



WEEK 24 Sunday, 8 June 2025 Saturday, 14 June 2025

Date	Start Time	Genre	Title
2025-06-08	0500	Travel	Mean Street Gourmet
2025-06-08	0530	Lifestyle	Food Markets: In The Belly Of The City
2025-06-08	0630	Lifestyle	Food Markets: In The Belly Of The City
2025-06-08	0735	Cooking	Be My Guest With Ina Garten
2025-06-08	0830	Cooking	Toast The Host: How To Entertain At Home
2025-06-08	0900	Cooking	Marion Grasby's Flavours: Heart And Home
2025-06-08	0930	Travel	Ainsley's Taste Of Malta
2025-06-08	1025	Cooking	Please Eat Slowly Bitesize
2025-06-08	1030	Lifestyle	Food Markets: In The Belly Of The City
2025-06-08	1130	Lifestyle	Food Markets: In The Belly Of The City
2025-06-08	1235	Travel	Roux Down The River
2025-06-08	1335	Cooking	Toast The Host: How To Entertain At Home
2025-06-08	1405	Travel	The Cook Up With Adam Liaw
2025-06-08	1435	Travel	The Cook Up With Adam Liaw
2025-06-08	1505	Travel	The Cook Up With Adam Liaw
2025-06-08	1535	Travel	The Cook Up With Adam Liaw
2025-06-08	1605	Travel	The Cook Up With Adam Liaw
2025-06-08	1635	Travel	Masters Of Taste With Gary Mehigan

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 6	01	6	In this episode, we visit mom-and-pop stores across the Chinese diaspora in Singapore, France and Australia, and hear their stories as immigrants.	HONG KONG	English-80; Cantonese-10; Mandarin-10	2020	RPT	G			Y	
In The Belly Of Hamburg	05	2	Nearly a km long, the Isenmarkt in Hamburg is one of the most significant bi-weekly markets the city can boast. 200 stalls full of fruit, bread, vegetables, fish, baked products and the best bonbons in town can be found under the U-Bahn viaduct.	FRANCE	English-65; German-35	2024	RPT	G		Y	Y	
In The Belly Of Ljubljana	05	3	The diversity and richness of Slovenia is perfectly represented at the central market of Ljubljana. Here bakeries, family dairies and meat stalls offer the Carniola sausage or the Kraski prsut.	FRANCE	English-60; Slovene-40	2024	RPT	G		Y	Y	
Juliana Margulies	01	1	Ina has long dreamt of meeting incredible award-winning actress Juliana Margulies who's coming to East Hampton for amazing conversation, epic cooking and a sprinkling of the unexpected.	USA	English-100	2021	RPT	G				
Keep It Simple Simon	01	1	Toast The Host is an amusing and educational television program designed to break down the daunting task of entertaining at home into bite-size pieces.	AUSTRALIA	English-100	2024	RPT	PG	I			
Thai Street Food At Home	01	6	Marion returns to Bangkok to share the street food favourites she craves when away - pork dumplings, chicken rice, and noodle soup - then shows how to recreate these comforting dishes.	AUSTRALIA	English-100	2024	RPT	G		Y	Y	
North	01	4	Heading to North Malta, Ainsley's adventure takes him to the Xemxija Heritage Trail, where he does some foraging. He visits an olive grove to learn how they revived the stock of indigenous olive trees.	UNITED KINGDOM	English-100	2023	RPT	G				
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				
In The Belly Of Hamburg	05	2	Nearly a km long, the Isenmarkt in Hamburg is one of the most significant bi-weekly markets the city can boast. 200 stalls full of fruit, bread, vegetables, fish, baked products and the best bonbons in town can be found under the U-Bahn viaduct.	FRANCE	English-65; German-35	2024	RPT	G		Y	Y	
In The Belly Of Ljubljana	05	3	The diversity and richness of Slovenia is perfectly represented at the central market of Ljubljana. Here bakeries, family dairies and meat stalls offer the Carniola sausage or the Kraski prsut.	FRANCE	English-60; Slovene-40	2024	RPT	G		Y	Y	
