owner Lord Shane is hoping his regal evening is going to reign supreme.                                                                                                                                                                                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2022 | RPT | PG | s   |
| 2025-05-19 | 2230 | Travel         | The Cook Up With Adam Liaw               | Irresistible Italian                                          | 08 | 28 | Chef Rosy Scatigna and entertainment icon Paul Mercurio join Adam in The Cook Up kitchen for a night of irresistible Italian food. Buon appetito!                                                                                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2025 | RPT | PG | Y   |
| 2025-05-19 | 2300 | Food Lifestyle | River Cottage Forever                    | Ep 1                                                          | 01 | 1  | It's February and while Hugh has survived the winter there's precious little to eat at River Cottage. But thinking of the future he gets busy building a complex of high-rise chicken accommodation to house the poultry for his latest money-making scheme: to breed the ultimate roast chicken. Poultry guru Richard Hicks calls round with Hugh's breeding stock and over pancakes in the cottage they wager the cost of the birds on their performance in the local pancake race. | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |

|            |      |                |                                          |                                                               |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                |             |      |     |    |     |   |
|------------|------|----------------|------------------------------------------|---------------------------------------------------------------|----|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|---|
| 2025-05-19 | 2330 | Travel         | Rick Stein's Food Heroes                 | Midlands And East England                                     | 01 | 6  | A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys. Still in Norfolk, he visits the village of Thuxton and meets James Graham, whose grandfather ensured the survival of the Norfolk Black turkey.                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |   |
| 2025-05-19 | 2400 | Cooking        | My Market Kitchen                        | Episode 37                                                    | 05 | 37 | Ben highlights a light and fluffy strawberry bread before Chef Leslie Chan drops by to make a quick and easy stir-fried chicken fillets with mixed mushrooms.                                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |   |
| 2025-05-19 | 2430 | Cooking        | Marion Grasby's Flavours: Heart And Home | Comfort Food                                                  | 01 | 4  | Marion meets up with a ginger producer to learn about the history and benefits of ginger. There's lively kitchen moments as Marion prepares bolognese, and finds solace in homemade wontons after a busy day.                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2024 | RPT | G  | Y   | Y |
| 2025-05-19 | 2500 | Food Lifestyle | The Streets Hong Kong                    | Ep 1                                                          | 01 | 1  | Embark on a culinary adventure with Dan Hong through Hong Kong's bustling streets. Experience the city's diverse food culture, from Western-inspired cha chaan teng to traditional tofu-making shops.                                                                                                                                                                                                                                                                                 | AUSTRALIA      |             | 2024 | RPT | G  | Y   |   |
| 2025-05-19 | 2530 | Cooking        | Jamie Cooks Italy                        | Piedmont                                                      | 01 | 8  | It's mid-winter and Jamie is high up in the snow-capped Italian Alps seeking out Piedmont's legendary comfort food.                                                                                                                                                                                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2018 | RPT | PG | I   | Y |
| 2025-05-19 | 2630 | Food Lifestyle | Come Dine With Me                        | Bolton: Katie                                                 | 20 | 21 | This week's competition is in and around Bolton, where the first to host is glamorous mum and teacher Katie.                                                                                                                                                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2022 | RPT | PG | s   |   |
| 2025-05-19 | 2700 | Food Lifestyle | Come Dine With Me                        | Bolton: Shane                                                 | 20 | 22 | It's the second day of the competition in Bolton, where salon owner Lord Shane is hoping his regal evening is going to reign supreme.                                                                                                                                                                                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2022 | RPT | PG | s   |   |
| 2025-05-19 | 2730 | Travel         | The Cook Up With Adam Liaw               | Irresistible Italian                                          | 08 | 28 | Chef Rosy Scatigna and entertainment icon Paul Mercurio join Adam in The Cook Up kitchen for a night of irresistible Italian food. Buon appetito!                                                                                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2025 | RPT | PG |     | Y |
| 2025-05-19 | 2800 | Food Lifestyle | River Cottage Forever                    | Ep 1                                                          | 01 | 1  | It's February and while Hugh has survived the winter there's precious little to eat at River Cottage. But thinking of the future he gets busy building a complex of high-rise chicken accommodation to house the poultry for his latest money-making scheme: to breed the ultimate roast chicken. Poultry guru Richard Hicks calls round with Hugh's breeding stock and over pancakes in the cottage they wager the cost of the birds on their performance in the local pancake race. | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |   |
| 2025-05-19 | 2830 | Travel         | Rick Stein's Food Heroes                 | Midlands And East England                                     | 01 | 6  | A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys. Still in Norfolk, he visits the village of Thuxton and meets James Graham, whose grandfather ensured the survival of the Norfolk Black turkey.                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |   |
| 2025-05-20 | 0500 | Cooking        | Luca's Key Ingredient                    | Ep 4                                                          | 03 | 4  | Luca shows us his favourite recipes using today's key ingredient, small goods.                                                                                                                                                                                                                                                                                                                                                                                                        | AUSTRALIA      | English-100 | 2023 | RPT | G  |     |   |
| 2025-05-20 | 0530 | Travel         | Spaghetti And Noodles                    | Spaghetti And Noodles Series 1 Ep 12                          | 01 | 12 | Tuom has a stall at the Rapid Creek markets where she and her husband Vilim specialise in soups; beginning by making their stock at 4.00am each morning.                                                                                                                                                                                                                                                                                                                              | AUSTRALIA      | English-100 | 2022 | RPT | G  |     |   |
| 2025-05-20 | 0600 | Travel         | The Zimmern List                         | Providence                                                    | 2  | 13 | Andrew heads to Providence, one of the oldest cities in America and home to a unique food scene. He savors authentic Portuguese-style seafood, and discovers a refreshing take on New England pub food.                                                                                                                                                                                                                                                                               | USA            | English-100 | 2018 | RPT | G  |     | Y |
| 2025-05-20 | 0630 | Cooking        | Freshly Picked With Simon Toohy          | Ep 16                                                         | 01 | 16 | Zacchary Bird joins Simon today with a very different and delicious spin on southern fried drumsticks. Head to the olive groves for a punchy vegetable dish that's a delight on the senses.                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2020 | RPT | PG |     |   |
| 2025-05-20 | 0700 | Food Lifestyle | Food Unwrapped                           | Fresh Fish, Stuffed Olives, Dietary Fat                       | 04 | 13 | Jimmy gives our supermarket fish a sniff to discover how fresh the stock in the superstores really is. Kate is intrigued about what goes into a stuffed olive. In Greece, she discovers that the filling in gremolata olives is not just red pepper. It contains another, surprising ingredient: seaweed. Matt's lifting the lid on skimmed milk - whole, semi skimmed, and skimmed.                                                                                                  | UNITED KINGDOM | English-100 | 2015 | RPT | G  |     |   |
| 2025-05-20 | 0730 | Cooking        | Mary Makes It Easy                       | Love Letter To Leftovers                                      | 1  | 6  | Leftovers can seem uninspiring, but Mary gives them new life by showing how to use them as ingredients in brand new recipes. Starting with leftover risotto, Mary turns this day-old dish into something completely different.                                                                                                                                                                                                                                                        | CANADA         | English-100 | 2021 | RPT | G  |     |   |
| 2025-05-20 | 0800 | Cooking        | Lidia's Kitchen                          | Best Bar Food, The                                            | 06 | 6  | Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot, and next on the menu is fried onion rings.                                                                                                                                                                                                                                                                                            | USA            | English-100 | 2019 | RPT | G  |     |   |
| 2025-05-20 | 0830 | Cooking        | Kriol Kitchen                            | Clifton Mamid: Tempura Fish & Blachung With Asian Style Salad | 02 | 2  | Clifton Mamid is a trained chef who draws on his grandfather's Malaysian influence and whips up three separate dishes that make for a scrumptious meal.                                                                                                                                                                                                                                                                                                                               | AUSTRALIA      |             | 2014 | RPT | G  |     | Y |
| 2025-05-20 | 0900 | Travel         | Taste Of Australia With Hayden Quinn     | Albany And Denmark Western Australia                          | 01 | 6  | Hayden visits the most southern part of Western Australia, where he catches maron and cooks at the tranquil Greens Pool.                                                                                                                                                                                                                                                                                                                                                              | AUSTRALIA      | English-100 | 2020 | RPT | PG | a w |   |

|            |      |                |                                          |                                                                          |    |    |                                                                                                                                                                                                                                                                                                                                                                         |                |             |      |     |    |   |   |
|------------|------|----------------|------------------------------------------|--------------------------------------------------------------------------|----|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---|---|
| 2025-05-20 | 0930 | Cooking        | Everyday Gourmet With Justine Schofield  | Episode 6                                                                | 07 | 6  | Drop by the kitchen to see what Justine will create today, starting with gazpacho and Middle Eastern fried rice.                                                                                                                                                                                                                                                        | AUSTRALIA      | English-100 | 2017 | RPT | G  |   |   |
| 2025-05-20 | 1000 | Cooking        | Marcus Wareing's Kitchen Garden Tales    | Piglets                                                                  | 03 | 5  | Marcus checks on the new pine forest he's planted, and experiments on using pine in his cooking. He's also keen on expanding his livestock collection with some commercial pigs.                                                                                                                                                                                        | UNITED KINGDOM | English-100 | 2023 | RPT | G  |   |   |
| 2025-05-20 | 1030 | Cooking        | Oliver's Twist                           | Painting Party                                                           | 01 | 11 | As a thank you to the hardworking pals who helped redecorate his kitchen, Jamie makes them the perfect pasta.                                                                                                                                                                                                                                                           | UNITED KINGDOM | English-100 | 2002 | RPT | G  |   |   |
| 2025-05-20 | 1100 | Travel         | The Cook Up With Adam Liaw               | Irresistible Italian                                                     | 08 | 28 | Chef Rosy Scatigna and entertainment icon Paul Mercurio join Adam in The Cook Up kitchen for a night of irresistible Italian food. Buon appetito!                                                                                                                                                                                                                       | AUSTRALIA      | English-100 | 2025 | RPT | PG | Y |   |
| 2025-05-20 | 1130 | Cooking        | Marion Grasby's Flavours: Heart And Home | Comfort Food                                                             | 01 | 4  | Marion meets up with a ginger producer to learn about the history and benefits of ginger. There's lively kitchen moments as Marion prepares bolognese, and finds solace in homemade wontons after a busy day.                                                                                                                                                           | AUSTRALIA      | English-100 | 2024 | RPT | G  | Y | Y |
| 2025-05-20 | 1200 | Food Lifestyle | The Streets Hong Kong                    | Ep 1                                                                     | 01 | 1  | Embark on a culinary adventure with Dan Hong through Hong Kong's bustling streets. Experience the city's diverse food culture, from Western-inspired cha chaan teng to traditional tofu-making shops.                                                                                                                                                                   | AUSTRALIA      |             | 2024 | RPT | G  | Y |   |
