



WEEK 22 Sunday, 25 May 2025 Saturday, 31 May 2025

Date	Start Time	Genre	Title
2025-05-25	0500	Travel	Mean Street Gourmet
2025-05-25	0530	Lifestyle	Food Markets: In The Belly Of The City
2025-05-25	0630	Lifestyle	Food Markets: In The Belly Of The City
2025-05-25	0735	Cooking	Rachel Khoo's Simple Pleasures
2025-05-25	0800	Travel	Masters Of Taste With Gary Mehigan
2025-05-25	0830	Cooking	Dishing It Up
2025-05-25	0900	Cooking	Marion Grasby's Flavours: Heart And Home
2025-05-25	0930	Travel	Ainsley's Taste Of Malta
2025-05-25	1030	Travel	Roux Down The River
2025-05-25	1130	Travel	Rick Stein's Far Eastern Odyssey
2025-05-25	1235	Travel	David Rocco's Dolce Tuscany
2025-05-25	1300	Travel	Bizarre Foods: Delicious Destinations
2025-05-25	1330	Travel	Mean Street Gourmet
2025-05-25	1400	Travel	The Cook Up With Adam Liaw
2025-05-25	1430	Travel	The Cook Up With Adam Liaw
2025-05-25	1500	Travel	The Cook Up With Adam Liaw
2025-05-25	1530	Cooking	The Cook Up With Adam Liaw
2025-05-25	1600	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
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	
Bergen - Fiskeforret	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	
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	
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				
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				
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		
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	
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				
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	G				
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 Publi, one of 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 firsthand 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		
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				
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				
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	
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	
On Toast	08	29	Are you bread? Comedy legend Jean Kitson and cookbook author Ella Mitten join Adam to put tasty stuff on toast.	AUSTRALIA	English-100	2025	RPT	G			Y	
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	
Divine Desserts	06	18	Satisfy your sweet tooth with divine desserts from chef Sarah Todd, Councilor and author Yvonne Weldon, and Adam.	AUSTRALIA	English-100	2023	RPT	G			Y	
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	

2025-05-25	1630	Cooking	Rachel Khoo's Simple Pleasures	Larder Love	01	6	Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canape.	USA	English-100	2020	RPT	G	
2025-05-25	1700	Travel	Masters Of Taste With Gary Mehigan	Deciphering The Code With Ileana	01	2	Gary meets Ileana D'Cruz at Kode and the chef there shows them how to make their signature dish - the warm lobster roll. They then surprise diners with a Baked Alaska plated by Ileana.	INDIA	English-100	2018	RPT	PG	
2025-05-25	1730	Travel	Cheese: Searching For A Taste Of Place	France	01	6	When it comes to cheese, the world has some catching up to do to match the French. Cheese in France is a national treasure, and, yes, they do have more cheese shops than McDonalds stores.	AUSTRALIA	English-100	2024		G	Y
2025-05-25	1830	Travel	James Martin's French Adventure	Bresse	01	9	James heads to Bresse, home to one of France's most famous ingredients: the Bresse chicken. After a trip to Louhans market, James cooks a sumptuous Chicken Blanquette.	UNITED KINGDOM	English-100	2017	RPT	PG	a w
2025-05-25	1930	Cooking	Paula McIntyre's Hamely Kitchen USA	Episode 6	04	6	Paula visits Nashville. She tries fried green tomatoes, listens to a performance by singing duo from Northern Ireland and she attends a celebratory lunch at Second Presbyterian Church.	UNITED KINGDOM	English-100	2024		G	
2025-05-25	2000	Food Lifestyle	My Greatest Dishes	Tom Kitchen	01	13	Tom Kitchen is one of Britain's most esteemed and respected chefs. He showcases his four greatest dishes - steak and kidney pie, rolled pigs head, razor clams, and finally smoked salmon lasagne.	UNITED KINGDOM	English-100	2019	RPT	G	
2025-05-25	2030	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	02	12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM		2003	RPT	PG	a w
2025-05-25	2100	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	02	13	Rick and Chally enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM		2003	RPT	PG	a w
2025-05-25	2135	Travel	Anthony Bourdain: Parts Unknown	London	08	8	Tony travels to London for a relaxing visit with old friends and a meal at his favourite restaurant in the world. What happens upon his arrival does not change the itinerary, but does change the mood.	USA	English-100	2016	RPT	PG	
2025-05-25	2230	Travel	David Rocco's Dolce Tuscany	Kid's Camp	1	7	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany. David decides to pay a visit and spend some time with his kids.	CANADA	English-100	2015	RPT	G	
2025-05-25	2300	Travel	Bizarre Foods: Delicious Destinations	Puerto Vallarta	8	15	Andrew Zimmern heads to Mexico's Pacific, Puerto Vallarta to explore the local cuisine. He finds local favourites reimagined to the delight of visitors.	USA	English-100	2018	RPT	G	
2025-05-25	2330	Travel	Mean Street Gourmet	Mean Street Gourmet Series 1 Ep 3	01	3	The Goldthread team visits mom-and-pop eateries across Hong Kong to see how iconic foods are made.	HONG KONG	English-80; Cantonese-10; Mandarin-10	2020	RPT	PG	Y
2025-05-25	2400	Cooking	Rachel Khoo's Simple Pleasures	Larder Love	01	6	Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canape.	USA	English-100	2020	RPT	G	
2025-05-25	2430	Travel	Cheese: Searching For A Taste Of Place	France	01	6	When it comes to cheese, the world has some catching up to do to match the French. Cheese in France is a national treasure, and, yes, they do have more cheese shops than McDonalds stores.	AUSTRALIA	English-100	2024	RPT	G	Y
2025-05-25	2530	Travel	James Martin's French Adventure	Bresse	01	9	James heads to Bresse, home to one of France's most famous ingredients: the Bresse chicken. After a trip to Louhans market, James cooks a sumptuous Chicken Blanquette.	UNITED KINGDOM	English-100	2017	RPT	PG	a w
2025-05-25	2625	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	01	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G	
2025-05-25	2630	Cooking	Paula McIntyre's Hamely Kitchen USA	Episode 6	04	6	Paula visits Nashville. She tries fried green tomatoes, listens to a performance by singing duo from Northern Ireland and she attends a celebratory lunch at Second Presbyterian Church.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-05-25	2700	Food Lifestyle	My Greatest Dishes	Tom Kitchen	01	13	Tom Kitchen is one of Britain's most esteemed and respected chefs. He showcases his four greatest dishes - steak and kidney pie, rolled pigs head, razor clams, and finally smoked salmon lasagne.	UNITED KINGDOM	English-100	2019	RPT	G	
2025-05-25	2730	Travel	Anthony Bourdain: Parts Unknown	London	08	8	Tony travels to London for a relaxing visit with old friends and a meal at his favourite restaurant in the world. What happens upon his arrival does not change the itinerary, but does change the mood.	USA	English-100	2016	RPT	PG	
2025-05-25	2825	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	01	5	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

2025-05-25	2830	Travel	Mean Street Gourmet	Mean Street Gourmet Series 1 Ep 3	01	3	The Goldthread team visits mom-and-pop eateries across Hong Kong to see how iconic foods are made.	HONG KONG	English-80; Cantonese-10; Mandarin-10	2020	RPT	PG		Y
2025-05-26	0500	Travel	The Cook Up With Adam Liaw	Irresistible Italian	08	28	Chef Rozzy 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
2025-05-26	0530	Travel	The Cook Up With Adam Liaw	On Toast	08	29	Are you bready? Comedy legend Jean Kittson and cookbook author Ella Mitas join Adam to put tasty stuff on toast.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-05-26	0600	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
2025-05-26	0630	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
2025-05-26	0700	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
2025-05-26	0730	Cooking	Rachel Khoo's Simple Pleasures	Larder Love	01	6	Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canape.	USA	English-100	2020	RPT	G		
2025-05-26	0800	Travel	Masters Of Taste With Gary Mehigan	Deciphering The Code With Ileana	01	2	Gary meets Ileana O'Cruz at Kode and the chef there shows them how to make their signature dish - the warm lobster roll. They then surprise diners with a Baked Alaska plated by Ileana.	INDIA	English-100	2018	RPT	PG		
2025-05-26	0830	Travel	Cheese: Searching For A Taste Of Place	France	01	6	When it comes to cheese, the world has some catching up to do to match the French. Cheese in France is a national treasure, and, yes, they do have more cheese shops than McDonalds stores.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-05-26	0930	Travel	James Martin's French Adventure	Bresse	01	9	James heads to Bresse, home to one of France's most famous ingredients: the Bresse chicken. After a trip to Louhans market, James cooks a sumptuous Chicken Blanquette.	UNITED KINGDOM	English-100	2017	RPT	PG	a w	
2025-05-26	1025	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	01	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G		
2025-05-26	1030	Cooking	Paula McIntyre's Hamely Kitchen USA	Episode 6	04	6	Paula visits Nashville. She tries fried green tomatoes, listens to a performance by singing duo from Northern Ireland and she attends a celebratory lunch at Second Presbyterian Church.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-05-26	1100	Food Lifestyle	My Greatest Dishes	Tom Kitchen	01	13	Tom Kitchen is one of Britain's most esteemed and respected chefs. He showcases his four greatest dishes - steak and kidney pie, rolled pigs head, razor clams, and finally smoked salmon lasagne.	UNITED KINGDOM	English-100	2019	RPT	G		
2025-05-26	1130	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	02	12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM		2003	RPT	PG	a w	
2025-05-26	1200	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	02	13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM		2003	RPT	PG	a w	
2025-05-26	1230	Travel	Bobby & Giada In Italy	Old Vs New	1	2	While Rome is a city steeped in tradition, the food scene is being updated with modern techniques and new flavor combinations. From pizza pies inspired by famous pastas to a trendy food market, Bobby Flay and Giada De Laurentis explore how the food culture is evolving while still honoring the classics.	USA	English-100	2021	RPT	G		Y
2025-05-26	1325	Cooking	Please Eat Slowly Bitesize	Dumplings	01	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G		
2025-05-26	1330	Cooking	My Market Kitchen	Episode 42	05	42	Balance your diet with pumpkin-seed hummus, and a Green Goodness bowl.	AUSTRALIA	English-100	2021	RPT	G		
2025-05-26	1400	Food Lifestyle	Chefs Uncut	Chef Pichaya 'pam' Sontornyanakij	01	3	A rising superstar in the culinary scene, Chef Pam always had a dream; to earn a Michelin star. Reflected in her dishes, cooking style, and life journey, are her heritage and her family.	SINGAPORE	English-100	2023	RPT	G		