London	01	4	Michel meets a family of fishmongers and chefs keeping it local by cooking scallop curry, prawn toast and fried custard beignets.	UNITED KINGDOM	English-100	2024	RPT	PG	a v			
Keep It Simple Simon	01	1	Toast the Host is an amusing and educational television program designed to break down the daunting task of entertaining at home into bite-size pieces.	AUSTRALIA	English-100	2024	RPT	PG	I			
Special Broadcasting Suppers	08	34	Two SBS favourites, Maeve O'Meara and Mark Olive, join Adam for a night of SBS 50th birthday celebrations. And what are they cooking? Special Broadcasting Suppers!	AUSTRALIA	English-100	2025	RPT	G		Y		
Food Goals	08	35	Adam is celebrating SBS's 50th birthday by kicking some food goals with football legend John Aloisi and food legend Shane Delia.	AUSTRALIA	English-100	2025	RPT	G		Y		
Teach Me	08	36	It's a very educational night in The Cook Up kitchen, as SBS favourites Guillaume Brahimi and Lily Serna share their favourite recipes in celebration of SBS's 50th Birthday.	AUSTRALIA	English-100	2025	RPT	G		Y		
Specialist Subjects	08	37	In a week of SBS 50th birthday celebrations, Adam is joined by two familiar faces, Gourmet Farmer's Matthew Evans and Mastermind's Marc Fennell, to cook their specialist subjects.	AUSTRALIA	English-100	2025	RPT	G		Y		
Seafood Spectacular, The	08	38	Tonight's Easy Entertaining menu is a seafood spectacular in honour of SBS's 50th birthday, made by none other than chef Peter Kuruvita, journalist Karla Grant and Adam.	AUSTRALIA	English-100	2025	RPT	G		Y		
Tasting Menu & Alb, The	01	5	Gary visits one of India's best restaurants, Indian Accent, and checks out their signature Chef's Tasting Menu. Later, he hangs out with the boys from AIB, and shows how to whip up a Salmon Slider. They return the favour by cooking Gary a very spicy omelette.	INDIA	English-100	2018	RPT	PG				

2025-06-08	1700	Travel	Masters Of Taste With Gary Mehigan	Street Food With A Spin	01	6	Gary meets sadak chef Saransh Gola to taste some of Mumbai's iconic street snacks. To get to the bottom of street food, Gary heads to Khar Social to see how the cafe has turned street food on its head!	INDIA	English-100	2018	RPT	G		
2025-06-08	1730	Cooking	Flat Out Food	Eggplant	05	2	Eggplants thrive in areas with long growing seasons and plenty of sunlight, and Jenn sees firsthand how Floating Gardens uses hydroponics for their own eggplant crop.	CANADA	English-100	2025		G		Y
2025-06-08	1800	Biography	The Next Thing You Eat	Burgers: Balanced Diet	01	2	The burger will never die. Long live the burger! But the proliferation of cheap meat has thrown our environment out of balance. What does the next burger you eat look like?	USA		2021	RPT	PG		Y
2025-06-08	1830	Travel	James Martin's French Adventure	St Tropez	01	11	James's journey though France leads him to the glamour of St. Tropez. He starts by exploring the fantastic seafood market, then cooks sole goujons with tartare sauce.	UNITED KINGDOM	English-100	2017	RPT	PG	a w	Y
2025-06-08	1930	Cooking	Cook Clever Waste Less With Prue & Rupy	Webster-Holmes Family, The	01	2	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
2025-06-08	2000	Food Lifestyle	My Greatest Dishes	Rosemary Shrager	01	15	Rosemary Shrager is one of Britain's beloved chefs. She cooks her four greatest dishes - tulle biscuit with mango ice cream, quail breasts with chicken mousse, cod with banana, and chicken potato pie.	UNITED KINGDOM	English-100	2019	RPT	PG		
2025-06-08	2030	Travel	Rick Stein's Long Weekends	Bordeaux	01	1	The series starts in autumnal Bordeaux. Rick arrives just in time for cepes and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters. At home he cooks a memorable dish of Steak Frites with Bordelaise Sauce.	UNITED KINGDOM	English-100	2016	RPT	G		Y