| 2025-05-20 | 1230 | Travel         | Taste Of The Tropics: Family & Friends   | Taste Of The Tropics: Family & Friends                                   |    | 1  | Join Davy O'Rourke on a culinary journey across tropical North Queensland as he prepares a traditional Papua New Guinean Mumu - earth oven - with the help of his family and friends.                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y |   |
| 2025-05-20 | 1300 | Travel         | The Zimmern List                         | St. Louis                                                                | 2  | 14 | Andrew heads to St. Louis to get his fill of comfort food. He savours barbecued pig snouts, indulges in a modern Midwestern incarnation of traditional Italian fare and slurps noodles at one of the hottest new spots for East Asian fare.                                                                                                                             | USA            | English-100 | 2018 | RPT | G  |   | Y |
| 2025-05-20 | 1330 | Cooking        | My Market Kitchen                        | Episode 38                                                               | 05 | 38 | Ben visits Damian from Pike's Mushrooms and serves up a bowl of heart-warming potato and mushroom soup and delicious risotto milanese.                                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2021 | RPT | PG |   |   |
| 2025-05-20 | 1400 | Cooking        | Luca's Key Ingredient                    | Ep 5                                                                     | 03 | 5  | Luca shows us his favourite recipes using today's key ingredient, coffee.                                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2023 | RPT | G  |   |   |
| 2025-05-20 | 1430 | Cooking        | Freshly Picked With Simon Toohey         | Ep 17                                                                    | 01 | 17 | The King of Baklava returns with a recipe for filo tarts that layers the flavours of pistachios. Get the recipe for a roasty, creamy and crunchy cauliflower main and a naughty fried bread with tofu.                                                                                                                                                                  | AUSTRALIA      | English-100 | 2020 | RPT | PG |   |   |
| 2025-05-20 | 1500 | Food Lifestyle | Food Unwrapped                           | Venison, Mozzarella, Beansprouts                                         | 04 | 14 | Jimmy investigates why we seem to be importing so much venison from New Zealand and discovers how to keep UK venison on our supermarket shelves. Kate is in Italy meeting the makers of mozzarella. In Italy's Campania region, she learns the ancient techniques used to produce the cheese. Matt uncovers the nasty bacteria potentially lurking in raw bean sprouts. | UNITED KINGDOM | English-100 | 2015 | RPT | PG |   | Y |
| 2025-05-20 | 1530 | Cooking        | Mary Makes It Easy                       | Cheese Please                                                            | 1  | 7  | This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue, then serves it up with a fresh Cilantro Mint Chutney. Then, Mary puts a savoury twist on French Toast with smoked Gouda.                                                                           | CANADA         | English-100 | 2021 | RPT | G  |   |   |
| 2025-05-20 | 1600 | Cooking        | Lidia's Kitchen                          | Pasta Party                                                              | 06 | 7  | Pasta is a staple in any Italian home and today, Lidia prepares three pasta recipes; Ziti with kale pesto and crispy bacon, fusilli with tomato pesto, and campanelle with shrimp and fennel.                                                                                                                                                                           | USA            | English-100 | 2019 | RPT | G  |   |   |
| 2025-05-20 | 1630 | Cooking        | Kriel Kitchen                            | Hasimah Haji Noor: Spicy Chicken, Fried Chili Eggs & Spicy Malay Noodles | 02 | 3  | All of the dishes like Malaysian Spicy Chicken, Fried Chili Eggs and Spicy Malay Noodles have come across the ocean from Malaysia and Singapore, to Broome, from Hasimah's father.                                                                                                                                                                                      | AUSTRALIA      |             | 2014 | RPT | G  | Y | Y |
| 2025-05-20 | 1700 | Travel         | Taste Of Australia With Hayden Quinn     | Margaret River Western Australia                                         | 01 | 7  | Hayden goes abalone diving, surfs the breaks at Margaret River, walks the epic cape-to-cape trail, and then creates the ultimate 'surf and turf' cook-up at a local winery.                                                                                                                                                                                             | AUSTRALIA      | English-100 | 2020 | RPT | PG |   |   |
| 2025-05-20 | 1730 | Cooking        | Everyday Gourmet With Justine Schofield  | Episode 7                                                                | 07 | 7  | Tobie is back with a healthy pizza, with a base made from cauliflower!                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2017 |     | G  |   |   |
| 2025-05-20 | 1800 | Cooking        | Marcus Wareing's Kitchen Garden Tales    | Hedgerows                                                                | 03 | 6  | Marcus has faced some setbacks. Not everything in the kitchen garden has done well and he'll need to learn from experience next time. He seeks advice.                                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2023 | RPT | G  |   |   |
| 2025-05-20 | 1830 | Cooking        | Oliver's Twist                           | Scarlet Division                                                         | 01 | 12 | Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Caipirinha.                                                                                                                                                                         | UNITED KINGDOM | English-100 | 2002 | RPT | G  |   |   |

|            |      |                |                               |                               |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                           |                |             |      |  |     |    |     |   |
|------------|------|----------------|-------------------------------|-------------------------------|----|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|--|-----|----|-----|---|
| 2025-05-20 | 1900 | Travel         | The Cook Up With Adam Liaw    | On Toast                      | 08 | 29 | Are you bready? Comedy legend Jean Kittson and cookbook author Ella Mittas join Adam to put tasty stuff on toast.                                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2025 |  | RPT | G  |     | Y |
| 2025-05-20 | 1930 | Cooking        | Cooking With Curtis           | David                         | 01 | 7  | David is a meat and potatoes kind of guy but wants to celebrate his wife, Valerie, who lost 50 pounds after adopting a plant-based diet. Curtis helps David create an innovative, vegetable-forward menu of Spaghetti Carbonara with Smoked Mushroom, a Farmers' Market Salad, and Strawberry Rippled Ice Cream with Candied Almonds.                                                                                                     | USA            | English-100 | 2022 |  | RPT | G  |     |   |
| 2025-05-20 | 2000 | Cooking        | The Big Irish Food Tour       | Cork City With Katherine Ryan | 01 | 1  | Dublin-born celebrity chef Anna Haugh is passionate about Irish food. And after nearly 20 years in London, she's heading home for The Big Irish Food Tour-a sweet-and-savoury exploration of the Emerald Isle's unique culture and cuisine.                                                                                                                                                                                               | UNITED KINGDOM |             | 2024 |  | RPT | G  |     |   |
| 2025-05-20 | 2030 | Cooking        | Prue Leith's Cotswold Kitchen | Tim Spector                   | 02 | 5  | Prue is joined by Professor Tim Spector as he cooks herby pea pancakes with sauerkraut.                                                                                                                                                                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2025 |  | RPT | G  |     |   |
| 2025-05-20 | 2130 | Food Lifestyle | Come Dine With Me             | Bolton: Thandie               | 20 | 23 | It's the third night in Bolton and the turn of Influencer and model Thandie. She's hoping her fare will impress the gang and help bag her the prize.                                                                                                                                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2022 |  | RPT | PG | s   |   |
| 2025-05-20 | 2200 | Food Lifestyle | Come Dine With Me             | Bolton: Jay                   | 20 | 24 | It's the third night in Bolton and the turn of HR Manager Jay. She's decided that keeping things simple will ensure her the grand prize.                                                                                                                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2022 |  | RPT | PG | s   |   |
| 2025-05-20 | 2230 | Travel         | The Cook Up With Adam Liaw    | On Toast                      | 08 | 29 | Are you bready? Comedy legend Jean Kittson and cookbook author Ella Mittas join Adam to put tasty stuff on toast.                                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2025 |  | RPT | G  |     | Y |
| 2025-05-20 | 2300 | Food Lifestyle | River Cottage Forever         | Ep 2                          | 01 | 2  | Hugh arranges a meeting with Antony Hitchens, his landlord from the big house, to discuss the prospect of Hugh acquiring the rights to fish for the huge grass carp that inhabit the muddy estate lake. Amazed that his carp are in fact edible, Antony challenges Hugh to serve one at his upcoming dinner party. Should his guests find it palatable, Hugh gets the fishing rights, if not, Hugh has to clean out Antony's garden pond. | UNITED KINGDOM | English-100 | 2002 |  | RPT | PG | a w |   |
| 2025-05-20 | 2330 | Travel         | Rick Stein's Food Heroes      | North East England            | 01 | 7  | In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations. In Bradford, he visits the home of the late novelist JB Priestley, before discovering a perfect recipe for lamb karahi at the Karachi restaurant - one of the sole surviving working men's cafés from the days of the productive woolen textile mill industry.                                   | UNITED KINGDOM | English-100 | 2002 |  | RPT | G  |     |   |
| 2025-05-20 | 2400 | Cooking        | My Market Kitchen             | Episode 38                    | 05 | 38 | Ben visits Damian from Pike's Mushrooms and serves up a bowl of heart-warming potato and mushroom soup and delicious risotto milanese.                                                                                                                                                                                                                                                                                                    | AUSTRALIA      | English-100 | 2021 |  | RPT | PG |     |   |
| 2025-05-20 | 2430 | Cooking        | Cooking With Curtis           | David                         | 01 | 7  | David is a meat and potatoes kind of guy but wants to celebrate his wife, Valerie, who lost 50 pounds after adopting a plant-based diet. Curtis helps David create an innovative, vegetable-forward menu of Spaghetti Carbonara with Smoked Mushroom, a Farmers' Market Salad, and Strawberry Rippled Ice Cream with Candied Almonds.                                                                                                     | USA            | English-100 | 2022 |  | RPT | G  |     |   |
| 2025-05-20 | 2500 | Cooking        | The Big Irish Food Tour       | Cork City With Katherine Ryan | 01 | 1  | Dublin-born celebrity chef Anna Haugh is passionate about Irish food. And after nearly 20 years in London, she's heading home for The Big Irish Food Tour-a sweet-and-savoury exploration of the Emerald Isle's unique culture and cuisine.                                                                                                                                                                                               | UNITED KINGDOM |             | 2024 |  | RPT | G  |     |   |
| 2025-05-20 | 2530 | Cooking        | Prue Leith's Cotswold Kitchen | Tim Spector                   | 02 | 5  | Prue is joined by Professor Tim Spector as he cooks herby pea pancakes with sauerkraut.                                                                                                                                                                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2025 |  | RPT | G  |     |   |
| 2025-05-20 | 2630 | Food Lifestyle | Come Dine With Me             | Bolton: Thandie               | 20 | 23 | It's the third night in Bolton and the turn of Influencer and model Thandie. She's hoping her fare will impress the gang and help bag her the prize.                                                                                                                                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2022 |  | RPT | PG | s   |   |
| 2025-05-20 | 2700 | Food Lifestyle | Come Dine With Me             | Bolton: Jay                   | 20 | 24 | It's the third night in Bolton and the turn of HR Manager Jay. She's decided that keeping things simple will ensure her the grand prize.                                                                                                                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2022 |  | RPT | PG | s   |   |
| 2025-05-20 | 2730 | Travel         | The Cook Up With Adam Liaw    | On Toast                      | 08 | 29 | Are you bready? Comedy legend Jean Kittson and cookbook author Ella Mittas join Adam to put tasty stuff on toast.                                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2025 |  | RPT | G  |     | Y |
| 2025-05-20 | 2800 | Food Lifestyle | River Cottage Forever         | Ep 2                          | 01 | 2  | Hugh arranges a meeting with Antony Hitchens, his landlord from the big house, to discuss the prospect of Hugh acquiring the rights to fish for the huge grass carp that inhabit the muddy estate lake. Amazed that his carp are in fact edible, Antony challenges Hugh to serve one at his upcoming dinner party. Should his guests find it palatable, Hugh gets the fishing rights, if not, Hugh has to clean out Antony's garden pond. | UNITED KINGDOM | English-100 | 2002 |  | RPT | PG | a w |   |
| 2025-05-20 | 2830 | Travel         | Rick Stein's Food Heroes      | North East England            | 01 | 7  | In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations. In Bradford, he visits the home of the late novelist JB Priestley, before discovering a perfect recipe for lamb karahi at the Karachi restaurant - one of the sole surviving working men's cafés from the days of the productive woolen textile mill industry.                                   | UNITED KINGDOM | English-100 | 2002 |  | RPT | G  |     |   |
| 2025-05-21 | 0500 | Cooking        | Luca's Key Ingredient         | Ep 5                          | 03 | 5  | Luca shows us his favourite recipes using today's key ingredient, coffee.                                                                                                                                                                                                                                                                                                                                                                 | AUSTRALIA      | English-100 | 2023 |  | RPT | G  |     |   |

|            |      |                |                                         |                                                                          |    |    |                                                                                                                                                                                                                                                                                                                                                                         |                |             |      |     |    |   |   |