2025-05-26	1430	Cooking	Freshly Picked	Episode 1	02	1	Freshly Picked is back, starting with a tasty weeknight pumpkin curry, and a lunchtime rice cake with a crispy finish. Jerry is serving up Vietnamese flavours, and Simon gets on the tools at Grazeland.	AUSTRALIA	English-100	2021	RPT	G	
2025-05-26	1500	Food Lifestyle	Food Unwrapped	Pistachios, Prosecco And Porridge	05	5	Kate is in California to ask why there are so many closed pistachios in our packs. Jimmy heads to Ireland to investigate whether traditional rolled oats are better for us than quick-cook porridge.	UNITED KINGDOM	English-100	2015	RPT	G	Y
2025-05-26	1530	Cooking	Mary Makes It Easy	Freezer Fixes	1	11	The freezer doesn't have to be a neglected ingredient wasteland. Mary makes the freezer your friend by throwing together four recipes that bring those frozen staples back to life.	CANADA	English-100	2021	RPT	G	
2025-05-26	1600	Cooking	Lidia's Kitchen	Italy's Heartland	06	11	Lidia loves entertaining; she shares recipes that are fit for any Italian dinner party - cannellini and pancetta bruschetta, and beef and root vegetables braised in red wine.	USA	English-100	2019	RPT	PG	
2025-05-26	1630	Cooking	Kriol Kitchen	Ali & Mitch Torres: Chili Tamarind Jinnup (Stingray) & Cockle Salad	02	7	Inspired by their mother's cooking, Ali and Mitch prepare two seafood dishes.	AUSTRALIA		2014	RPT	G	Y
2025-05-26	1700	Travel	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 1	2	1	Hayden starts the day with trout fishing before trying his luck fossicking for sapphires! Then he visits a garlic farm, helps with the muster on a cattle property, and cooks up a campfire meal for his new friends.	AUSTRALIA	English-100	2020	RPT	G	
2025-05-26	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 11	07	11	Easy Turmeric Chicken, Overnight Breakfast Oatmeal - there are some great solutions to a busy lifestyle in today's episode.	AUSTRALIA	English-100	2017		PG	
2025-05-26	1800	Cooking	Marcus Wareing's Kitchen Garden Tales	Preserving	03	10	As autumn has drawn in, it's time to take stock of the kitchen garden and preserve any remaining summer crops so that they last through the winter and don't go to waste.	UNITED KINGDOM	English-100	2023	RPT	G	
2025-05-26	1830	Cooking	Oliver's Twist	Bill, The	01	16	On the set of his favourite TV show, The Bill, Jamie cooks up chilli vodka, pan-roasted almonds with chilli and sea salt, and hot ribs with smoked bacon and chilli crust.	UNITED KINGDOM	English-100	2002	RPT	G	
2025-05-26	1900	Travel	The Cook Up With Adam Liaw	Splashy Suppers	08	31	If you're feeling fancy, you'll love the splashy suppers made by Adam and his guests, gold medal swimmer Ariarne Titmus and hatted chef Alejandro Saravia.	AUSTRALIA	English-100	2025		G	Y
2025-05-26	1930	Cooking	Marion Grasby's Flavours: Heart And Home	Asian Pantry Staples	01	5	Marion visits Inala, in Brisbane's south, where childhood grocery trips with her mum began. She explores noodle aisles, reflects on her mum's migrant story and meets family friends who share tips for the perfect bowl of pho.	AUSTRALIA	English-100	2024		G	Y
2025-05-26	2000	Food Lifestyle	The Streets Hong Kong	Ep 2	01	2	Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queueing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.	AUSTRALIA		2024	RPT	G	Y
2025-05-26	2030	Cooking	Jamie's Super Food	Episode 1	01	1	Jamie's Super Food is an exciting new series where you can learn how to eat your way to a healthier life.	UNITED KINGDOM	English-100	2015		G	Y
2025-05-26	2130	Food Lifestyle	Come Dine With Me	Birmingham: Sophie	20	31	It's the first night of the competition in Birmingham and kicking off the week is glamorous financial controller, Sophie. She's hoping her indulgent food will fill up her guests.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-05-26	2200	Food Lifestyle	Come Dine With Me	Birmingham: Rebecca	20	32	It's day two of the competition in and around Birmingham where security officer Rebecca is hoping to spice things up with her Sri Lankan feast.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-05-26	2230	Travel	The Cook Up With Adam Liaw	Splashy Suppers	08	31	If you're feeling fancy, you'll love the splashy suppers made by Adam and his guests, gold medal swimmer Ariarne Titmus and hatted chef Alejandro Saravia.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-05-26	2300	Food Lifestyle	River Cottage Forever	Ep 6	01	6	Hugh has set his sights on the Vegetable Cup at the Beaminster Show. There's also an opportunity to get some cash out of Devon's tourists with home-made iced-lollies, and a blind-folded Hugh is taken to a secret location to hunt for truffles with Delia.	UNITED KINGDOM	English-100	2002	RPT	G	
2025-05-26	2330	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	02	1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb. Next stop is Seahouses, where Rick visits the Swallow smokehouse, run by Patrick Wilkin.	UNITED KINGDOM		2003	RPT	G	
2025-05-26	2400	Food Lifestyle	Chefs Uncut	Chef Bjorn Shen	01	2	Take a wild ride into the world of the most charismatic, unpredictable and brutally honest chef in Asia, Bjorn Shen.	SINGAPORE	English-100	2023	RPT	PG	a l n s

2025-05-26	2430	Cooking	Marion Grasby's Flavours: Heart And Home	Asian Pantry Staples	01	5	Marion visits Inala, in Brisbane's south, where childhood grocery trips with her mum began. She explores noodle aisles, reflects on her mum's migrant story and meets family friends who share tips for the perfect bowl of pho.	AUSTRALIA	English-100	2024	RPT	G	Y
2025-05-26	2500	Food Lifestyle	The Streets Hong Kong	Ep 2	01	2	Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queueing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.	AUSTRALIA		2024	RPT	G	Y
2025-05-26	2530	Cooking	Jamie's Super Food	Episode 1	01	1	Jamie's Super Food is an exciting new series where you can learn how to eat your way to a healthier life.	UNITED KINGDOM	English-100	2015	RPT	G	Y
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2025-05-26	2800	Food Lifestyle	River Cottage Forever	Ep 6	01	6	Hugh has set his sights on the Vegetable Cup at the Beaminster Show. There's also an opportunity to get some cash out of Devon's tourists with home-made iced-ollies, and a blind-folded Hugh is taken to a secret location to hunt for truffles with Delia.	UNITED KINGDOM	English-100	2002	RPT	G	
2025-05-26	2830	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	02	1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb. Next stop is Seahouses, where Rick visits the Swallow smokehouse, run by Patrick Wilkin.	UNITED KINGDOM		2003	RPT	G	
2025-05-27	0500	Food Lifestyle	Chef's Uncut	Chef Pichaya 'jam' Sontornyanakij	01	3	A rising superstar in the culinary scene, Chef Pam always had a dream; to earn a Michelin star. Reflected in her dishes, cooking style, and life journey, are her heritage and her family.	SINGAPORE	English-100	2023	RPT	G	
2025-05-27	0530	Travel	Bobby & Giada in Italy	Old Vs New	1	2	While Rome is a city steeped in tradition, the food scene is being updated with modern techniques and new flavor combinations. From pizza pies inspired by famous pastas to a trendy food market, Bobby Flay and Giada De Laurentis explore how the food culture is evolving while still honoring the classics.	USA	English-100	2021	RPT	G	Y
2025-05-27	0625	Cooking	Please Eat Slowly Bitesize	Dumplings	01	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G	
2025-05-27	0630	Cooking	Freshly Picked	Episode 1	02	1	Freshly Picked is back, starting with a tasty weeknight pumpkin curry, and a lunchtime rice cake with a crispy finish. Jerry is serving up Vietnamese flavour, and Simon gets on the tools at Grazeland.	AUSTRALIA	English-100	2021	RPT	G	
2025-05-27	0700	Food Lifestyle	Food Unwrapped	Pistachios, Prosecco And Porridge	05	5	Kate is in California to ask why there are so many closed pistachios in our packs. Jimmy heads to Ireland to investigate whether traditional rolled oats are better for us than quick-cook porridge.	UNITED KINGDOM	English-100	2015	RPT	G	Y
2025-05-27	0730	Cooking	Mary Makes It Easy	Freezer Fixes	1	11	The freezer doesn't have to be a neglected ingredient wasteland. Mary makes the freezer your friend by throwing together four recipes that bring those frozen staples back to life.	CANADA	English-100	2021	RPT	G	
2025-05-27	0800	Cooking	Lidia's Kitchen	Italy's Heartland	06	11	Lidia loves entertaining: she shares recipes that are fit for any Italian dinner party - cannellini and pancetta bruschetta, and beef and root vegetables braised in red wine.	USA	English-100	2019	RPT	PG	
2025-05-27	0830	Cooking	Kriol Kitchen	Ali & Mitch Torres: Chili Tamarind Jinnup (Stingray) & Cockle Salad	02	7	Inspired by their mother's cooking, Ali and Mitch prepare two seafood dishes.	AUSTRALIA		2014	RPT	G	Y
2025-05-27	0900	Travel	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 1	2	1	Hayden starts the day with trout fishing before trying his luck fossicking for sapphires! Then he visits a garlic farm, helps with the muster on a cattle property, and cooks up a campfire meal for his new friends.	AUSTRALIA	English-100	2020	RPT	G	
2025-05-27	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 11	07	11	Easy Turmeric Chicken, Overnight Breakfast Oatmeal - there are some great solutions to a busy lifestyle in today's episode.	AUSTRALIA	English-100	2017	RPT	PG	
2025-05-27	1000	Cooking	Marcus Wareing's Kitchen Garden Tales	Preserving	03	10	As autumn has drawn in, it's time to take stock of the kitchen garden and preserve any remaining summer crops so that they last through the winter and don't go to waste.	UNITED KINGDOM	English-100	2023	RPT	G	