2025-06-08	2135	Travel	Anthony Bourdain: Parts Unknown	Queens	09	4	Anthony Bourdain discovers a hub of international cuisines and cultures in the New York City Borough of Queens. Travelling via the No. 7 train, the host dines on moricilla (blood sausage) with Sean Basinski of the Street Vendor Project in Corona, samples Chinese food in Flushing with Sweet Shop Boys member Himanshu Suri, imbibes at historic Neirs Tavern (seen in Goodfellas) in Woodhaven, and eats a Tibetan dinner at Lhasa Fast Food in Jackson Heights.	USA	English-100	2017	RPT	PG	I	Y
2025-06-08	2230	Travel	David Rocco's Dolce Tuscany	Simone & Friends	1	11	Simone Farcassi is a local butcher from Casentino whose award-winning prosciutto is garnering worldwide attention. He wants to show David all of the great culinary finds in his hometown.	CANADA	English-100	2015	RPT	G		Y
2025-06-08	2300	Travel	Bizarre Foods: Delicious Destinations	Aruba	8	19	Andrew Zimmern takes a culinary tour of Aruba, where the climate is as warm as the people. He indulges in local favorites like hearty Dutch pea soup, comforting yet elegant seafood casuelle and sweet, buttery cashew cake.	USA	English-100	2018	RPT	G		
2025-06-08	2330	Travel	Eater's Guide To The World	Dining Alone In The Pacific Northwest	01	1	Join narrator Maya Rudolph in the Pacific Northwest and explore the best part of dining solo-not having to share any of the juicy pork steak, soba noodles, and piping hot fried chicken.	USA	English-100	2020	RPT	PG	I	Y
2025-06-08	2400	Cooking	Flat Out Food	Eggplant	05	2	Eggplants thrive in areas with long growing seasons and plenty of sunlight, and Jenn sees firsthand how Floating Gardens uses hydroponics for their own eggplant crop.	CANADA	English-100	2025	RPT	G		Y
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2025-06-08	2525	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 Liew's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-06-08	2530	Cooking	Cook Clever Waste Less With Prue & Rupy	Webster-Holmes Family, The	01	2	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
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2025-06-09	1025	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
2025-06-09	1030	Cooking	Cook Clever Waste Less With Prue & Rupy	Webster-Holmes Family, The	01	2	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
2025-06-09	1100	Food Lifestyle	My Greatest Dishes	Rosemary Shrager	01	15	Rosemary Shrager is one of Britain's beloved chefs. She cooks her four greatest dishes - tulle biscuit with mango ice cream, quail breasts with chicken mousse, cod with banana, and chicken potato pie.	UNITED KINGDOM	English-100	2019	RPT	PG		
2025-06-09	1130	Travel	Rick Stein's Long Weekends	Bordeaux	01	1	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters. At home he cooks a memorable dish of Steak Frites with Bordelaise Sauce.	UNITED KINGDOM	English-100	2016	RPT	G		Y
2025-06-09	1235	Travel	Jimmy Doherty's New Zealand Escape	Ep 3	01	3	Jimmy harvests sea clams with local fishermen who invented an extraordinary method of farming, then heads to Blenheim's wine country and Wairau Valley as 'Key puta te Wairau'.	NEW ZEALAND	English-100	2023	RPT	PG	a w	
2025-06-09	1330	Cooking	My Market Kitchen	Episode 52	05	52	The show kicks off with a South American theme as Ben cooks a smoky and delicious Roast Peruvian-Spiced Chicken before Tobie Puttock changes gears with his Sticky Miso Eggplant.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-09	1400	Travel	Sara's Istanbul Delights	Blue	01	6	After a perfect lunch at Park Fora with Tanem Sivarile, Sara shares her delicious recipe for fish tartar with tarhana.	TURKEY	English-SQ, Turkish-SQ	2017	RPT	G		