|------------|------|----------------|-----------------------------------------|--------------------------------------------------------------------------|----|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---|---|
| 2025-05-21 | 0530 | Travel         | Taste Of The Tropics: Family & Friends  | Taste Of The Tropics: Family & Friends                                   | 1  |    | Join Davy O'Rourke on a culinary journey across tropical North Queensland as he prepares a traditional Papua New Guinean Mumu - earth oven - with the help of his family and friends.                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2023 | RPT | G  |   | Y |
| 2025-05-21 | 0600 | Travel         | The Zimmern List                        | St. Louis                                                                | 2  | 14 | Andrew heads to St. Louis to get his fill of comfort food. He savours barbecued pig snouts, indulges in a modern Midwestern incarnation of traditional Italian fare and slurps noodles at one of the hottest new spots for East Asian fare.                                                                                                                             | USA            | English-100 | 2018 | RPT | G  |   | Y |
| 2025-05-21 | 0630 | Cooking        | Freshly Picked With Simon Toohy         | Ep 17                                                                    | 01 | 17 | The King of Baklava returns with a recipe for filo tarts that layers the flavours of pistachios. Get the recipe for a roasty, creamy and crunchy cauliflower main and a naughty fried bread with tofu.                                                                                                                                                                  | AUSTRALIA      | English-100 | 2020 | RPT | PG |   |   |
| 2025-05-21 | 0700 | Food Lifestyle | Food Unwrapped                          | Venison, Mozzarella, Beansprouts                                         | 04 | 14 | Jimmy investigates why we seem to be importing so much venison from New Zealand and discovers how to keep UK venison on our supermarket shelves. Kate is in Italy meeting the makers of mozzarella. In Italy's Campania region, she learns the ancient techniques used to produce the cheese. Matt uncovers the nasty bacteria potentially lurking in raw bean sprouts. | UNITED KINGDOM | English-100 | 2015 | RPT | PG |   | Y |
| 2025-05-21 | 0730 | Cooking        | Mary Makes It Easy                      | Cheese Please                                                            | 1  | 7  | This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paanee Tika puts the Indian cheese dish on the barbecue, then serves it up with a fresh Cilantro Mint Chutney. Then, Mary puts a savoury twist on French Toast with smoked Gouda.                                                                            | CANADA         | English-100 | 2021 | RPT | G  |   |   |
| 2025-05-21 | 0800 | Cooking        | Lidia's Kitchen                         | Pasta Party                                                              | 06 | 7  | Pasta is a staple in any Italian home and today, Lidia prepares three pasta recipes: Ziti with kale pesto and crispy bacon, fusilli with tomato pesto, and campanelle with shrimp and fennel.                                                                                                                                                                           | USA            | English-100 | 2019 | RPT | G  |   |   |
| 2025-05-21 | 0830 | Cooking        | Kriol Kitchen                           | Hasimah Haji Noor: Spicy Chicken, Fried Chili Eggs & Spicy Malay Noodles | 02 | 3  | All of the dishes like Malaysian Spicy Chicken, Fried Chili Eggs and Spicy Malay Noodles have come across the ocean from Malaysia and Singapore, to Broome, from Hasimah's father.                                                                                                                                                                                      | AUSTRALIA      |             | 2014 | RPT | G  | Y | Y |
| 2025-05-21 | 0900 | Travel         | Taste Of Australia With Hayden Quinn    | Margaret River Western Australia                                         | 01 | 7  | Hayden goes abalone diving, surfs the breaks at Margaret River, walks the epic cape-to-cape trail, and then creates the ultimate 'surf and turf' cook-up at a local winery.                                                                                                                                                                                             | AUSTRALIA      | English-100 | 2020 | RPT | PG |   |   |
| 2025-05-21 | 0930 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 7                                                                | 07 | 7  | Tobie is back with a healthy pizza, with a base made from cauliflower!                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2017 | RPT | G  |   |   |
| 2025-05-21 | 1000 | Cooking        | Marcus Wareing's Kitchen Garden Tales   | Hedgerows                                                                | 03 | 6  | Marcus has faced some setbacks. Not everything in the kitchen garden has done well and he'll need to learn from experience next time. He seeks advice.                                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2023 | RPT | G  |   |   |
| 2025-05-21 | 1030 | Cooking        | Oliver's Twist                          | Scarlet Division                                                         | 01 | 12 | Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Cairpinha.                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2002 | RPT | G  |   |   |
| 2025-05-21 | 1100 | Travel         | The Cook Up With Adam Liaw              | On Toast                                                                 | 08 | 29 | Are you ready? Comedy legend Jean Kitson and cookbook author Ella Mittas join Adam to put tasty stuff on toast.                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2025 | RPT | G  |   | Y |
| 2025-05-21 | 1130 | Cooking        | Cooking With Curtis                     | David                                                                    | 01 | 7  | David is a meat and potatoes kind of guy but wants to celebrate his wife, Valerie, who lost 50 pounds after adopting a plant-based diet. Curtis helps David create an innovative, vegetable-forward menu of Spaghetti Carbonara with Smoked Mushroom, a Farmers' Market Salad, and Strawberry Rippled Ice Cream with Candied Almonds.                                   | USA            | English-100 | 2022 | RPT | G  |   |   |
| 2025-05-21 | 1200 | Cooking        | The Big Irish Food Tour                 | Cork City With Katherine Ryan                                            | 01 | 1  | Dublin-born celebrity chef Anna Haugh is passionate about Irish food. And after nearly 20 years in London, she's heading home for The Big Irish Food Tour-a sweet-and-savoury exploration of the Emerald Isle's unique culture and cuisine.                                                                                                                             | UNITED KINGDOM |             | 2024 | RPT | G  |   |   |
| 2025-05-21 | 1230 | Food Lifestyle | Taste Of The Tropics: Troppo Kitchen    | Taste Of The Tropics: Troppo Kitchen                                     |    | 1  | Chef Nick Holloway travels across Far North Queensland to source the best ingredients for a tropical feast. Along the way he'll meet and discover the people, places, and beautiful stories there.                                                                                                                                                                      | AUSTRALIA      | English-100 | 2023 | RPT | PG |   | Y |
| 2025-05-21 | 1300 | Travel         | The Zimmern List                        | Detroit                                                                  | 2  | 15 | 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 | 2018 | RPT | G  |   | Y |
| 2025-05-21 | 1330 | Cooking        | My Market Kitchen                       | Episode 39                                                               | 05 | 39 | Ben creates the ultimate cheat day meal with his fried chicken brischoe burgers, then Kathy from Sweet Greek serves up a bowl of wholesome chicken meatball soup.                                                                                                                                                                                                       | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |   |
| 2025-05-21 | 1400 | Cooking        | Luca's Key Ingredient                   | Ep 6                                                                     | 03 | 6  | Luca shows us his favourite recipes using today's key ingredient, zucchini flowers.                                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2023 | RPT | G  |   |   |
| 2025-05-21 | 1430 | Cooking        | Freshly Picked With Simon Toohy         | Ep 18                                                                    | 01 | 18 | Simon super charges broccoli to create the ultimate snack, heads for the hills in search of beetroot, and reveals the secret to the ultimate veggie stock. Tobie's in the house with a green pasta.                                                                                                                                                                     | AUSTRALIA      | English-100 | 2020 | RPT | G  |   |   |

|            |      |                |                                         |                                                                                           |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                |                |             |      |     |    |     |
|------------|------|----------------|-----------------------------------------|-------------------------------------------------------------------------------------------|----|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|
| 2025-05-21 | 1500 | Food Lifestyle | Food Unwrapped                          | Mug, Brazil Nuts, Elderflower Cordial                                                     | 05 | 1  | Jimmy is in Thailand to ask if food additive MSG is really as bad as the scare-mongering headlines claim? Kate is curious about Brazil nuts, and finds herself deep in the Amazonian rainforest, investigating rumours that the Brazil nuts on UK supermarket shelves are all radioactive. While Matt wants to see how a UK business manages to produce 1.5 million bottles of elderflower cordial - without employing a single flower picker. | UNITED KINGDOM | English-100 | 2015 | RPT | PG | Y   |
| 2025-05-21 | 1530 | Cooking        | Mary Makes It Easy                      | Meatless Monday                                                                           | 1  | 8  | Not every meal needs to have meat as the star. Whether its for health, the environment, or any other reason, lots of people are trying their hand at Meatless Mondays.                                                                                                                                                                                                                                                                         | CANADA         | English-100 | 2021 | RPT | G  |     |
| 2025-05-21 | 1600 | Cooking        | Lidia's Kitchen                         | Northern Italian Comforts                                                                 | 06 | 8  | Comfort food is loved in America, and today, Lidia shares comfort foods Italians love to make. Beef and potato goulash with sweet Hungarian paprika, country salad, and hazelnut parfait.                                                                                                                                                                                                                                                      | USA            | English-100 | 2019 | RPT | G  |     |
| 2025-05-21 | 1630 | Cooking        | Kriel Kitchen                           | Ali & Mitch Torres: Birriga Birriga (Poppin) Soup & Goolli (Turtle) Chili Tamarind Sambal | 02 | 4  | Drawing on the local seafood from Roebuck Bay, Ali and Mitch takes us to a childhood location that has on many occasions fed their family well with shellfish, fish and turtle aplenty.                                                                                                                                                                                                                                                        | AUSTRALIA      |             | 2014 | RPT | G  | Y   |
| 2025-05-21 | 1700 | Travel         | Taste Of Australia With Hayden Quinn    | Hunter Valley NSW                                                                         | 01 | 8  | Hayden enjoys riding through the Hunter Valley and touring some local vineyards, then cooks with one of the best views in Australia as the backdrop.                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2020 | RPT | PG | a w |
| 2025-05-21 | 1730 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 8                                                                                 | 07 | 8  | Trish is in the kitchen today making a chocolate ginger bread slice. Justine shares a tip for poached scrambled eggs and makes a creamy pasta.                                                                                                                                                                                                                                                                                                 | AUSTRALIA      | English-100 | 2017 |     | G  |     |
| 2025-05-21 | 1800 | Cooking        | Marcus Wareing's Kitchen Garden Tales   | Cider                                                                                     | 03 | 7  | There is an abundance of fruits falling from the trees in the orchard that often go to waste. Marcus decides to make them into his own cider and visits an expert to help him fulfill this idea.                                                                                                                                                                                                                                               | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |
| 2025-05-21 | 1830 | Cooking        | Oliver's Twist                          | Bollywood                                                                                 | 01 | 13 | Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips.                                                                                                                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2002 | RPT | PG |     |
| 2025-05-21 | 1900 | Travel         | The Cook Up With Adam Liaw              | Surprisingly Easy                                                                         | 08 | 30 | Two supremely talented chefs, Stephanie Liu and Brian Cole, join Adam to share their surprisingly easy recipes.                                                                                                                                                                                                                                                                                                                                | AUSTRALIA      | English-100 | 2025 |     | G  | Y   |
| 2025-05-21 | 1930 | Cooking        | Nadiya Bakes                            | Baking With Chocolate                                                                     | 1  | 4  | Nadiya shares four recipes featuring pure, unadulterated, chocolately bliss! First up it's Nadiya's ultimate 'Money Can't Buy You Happiness' brownie.                                                                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2020 | RPT | G  |     |
| 2025-05-21 | 2000 | Travel         | Rachael Ray in Tuscany                  | Vegetarian Stuffed Eggplant                                                               | 01 | 1  | Rachael Ray brings you her mouth-watering Italian specialties from her very own kitchen in her Tuscan villa, utilising the best local ingredients from the region with her own personal twists.                                                                                                                                                                                                                                                | USA            | English-100 | 2022 |     | G  |     |