2025-05-27	1030	Cooking	Oliver's Twist	Bill, The	01	16	On the set of his favourite TV show, The Bill, Jamie cooks up chilli vodka, pan-roasted almonds with chilli and sea salt, and hot ribs with smoked bacon and chilli crust.	UNITED KINGDOM	English-100	2002	RPT	G	
2025-05-27	1100	Travel	The Cook Up With Adam Liaw	Splashy Suppers	08	31	If you're feeling fancy, you'll love the splashy suppers made by Adam and his guests, gold medal swimmer Ariarne Timmus and hatted chef Alejandro Saravia.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-05-27	1130	Cooking	Marion Grasby's Flavours: Heart And Home	Asian Pantry Staples	01	5	Marion visits Inala, in Brisbane's south, where childhood grocery trips with her mum began. She explores noodle aisles, reflects on her mum's migrant story and meets family friends who share tips for the perfect bowl of pho.	AUSTRALIA	English-100	2024	RPT	G	Y
2025-05-27	1200	Food Lifestyle	The Streets Hong Kong	Ep 2	01	2	Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queueing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.	AUSTRALIA		2024	RPT	G	Y
2025-05-27	1230	Travel	Bobby & Giada in Italy	Medieval Hamlet, A	1	3	Bobby Flay and Giada De Laurentis drive to the countryside of Tuscany for the second leg of their Italian adventure. They begin in the Siena province, a medieval hamlet that's been converted into the beautiful Monteverdi resort. Here it's all about exploring the local food and traditions: organic farms, an ancient flour mill, and Tuscan-style burgers.	USA	English-100	2021	RPT	G	Y
2025-05-27	1325	Cooking	Please Eat Slowly Bitesize	Yee Sang	01	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G	
2025-05-27	1330	Cooking	My Market Kitchen	Episode 43	05	43	Ben cooks an easy but delicious lemon meringue cheesecake.	AUSTRALIA	English-100	2021	RPT	G	
2025-05-27	1400	Food Lifestyle	Chefs Uncut	Chef L.G. Han	01	4	Follow Singaporean Chef LG Han's unique journey. Relive his passion and his anguish, as he continually reinvents and destroys his creations, himself and modern Singaporean cuisine.	SINGAPORE	English-100	2023	RPT	PG	
2025-05-27	1430	Cooking	Freshly Picked	Episode 2	02	2	Start off with a delicious cannelloni without the pasta and a Sri Lankan fried cabbage. Tobie brings the crunch with his Japanese style tofu sandwich, and Simo looks for the best wood fired pizza.	AUSTRALIA	English-100	2021	RPT	G	
2025-05-27	1500	Food Lifestyle	Food Unwrapped	Perfect Veg, Strong Wine And Biscuit Dunking	05	6	Jimmy investigates the supermarkets' stringent criteria for the perfect vegetable. Matt takes on the ultimate tea-break challenge to end the age old dispute of which biscuit is best for dunking?	UNITED KINGDOM	English-100	2015	RPT	G	Y
2025-05-27	1530	Cooking	Mary Makes It Easy	Early Bird Baking	1	12	Breakfast doesn't have to be the same old morning routine day after day. Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind.	CANADA	English-100	2021	RPT	G	
2025-05-27	1600	Cooking	Lidia's Kitchen	Soups On	06	12	Soups are a delicious and comforting way to warm up, especially in winter. The menu today is spicy Italian soup, Calabria's vegetable soup, the perfect simple salad, and butternut squash soup.	USA	English-100	2019	RPT	G	
2025-05-27	1630	Cooking	Kriol Kitchen	Elijah Prewitt: Asian Style Crayfish With Green Papaw Salad	02	8	Elijah's cooking influence comes from living in Broome and growing up with many of his mates, eating whatever was caught from the ocean and the inland.	AUSTRALIA		2014	RPT	G	Y
2025-05-27	1700	Travel	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 2	2	2	Hayden goes on an epic road trip to pick up tomatoes, traditional smallgoods and buffalo cheese to cook up into a delicious dish at sunset.	AUSTRALIA	English-100	2020	RPT	G	
2025-05-27	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 12	07	12	Johnny Di cooks Spaghetti Olio E Peroncino. Justine cooks up some Honey Sesame Chicken and prepares and Berry Pudding.	AUSTRALIA	English-100	2017		G	
2025-05-27	1800	Travel	Marcus Wareing: Simply Provence	Tomatoes	01	1	When you think of French food, certain things spring to mind: wine, cheese, frogs legs. But often it's a super simple ingredient that is at the centre of great food in Provence. Whether you consider it a fruit or a vegetable, there's no denying that here, the tomato is king.	UNITED KINGDOM	English-100	2024	RPT	G	Y
2025-05-27	1830	Cooking	Oliver's Twist	Wild City	01	17	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux, Mediterranean fish stew and wild fruits with cream.	UNITED KINGDOM	English-100	2002	RPT	G	
2025-05-27	1900	Travel	The Cook Up With Adam Liaw	Unbe-Leaf-Able	08	32	Adam and his guests, the acclaimed chefs Katie White and Warren Mendes, leaf nothing to chance in a night of unbe-leaf-able cooking.	AUSTRALIA	English-100	2025		G	Y
2025-05-27	1930	Cooking	Cooking With Curtis	Lubumba	01	8	Impressed with her neighbour's rigorous schedule as a nurse at a children's hospital, Lubumba wants to treat Nida to a special meal. As a self-taught cook, Lu solicits Curtis' assistance in making a Seared Bone-in Pork Chop with Creamed Corn, Grilled Green Bean Salad with Chimichurri, and a Flourless Chocolate Cake with Whipped Cream and Raspberries.	USA	English-100	2022	RPT	G	

2025-05-27	2000	Cooking	The Big Irish Food Tour	County Tyrone With Dennis Taylor	01	2	Watched by 18 million people across the UK, the 1985 World Snooker Championship has gone down in history as one of the greatest sporting matches in history won by Northern Irish legend Dennis Taylor.	UNITED KINGDOM		2024		PG	a w
2025-05-27	2030	Cooking	Prue Leith's Cotswold Kitchen	Charlotte Church	02	6	Prue invites Charlotte Church to her kitchen and makes decorative chocolate leaves.	UNITED KINGDOM	English-100	2025		G	
2025-05-27	2130	Food Lifestyle	Come Dine With Me	Birmingham: Owen	20	33	It's the third day of the competition in Birmingham, where hip hop artist Owen is hoping his musical themed evening will be a smash hit with his guests.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-05-27	2200	Food Lifestyle	Come Dine With Me	Birmingham: Richard	20	34	It's the fourth day of the competition in Birmingham, where hairdresser Richard is hoping his traditional feast will be a cut above the rest with his guests.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-05-27	2230	Travel	The Cook Up With Adam Liaw	Unbe-Leaf-Able	08	32	Adam and his guests, the acclaimed chefs Katie White and Warren Mendes, leaf nothing to chance in a night of unbe-leaf-able cooking.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-05-27	2300	Food Lifestyle	River Cottage Forever	Ep 7	01	7	On his regular morning stock-check, Hugh finds that one of his old ewes has died. It's a sad day at River Cottage as later on he sends off two of his pigs to the abattoir. Later, local charcoal-maker Sean Bridges comes round to lift the gloom by chopping down some of the trees which shade Hugh's vegetable patch. They take the wood to Sean's charcoal-burner which they set alight and cover up for the night.	UNITED KINGDOM	English-100	2002	RPT	PG	
2025-05-27	2330	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	02	2	Rick and Chally are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart, a local variety of cheesecake.	UNITED KINGDOM		2003	RPT	PG	a w
2025-05-27	2400	Cooking	My Market Kitchen	Episode 43	05	43	Ben cooks an easy but delicious lemon meringue cheesecake.	AUSTRALIA	English-100	2021	RPT	G	
2025-05-27	2430	Cooking	Cooking With Curtis	Lubumba	01	8	Impressed with her neighbour's rigorous schedule as a nurse at a children's hospital, Lubumba wants to treat Nida to a special meal. As a self-taught cook, Lu solicits Curtis' assistance in making a Seared Bone-in Pork Chop with Creamed Corn, Grilled Green Bean Salad with Chimichurri, and a Flourless Chocolate Cake with Whipped Cream and Raspberries.	USA	English-100	2022	RPT	G	
2025-05-27	2500	Cooking	The Big Irish Food Tour	County Tyrone With Dennis Taylor	01	2	Watched by 18 million people across the UK, the 1985 World Snooker Championship has gone down in history as one of the greatest sporting matches in history won by Northern Irish legend Dennis Taylor.	UNITED KINGDOM		2024	RPT	PG	a w
2025-05-27	2530	Cooking	Prue Leith's Cotswold Kitchen	Charlotte Church	02	6	Prue invites Charlotte Church to her kitchen and makes decorative chocolate leaves.	UNITED KINGDOM	English-100	2025	RPT	G	
2025-05-27	2630	Food Lifestyle	Come Dine With Me	Birmingham: Owen	20	33	It's the third day of the competition in Birmingham, where hip hop artist Owen is hoping his musical themed evening will be a smash hit with his guests.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-05-27	2700	Food Lifestyle	Come Dine With Me	Birmingham: Richard	20	34	It's the fourth day of the competition in Birmingham, where hairdresser Richard is hoping his traditional feast will be a cut above the rest with his guests.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-05-27	2730	Travel	The Cook Up With Adam Liaw	Unbe-Leaf-Able	08	32	Adam and his guests, the acclaimed chefs Katie White and Warren Mendes, leaf nothing to chance in a night of unbe-leaf-able cooking.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-05-27	2800	Food Lifestyle	River Cottage Forever	Ep 7	01	7	On his regular morning stock-check, Hugh finds that one of his old ewes has died. It's a sad day at River Cottage as later on he sends off two of his pigs to the abattoir. Later, local charcoal-maker Sean Bridges comes round to lift the gloom by chopping down some of the trees which shade Hugh's vegetable patch. They take the wood to Sean's charcoal-burner which they set alight and cover up for the night.	UNITED KINGDOM	English-100	2002	RPT	PG	
2025-05-27	2830	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	02	2	Rick and Chally are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart, a local variety of cheesecake.	UNITED KINGDOM		2003	RPT	PG	a w
2025-05-28	0500	Food Lifestyle	Chefs Uncut	Chef L.G. Han	01	4	Follow Singaporean Chef LG Han's unique journey. Relive his passion and his anguish, as he continually reinvents and destroys his creations, himself and modern Singaporean cuisine.	SINGAPORE	English-100	2023	RPT	PG	
2025-05-28	0530	Travel	Bobby & Giada in Italy	Medieval Hamlet, A	1	3	Bobby Flay and Giada De Laurentis drive to the countryside of Tuscany for the second leg of their Italian adventure. They begin in the Siena province, a medieval hamlet that's been converted into the beautiful Monteverdi resort. Here it's all about exploring the local food and traditions: organic farms, an ancient flour mill, and Tuscan-style burgers.	USA	English-100	2021	RPT	G	Y
2025-05-28	0625	Cooking	Please Eat Slowly Bitesize	Yee Sang	01	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G	