2025-06-09	1430	Cooking	Freshly Picked	Episode 11	02	11	Simon gives burgers a great wrap. Nadia Fragnito returns to the kitchen with a light-as-air olive oil lemon cake, and Simon takes street food to a whole new level.	AUSTRALIA	English-100	2021	RPT	PG		
2025-06-09	1500	Food Lifestyle	Food Unwrapped	Yeast, Black Pepper And Crisp Flavour	05	15	Kate's in Vietnam, the world's largest exporter of black pepper, where a global surge in demand has transformed the lives of farmers across the country. Jimmy meets a man with one of the strangest jobs in the food industry, harvesting different strains of yeast from multiple locations across the globe. Matt's looking into how they get the flavours onto our crisps. Do producers use real cheese, onion, vinegar and salt - or are these actually artificial flavours cooked up in a lab?	UNITED KINGDOM	English-100	2015	RPT	PG		Y

2025-06-09	1530	Cooking	Mary Makes It Easy	May Contain	1	21	Don't let dietary restrictions hold you back from making tasty treats. Mary shows how to cater to food intolerances and allergies by amping up the flavour instead of using blah ingredient substitutions.	CANADA	English-100	2021	RPT	G	
2025-06-09	1600	Cooking	Lidia's Kitchen	Fresh Catch, The	06	21	Fish is a staple on Lidia's table and she shares a simple menu for a party based around it. She turns on the grill to make shrimp spiedini, and serves seared salmon paillards with arugula salad.	USA	English-100	2019	RPT	G	
2025-06-09	1630	Cooking	Kriol Kitchen	Helani Doolah: Sop Sop, Sabee Domboi, And Marinated Fried Fish With Battered Banana	03	7	Using knowledge from her grandmother and other family members, Helani Doolah will show and teach us how to make some staple dishes that are made every day in the Torres Strait Islander community.	AUSTRALIA		2014	RPT	G	Y
2025-06-09	1700	Travel	Taste Of Australia With Hayden Quinn	Northern Rivers, NSW	3	1	Hayden meets a friend to learn foil surfing, then gets to cooking in nature's best kitchen: the beach!	AUSTRALIA	English-100	2021	RPT	G	
2025-06-09	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 21	07	21	Another peek into Justine's trip to Shizuoka Japan is in today's show plus Capricciosa Crostata and Quinoa Porridge.	AUSTRALIA	English-100	2017		G	
2025-06-09	1800	Travel	Marcus Wareing: Simply Provence	Fish	01	10	It's fair to say that when it comes to our national classic dishes, the French and the Brits like to do things differently.	UNITED KINGDOM	English-100	2024	RPT	G	Y
2025-06-09	1830	Cooking	Oliver's Twist	Christmas	01	26	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100	2002	RPT	G	
2025-06-09	1900	Travel	The Cook Up With Adam Liaw	Fiery Flavours	08	39	It's a night of red hot fiery flavours as Adam, chef Tom Hitchcock and comedian Urvi Majumdar spice things up in The Cook Up kitchen.	AUSTRALIA	English-100	2025		G	Y
2025-06-09	1930	Cooking	Marion Grasby's Flavours: Heart And Home	Fakeaway Favourites	01	7	Marion shares her homemade takes on favourite takeaway dishes including crispy pork belly banh mi, Thai khao soi noodle soup and sticky Chinese honey chicken. These flavour-packed recipes celebrate her Asian-Australian roots and kitchen know-how.	AUSTRALIA	English-100	2024		G	Y
2025-06-09	2000	Food Lifestyle	The Streets Hong Kong	Ep 4	01	4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA		2024	RPT	G	Y
2025-06-09	2030	Cooking	Jamie's Super Food	Episode 3	01	3	Jamie's in the Greek island of Ikaria, where on average people live ten years longer than in Europe and America.	UNITED KINGDOM	English-100	2015		G	Y