| 2025-05-21 | 2030 | Travel         | Tom Kerridge Cooks Britain              | East Of Scotland - Haddock And Carrots                                                    | 01 | 5  | Tom Kerridge heads to the East Coast of Scotland 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 | 2024 | RPT | G  |     |
| 2025-05-21 | 2100 | Cooking        | Ready Jet Cook                          | Irresistible Chicken Dishes                                                               | 02 | 6  | Jet Tila whips up two world-famous chicken dishes to prove how delicious chicken can be.                                                                                                                                                                                                                                                                                                                                                       | USA            | English-100 | 2024 |     | PG |     |
| 2025-05-21 | 2130 | Food Lifestyle | Come Dine With Me                       | Bolton: Louis                                                                             | 20 | 25 | It's the final night of the competition in Bolton, where loudmouth Financial Advisor Louis is hoping his fancy menu can trump all others'.                                                                                                                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |
| 2025-05-21 | 2200 | Food Lifestyle | Come Dine With Me                       | Norwich: Anthony                                                                          | 20 | 26 | This week's competition is in and around Norwich, where the first to host is multi-award-winning mind reader and magician, the 'Amazing' Anthony.                                                                                                                                                                                                                                                                                              | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |
| 2025-05-21 | 2230 | Travel         | The Cook Up With Adam Liaw              | Surprisingly Easy                                                                         | 08 | 30 | Two supremely talented chefs, Stephanie Liu and Brian Cole, join Adam to share their surprisingly easy recipes.                                                                                                                                                                                                                                                                                                                                | AUSTRALIA      | English-100 | 2025 | RPT | G  | Y   |
| 2025-05-21 | 2300 | Food Lifestyle | River Cottage Forever                   | Ep 3                                                                                      | 01 | 3  | It's late May, the vet calls and it's bad news: Marge the cow is not as pregnant as Hugh once thought, there'll be no more lambs and the first batch of eggs are all addled. But his spirits are raised by the news that huge shoals of cuttlefish are massing off the Dorset coast. Scenting a free meal, Hugh sets about designing a honey trap - a lobster pot fitted with a dummy female cuttlefish to lure in the eager males.            | UNITED KINGDOM | English-100 | 2002 | RPT | PG | a w |
| 2025-05-21 | 2330 | Travel         | Rick Stein's Food Heroes                | South East England And Wales                                                              | 01 | 8  | Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales, including cawl, Welsh Black beef, Conway mussels, and salt marsh lamb.                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |
| 2025-05-21 | 2400 | Cooking        | My Market Kitchen                       | Episode 39                                                                                | 05 | 39 | Ben creates the ultimate cheat day meal with his fried chicken brioche burgers, then Kathy from Sweet Greek serves up a bowl of wholesome chicken meatball soup.                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |
| 2025-05-21 | 2430 | Cooking        | Nadiya Bakes                            | Baking With Chocolate                                                                     | 1  | 4  | Nadiya shares four recipes featuring pure, unadulterated, chocolately bliss! First up it's Nadiya's ultimate 'Money Can't Buy You Happiness' brownie.                                                                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2020 | RPT | G  |     |
| 2025-05-21 | 2500 | Travel         | Rachael Ray in Tuscany                  | Vegetarian Stuffed Eggplant                                                               | 01 | 1  | Rachael Ray brings you her mouth-watering Italian specialties from her very own kitchen in her Tuscan villa, utilising the best local ingredients from the region with her own personal twists.                                                                                                                                                                                                                                                | USA            | English-100 | 2022 | RPT | G  |     |

|            |      |                |                                         |                                                                                            |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                |                |             |      |     |    |     |
|------------|------|----------------|-----------------------------------------|--------------------------------------------------------------------------------------------|----|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|
| 2025-05-21 | 2530 | Travel         | Tom Kerridge Cooks Britain              | East Of Scotland - Haddock And Carrots                                                     | 01 | 5  | Tom Kerridge heads to the East Coast of Scotland 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 | 2024 | RPT | G  |     |
| 2025-05-21 | 2600 | Cooking        | Ready Jet Cook                          | Irresistible Chicken Dishes                                                                | 02 | 6  | Jet Tla whips up two world-famous chicken dishes to prove how delicious chicken can be.                                                                                                                                                                                                                                                                                                                                                        | USA            | English-100 | 2024 | RPT | PG |     |
| 2025-05-21 | 2630 | Food Lifestyle | Come Dine With Me                       | Bolton: Louis                                                                              | 20 | 25 | It's the final night of the competition in Bolton, where loudmouth Financial Advisor Louis is hoping his fancy menu can trump all others'.                                                                                                                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |
| 2025-05-21 | 2700 | Food Lifestyle | Come Dine With Me                       | Norwich: Anthony                                                                           | 20 | 26 | This week's competition is in and around Norwich, where the first to host is multi-award-winning mind reader and magician, the 'Amazing' Anthony.                                                                                                                                                                                                                                                                                              | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |
| 2025-05-21 | 2730 | Travel         | The Cook Up With Adam Liaw              | Surprisingly Easy                                                                          | 08 | 30 | Two supremely talented chefs, Stephanie Liu and Brian Cole, join Adam to share their surprisingly easy recipes.                                                                                                                                                                                                                                                                                                                                | AUSTRALIA      | English-100 | 2025 | RPT | G  | Y   |
| 2025-05-21 | 2800 | Food Lifestyle | River Cottage Forever                   | Ep 3                                                                                       | 01 | 3  | It's late May, the vet calls and it's bad news: Marge the cow is not as pregnant as Hugh once thought, there'll be no more lambs and the first batch of eggs are all addled. But his spirits are raised by the news that huge shoals of cuttlefish are massing off the Dorset coast. Scenting a free meal, Hugh sets about designing a honey trap - a lobster pot fitted with a dummy female cuttlefish to lure in the eager males.            | UNITED KINGDOM | English-100 | 2002 | RPT | PG | a w |
| 2025-05-21 | 2830 | Travel         | Rick Stein's Food Heroes                | South East England And Wales                                                               | 01 | 8  | Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales, including cawl, Welsh Black beef, Conway mussels, and salt marsh lamb.                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |
| 2025-05-22 | 0500 | Cooking        | Luca's Key Ingredient                   | Ep 6                                                                                       | 03 | 6  | Luca shows us his favourite recipes using today's key ingredient, zucchini flowers.                                                                                                                                                                                                                                                                                                                                                            | AUSTRALIA      | English-100 | 2023 | RPT | G  |     |
| 2025-05-22 | 0530 | Food Lifestyle | Taste Of The Tropics: Troppo Kitchen    | Taste Of The Tropics: Troppo Kitchen                                                       |    | 1  | Chef Nick Holloway travels across Far North Queensland to source the best ingredients for a tropical feast. Along the way he'll meet and discover the people, places, and beautiful stories there.                                                                                                                                                                                                                                             | AUSTRALIA      | English-100 | 2023 | RPT | PG | Y   |
| 2025-05-22 | 0600 | Travel         | The Zimmern List                        | Detroit                                                                                    | 2  | 15 | 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 | 2018 | RPT | G  | Y   |
| 2025-05-22 | 0630 | Cooking        | Freshly Picked With Simon Toohy         | Ep 18                                                                                      | 01 | 18 | Simon super charges broccoli to create the ultimate snack, heads for the hills in search of beetroot, and reveals the secret to the ultimate veggie stock. Tobie's in the house with a green pasta.                                                                                                                                                                                                                                            | AUSTRALIA      | English-100 | 2020 | RPT | G  |     |
| 2025-05-22 | 0700 | Food Lifestyle | Food Unwrapped                          | Mug, Brazil Nuts, Elderflower Cordial                                                      | 05 | 1  | Jimmy is in Thailand to ask if food additive MSG is really as bad as the scare-mongering headlines claim? Kate is curious about Brazil nuts, and finds herself deep in the Amazonian rainforest, investigating rumours that the Brazil nuts on UK supermarket shelves are all radioactive. While Matt wants to see how a UK business manages to produce 1.5 million bottles of elderflower cordial - without employing a single flower picker. | UNITED KINGDOM | English-100 | 2015 | RPT | PG | Y   |
| 2025-05-22 | 0730 | Cooking        | Mary Makes It Easy                      | Meatless Monday                                                                            | 1  | 8  | Not every meal needs to have meat as the star. Whether its for health, the environment, or any other reason, lots of people are trying their hand at Meatless Mondays.                                                                                                                                                                                                                                                                         | CANADA         | English-100 | 2021 | RPT | G  |     |
| 2025-05-22 | 0800 | Cooking        | Lidia's Kitchen                         | Northern Italian Comforts                                                                  | 06 | 8  | Comfort food is loved in America, and today, Lidia shares comfort foods Italians love to make. Beef and potato goulash with sweet Hungarian paprika, country salad, and hazelnut parfait.                                                                                                                                                                                                                                                      | USA            | English-100 | 2019 | RPT | G  |     |
| 2025-05-22 | 0830 | Cooking        | Kriol Kitchen                           | Ali & Mitch Torres: Birriga Birriga (Pippies) Soup & Goolli (Turtle) Chili Tamarind Sambal | 02 | 4  | Drawing on the local seafood from Roebuck Bay, Ali and Mitch takes us to a childhood location that has on many occasions fed their family well with shellfish, fish and turtle aplenty.                                                                                                                                                                                                                                                        | AUSTRALIA      |             | 2014 | RPT | G  | Y   |
| 2025-05-22 | 0900 | Travel         | Taste Of Australia With Hayden Quinn    | Hunter Valley NSW                                                                          | 01 | 8  | Hayden enjoys riding through the Hunter Valley and touring some local vineyards, then cooks with one of the best views in Australia as the backdrop.                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2020 | RPT | PG | a w |
| 2025-05-22 | 0930 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 8                                                                                  | 07 | 8  | Trish is in the kitchen today making a chocolate ginger bread slice. Justine shares a tip for poached scrambled eggs and makes a creamy pasta.                                                                                                                                                                                                                                                                                                 | AUSTRALIA      | English-100 | 2017 | RPT | G  |     |
| 2025-05-22 | 1000 | Cooking        | Marcus Wareing's Kitchen Garden Tales   | Cider                                                                                      | 03 | 7  | There is an abundance of fruits falling from the trees in the orchard that often go to waste. Marcus decides to make them into his own cider and visits an expert to help him fulfill this idea.                                                                                                                                                                                                                                               | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |
| 2025-05-22 | 1030 | Cooking        | Oliver's Twist                          | Bollywood                                                                                  | 01 | 13 | Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips.                                                                                                                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2002 | RPT | PG |     |

|            |      |                |                                         |                                                                                  |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                |             |      |     |    |     |   |