2025-05-28	0630	Cooking	Freshly Picked	Episode 2	02	2	Start off with a delicious cannelloni without the pasta and a Sri Lankan fried cabbage. Tobie brings the crunch with his Japanese style tofu sandwich, and Simo looks for the best wood fired pizza.	AUSTRALIA	English-100	2021	RPT	G	
2025-05-28	0700	Food Lifestyle	Food Unwrapped	Perfect Veg, Strong Wine And Biscuit Dunking	05	6	Jimmy investigates the supermarkets' stringent criteria for the perfect vegetable. Matt takes on the ultimate tea-break challenge to end the age old dispute of which biscuit is best for dunking?	UNITED KINGDOM	English-100	2015	RPT	G	Y
2025-05-28	0730	Cooking	Mary Makes It Easy	Early Bird Baking	1	12	Breakfast doesn't have to be the same old morning routine day after day. Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind.	CANADA	English-100	2021	RPT	G	
2025-05-28	0800	Cooking	Lidia's Kitchen	Soups On	06	12	Soups are a delicious and comforting way to warm up, especially in winter. The menu today is spicy Italian soup, Calabria's vegetable soup, the perfect simple salad, and butternut squash soup.	USA	English-100	2019	RPT	G	
2025-05-28	0830	Cooking	Kriol Kitchen	Elijah Prewitt: Asian Style Crayfish With Green Pawpaw Salad	02	8	Elijah's cooking influence comes from living in Broome and growing up with many of his mates, eating whatever was caught from the ocean and the inlands.	AUSTRALIA		2014	RPT	G	Y
2025-05-28	0900	Travel	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 2	2	2	Hayden goes on an epic road trip to pick up tomatoes, traditional smallgoods and buffalo cheese to cook up into a delicious dish at sunset.	AUSTRALIA	English-100	2020	RPT	G	
2025-05-28	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 12	07	12	Johnny Di cooks Spaghetti Olio E Peroncino. Justine cooks up some Honey Sesame Chicken and prepares and Berry Pudding.	AUSTRALIA	English-100	2017	RPT	G	
2025-05-28	1000	Travel	Marcus Wareing: Simply Provence	Tomatoes	01	1	When you think of French food, certain things spring to mind: wine, cheese, frogs legs. But often it's a super simple ingredient that is at the centre of great food in Provence. Whether you consider it a fruit or a vegetable, there's no denying that here, the tomato is king.	UNITED KINGDOM	English-100	2024	RPT	G	Y
2025-05-28	1030	Cooking	Oliver's Twist	Wild City	01	17	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux, Mediterranean fish stew and wild fruits with cream.	UNITED KINGDOM	English-100	2002	RPT	G	
2025-05-28	1100	Travel	The Cook Up With Adam Liaw	Unbe-Leaf-Able	08	32	Adam and his guests, the acclaimed chefs Katie White and Warren Mendes, leaf nothing to chance in a night of unbe-leaf-able cooking.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-05-28	1130	Cooking	Cooking With Curtis	Lubumba	01	8	Impressed with her neighbour's rigorous schedule as a nurse at a children's hospital, Lubumba wants to treat Nida to a special meal. As a self-taught cook, Lu solicits Curtis' assistance in making a Seared Bone-in Pork Chop with Creamed Corn, Grilled Green Bean Salad with Chimichurri, and a Flourless Chocolate Cake with Whipped Cream and Raspberries.	USA	English-100	2022	RPT	G	
2025-05-28	1200	Cooking	The Big Irish Food Tour	County Tyrone With Dennis Taylor	01	2	Watched by 18 million people across the UK, the 1985 World Snooker Championship has gone down in history as one of the greatest sporting matches in history won by Northern Irish legend Dennis Taylor.	UNITED KINGDOM		2024	RPT	PG	a w
2025-05-28	1230	Travel	Bobby & Giada in Italy	Wine Country	1	4	For their final week in Italy, Bobby Flay and Giada De Laurentis are in wine country! It's a chef's dream as they source high-end local ingredients and visit an iconic winery in Montalcino, a medieval fortress town set in the Tuscan hills and made famous for its Brunello wine.	USA	English-100	2021	RPT	G	Y
2025-05-28	1325	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	01	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G	
2025-05-28	1330	Cooking	My Market Kitchen	Episode 44	05	44	Ben takes a trip down memory lane as he plates up a very naughty dish from his childhood - donut sandwiches. After that, Ben enlightens us on his time spent in Morocco and pays tribute to those experiences with his Harira. Lastly, chef Karen Chan joins Ben to throw a Korean Bibimbap party.	AUSTRALIA	English-100	2021	RPT	PG	
2025-05-28	1400	Food Lifestyle	Chefs Uncut	Chef Jordy Navarra	01	5	Explore how Chef Jordy's dishes, techniques, and life story towards becoming a world-renowned chef from a small archipelago are as inspiring as they are authentically Filipino.	SINGAPORE	English-100	2023	RPT	PG	I
2025-05-28	1430	Cooking	Freshly Picked	Episode 3	02	3	Get the party started today with some chunky eggplant burgers, and get a few sneaky tips for fritters. Anushka is in baking the ultimate Armenian afternoon tea, and Simon samples hot chocolate.	AUSTRALIA	English-100	2021	RPT	G	
2025-05-28	1500	Food Lifestyle	Food Unwrapped	Pineapple, Bubbly Chocolate And Mussels	05	7	Kate travels to Ghana and discovers that pineapples contain an enzyme that destroys the dead skin cells in your mouth. Jimmy uncovers how they put the bubbles in some of our chocolate bars.	UNITED KINGDOM	English-100	2015	RPT	PG	Y
2025-05-28	1530	Cooking	Mary Makes It Easy	Helpful Holidays	1	13	So many people feel overwhelmed by preparing the big holiday feast, but Mary's menu cuts back the kitchen time to spend it with family.	CANADA	English-100	2021	RPT	G	

2025-05-28	1600	Cooking	Lidia's Kitchen	Crispy Favourites	06	13	Fried foods are not eaten often in Italy, but Lidia shares some recipes no one can resist - crispy shrimp, baked tomatoes, and polenta torta with gorgonzola and savory cabbage.	USA	English-100	2019	RPT	G		
2025-05-28	1630	Cooking	Kriol Kitchen	Cauline & Bubba Masuda: Black Bean Fish With Cabbage & Sasami	02	9	Drawing on their father's Japanese and mother's Bard heritage, Bubba prepare two dishes that have us going back down memory lane of our childhoods.	AUSTRALIA		2014	RPT	G	Y	Y
2025-05-28	1700	Travel	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 3	2	3	Hayden wakes up in the Blue Mountains after camping overnight. He heads to the Hawkesbury region to pick up great produce before jumping on a houseboat for a stunning river cruise.	AUSTRALIA	English-100	2020	RPT	G		
2025-05-28	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 13	07	13	Justine creates some new and unexpected favourites: caramelised Zucchini and Speck Flan, Cumin Lamb and Noodle Stir Fry and Soy Milk Chai Jelly Pots.	AUSTRALIA	English-100	2017		G		
2025-05-28	1800	Travel	Marcus Wareing: Simply Provence	Lamb	01	2	There is one thing that the Brits and the French have in common and that's the pride they take in their local dishes. Marcus, born and bred in Lancashire, knows a thing or two about good food.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-05-28	1830	Cooking	Oliver's Twist	Chocolate	01	18	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100	2002	RPT	G		
2025-05-28	1900	Travel	The Cook Up With Adam Liaw	Self-Taught Sweets	08	33	It's time to enrol in The Cook Up's self-taught sweets course! Your teachers? Adam and his guests, lawyer turned comedian Sashi Perera and banker turned cook Lilly Wright.	AUSTRALIA	English-100	2025		G	Y	
2025-05-28	1930	Cooking	Nadiya Bakes	Bakes To Share	1	5	Nadiya shares her recipes for delicious treats made to share with loved ones: chili and cranberry brioche wreaths, mini pecan pies, and mango and black pepper cranachan.	UNITED KINGDOM	English-100	2020	RPT	G		
2025-05-28	2000	Travel	Rachael Ray In Tuscany	Chicken Piccata And Lemon Risotto	01	2	Rachael prepares a beloved family meal of chicken piccata and lemon risotto using locally sourced Italian wine, lemons, and herbs.	USA	English-100	2022		G		
2025-05-28	2030	Travel	Tom Kerridge Cooks Britain	Wales To Lancashire - Chicken And Mushrooms	01	6	Tom Kerridge heads up the English Welsh border in 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		
2025-05-28	2100	Travel	Audra's Eat, Roam, Relish	Old Kuching	01	1	Audra Morrice journeys to the colourful island state of Sarawak, Malaysia to explore the depths of Indigenous culture via its rich gastronomy.	AUSTRALIA	English-80; Malay-20	2024		G		Y
2025-05-28	2130	Food Lifestyle	Come Dine With Me	Birmingham: Donna	20	35	It's the final day of the competition in and around Birmingham and serving up the week's last meal is care worker and self-styled 'Bling Queen' Donna.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-05-28	2200	Food Lifestyle	Come Dine With Me	Dundee & Perth: Siobhan	20	36	This week's competition is in and around the city of Dundee, where the first to host is civil servant Siobhan.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-05-28	2230	Travel	The Cook Up With Adam Liaw	Self-Taught Sweets	08	33	It's time to enrol in The Cook Up's self-taught sweets course! Your teachers? Adam and his guests, lawyer turned comedian Sashi Perera and banker turned cook Lilly Wright.	AUSTRALIA	English-100	2025	RPT	G	Y	
2025-05-28	2300	Food Lifestyle	River Cottage Forever	Ep 8	01	8	As winter approaches, Hugh has one major money-earner up his sleeve. He's teaming up with old rival and chilli pepper guru Michael Michaud, to capitalise on the huge profits available at the Borough Farmers' Market in London. After stripping his polytunnel of his entire chilli crop, Hugh sets about designing his added-value take-away fast-food product - the Mexican wrap.	UNITED KINGDOM	English-100	2002	RPT	PG	a w	
2025-05-28	2330	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	02	3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire, which is as rich in gastronomic delights as it is in history.	UNITED KINGDOM		2003	RPT	PG	a w	
2025-05-28	2400	Cooking	My Market Kitchen	Episode 44	05	44	Ben takes a trip down memory lane as he plates up a very naughty dish from his childhood - donut sandwiches. After that, Ben enlightens us on his time spent in Morocco and pays tribute to those experiences with his Harira. Lastly, chef Karen Chan joins Ben to throw a Korean Bibimbap party.	AUSTRALIA	English-100	2021	RPT	PG		
2025-05-28	2430	Cooking	Nadiya Bakes	Bakes To Share	1	5	Nadiya shares her recipes for delicious treats made to share with loved ones: chili and cranberry brioche wreaths, mini pecan pies, and mango and black pepper cranachan.	UNITED KINGDOM	English-100	2020	RPT	G		
2025-05-28	2500	Travel	Rachael Ray In Tuscany	Chicken Piccata And Lemon Risotto	01	2	Rachael prepares a beloved family meal of chicken piccata and lemon risotto using locally sourced Italian wine, lemons, and herbs.	USA	English-100	2022	RPT	G		
2025-05-28	2530	Travel	Tom Kerridge Cooks Britain	Wales To Lancashire - Chicken And Mushrooms	01	6	Tom Kerridge heads up the English Welsh border in 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		
2025-05-28	2600	Travel	Audra's Eat, Roam, Relish	Old Kuching	01	1	Audra Morrice journeys to the colourful island state of Sarawak, Malaysia to explore the depths of Indigenous culture via its rich gastronomy.	AUSTRALIA	English-80; Malay-20	2024	RPT	G		Y