|------------|------|----------------|-----------------------------------------|----------------------------------------------------------------------------------|----|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|---|
| 2025-05-22 | 1100 | Travel         | The Cook Up With Adam Liaw              | Surprisingly Easy                                                                | 08 | 30 | Two supremely talented chefs, Stephanie Liu and Brian Cole, join Adam to share their surprisingly easy recipes.                                                                                                                                                                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2025 | RPT | G  |     | Y |
| 2025-05-22 | 1130 | Cooking        | Nadiya Bakes                            | Baking With Chocolate                                                            | 1  | 4  | Nadiya shares four recipes featuring pure, unadulterated, chocolatey bliss! First up it's Nadiya's ultimate 'Money Can't Buy You Happiness' Brownie.                                                                                                                                                                                                                                                                                                                                                                                | UNITED KINGDOM | English-100 | 2020 | RPT | G  |     |   |
| 2025-05-22 | 1200 | Travel         | Rachael Ray In Tuscany                  | Vegetarian Stuffed Eggplant                                                      | 01 | 1  | Rachael Ray brings you her mouth-watering Italian specialties from her very own kitchen in her Tuscan villa, utilising the best local ingredients from the region with her own personal twists.                                                                                                                                                                                                                                                                                                                                     | USA            | English-100 | 2022 | RPT | G  |     |   |
| 2025-05-22 | 1230 | Food Lifestyle | Taste Of The Tropics: Iconic FNQ        | Taste Of The Tropics: Iconic Fmq                                                 |    | 1  | Samantha Martin discovers the tropical culinary abundance of Far North Queensland, from iconic Port Douglas, The Great Barrier Reef, The Daintree Rainforest and beyond!                                                                                                                                                                                                                                                                                                                                                            | AUSTRALIA      | English-100 | 2023 | RPT | G  |     | Y |
| 2025-05-22 | 1300 | Travel         | The Zimmern List                        | Orlando                                                                          | 2  | 16 | 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 | 2018 | RPT | PG | a w | Y |
| 2025-05-22 | 1330 | Cooking        | My Market Kitchen                       | Episode 40                                                                       | 05 | 40 | Charlie Carrington returns to show off his Lebanese za'atar roasted chicken, which captures the textures and flavours of Middle Eastern cuisine.                                                                                                                                                                                                                                                                                                                                                                                    | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |   |
| 2025-05-22 | 1400 | Cooking        | Luca's Key Ingredient                   | Ep 7                                                                             | 03 | 7  | Luca shows us his favourite recipes using today's key ingredient, banana.                                                                                                                                                                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2023 | RPT | PG |     |   |
| 2025-05-22 | 1430 | Cooking        | Freshly Picked With Simon Tooley        | Ep 19                                                                            | 01 | 19 | The ultimate one-pot wonder is on, and a breakfast winner with corn and zucchini fritters. Learn to use tahini on a summer fruit salad to new heights, and the trick behind making mashed potatoes.                                                                                                                                                                                                                                                                                                                                 | AUSTRALIA      | English-100 | 2020 | RPT | PG |     |   |
| 2025-05-22 | 1500 | Food Lifestyle | Food Unwrapped                          | Vitamin D, Wagyu Beef And Swiss Cheese                                           | 05 | 2  | Jimmy investigates the catastrophic effects of not getting enough Vitamin D, while Matt heads to Switzerland to ask why there are holes in Swiss cheese?                                                                                                                                                                                                                                                                                                                                                                            | UNITED KINGDOM | English-100 | 2015 | RPT | PG |     | Y |
| 2025-05-22 | 1530 | Cooking        | Mary Makes It Easy                      | Fast Food Fixes                                                                  | 1  | 9  | Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.                                                                                                                                                                                                                                                                                                                                                    | CANADA         | English-100 | 2021 | RPT | G  |     | Y |
| 2025-05-22 | 1600 | Cooking        | Lidia's Kitchen                         | An Easy Holiday                                                                  | 06 | 9  | Lidia makes stress-free dishes: marinated mushrooms that can be part of an antipasto spread or as a nibble with drinks, vin brulé (an Italian version of mulled wine), and turkey breast with apricots.                                                                                                                                                                                                                                                                                                                             | USA            | English-100 | 2019 | RPT | PG |     |   |
| 2025-05-22 | 1630 | Cooking        | Kriol Kitchen                           | Dwes Wiggan - Dann: Chili Fish & Mango Cheesecake With Bush Passionfruit Topping | 02 | 5  | Dwes cooks a favourite dish shared with him by one of his Aunties, and gives the Malaysian chili fish dish a local twist.                                                                                                                                                                                                                                                                                                                                                                                                           | AUSTRALIA      |             | 2014 | RPT | G  |     | Y |
| 2025-05-22 | 1700 | Travel         | Taste Of Australia With Hayden Quinn    | Darwin Northern Territory                                                        | 01 | 9  | Hayden attends the Darwin International Laksa Festival, where he catches and cooks a barramundi and makes laksa with tips from local experts!                                                                                                                                                                                                                                                                                                                                                                                       | AUSTRALIA      | English-100 | 2020 | RPT | PG | a w |   |
| 2025-05-22 | 1730 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 9                                                                        | 07 | 9  | Justine will show you some recipes that are bound to impress. Salmon and Pancetta Skewers, Sweet Potato Gratin and Lemon Delicious.                                                                                                                                                                                                                                                                                                                                                                                                 | AUSTRALIA      | English-100 | 2017 |     | PG |     |   |
| 2025-05-22 | 1800 | Cooking        | Marcus Wareing's Kitchen Garden Tales   | Auction                                                                          | 03 | 8  | Keen to learn about owning and rearing livestock, Marcus is off to an auction with Stuart, who is selling some of his sheep, to understand this aspect of farming life.                                                                                                                                                                                                                                                                                                                                                             | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |   |
| 2025-05-22 | 1830 | Cooking        | Oliver's Twist                          | Tiger                                                                            | 01 | 14 | On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream.                                                                                                                                                                                                                                                                                                                                       | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |   |
| 2025-05-22 | 1900 | Cooking        | The Cook Up With Adam Liaw              | Divine Desserts                                                                  | 06 | 18 | Satisfy your sweet tooth with divine desserts from chef Sarah Todd, Councillor and author Yvonne Weidon, and Adam.                                                                                                                                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2023 | RPT | G  |     | Y |
| 2025-05-22 | 1930 | Travel         | Jason Atherton's Dubai Dishes           | Downtown                                                                         | 02 | 9  | It's a fusion feast as Jason heads in amongst the city's skyscrapers to discover how Dubai's diverse culture has impacted the food scene. Then he cooks his version of beans on toast, Dubai style.                                                                                                                                                                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2024 |     | PG |     |   |
| 2025-05-22 | 2030 | Travel         | Luke Nguyen's Street Food Asia          | Bangkok, Thailand - Part 1                                                       | 01 | 3  | Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and characters like Mlaw, who teaches him how to cook a traditional Thai sweet dessert, Thai Coconut Pudding. Locals queue for the best Thai Red Pork in town; and Luke meets his friend Ged at a local floating market where she buys a variety of locally bought seafood for him to taste. Walking down one of the oldest streets in Bangkok, Luke's lured to a tasty satay stall by the aromas from the charcoal grill. | AUSTRALIA      | English-100 | 2016 | RPT | G  | Y   | Y |

|            |      |                |                                         |                                  |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                |             |      |     |    |     |   |
|------------|------|----------------|-----------------------------------------|----------------------------------|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|---|
| 2025-05-22 | 2100 | Travel         | <b>Sophie Grigori: Slice Of Italy</b>   | Bread And Pizza                  | 01 | 4  | Sophie explores the traditional taralli biscuits made of wine and olive oil, goes in search of the perfect pizza and makes her own in the outdoor pizza oven.                                                                                                                                                                                                                                                                                                                                                                        | UNITED KINGDOM | English-100 | 2022 | RPT | PG | a   | Y |
| 2025-05-22 | 2130 | Food Lifestyle | <b>Come Dine With Me</b>                | Norwich: Hannah                  | 20 | 27 | The second day of this week's competition is in and around Norwich, where second to host is glam cleaner Hannah.                                                                                                                                                                                                                                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |   |
| 2025-05-22 | 2200 | Food Lifestyle | <b>Come Dine With Me</b>                | Norwich: Jess                    | 20 | 28 | It's the third day of the competition in and around Norwich, where third to host is service manager and super Adele fan, Jess.                                                                                                                                                                                                                                                                                                                                                                                                       | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |   |
| 2025-05-22 | 2230 | Cooking        | <b>The Cook Up With Adam Liaw</b>       | Divine Desserts                  | 06 | 18 | Satisfy your sweet tooth with divine desserts from chef Sarah Todd, Councillor and author Yvonne Weldon, and Adam.                                                                                                                                                                                                                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2023 | RPT | G  |     | Y |
| 2025-05-22 | 2300 | Food Lifestyle | <b>River Cottage Forever</b>            | Ep 4                             | 01 | 4  | It's mid-June and it's time to make hay. After last year's disaster, Hugh is determined to get it right and calls in local farmer Paddy Rudd to advise. Good weather makes good hay and Paddy reckons that the next five days will give them the window they require to finish the job. To pay for the hire of the haymaking kit, Hugh clears his polytunnel of his peas and beans to sell them at the Bridport Farmers' Market.                                                                                                     | UNITED KINGDOM | English-100 | 2002 | RPT | PG |     |   |
| 2025-05-22 | 2330 | Travel         | <b>Rick Stein's Food Heroes</b>         | North East England And Scotland  | 01 | 9  | In Tyne, Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberton, the Woodall family have been producing traditionally cured hams and sausages for eight generations, earning them a royal seal of approval.                                                                                                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |   |
| 2025-05-22 | 2400 | Cooking        | <b>My Market Kitchen</b>                | Episode 40                       | 05 | 40 | Charlie Carrington returns to show off his Lebanese za'atar roasted chicken, which captures the textures and flavours of Middle Eastern cuisine.                                                                                                                                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |   |