2025-05-28	2630	Food Lifestyle	Come Dine With Me	Birmingham: Donna	20	35	It's the final day of the competition in and around Birmingham and serving up the week's last meal is care worker and self-styled 'Bling Queen' Donna.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-05-28	2700	Food Lifestyle	Come Dine With Me	Dundee & Perth: Siobhan	20	36	This week's competition is in and around the city of Dundee, where the first to host is civil servant Siobhan.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-05-28	2730	Travel	The Cook Up With Adam Liaw	Self-Taught Sweets	08	33	It's time to enrol in The Cook Up's self-taught sweets course! Your teachers? Adam and his guests, lawyer turned comedian Sashi Perera and banker turned cook Lily Wright.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-05-28	2800	Food Lifestyle	River Cottage Forever	Ep 8	01	8	As winter approaches, Hugh has one major money-earner up his sleeve. He's teaming up with old rival and chilli pepper guru Michael Michaud, to capitalise on the huge profits available at the Borough Farmers' Market in London. After stripping his polytunnel of his entire chilli crop, Hugh sets about designing his added-value take-away fast-food product - the Mexican wrap.	UNITED KINGDOM	English-100	2002	RPT	PG	a w	
2025-05-28	2830	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	02	3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire, which is as rich in gastronomic delights as it is in history.	UNITED KINGDOM		2003	RPT	PG	a w	
2025-05-29	0500	Food Lifestyle	Chefs Uncut	Chef Jordy Navarra	01	5	Explore how Chef Jordy's dishes, techniques, and life story towards becoming a world-renowned chef from a small archipelago are as inspiring as they are authentically Filipino.	SINGAPORE	English-100	2023	RPT	PG	I	
2025-05-29	0530	Travel	Bobby & Giada in Italy	Wine Country	1	4	For their final week in Italy, Bobby Flay and Giada De Laurentis are in wine country! It's a chef's dream as they source high-end local ingredients and visit an iconic winery in Montalcino, a medieval fortress town set in the Tuscan hills and made famous for its Brunello wine.	USA	English-100	2021	RPT	G		Y
2025-05-29	0625	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	01	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G		
2025-05-29	0630	Cooking	Freshly Picked	Episode 3	02	3	Get the party started today with some chunky eggplant burgers, and get a few sneaky tips for fritters. Anushka is in baking the ultimate Armenian afternoon tea, and Simon samples hot chocolate.	AUSTRALIA	English-100	2021	RPT	G		
2025-05-29	0700	Food Lifestyle	Food Unwrapped	Pineapple, Bubbly Chocolate And Mussels	05	7	Kate travels to Ghana and discovers that pineapples contain an enzyme that destroys the dead skin cells in your mouth. Jimmy uncovers how they put the bubbles in some of our chocolate bars.	UNITED KINGDOM	English-100	2015	RPT	PG		Y
2025-05-29	0730	Cooking	Mary Makes It Easy	Helpful Holidays	1	13	So many people feel overwhelmed by preparing the big holiday feast, but Mary's menu cuts back the kitchen time to spend it with family.	CANADA	English-100	2021	RPT	G		
2025-05-29	0800	Cooking	Lidia's Kitchen	Crispy Favourites	06	13	Fried foods are not eaten often in Italy, but Lidia shares some recipes no one can resist - crispy shrimp, baked tomatoes, and polenta torta with gorgonzola and savory cabbage.	USA	English-100	2019	RPT	G		
2025-05-29	0830	Cooking	Kriol Kitchen	Cauline & Bubba Masuda: Black Bean Fish With Cabbage & Samani	02	9	Drawing on their father's Japanese and mother's Bard heritage, Bubba prepare two dishes that have us going back down memory lane of our childhoods.	AUSTRALIA		2014	RPT	G	Y	Y
2025-05-29	0900	Travel	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 3	2	3	Hayden wakes up in the Blue Mountains after camping overnight. He heads to the Hawkesbury region to pick up great produce before jumping on a houseboat for a stunning river cruise.	AUSTRALIA	English-100	2020	RPT	G		
2025-05-29	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 13	07	13	Justine creates some new and unexpected favourites: caramelised Zucchini and Speck Flan, Cumin Lamb and Noodle Stir Fry and Soy Milk Chai Jelly Pots.	AUSTRALIA	English-100	2017	RPT	G		
2025-05-29	1000	Travel	Marcus Wareing: Simply Provence	Lamb	01	2	There is one thing that the Brits and the French have in common and that's the pride they take in their local dishes. Marcus, born and bred in Lancashire, knows a thing or two about good food.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-05-29	1030	Cooking	Oliver's Twist	Chocolate	01	18	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100	2002	RPT	G		
2025-05-29	1100	Travel	The Cook Up With Adam Liaw	Self-Taught Sweets	08	33	It's time to enrol in The Cook Up's self-taught sweets course! Your teachers? Adam and his guests, lawyer turned comedian Sashi Perera and banker turned cook Lily Wright.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-05-29	1130	Cooking	Nadiya Bakes	Bakes To Share	1	5	Nadiya shares her recipes for delicious treats made to share with loved ones: chilli and cranberry brioche wreaths, mini pecan pies, and mango and black pepper cranachan.	UNITED KINGDOM	English-100	2020	RPT	G		

2025-05-29	1200	Travel	Rachael Ray In Tuscany	Chicken Piccata And Lemon Risotto	01	2	Rachael prepares a beloved family meal of chicken piccata and lemon risotto using locally sourced Italian wine, lemons, and herbs.	USA	English-100	2022	RPT	G		
2025-05-29	1230	Travel	Jimmy's Taste Of Florida	Pensacola / Panama City Beach	01	1	Jimmy starts his Florida adventure in Pensacola, where he explores the city's culinary scene with chef Blake and uncovers the Southern delicacy of boiled peanuts.	UNITED KINGDOM	English-100	2023	RPT	G		
2025-05-29	1325	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G		
2025-05-29	1330	Cooking	My Market Kitchen	Episode 45	05	45	Ben and wine expert Belinda create a delicious gnocchi alla romana with mushrooms.	AUSTRALIA	English-100	2021	RPT	G		
2025-05-29	1400	Food Lifestyle	Chefs Uncut	Chef Janice Wong	01	6	Multi-award-winning pastry chef Janice Wong needs no introduction for many in the world of F and B. For the first time, she tells a little known side of her story of how an accident in her launched her passion.	SINGAPORE	English-100	2023	RPT	PG		
2025-05-29	1430	Cooking	Freshly Picked	Episode 4	02	4	Simon heads to the Kynd Butcher to grab some vegan mince for super cheesy tortillas, and next up is a healthy and delicious Middle Eastern style brunch. He also gives his three ways for tasty edamame.	AUSTRALIA	English-100	2021	RPT	PG		
2025-05-29	1500	Food Lifestyle	Food Unwrapped	Prunes, Cherry Tomatoes And Sea Water Veg	05	8	Jimmy wants to know if prunes can help the Food CIA team stay regular. Matt travels to The Netherlands to meet a Dutch pioneer who may have unlocked the secret to growing vegetables using seawater.	UNITED KINGDOM	English-100	2015	RPT	PG	Y	
2025-05-29	1530	Cooking	Mary Makes It Easy	Healthied Up	1	14	Eating healthier doesn't have to mean cutting out treats. Mary "healthies up" her favourite comfort foods to incorporate more nutrients and make them a little healthier without sacrificing flavour.	CANADA	English-100	2021	RPT	G		
2025-05-29	1600	Cooking	Lidia's Kitchen	Meal For The Grandkids, A	06	14	Lidia loves cooking for her family and shares some of her favourite recipes to make for her grandkids. She starts with a kid-friendly cherry almond spritzer, grilled fruit, and pasta salad.	USA	English-100	2019	RPT	G		
2025-05-29	1630	Cooking	Kriol Kitchen	Ali & Mitch Torres: Bami (Goanna) Caesar Salad & PAN Fried Damper	02	10	Ali and Mitch take the bush goanna and give it a dressing up in this recipe of the traditional Caesar Salad, replacing the chicken and eggs with chunky pieces of Bami and served with damper.	AUSTRALIA		2014	RPT	G	Y	
2025-05-29	1700	Travel	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 4	2	4	Hayden dives at sunrise for sea urchins, then he's off to a local farmers' market to buy mushrooms, grab some famous donuts, and cook for his friends on their goat farm.	AUSTRALIA	English-100	2020	RPT	G		
2025-05-29	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 14	07	14	An episode jam-packed with flavour - Buffalo Style Cauliflower and Spaghetti with Crab and Fennel Sauce. Then Justine shows how easy it is to make a Pear and Choc Chip Pecan Crumble Cake.	AUSTRALIA	English-100	2017		G		
2025-05-29	1800	Travel	Marcus Wareing: Simply Provence	Cheese	01	3	There is one thing in France which seems even more important than food, a sporting spirit: be it football, tennis, or even petanque. Marcus is going to be combining both of these French passions.	UNITED KINGDOM	English-100	2024	RPT	G	Y	
2025-05-29	1830	Cooking	Oliver's Twist	Wimbledon	01	19	Jamie invites his mother-in-law and her friends round to watch the Wimbledon men's final on TV, and treats them to a big summer feast.	UNITED KINGDOM	English-100	2002	RPT	PG		
2025-05-29	1900	Cooking	The Cook Up With Adam Liaw	Mezze Table, The	06	20	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-05-29	1930	Travel	Jason Atherton's Dubai Dishes	Al Quoz	02	10	In the last episode of the series, Jason is going arsy in Al Quoz, cooking up incredible dishes including succulent slow-cooked coffee-glazed short ribs and his take on the classic tarte tatin.	UNITED KINGDOM	English-100	2024		PG		
2025-05-29	2030	Travel	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 2	01	4	Luke continues his journey through the backstreets of Bangkok, uncovering secret street food eats in a local neighbourhood and searching for the best Tom Yum soup.	AUSTRALIA	English-100	2016	RPT	G	Y	Y
2025-05-29	2100	Travel	Sophie Grigson: Slice Of Italy	Olives: The Elair Of Life	01	5	Puglia is one of the biggest producers of olive oil. At home, Sophie serves up a chocolate mousse with olive oil - a dish new to her Puglian neighbours.	UNITED KINGDOM	English-100	2022	RPT	G		Y
2025-05-29	2130	Food Lifestyle	Come Dine With Me	Dundee & Perth: Kezia	20	37	It's night two in Dundee where the youngest contestant of the group, 20 year old student Kezia is hoping tonight will be child's play as she battles to beat the rest to 1000 Pounds.	UNITED KINGDOM	English-100	2022	RPT	G		