| 2025-05-22 | 2430 | Travel         | <b>Jason Atherton's Dubai Dishes</b>    | Downtown                         | 02 | 9  | It's a fusion feast as Jason heads in amongst the city's skyscrapers to discover how Dubai's diverse culture has impacted the food scene. Then he cooks his version of beans on toast, Dubai style.                                                                                                                                                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2024 | RPT | PG |     |   |
| 2025-05-22 | 2530 | Travel         | <b>Luke Nguyen's Street Food Asia</b>   | Bangkok, Thailand - Part 1       | 01 | 3  | Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and characters like Maw, who teaches him how to cook a traditional Thai sweet dessert, Thai Coconut Pudding. Locals queue for the best Thai Red Pork in town, and Luke meets his friend Gerd at a local floating market where she buys a variety of locally bought seafood for him to taste. Walking down one of the oldest streets in Bangkok, Luke's lured to a tasty satay stall by the aromas from the charcoal grills. | AUSTRALIA      | English-100 | 2016 | RPT | G  | Y   | Y |
| 2025-05-22 | 2600 | Travel         | <b>Sophie Grigori: Slice Of Italy</b>   | Bread And Pizza                  | 01 | 4  | Sophie explores the traditional taralli biscuits made of wine and olive oil, goes in search of the perfect pizza and makes her own in the outdoor pizza oven.                                                                                                                                                                                                                                                                                                                                                                        | UNITED KINGDOM | English-100 | 2022 | RPT | PG | a   | Y |
| 2025-05-22 | 2630 | Food Lifestyle | <b>Come Dine With Me</b>                | Norwich: Hannah                  | 20 | 27 | The second day of this week's competition is in and around Norwich, where second to host is glam cleaner Hannah.                                                                                                                                                                                                                                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |   |
| 2025-05-22 | 2700 | Food Lifestyle | <b>Come Dine With Me</b>                | Norwich: Jess                    | 20 | 28 | It's the third day of the competition in and around Norwich, where third to host is service manager and super Adele fan, Jess.                                                                                                                                                                                                                                                                                                                                                                                                       | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |   |
| 2025-05-22 | 2730 | Cooking        | <b>The Cook Up With Adam Liaw</b>       | Divine Desserts                  | 06 | 18 | Satisfy your sweet tooth with divine desserts from chef Sarah Todd, Councillor and author Yvonne Weldon, and Adam.                                                                                                                                                                                                                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2023 | RPT | G  |     | Y |
| 2025-05-22 | 2800 | Food Lifestyle | <b>River Cottage Forever</b>            | Ep 4                             | 01 | 4  | It's mid-June and it's time to make hay. After last year's disaster, Hugh is determined to get it right and calls in local farmer Paddy Rudd to advise. Good weather makes good hay and Paddy reckons that the next five days will give them the window they require to finish the job. To pay for the hire of the haymaking kit, Hugh clears his polytunnel of his peas and beans to sell them at the Bridport Farmers' Market.                                                                                                     | UNITED KINGDOM | English-100 | 2002 | RPT | PG |     |   |
| 2025-05-22 | 2830 | Travel         | <b>Rick Stein's Food Heroes</b>         | North East England And Scotland  | 01 | 9  | In Tyne, Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberton, the Woodall family have been producing traditionally cured hams and sausages for eight generations, earning them a royal seal of approval.                                                                                                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |   |
| 2025-05-23 | 0500 | Cooking        | <b>Luca's Key Ingredient</b>            | Ep 7                             | 03 | 7  | Luca shows us his favourite recipes using today's key ingredient, banana.                                                                                                                                                                                                                                                                                                                                                                                                                                                            | AUSTRALIA      | English-100 | 2023 | RPT | PG |     |   |
| 2025-05-23 | 0530 | Food Lifestyle | <b>Taste Of The Tropics: Iconic FNQ</b> | Taste Of The Tropics: Iconic FNQ |    | 1  | Samantha Martin discovers the tropical culinary abundance of Far North Queensland, from iconic Port Douglas, The Great Barrier Reef, The Daintree Rainforest and beyond!                                                                                                                                                                                                                                                                                                                                                             | AUSTRALIA      | English-100 | 2023 | RPT | G  |     | Y |
| 2025-05-23 | 0600 | Travel         | <b>The Zimmern List</b>                 | Orlando                          | 2  | 16 | 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 | 2018 | RPT | PG | a w | Y |
| 2025-05-23 | 0630 | Cooking        | <b>Freshly Picked With Simon Toohy</b>  | Ep 19                            | 01 | 19 | The ultimate one-pot wonder is on, and a breakfast winner with corn and zucchini fritters. Learn to use tahini on a summer fruit salad to new heights, and the trick behind making mashed potatoes.                                                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2020 | RPT | PG |     |   |

|            |      |                |                                         |                                                                                    |    |    |                                                                                                                                                                                                                                                                                   |                |                     |      |     |    |     |   |
|------------|------|----------------|-----------------------------------------|------------------------------------------------------------------------------------|----|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------------|------|-----|----|-----|---|
| 2025-05-23 | 0700 | Food Lifestyle | Food Unwrapped                          | Vitamin D, Wagyu Beef And Swiss Cheese                                             | 05 | 2  | Jimmy Investigates the catastrophic effects of not getting enough Vitamin D, while Matt heads to Switzerland to ask why there are holes in Swiss cheese?                                                                                                                          | UNITED KINGDOM | English-100         | 2015 | RPT | PG |     | Y |
| 2025-05-23 | 0730 | Cooking        | Mary Makes It Easy                      | Fast Food Fixes                                                                    | 1  | 9  | Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.                                                                                                  | CANADA         | English-100         | 2021 | RPT | G  |     | Y |
| 2025-05-23 | 0800 | Cooking        | Lidia's Kitchen                         | An Easy Holiday                                                                    | 06 | 9  | Lidia makes stress-free dishes: marinated mushrooms that can be part of an antipasto spread or as a nibble with drinks, vin brulé (an Italian version of mulled wine), and turkey breast with apricots.                                                                           | USA            | English-100         | 2019 | RPT | PG |     |   |
| 2025-05-23 | 0830 | Cooking        | Kriol Kitchen                           | Dwes Wiggins - Damm: Chilli Fish & Mango Cheesecake With Bush Passionfruit Topping | 02 | 5  | Dwes cooks a favourite dish shared with him by one of his Aunties, and gives the Malaysian chilli fish dish a local twist.                                                                                                                                                        | AUSTRALIA      |                     | 2014 | RPT | G  |     | Y |
| 2025-05-23 | 0900 | Travel         | Taste Of Australia With Hayden Quinn    | Darwin Northern Territory                                                          | 01 | 9  | Hayden attends the Darwin International Laksa Festival, where he catches and cooks a barramundi and makes laksa with tips from local experts!                                                                                                                                     | AUSTRALIA      | English-100         | 2020 | RPT | PG | a w |   |
| 2025-05-23 | 0930 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 9                                                                          | 07 | 9  | Justine will show you some recipes that are bound to impress. Salmon and Pancetta Skewers, Sweet Potato Gratin and Lemon Delicious.                                                                                                                                               | AUSTRALIA      | English-100         | 2017 | RPT | PG |     |   |
| 2025-05-23 | 1000 | Cooking        | Marcus Wareing's Kitchen Garden Tales   | Auction                                                                            | 03 | 8  | Keen to learn about owning and rearing livestock, Marcus is off to an auction with Stuart, who is selling some of his sheep, to understand this aspect of farming life.                                                                                                           | UNITED KINGDOM | English-100         | 2023 | RPT | G  |     |   |
| 2025-05-23 | 1030 | Cooking        | Oliver's Twist                          | Tiger                                                                              | 01 | 14 | On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream.                                                                                     | UNITED KINGDOM | English-100         | 2002 | RPT | G  |     |   |
| 2025-05-23 | 1100 | Cooking        | The Cook Up With Adam Liaw              | Divine Desserts                                                                    | 06 | 18 | Satisfy your sweet tooth with divine desserts from chef Sarah Todd, Councillor and author Yvonne Weldon, and Adam.                                                                                                                                                                | AUSTRALIA      | English-100         | 2023 | RPT | G  |     | Y |
| 2025-05-23 | 1130 | Travel         | Jason Atherton's Dubai Dishes           | Downtown                                                                           | 02 | 9  | It's a fusion feast as Jason heads in amongst the city's skyscrapers to discover how Dubai's diverse culture has impacted the food scene. Then he cooks his version of beans on toast, Dubai style.                                                                               | UNITED KINGDOM | English-100         | 2024 | RPT | PG |     |   |
| 2025-05-23 | 1230 | Travel         | Bobby & Giada In Italy                  | When In Rome                                                                       | 1  | 1  | Bobby Flay and Giada De Laurentiis arrive in Rome and immediately seek out their favorite foods. For Giada, it's the Pizza Bianca she grew up eating, while for Bobby, it's a most-frequented gelato shop.                                                                        | USA            | English-100         | 2021 | RPT | G  |     | Y |
| 2025-05-23 | 1325 | Travel         | Destination Flavour Japan Bitesize      | Mie And Aichi                                                                      | 01 | 4  | 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         | 2013 | RPT | G  | Y   | Y |
| 2025-05-23 | 1330 | Cooking        | My Market Kitchen                       | Episode 41                                                                         | 05 | 41 | Nutritionist Jemma visits a pear orchard and cooks turmeric latte porridge.                                                                                                                                                                                                       | AUSTRALIA      | English-100         | 2021 | RPT | PG |     |   |
| 2025-05-23 | 1400 | Food Lifestyle | Chefs Uncut                             | Chef Thibid 'ton' Tassanakajohn                                                    | 01 | 1  | In this visually stunning exploration of Asia's Number One Chef, discover Chef Ton's passion for Asian cuisine through the personal stories of his upbringing and culinary life, balancing tradition and innovation.                                                              | SINGAPORE      | English-80; Thai-20 | 2023 | RPT | PG | I   | Y |
| 2025-05-23 | 1430 | Cooking        | Freshly Picked With Simon Toohey        | Ep 20                                                                              | 01 | 20 | Alice Zaslavsky enters the kitchen with her magical spinach and almond curry. Simon creates a sticky, sweet lettuce cup using gochujang and eggplant, and a show-stopping artistic ratatouille.                                                                                   | AUSTRALIA      | English-100         | 2020 | RPT | PG |     |   |
| 2025-05-23 | 1500 | Food Lifestyle | Food Unwrapped                          | Tuna, Ice Cream, Frozen Peas                                                       | 05 | 3  | Jimmy travels to Spain to meet an entrepreneur on farming critically endangered blue fin tuna. Kate investigates why ice creams can sometimes go gritty way ahead of the Best Before date.                                                                                        | UNITED KINGDOM | English-100         | 2015 | RPT | PG | a w | Y |
| 2025-05-23 | 1530 | Cooking        | Mary Makes It Easy                      | Let Them Eat Cake                                                                  | 1  | 10 | Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit. S'mores Cupcakes with marbled chocolate and graham cracker cake topped with marshmallowy torched Swiss meringue prove that cupcakes may be the superior cake. | CANADA         | English-100         | 2021 | RPT | G  |     |   |
| 2025-05-23 | 1600 | Cooking        | Lidia's Kitchen                         | Italian All Stars                                                                  | 06 | 10 | Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, pizza rolls with broccoli rabe and sausage, ricotta, leeks.                                                                                                       | USA            | English-100         | 2019 | RPT | G  |     |   |
| 2025-05-23 | 1630 | Cooking        | Kriol Kitchen                           | Lloyd Pigram: Pork Adobo & Boab Custard With Bush Passionfruit Topping             | 02 | 6  | Lloyd draws on his Filipino heritage and his Auntie's recipe for this locally loved dish with a humble bush fruit Boab to make a custard, and a bush passionfruit topping.                                                                                                        | AUSTRALIA      |                     | 2014 | RPT | G  |     | Y |
| 2025-05-23 | 1700 | Travel         | Taste Of Australia With Hayden Quinn    | Sydney Fish Markets And Manly NSW                                                  | 01 | 10 | After a morning auction at the Sydney Fish Markets, Hayden cooks breakfast for the returning fishermen, then his family and friends back at Manly.                                                                                                                                | AUSTRALIA      | English-100         | 2020 | RPT | PG | a w |   |

|            |      |                |                                         |                                                       |      |    |                                                                                                                                                                                                                                                                                                                                                        |                |             |      |     |    |     |   |
|------------|------|----------------|-----------------------------------------|-------------------------------------------------------|------|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|---|
| 2025-05-23 | 1730 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 10                                            | 07   | 10 | Matt Sinclair, runner up of Season 8 of Masterchef Australia is visiting today to show us all his San Choi Bao. Justine has some wonderful recipes today as well.                                                                                                                                                                                      | AUSTRALIA      | English-100 | 2017 |     | PG |     |   |
| 2025-05-23 | 1800 | Cooking        | Marcus Wareing's Kitchen Garden Tales   | Goats                                                 | 03   | 9  | Marcus is thinking about adding some goats to the farm - but they are notoriously hard to look after. He visits a farm in Surrey to learn all about rearing, milking and feeding goats.                                                                                                                                                                | UNITED KINGDOM | English-100 | 2023 | RPT | PG |     |   |
| 2025-05-23 | 1830 | Cooking        | Oliver's Twist                          | First Date                                            | 01   | 15 | Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression, but is worried that her culinary skills might not live up to expectations. Jamie steps in to save the day.                                                                                                               | UNITED KINGDOM | English-100 | 2002 | RPT | G  |     |   |
| 2025-05-23 | 1900 | Cooking        | The Cook Up With Adam Liaw              | Quick & Cozy                                          | 06   | 19 | Ellie Hayes O'Brien from BABS Pops Up, and actor Christie Whelan Browne, join Adam to share their tricks for quick and cozy food.                                                                                                                                                                                                                      | AUSTRALIA      | English-100 | 2023 | RPT | G  |     | Y |
| 2025-05-23 | 1930 | Travel         | Jimmy Doherty's New Zealand Escape      | Ep 4                                                  | 01   | 4  | Jimmy is in Auckland meeting some of the incredible market gardeners and produce sellers who have put New Zealand's fresh produce on the map, and mixes it up with the godfather of fusion food.                                                                                                                                                       | NEW ZEALAND    | English-100 | 2023 | RPT | PG | I   | Y |
| 2025-05-23 | 2030 | Food Lifestyle | Kitchen Glow Up                         | Tiny To Timeless                                      | 2024 | 3  | Natalie's new house needs more kitchen space. Ellen will transform this tiny kitchen into something amazing.                                                                                                                                                                                                                                           | USA            | English-100 | 2024 |     | G  |     |   |
| 2025-05-23 | 2100 | Travel         | Malaysia Gourmet With Justine Schofield | Ep 3                                                  | 01   | 3  | Justine travels from Kuching to Penang, savouring the diverse local flavours at street markets. She showcases her culinary skills with sticky wings and uncovers Chef Raphael Jay Peter Lee's risotto.                                                                                                                                                 | AUSTRALIA      | English-100 | 2023 | RPT | G  |     |   |
| 2025-05-23 | 2130 | Food Lifestyle | Come Dine With Me                       | Norwich: Sarah                                        | 20   | 29 | It's the fourth day of the competition in and around Norwich, where fourth to host is chatty, mobile hardreser, Sarah.                                                                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |   |
| 2025-05-23 | 2200 | Food Lifestyle | Come Dine With Me                       | Norwich: Luke                                         | 20   | 30 | The fifth day of this week's competition is in and around Norwich, where tonight's host is surgeon Luke. Luke loves his food and is happy to admit he only works to eat good meals!                                                                                                                                                                    | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |   |
| 2025-05-23 | 2230 | Cooking        | The Cook Up With Adam Liaw              | Quick & Cozy                                          | 06   | 19 | Ellie Hayes O'Brien from BABS Pops Up, and actor Christie Whelan Browne, join Adam to share their tricks for quick and cozy food.                                                                                                                                                                                                                      | AUSTRALIA      | English-100 | 2023 | RPT | G  |     | Y |
| 2025-05-23 | 2300 | Food Lifestyle | River Cottage Forever                   | Ep 5                                                  | 01   | 5  | Under the hot summer sun, the animals at River Cottage are giving Hugh considerable grief. Marge's calf, Psycho, will not let Hugh anywhere near him - even for routine veterinary treatment - so he calls in local animal healer Hilary Merrill. Dismayed by the calf's moniker, Hilary renames him and sets about trying to soothe the savage beast. | UNITED KINGDOM | English-100 | 2002 | RPT | PG | a w |   |
| 2025-05-23 | 2330 | Travel         | Rick Stein's Food Heroes                | North Scotland                                        | 01   | 10 | Rick and Chally round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smoker in Argyll, enjoying freshly cooked lobster on Crail harbour front, and obtaining oatmeal from a watermill in the Tay Valley to make the famous Scottish dessert, Cranachan.                                             | UNITED KINGDOM | English-100 | 2002 | RPT | PG | a w |   |
| 2025-05-23 | 2400 | Cooking        | My Market Kitchen                       | Episode 41                                            | 05   | 41 | Nutritionist Jemma visits a pear orchard and cooks turmeric latte porridge.                                                                                                                                                                                                                                                                            | AUSTRALIA      | English-100 | 2021 | RPT | PG |     |   |
| 2025-05-23 | 2430 | Travel         | Jimmy Doherty's New Zealand Escape      | Ep 4                                                  | 01   | 4  | Jimmy is in Auckland meeting some of the incredible market gardeners and produce sellers who have put New Zealand's fresh produce on the map, and mixes it up with the godfather of fusion food.                                                                                                                                                       | NEW ZEALAND    | English-100 | 2023 | RPT | PG | I   | Y |
| 2025-05-23 | 2525 | Cooking        | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 4 | 01   | 4  | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2014 | RPT | G  |     | Y |
| 2025-05-23 | 2530 | Food Lifestyle | Kitchen Glow Up                         | Tiny To Timeless                                      | 2024 | 3  | Natalie's new house needs more kitchen space. Ellen will transform this tiny kitchen into something amazing.                                                                                                                                                                                                                                           | USA            | English-100 | 2024 | RPT | G  |     |   |
| 2025-05-23 | 2600 | Travel         | Malaysia Gourmet With Justine Schofield | Ep 3                                                  | 01   | 3  | Justine travels from Kuching to Penang, savouring the diverse local flavours at street markets. She showcases her culinary skills with sticky wings and uncovers Chef Raphael Jay Peter Lee's risotto.                                                                                                                                                 | AUSTRALIA      | English-100 | 2023 | RPT | G  |     |   |
| 2025-05-23 | 2630 | Food Lifestyle | Come Dine With Me                       | Norwich: Sarah                                        | 20   | 29 | It's the fourth day of the competition in and around Norwich, where fourth to host is chatty, mobile hardreser, Sarah.                                                                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |   |

|            |      |                |                                                |                                                                        |    |    |                                                                                                                                                                                                                                                                                                                                                        |                |                     |      |     |    |     |   |
|------------|------|----------------|------------------------------------------------|------------------------------------------------------------------------|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------------|------|-----|----|-----|---|
| 2025-05-23 | 2700 | Food Lifestyle | <b>Come Dine With Me</b>                       | Norwich: Luke                                                          | 20 | 30 | The fifth day of this week's competition is in and around Norwich, where tonight's host is surgeon Luke. Luke loves his food and is happy to admit he only works to eat good meals!                                                                                                                                                                    | UNITED KINGDOM | English-100         | 2022 | RPT | PG |     |   |
| 2025-05-23 | 2730 | Cooking        | <b>The Cook Up With Adam Liaw</b>              | Quick & Cozy                                                           | 06 | 19 | Ellie Hayes O'Brien from BABS Pops Up, and actor Christie Whelan Browne, join Adam to share their tricks for quick and cozy food.                                                                                                                                                                                                                      | AUSTRALIA      | English-100         | 2023 | RPT | G  |     | Y |
| 2025-05-23 | 2800 | Food Lifestyle | <b>River Cottage Forever</b>                   | Ep 5                                                                   | 01 | 5  | Under the hot summer sun, the animals at River Cottage are giving Hugh considerable grief. Marge's calf, Psycho, will not let Hugh anywhere near him - even for routine veterinary treatment - so he calls in local animal healer Hilary Merrill. Dismayed by the calf's moniker, Hilary renames him and sets about trying to soothe the savage beast. | UNITED KINGDOM | English-100         | 2002 | RPT | PG | a w |   |
| 2025-05-23 | 2830 | Travel         | <b>Rick Stein's Food Heroes</b>                | North Scotland                                                         | 01 | 10 | Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front, and obtaining oatmeal from a watermill in the Tay Valley to make the famous Scottish dessert, Cranachan.                                            | UNITED KINGDOM | English-100         | 2002 | RPT | PG | a w |   |
| 2025-05-24 | 0500 | Food Lifestyle | <b>Chefs Uncut</b>                             | Chef Thid 'ton' Tassanakajohn                                          | 01 | 1  | In this visually stunning exploration of Asia's Number One Chef, discover Chef Ton's passion for Asian cuisine through the personal stories of his upbringing and culinary life, balancing tradition and innovation.                                                                                                                                   | SINGAPORE      | English-80; Thai-20 | 2023 | RPT | PG | I   | Y |
| 2025-05-24 | 0530 | Travel         | <b>Bobby &amp; Giada in Italy</b>              | When In Rome                                                           | 1  | 1  | Bobby Flay and Giada De Laurentis arrive in Rome and immediately seek out their favorite foods. For Giada, it's the Pizza Bianca she grew up eating, while for Bobby, it's a most-frequented gelato shop.                                                                                                                                              | USA            | English-100         | 2021 | RPT | G  |     | Y |
| 2025-05-24 | 0625 | Travel         | <b>Destination Flavour Japan Bitesize</b>      | Mie And Aichi                                                          | 01 | 4  | 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         | 2013 | RPT | G  | Y   | Y |
| 2025-05-24 | 0630 | Cooking        | <b>Freshly Picked With Simon Tooley</b>        | Ep 20                                                                  | 01 | 20 | Alice Zaslavsky enters the kitchen with her magical spinach and almond curry. Simon creates a sticky, sweet lettuce cup using gochujang and eggplant, and a show-stopping artistic ratatouille.                                                                                                                                                        | AUSTRALIA      | English-100         | 2020 | RPT | PG |     |   |
| 2025-05-24 | 0700 | Food Lifestyle | <b>Food Unwrapped</b>                          | Tuna, Ice Cream, Frozen Peas                                           | 05 | 3  | Jimmy travels to Spain to meet an entrepreneur on farming critically endangered blue fin tuna. Kate investigates why ice creams can sometimes go gritty way ahead of the Best Before date.                                                                                                                                                             | UNITED KINGDOM | English-100         | 2015 | RPT | PG | a w | Y |
| 2025-05-24 | 0730 | Cooking        | <b>Mary Makes It Easy</b>                      | Let Them Eat Cake                                                      | 1  | 10 | Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit. S'mores Cupcakes with marbled chocolate and graham cracker cake topped with marshmallow torched Swiss meringue prove that cupcakes may be the superior cake.                                                                       | CANADA         | English-100         | 2021 | RPT | G  |     |   |
| 2025-05-24 | 0800 | Cooking        | <b>Lidia's Kitchen</b>                         | Italian All Stars                                                      | 06 | 10 | Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, pizza rolls with broccoli rabe and sausage, ricotta, leeks.                                                                                                                                                                            | USA            | English-100         | 2019 | RPT | G  |     |   |