2025-05-29	2200	Food Lifestyle	Come Dine With Me	Dundee & Perth: Stephen	20	38	It's night three in Dundee where hairdresser Stephen is hoping to be a cut above the rest with an evening of familiar favourites.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-05-29	2230	Cooking	The Cook Up With Adam Liaw	Mezze Table, The	06	20	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-05-29	2300	Food Lifestyle	Beyond River Cottage	Beyond River Cottage Series 1 Ep 1	01	1	It's five years since Hugh left London behind for rural Dorset, and now he and his growing family are moving on from River Cottage to the nearby farm of their dreams.	UNITED KINGDOM	English-100	2004	RPT	PG	a l w
2025-05-29	2330	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	02	4	Rick visits Carmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding. From her village shop in this tiny pretty village, truckloads of puddings are transported daily to all parts of Britain.	UNITED KINGDOM		2003	RPT	PG	
2025-05-29	2400	Cooking	My Market Kitchen	Episode 45	05	45	Ben and wine expert Belinda create a delicious gnocchi alla romana with mushrooms.	AUSTRALIA	English-100	2021	RPT	G	
2025-05-29	2430	Travel	Jason Atherton's Dubai Dishes	Al Quoz	02	10	In the last episode of the series, Jason is going arsy in Al Quoz, cooking up incredible dishes including succulent slow-cooked coffee-glazed short ribs and his take on the classic tarte tatin.	UNITED KINGDOM	English-100	2024	RPT	PG	
2025-05-29	2530	Travel	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 2	01	4	Luke continues his journey through the backstreets of Bangkok, uncovering secret street food eats in a local neighbourhood and searching for the best Tom Yum soup.	AUSTRALIA	English-100	2016	RPT	G	Y Y
2025-05-29	2600	Travel	Sophie Grigson: Slice Of Italy	Olives: The Elair Of Life	01	5	Puglia is one of the biggest producers of olive oil. At home, Sophie serves up a chocolate mousse with olive oil - a dish new to her Puglian neighbours.	UNITED KINGDOM	English-100	2022	RPT	G	Y
2025-05-29	2630	Food Lifestyle	Come Dine With Me	Dundee & Perth: Kezia	20	37	It's night two in Dundee where the youngest contestant of the group, 20 year old student Kezia is hoping tonight will be child's play as she battles to beat the rest to 1000 Pounds.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-05-29	2700	Food Lifestyle	Come Dine With Me	Dundee & Perth: Stephen	20	38	It's night three in Dundee where hairdresser Stephen is hoping to be a cut above the rest with an evening of familiar favourites.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-05-29	2730	Cooking	The Cook Up With Adam Liaw	Mezze Table, The	06	20	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-05-29	2800	Food Lifestyle	Beyond River Cottage	Beyond River Cottage Series 1 Ep 1	01	1	It's five years since Hugh left London behind for rural Dorset, and now he and his growing family are moving on from River Cottage to the nearby farm of their dreams.	UNITED KINGDOM	English-100	2004	RPT	PG	a l w
2025-05-29	2830	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	02	4	Rick visits Carmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding. From her village shop in this tiny pretty village, truckloads of puddings are transported daily to all parts of Britain.	UNITED KINGDOM		2003	RPT	PG	
2025-05-30	0500	Food Lifestyle	Chefs Uncut	Chef Janice Wong	01	6	Multi-award-winning pastry chef Janice Wong needs no introduction for many in the world of F and B. For the first time, she tells a little known side of her story of how an accident in her launched her passion.	SINGAPORE	English-100	2023	RPT	PG	
2025-05-30	0530	Travel	Jimmy's Taste Of Florida	Pensacola / Panama City Beach	01	1	Jimmy starts his Florida adventure in Pensacola, where he explores the city's culinary scene with chef Blake and uncovers the Southern delicacy of boiled peanuts.	UNITED KINGDOM	English-100	2023	RPT	G	
2025-05-30	0625	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G	
2025-05-30	0630	Cooking	Freshly Picked	Episode 4	02	4	Simon heads to the Kynd Butcher to grab some vegan mince for super cheesy tortillas, and next up is a healthy and delicious Middle Eastern style brunch. He also gives his three ways for tasty edamame.	AUSTRALIA	English-100	2021	RPT	PG	
2025-05-30	0700	Food Lifestyle	Food Unwrapped	Prunes, Cherry Tomatoes And Sea Water Veg	05	8	Jimmy wants to know if grunes can help the Food CIA team stay regular. Matt travels to The Netherlands to meet a Dutch pioneer who may have unlocked the secret to growing vegetables using seawater.	UNITED KINGDOM	English-100	2015	RPT	PG	Y
2025-05-30	0730	Cooking	Mary Makes It Easy	Healthied Up	1	14	Eating healthier doesn't have to mean cutting out treats. Mary "healthies up" her favourite comfort foods to incorporate more nutrients and make them a little healthier without sacrificing flavour.	CANADA	English-100	2021	RPT	G	

2025-05-30	0800	Cooking	Lidia's Kitchen	Meal For The Grandkids, A	06	14	Lidia loves cooking for her family and shares some of her favourite recipes to make for her grandkids. She starts with a kid-friendly cherry almond spritzer, grilled fruit, and pasta salad.	USA	English-100	2019	RPT	G		
2025-05-30	0830	Cooking	Kriol Kitchen	Ali & Mitch Torres: Barri (Goanna) Caesar Salad & PAN Fried Damper	02	10	Ali and Mitch take the bush goanna and give it a dressing up in this recipe of the traditional Caesar Salad, replacing the chicken and eggs with chunky pieces of Barri and served with damper.	AUSTRALIA		2014	RPT	G	Y	
2025-05-30	0900	Travel	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 4	2	4	Hayden dives at sunrise for sea urchins, then he's off to a local farmers' market to buy mushrooms, grab some famous donuts, and cook for his friends on his goat farm.	AUSTRALIA	English-100	2020	RPT	G		
2025-05-30	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 14	07	14	An episode jam-packed with flavour - Buffalo Style Cauliflower and Spaghetti with Crab and Fennel Sauce. Then Justine shows how easy it is to make a Pear and Choc Chip Pecan Crumble Cake.	AUSTRALIA	English-100	2017	RPT	G		
2025-05-30	1000	Travel	Marcus Wareing: Simply Provence	Cheese	01	3	There is one thing in France which seems even more important than food, a sporting spirit: be it football, tennis, or even petanque. Marcus is going to be combining both of these French passions.	UNITED KINGDOM	English-100	2024	RPT	G	Y	
2025-05-30	1030	Cooking	Oliver's Twist	Wimbledon	01	19	Jamie invites his mother-in-law and her friends round to watch the Wimbledon men's final on TV, and treats them to a big summer feast.	UNITED KINGDOM	English-100	2002	RPT	PG		
2025-05-30	1100	Cooking	The Cook Up With Adam Liaw	Mezze Table, The	06	20	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-05-30	1130	Travel	Jason Atherton's Dubai Dishes	Al Quoz	02	10	In the last episode of the series, Jason is going arty in Al Quoz, cooking up incredible dishes including succulent slow-cooked coffee-glazed short ribs and his take on the classic tarte tatin.	UNITED KINGDOM	English-100	2024	RPT	PG		
2025-05-30	1230	Travel	Jimmy's Taste Of Florida	New Smyrna Beach / Kennedy Space Centre	01	2	Jimmy goes to New Smyrna Beach, where he tests his surfing and learns about Southern grits. He heads to the Kennedy Space Centre to see the iconic launchpads where many missions began.	UNITED KINGDOM	English-100	2023	RPT	G		
2025-05-30	1325	Cooking	Please Eat Slowly Bitesize	Claypot Rice	01	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G		
2025-05-30	1330	Cooking	My Market Kitchen	Episode 46	05	46	Ben channels his Hawaiian spirit with haloumi, pineapple and prawn skewers.	AUSTRALIA	English-100	2021	RPT	G		
2025-05-30	1400	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	
2025-05-30	1430	Cooking	Freshly Picked	Episode 5	02	5	The veggie maestro Afia Gal is on today with a way to turn leaks into something spectacular. Simon shows his trick into a side of broccolini, and a totally indulgent peanut butterscotch slice.	AUSTRALIA	English-100	2021	RPT	G		
2025-05-30	1500	Food Lifestyle	Food Unwrapped	Seafood, Eat Your Greens And Gummy Sweets	05	9	Jimmy wants to know if there are any easier ways to get the meat out of a fiddly crustacean, and discovers a new technology in Ireland which could revolutionise the food industry. Kate asks is there anything we can do to get kids to eat their greens, and finds out why toddlers are hardwired to avoid unfamiliar foods. While Matt is in Germany finding out how gummy sweets are made. But be careful of the sugar alarm!	UNITED KINGDOM	English-100	2015	RPT	PG	a w	Y
2025-05-30	1530	Cooking	Mary Makes It Easy	Mary Bakes It Easy	1	15	Baking may be a science, but it doesn't need to be complicated. Mary's recipes show some simple solutions for enjoying baked goods at home.	CANADA	English-100	2021	RPT	G	Y	
2025-05-30	1600	Cooking	Lidia's Kitchen	Starring Olive Oil	06	15	Olive oil is an essential staple in every Italian home. It's the easiest way to add flavour to any soup, and Lidia shows you how when making cannellini bean and lentil soup.	USA	English-100	2019	RPT	G		
2025-05-30	1630	Cooking	Kriol Kitchen	Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup	03	1	Patty Mamid shows us how to prepare creamy chilli squid and soybean seafood soup. Drawing on her multicultural heritage, Patty cooks up two dishes of her own making.	AUSTRALIA		2014	RPT	G	Y	
2025-05-30	1700	Travel	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 5	2	5	Hayden learns about regenerative farming at a cherry farm and a cattle property, with alpacas and a famous winery visit thrown in, and ends the day with a picture-perfect campfire meal.	AUSTRALIA	English-100	2020	RPT	G		
2025-05-30	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 15	07	15	Justine prepares some delicious and easy recipes today. Pork hakka Noodles, a Seafood Cassoulet and a Flambeed Apple and Prune Tart.	AUSTRALIA	English-100	2017		PG		
2025-05-30	1800	Travel	Marcus Wareing: Simply Provence	Olives	01	4	In Provence, you don't have to walk far or turn too many corners before you find yourself surrounded by locally grown produce.	UNITED KINGDOM	English-100	2024	RPT	G		