| 2025-05-24 | 0830 | Cooking        | <b>Kriel Kitchen</b>                           | Lloyd Pigram: Pork Adobo & Boab Custard With Bush Passionfruit Topping | 02 | 6  | Lloyd draws on his Filipino heritage and his Auntie's recipe for this locally loved dish with a humble bush fruit Boab to make a custard, and a bush passionfruit topping.                                                                                                                                                                             | AUSTRALIA      |                     | 2014 | RPT | G  |     | Y |
| 2025-05-24 | 0900 | Travel         | <b>Taste Of Australia With Hayden Quinn</b>    | Sydney Fish Markets And Manly NSW                                      | 01 | 10 | After a morning auction at the Sydney Fish Markets, Hayden cooks breakfast for the returning fishermen, then his family and friends back at Manly.                                                                                                                                                                                                     | AUSTRALIA      | English-100         | 2020 | RPT | PG | a w |   |
| 2025-05-24 | 0930 | Cooking        | <b>Everyday Gourmet With Justine Schofield</b> | Episode 10                                                             | 07 | 10 | Matt Sinclair, runner up of Season 8 of Masterchef Australia is visiting today to show us all his San Choi Bao. Justine has some wonderful recipes today as well.                                                                                                                                                                                      | AUSTRALIA      | English-100         | 2017 | RPT | PG |     |   |

|            |      |                |                                         |                                                       |    |    |                                                                                                                                                                                                                                                                                                |                |                          |      |     |    |     |   |   |
|------------|------|----------------|-----------------------------------------|-------------------------------------------------------|----|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------------|------|-----|----|-----|---|---|
| 2025-05-24 | 1000 | Cooking        | Marcus Wareing's Kitchen Garden Tales   | Goats                                                 | 03 | 9  | Marcus is thinking about adding some goats to the farm - but they are notoriously hard to look after. He visits a farm in Surrey to learn all about rearing, milking and feeding goats.                                                                                                        | UNITED KINGDOM | English-100              | 2023 | RPT | PG |     |   |   |
| 2025-05-24 | 1030 | Cooking        | Oliver's Twist                          | First Date                                            | 01 | 15 | Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression, but is worried that her culinary skills might not live up to expectations. Jamie steps in to save the day.                                                       | UNITED KINGDOM | English-100              | 2002 | RPT | G  |     |   |   |
| 2025-05-24 | 1100 | Cooking        | The Cook Up With Adam Liaw              | Quick & Cozy                                          | 06 | 19 | Ellie Hayes O'Brien from BABS Pops Up, and actor Christie Whelan Browne, join Adam to share their tricks for quick and cozy food.                                                                                                                                                              | AUSTRALIA      | English-100              | 2023 | RPT | G  |     | Y |   |
| 2025-05-24 | 1130 | Travel         | Jimmy Doherty's New Zealand Escape      | Ep 4                                                  | 01 | 4  | Jimmy is in Auckland meeting some of the incredible market gardeners and produce sellers who have put New Zealand's fresh produce on the map, and mixes it up with the godfather of fusion food.                                                                                               | NEW ZEALAND    | English-100              | 2023 | RPT | PG | I   | Y |   |
| 2025-05-24 | 1225 | Cooking        | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 4 | 01 | 4  | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.                                                                                                                                                                   | AUSTRALIA      | English-100              | 2014 | RPT | G  |     | Y |   |
| 2025-05-24 | 1230 | Cooking        | Freshly Picked With Simon Toohy         | Ep 20                                                 | 01 | 20 | Alice Zaslavsky enters the kitchen with her magical spinach and almond curry. Simon creates a sticky, sweet lettuce cup using gochujang and eggplant, and a show-stopping artistic ratatouille.                                                                                                | AUSTRALIA      | English-100              | 2020 | RPT | PG |     |   |   |
| 2025-05-24 | 1300 | Food Lifestyle | Food Unwrapped                          | Tuna, Ice Cream, Frozen Peas                          | 05 | 3  | Jimmy travels to Spain to meet an entrepreneur on farming critically endangered blue fin tuna. Kate investigates why ice creams can sometimes go gritty way ahead of the Best Before date.                                                                                                     | UNITED KINGDOM | English-100              | 2015 | RPT | PG | a w | Y |   |
| 2025-05-24 | 1330 | Cooking        | Mary Makes It Easy                      | Let Them Eat Cake                                     | 1  | 10 | Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit. S'mores Cupcakes with marbled chocolate and graham cracker cake topped with marshmallowy torched Swiss meringue prove that cupcakes may be the superior cake.              | CANADA         | English-100              | 2021 | RPT | G  |     |   |   |
| 2025-05-24 | 1400 | Cooking        | Lidia's Kitchen                         | Italian All Stars                                     | 06 | 10 | Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, pizza rolls with broccoli rabe and sausage, ricotta, leeks.                                                                                                                    | USA            | English-100              | 2019 | RPT | G  |     |   |   |
| 2025-05-24 | 1430 | Lifestyle      | Food Markets: In The Belly Of The City  | Bergen - Fisketorget                                  | 04 | 3  | The Fish Market or Torget (the square) has a charming location in the heart of the city between the fjords and Bergen's seven mountains. On the harbour the stalls sell an incredible variety of fresh fish and seafood like urchins, scallops, prawns and lobsters, but also local farm food. | FRANCE         | English-60; Norwegian-40 | 2020 | RPT | PG | a w | Y | Y |
| 2025-05-24 | 1530 | Lifestyle      | Food Markets: In The Belly Of The City  | Thessaloniki - Kapani                                 | 04 | 4  | The Kapani market is situated just behind the Aristotelous square of the city of Thessaloniki, facing the Aegean Sea. Exploring this market is exploring the city and its history - a tasteful mix of Sephardic, Balkan, Turkish and Greek delights.                                           | FRANCE         | English-50; Greek-50     | 2020 | RPT | PG |     | Y | Y |

|            |      |         |                                          |                                   |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                |                                       |      |     |    |     |   |
|------------|------|---------|------------------------------------------|-----------------------------------|----|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------------------------------|------|-----|----|-----|---|
| 2025-05-24 | 1635 | Cooking | Rachel Khoo's Simple Pleasures           | Taste Of Travel, A                | 01 | 5  | Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | USA            | English-100                           | 2020 | RPT | G  |     |   |
| 2025-05-24 | 1700 | Travel  | Masters Of Taste With Gary Mehigan       | Show Begins, The                  | 01 | 1  | Gary kicks off this journey with a Michelin starred chef and his signature dish, and later gets cooking at Mukesh Mills with an old friend. It ends with a delicious recipe from the master chef himself!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | INDIA          | English-100                           | 2018 | RPT | G  |     |   |
| 2025-05-24 | 1730 | Cooking | Dishing It Up                            | Street Food                       | 01 | 7  | Everyday home cooks put four street food recipes to the test. Will Dan Hong's spin on choripan burn down the house? Can they rise to the challenge in Marion Grasby and Silvia Colloca's Wok vs Pot? And will Uncle Roger's secret Fried Rice ingredient cause concern?                                                                                                                                                                                                                                                                                                                                                                                                                                                                | AUSTRALIA      | English-100                           | 2021 | RPT | PG | Y   |   |
| 2025-05-24 | 1800 | Cooking | Marion Grasby's Flavours: Heart And Home | Comfort Food                      | 01 | 4  | Marion meets up with a ginger producer to learn about the history and benefits of ginger. There's lively kitchen moments as Marion prepares bolognese, and finds solace in homemade wontons after a busy day.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | AUSTRALIA      | English-100                           | 2024 | RPT | G  | Y   | Y |
| 2025-05-24 | 1830 | Travel  | Ainsley's Taste Of Malta                 | South                             | 01 | 2  | Ainsley explores South Malta, starting in the picturesque fishing harbour of Marsaxlokk where, with a local fisherman Joe, he ventures around the weekly fish market to check out the catch of the day.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | UNITED KINGDOM | English-100                           | 2023 | RPT | PG |     |   |
| 2025-05-24 | 1930 | Travel  | Roux Down The River                      | Henley-On-Thames                  | 01 | 2  | Michel visits a local butcher, farmer's market, and chocolate-fuelled cafe, then cooks a duck burger and lemon tarts.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | UNITED KINGDOM | English-100                           | 2024 |     |    |     |   |
| 2025-05-24 | 2030 | Travel  | Rick Stein's Far Eastern Odyssey         | Sri Lanka And Bali                | 01 | 5  | Rick Stein visits Sri Lanka, where he discovers a wealth of hot and spicy vegetable curries. In Colombo, he meets Chef Pubali, one the country's most respected chefs, and tastes an unforgettable chili crab in a small Tamil eatery. Down in Galle, Rick discovers the delights of tea plantations and buffalo curd, and experiences first-hand the secrets of making cinnamon. Back at home, he creates a delicious cashew nut curry to savour the memories of his time in Sri Lanka. He then moves on, to the volcanic island of Bali, where food takes on a religious significance. Rick samples the best roast pork he has ever tasted. After buying fish straight off the day boats, he enjoys fresh barbecued fish on a beach. | UNITED KINGDOM |                                       | 2009 | RPT | G  | Y   |   |
| 2025-05-24 | 2140 | Travel  | Anthony Bourdain: Parts Unknown          | Houston                           | 08 | 7  | Set all of your stereotypes and clichés aside - this is not the Houston you were expecting. Or the one you thought you knew, the one you pigeonholed long ago. There will be no cowboys, no country boys, no tall boys, no oil gasholders and no pickup trucks.                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | USA            | English-100                           | 2016 | RPT | PG | a w |   |
| 2025-05-24 | 2235 | Travel  | David Rocco's Dolce Tuscany              | Parmigiano-Reggiano               | 1  | 6  | David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | CANADA         | English-100                           | 2015 | RPT | G  |     |   |
| 2025-05-24 | 2300 | Travel  | Bizarre Foods: Delicious Destinations    | Tahiti                            | 8  | 14 | From a Polynesian twist on ceviche to freshwater shrimp coated in a sweet, coconut-curry sauce, Andrew sets sail on a culinary voyage through the signature dishes of Tahiti.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | USA            | English-100                           | 2018 | RPT | G  |     |   |
| 2025-05-24 | 2330 | Travel  | Mean Street Gourmet                      | Mean Street Gourmet Series 1 Ep 2 | 01 | 2  | The little family-run diner by the corner of the street. That hidden food stall by the alley you found once and never again. These are the flavors of a city. This is Mean Street Gourmet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | HONG KONG      | English-80; Cantonese-10; Mandarin-10 | 2020 | RPT | G  |     | Y |
| 2025-05-24 | 2400 | Cooking | Marion Grasby's Flavours: Heart And Home | Comfort Food                      | 01 | 4  | Marion meets up with a ginger producer to learn about the history and benefits of ginger. There's lively kitchen moments as Marion prepares bolognese, and finds solace in homemade wontons after a busy day.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | AUSTRALIA      | English-100                           | 2024 | RPT | G  | Y   | Y |
| 2025-05-24 | 2430 | Travel  | Ainsley's Taste Of Malta                 | South                             | 01 | 2  | Ainsley explores South Malta, starting in the picturesque fishing harbour of Marsaxlokk where, with a local fisherman Joe, he ventures around the weekly fish market to check out the catch of the day.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | UNITED KINGDOM | English-100                           | 2023 | RPT | PG |     |   |
| 2025-05-24 | 2530 | Travel  | Roux Down The River                      | Henley-On-Thames                  | 01 | 2  | Michel visits a local butcher, farmer's market, and chocolate-fuelled cafe, then cooks a duck burger and lemon tarts.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | UNITED KINGDOM | English-100                           | 2024 | RPT |    |     |   |

|            |      |        |                                  |                     |    |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                |             |      |     |    |     |
|------------|------|--------|----------------------------------|---------------------|----|---|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|
| 2025-05-24 | 2630 | Travel | Rick Stein's Far Eastern Odyssey | Sri Lanka And Bali  | 01 | 5 | Rick Stein visits Sri Lanka, where he discovers a wealth of hot and spicy vegetable curries. In Colombo, he meets Chef Publis, one the country's most respected chefs, and tastes an unforgettable chilli crab in a small Tamil eatery. Down in Galle, Rick discovers the delights of tea plantations and buffalo curd, and experiences first-hand the secrets of making cinnamon. Back at home, he creates a delicious cashew nut curry to savour the memories of his time in Sri Lanka. He then moves on, to the volcanic island of Bali, where food takes on a religious significance. Rick samples the best roast pork he has ever tasted. After buying fish straight off the day boats, he enjoys fresh barbecued fish on a beach. | UNITED KINGDOM | 2009        | RPT  | G   | Y  |     |
| 2025-05-24 | 2740 | Travel | Anthony Bourdain: Parts Unknown  | Houston             | 08 | 7 | Set all of your stereotypes and clichés aside - this is not the Houston you were expecting. Or the one you thought you knew, the one you pigeonholed long ago. There will be no cowboys, no country boys, no tall boys, no oil gazillionaires and no pickup trucks.                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | USA            | English-100 | 2016 | RPT | PG | a w |
| 2025-05-24 | 2835 | Travel | David Rocco's Dolce Tuscany      | Parmigiano-Reggiano | 1  | 6 | David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | CANADA         | English-100 | 2015 | RPT | G  |     |