2025-05-30	1830	Cooking	Oliver's Twist	Bon Voyage	01	20	Jamie puts together a farewell dinner for his friend, who is travelling for a year.	UNITED KINGDOM	English-100	2002	RPT	G	
2025-05-30	1900	Cooking	The Cook Up With Adam Liaw	One Pan Spicy Veg	06	21	Two of Australia's hottest young chefs, Rosheen Kaul from Etta and Aleksis Kahins from Hazel, join Adam to make their most tastebud-tinging one pan spicy veg.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-05-30	1930	Travel	Gary Barlow's Food & Wine: Australia	Gary Barlow's Food & Wine Tour: Australia Ep 1	01	1	Gary is joined by famous friends for unique experiences that take him from the rainforests of Queensland to the rugged outback of Kangaroo Island. Gary dives into the places, produce, and passions that make Australia's food and wine scene so special.	UNITED KINGDOM	English-100	2025			
2025-05-30	2030	Food Lifestyle	Kitchen Glow Up	Chef In Need	2024	4	Kat is a successful restaurateur and chef who also happens to be a friend of Ellen's. The pressure is on to give her kitchen a proper glow up!	USA	English-100	2024		PG	
2025-05-30	2100	Travel	Malaysia Gourmet With Justine Schofield	Ep 4	01	4	Delve deeper into Malaysia's cultural heritage with Justine as she visits the Terengganu cultural village. She uncovers intriguing culinary and musical traditions then meets Chef Afiq Matkhir.	AUSTRALIA	English-100	2023	RPT	G	
2025-05-30	2130	Food Lifestyle	Come Dine With Me	Dundee & Perth: Guy	20	39	This week's competition is in and around Dundee and Perth, where the fourth to host is tyre salesman Guy, who intends to treat his guests to a night of gastronomy standard fast food.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-05-30	2200	Food Lifestyle	Come Dine With Me	Dundee & Perth: Laurent	20	40	This week's competition is in and around Dundee and Perth, where the fifth to host is author and stay at home dad, Laurent, who wishes to delight his new found friends with a night of France.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-05-30	2230	Cooking	The Cook Up With Adam Liaw	One Pan Spicy Veg	06	21	Two of Australia's hottest young chefs, Rosheen Kaul from Etta and Aleksis Kahins from Hazel, join Adam to make their most tastebud-singling one pan spicy veg.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-05-30	2300	Food Lifestyle	Beyond River Cottage	Beyond River Cottage Series 1 Ep 2	01	2	It's been several weeks since Hugh took a lease on a collection of barns near his new farm in Dorset. He plans to turn them into a culinary headquarters - a place he can use as an outlet for his home.	UNITED KINGDOM	English-100	2004	RPT	PG	
2025-05-30	2330	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 5	02	5	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast to Waterford, a town usually renowned for its glass.	UNITED KINGDOM		2003	RPT	PG	
2025-05-30	2400	Cooking	My Market Kitchen	Episode 46	05	46	Ben channels his Hawaiian spirit with haloumi, pineapple and prawn skewers.	AUSTRALIA	English-100	2021	RPT	G	
2025-05-30	2430	Travel	Gary Barlow's Food & Wine: Australia	Gary Barlow's Food & Wine Tour: Australia Ep 1	01	1	Gary is joined by famous friends for unique experiences that take him from the rainforests of Queensland to the rugged outback of Kangaroo Island. Gary dives into the places, produce, and passions that make Australia's food and wine scene so special.	UNITED KINGDOM	English-100	2025	RPT		
2025-05-30	2530	Food Lifestyle	Kitchen Glow Up	Chef In Need	2024	4	Kat is a successful restaurateur and chef who also happens to be a friend of Ellen's. The pressure is on to give her kitchen a proper glow up!	USA	English-100	2024	RPT	PG	
2025-05-30	2600	Travel	Malaysia Gourmet With Justine Schofield	Ep 4	01	4	Delve deeper into Malaysia's cultural heritage with Justine as she visits the Terengganu cultural village. She uncovers intriguing culinary and musical traditions then meets Chef Afiq Matkhir.	AUSTRALIA	English-100	2023	RPT	G	
2025-05-30	2630	Food Lifestyle	Come Dine With Me	Dundee & Perth: Guy	20	39	This week's competition is in and around Dundee and Perth, where the fourth to host is tyre salesman Guy, who intends to treat his guests to a night of gastronomy standard fast food.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-05-30	2700	Food Lifestyle	Come Dine With Me	Dundee & Perth: Laurent	20	40	This week's competition is in and around Dundee and Perth, where the fifth to host is author and stay at home dad, Laurent, who wishes to delight his new found friends with a night of France.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-05-30	2730	Cooking	The Cook Up With Adam Liaw	One Pan Spicy Veg	06	21	Two of Australia's hottest young chefs, Rosheen Kaul from Etta and Aleksis Kahins from Hazel, join Adam to make their most tastebud-singling one pan spicy veg.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-05-30	2800	Food Lifestyle	Beyond River Cottage	Beyond River Cottage Series 1 Ep 2	01	2	It's been several weeks since Hugh took a lease on a collection of barns near his new farm in Dorset. He plans to turn them into a culinary headquarters - a place he can use as an outlet for his home.	UNITED KINGDOM	English-100	2004	RPT	PG	

2025-05-30	2830	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 5	02	5	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast to Waterford, a town usually renowned for its glass.	UNITED KINGDOM		2003	RPT	PG	
2025-05-31	0500	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
2025-05-31	0530	Travel	Jimmy's Taste Of Florida	New Smyrna Beach / Kennedy Space Centre	01	2	Jimmy goes to New Smyrna Beach, where he tests his surfing and learns about Southern grits. He heads to the Kennedy Space Centre to see the iconic launchpads where many missions began.	UNITED KINGDOM	English-100	2023	RPT	G	
2025-05-31	0625	Cooking	Please Eat Slowly Bitesize	Claypot Rice	01	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G	
2025-05-31	0630	Cooking	Freshly Picked	Episode 5	02	5	The veggie maestro Afik Gal is on today with a way to turn leeks into something spectacular. Simon shows his trick into a side of broccolini, and a totally indulgent peanut butterscotch slice.	AUSTRALIA	English-100	2021	RPT	G	
2025-05-31	0700	Food Lifestyle	Food Unwrapped	Seafood, Eat Your Greens And Gummy Sweets	05	9	Jimmy wants to know if there are any easier ways to get the meat out of a fiddly crustacean, and discovers a new technology in Ireland which could revolutionise the food industry. Kate asks is there anything we can do to get kids to eat their greens, and finds out why toddlers are hardwired to avoid unfamiliar foods. While Matt is in Germany finding out how gummy sweets are made. But be careful of the sugar alarm!	UNITED KINGDOM	English-100	2015	RPT	PG	a w
2025-05-31	0730	Cooking	Mary Makes It Easy	Mary Bakes It Easy	1	15	Baking may be a science, but it doesn't need to be complicated. Mary's recipes show some simple solutions for enjoying baked goods at home.	CANADA	English-100	2021	RPT	G	
2025-05-31	0800	Cooking	Lidia's Kitchen	Starring Olive Oil	06	15	Olive oil is an essential staple in every Italian home. It's the easiest way to add flavour to any soup, and Lidia shows you how when making cannellini bean and lentil soup.	USA	English-100	2019	RPT	G	
2025-05-31	0830	Cooking	Kriol Kitchen	Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup	03	1	Patty Mamid shows us how to prepare creamy chilli squid and soybean seafood soup. Drawing on her multicultural heritage, Patty cooks up two dishes of her own making.	AUSTRALIA		2014	RPT	G	Y
2025-05-31	0900	Travel	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 5	2	5	Hayden learns about regenerative farming at a cherry farm and a cattle property, with alpacas and a famous winery visit thrown in, and ends the day with a picture-perfect campfire meal.	AUSTRALIA	English-100	2020	RPT	G	
2025-05-31	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 15	07	15	Justine prepares some delicious and easy recipes today. Pork hikka Noodles, a Seafood Cassoulet and a Flambeed Apple and Prune Tart.	AUSTRALIA	English-100	2017	RPT	PG	
2025-05-31	1000	Travel	Marcus Wareing: Simply Provence	Olives	01	4	In Provence, you don't have to walk far or turn too many corners before you find yourself surrounded by locally grown produce.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-05-31	1030	Cooking	Oliver's Twist	Bon Voyage	01	20	Jamie puts together a farewell dinner for his friend, who is travelling for a year.	UNITED KINGDOM	English-100	2002	RPT	G	
2025-05-31	1100	Cooking	The Cook Up With Adam Liaw	One Pan Spicy Veg	06	21	Two of Australia's hottest young chefs, Rosheen Kaul from Etta and Aleksis Kahins from Hazel, join Adam to make their most tastebud-tingling one pan spicy veg.	AUSTRALIA	English-100	2023	RPT	G	Y

2025-05-31	1130	Travel	Gary Barlow's Food & Wine: Australia	Gary Barlow's Food & Wine Tour: Australia Ep 1	01	1	Gary is joined by famous friends for unique experiences that take him from the rainforests of Queensland to the rugged outback of Kangaroo Island. Gary dives into the places, produce, and passions that make Australia's food and wine scene so special.	UNITED KINGDOM	English-100	2025	RPT				
2025-05-31	1230	Food Lifestyle	Kitchen Glow Up	Chef in Need	2024	4	Kat is a successful restaurateur and chef who also happens to be a friend of Ellen's. The pressure is on to give her kitchen a proper glow up!	USA	English-100	2024	RPT	PG			
2025-05-31	1300	Travel	Malaysia Gourmet With Justine Schofield	Ep 4	01	4	Delve deeper into Malaysia's cultural heritage with Justine as she visits the Terengganu cultural village. She uncovers intriguing culinary and musical traditions then meets Chef Afiq Matkhir.	AUSTRALIA	English-100	2023	RPT	G			
2025-05-31	1330	Cooking	Freshly Picked	Episode 5	02	5	The veggie maestro Afik Gal is on today with a way to turn leeks into something spectacular. Simon shows his trick into a side of broccolini, and a totally indulgent peanut butterscotch slice.	AUSTRALIA	English-100	2021	RPT	G			
2025-05-31	1400	Food Lifestyle	Food Unwrapped	Seafood, Eat Your Greens And Gummy Sweets	05	9	Jimmy wants to know if there are any easier ways to get the meat out of a fiddly crustacean, and discovers a new technology in Ireland which could revolutionise the food industry. Kate asks is there anything we can do to get kids to eat their greens, and finds out why toddlers are hardwired to avoid unfamiliar foods. While Matt is in Germany finding out how gummy sweets are made. But be careful of the sugar alarm!	UNITED KINGDOM	English-100	2015	RPT	PG	a w		Y
2025-05-31	1430	Lifestyle	Food Markets: In The Belly Of The City	Sardinia - Mercato Di San Benedetto	04	5	The market of San Benedetto in Cagliari is the island's belly. It is one of the biggest fresh produce markets in Europe and arguably said to be the biggest fish market in Europe. A paradise for food lovers, where every stall keeper has a story to tell.	FRANCE	English-60, Italian-40	2020	RPT	PG	a w	Y	Y
2025-05-31	1530	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Dijon	05	1	The Halles de Dijon is a huge expanse hosting over 700 stalls in 4 pavilions. Its size matches the sheer variety of specialities coming from the Burgundy region.	FRANCE	English-60, French-40	2024	RPT	G		Y	Y
2025-05-31	1635	Cooking	Rachel Khoo's Simple Pleasures	Timeless Favorites	01	7	Trends come and go, but some recipes really stand the test of time. Rachel Khoo puts her modern spin on three dishes that may have their roots in the past but are just as popular today.	USA	English-100	2020	RPT	G			
2025-05-31	1700	Travel	Masters Of Taste With Gary Mehigan	Celebrating The Local	01	3	Gary drops in at Bombay Canteen to meet Chef Thomas where he shows Gary how he creates the restaurant's signature dish - the seafood bhel. He later meets the 'Queen of Macarons.'	INDIA	English-100	2018	RPT	G			
2025-05-31	1730	Cooking	Dishing It Up	Returning To Roots	01	8	This episode, everyday home cooks put recipes from four chefs returning to their roots to the test. Will Rick Stein's Stargazy Pie come crashing back down to earth? Will Warren Mendes flex his mussel curry? Will they be too chicken to try Luke Nguyen's chicken rice? And will Guillaume Brahmi's 'Tourte des myrtilles' be a rough or easy ride?	AUSTRALIA	English-100	2021	RPT	G		Y	
2025-05-31	1800	Cooking	Marion Grasby's Flavours: Heart And Home	Asian Pantry Staples	01	5	Marion visits Inala, in Brisbane's south, where childhood grocery trips with her mum began. She explores noodle aisles, reflects on her mum's migrant story and meets family friends who share tips for the perfect bowl of pho.	AUSTRALIA	English-100	2024	RPT	G		Y	

2025-05-31	1830	Travel	Ainsley's Taste Of Malta	Central	01	3	Ainsley is in central Malta where he starts his day exploring the beautiful ancient city of Mdina. After a tour of the city, Ainsley stops by a restaurant with an impressive history and a great view.	UNITED KINGDOM	English-100	2023	RPT	G	
2025-05-31	1930	Travel	Roux Down The River	Richmond	01	3	In Richmond, after fishing with an old friend, Michel Roux visits award-winning restaurants, Petersham nurseries and the Dyart.	UNITED KINGDOM	English-100	2024		PG	a w
2025-05-31	2030	Travel	Rick Stein's Far Eastern Odyssey	Bangladesh	01	6	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list. Rick starts his journey in Dhaka, where he discovers the intricacies of making a true biryani. With fish being central to most Bengali dishes, he is invited for lunch by a local family to sample the country's traditional dish of fish dampokht.	UNITED KINGDOM		2009	RPT	G	Y
2025-05-31	2140	Travel	Anthony Bourdain: Parts Unknown	Los Angeles	09	1	An alternative tour of Los Angeles by Anthony Bourdain focuses on the impact and contributions of its less photographed and often overlooked Latino communities. From downtown, for Oaxaqueno specialties at Gish Bac and redefined Mexican food from chef Ray Garcia at Broken Spanish, to Hollywood, for a health-conscious but savoury dinner with actor Danny Trejo (Machete) at Trejo's Cantina, the host experiences this vibrant culture against a backdrop of LA glamour.	USA	English-100	2017	RPT	PG	a l v
2025-05-31	2230	Travel	David Rocca's Dolce Tuscany	Dario's Ciccia	1	8	David returns to visit his friend and arguably one of the most famous butchers in the world, Dario Cecchini.	CANADA	English-100	2015	RPT	PG	Y
2025-05-31	2300	Travel	Bizarre Foods: Delicious Destinations	Merida	8	16	Andrew Zimmern ventures to Merida, the capital of the Mexican state of Yucatan, to explore the Mayan and Spanish-influenced culture and cuisine.	USA	English-100	2018	RPT	G	Y
2025-05-31	2330	Travel	Mean Street Gourmet	Mean Street Gourmet Series 1 Ep 4	01	4	This episode, with a theme on sweets, spotlights traditional family-run candy makers across China, who use recipes and hand-made techniques passed down for generations.	HONG KONG	English-80; Cantonese-10; Mandarin-10	2020	RPT	G	Y
2025-05-31	2400	Cooking	Rachel Khoo's Simple Pleasures	Timeless Favorites	01	7	Trends come and go, but some recipes really stand the test of time. Rachel Khoo puts her modern spin on three dishes that may have their roots in the past but are just as popular today.	USA	English-100	2020	RPT	G	
2025-05-31	2430	Travel	Ainsley's Taste Of Malta	Central	01	3	Ainsley is in central Malta where he starts his day exploring the beautiful ancient city of Mdina. After a tour of the city, Ainsley stops by a restaurant with an impressive history and a great view.	UNITED KINGDOM	English-100	2023	RPT	G	
2025-05-31	2525	Cooking	Bring A Plate	JC's Chicken And Pork Adobo With Eggs	01	1	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DSH structure to help him talk about the food.	AUSTRALIA	English-100	2024	RPT	G	Y
2025-05-31	2530	Travel	Roux Down The River	Richmond	01	3	In Richmond, after fishing with an old friend, Michel Roux visits award-winning restaurants, Petersham nurseries and the Dyart.	UNITED KINGDOM	English-100	2024	RPT	PG	a w
2025-05-31	2630	Travel	Rick Stein's Far Eastern Odyssey	Bangladesh	01	6	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list. Rick starts his journey in Dhaka, where he discovers the intricacies of making a true biryani. With fish being central to most Bengali dishes, he is invited for lunch by a local family to sample the country's traditional dish of fish dampokht.	UNITED KINGDOM		2009	RPT	G	Y
2025-05-31	2740	Travel	Anthony Bourdain: Parts Unknown	Los Angeles	09	1	An alternative tour of Los Angeles by Anthony Bourdain focuses on the impact and contributions of its less photographed and often overlooked Latino communities. From downtown, for Oaxaqueno specialties at Gish Bac and redefined Mexican food from chef Ray Garcia at Broken Spanish, to Hollywood, for a health-conscious but savoury dinner with actor Danny Trejo (Machete) at Trejo's Cantina, the host experiences this vibrant culture against a backdrop of LA glamour.	USA	English-100	2017	RPT	PG	a l v
2025-05-31	2830	Travel	Mean Street Gourmet	Mean Street Gourmet Series 1 Ep 4	01	4	This episode, with a theme on sweets, spotlights traditional family-run candy makers across China, who use recipes and hand-made techniques passed down for generations.	HONG KONG	English-80; Cantonese-10; Mandarin-10	2020	RPT	G	Y