2025-06-09	2130	Food Lifestyle	Come Dine With Me UK	Huddersfield: Dannica	19	11	Travel-loving credit controller Dannica is treating her guest to a culinary round the world tour, from Italy to Mexico. She's embarking on an ambitious menu. What could possibly go wrong?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-09	2200	Food Lifestyle	Come Dine With Me UK	Huddersfield: Ann-Marie	19	12	Ann-Marie serves up 50s glamour, crazy concoctions and posh Italian nosh. Will her fine taste be enough to win the 1000 pound prize?	UNITED KINGDOM	English-100	2022	RPT	PG	a
2025-06-09	2230	Travel	The Cook Up With Adam Liaw	Fiery Flavours	08	39	It's a night of red hot fiery flavours as Adam, chef Tom Hitchcock and comedian Urvi Majumdar spice things up in The Cook Up kitchen.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-06-09	2300	Food Lifestyle	Beyond River Cottage	Beyond River Cottage Series 1 Ep 8	01	8	The day has come for Hugh to harvest his first crop of home-spun honey. At River Cottage HQ, with the help of bee-keeper Ken Bishop, Hugh carefully extracts a healthy 25lbs of glowing golden sweetness.	UNITED KINGDOM	English-100	2004	RPT	PG	
2025-06-09	2330	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 Okacasi 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
2025-06-09	2400	Cooking	My Market Kitchen	Episode 52	05	52	The show kicks off with a South American theme as Ben cooks a smoky and delicious Roast Peruvian-Spiced Chicken before Tobie Puttock changes gears with his Sticky Miso Eggplant.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-09	2430	Cooking	Marion Grasby's Flavours: Heart And Home	Fakeaway Favourites	01	7	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA	English-100	2024	RPT	G	Y
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2025-06-09	2800	Food Lifestyle	Beyond River Cottage	Beyond River Cottage Series 1 Ep 8	01	8	The day has come for Hugh to harvest his first crop of home-spun honey. At River Cottage HQ, with the help of bee-keeper Ken Bishop, Hugh carefully extracts a healthy 25lbs of glowing golden sweetness.	UNITED KINGDOM	English-100	2004	RPT	PG	
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2025-06-10	0630	Cooking	Freshly Picked	Episode 11	02	11	Simon gives burgers a great wrap. Nadia Fragnito returns to the kitchen with a light-as-air olive oil lemon cake, and Simon takes street food to a whole new level.	AUSTRALIA	English-100	2021	RPT	PG	
2025-06-10	0700	Food Lifestyle	Food Unwrapped	Yeast, Black Pepper And Crisp Flavour	05	15	Kate's in Vietnam, the world's largest exporter of black pepper, where a global surge in demand has transformed the lives of farmers across the country. Jimmy meets a man with one of the strangest jobs in the food industry, harvesting different strains of yeast from multiple locations across the globe. Matt's looking into how they get the flavours onto our crisps. Do producers use real cheese, onion, vinegar and salt - or are these actually artificial flavours cooked up in a lab?	UNITED KINGDOM	English-100	2015	RPT	PG	Y
2025-06-10	0730	Cooking	Mary Makes It Easy	May Contain	1	21	Don't let dietary restrictions hold you back from making tasty treats. Mary shows how to cater to food intolerances and allergies by amping up the flavour instead of using blah ingredient substitutions.	CANADA	English-100	2021	RPT	G	
2025-06-10	0800	Cooking	Lidia's Kitchen	Fresh Catch, The	06	21	Fish is a staple on Lidia's table and she shares a simple menu for a party based around it. She turns on the grill to make shrimp spiedini, and serves seared salmon pailards with arugula salad.	USA	English-100	2019	RPT	G	
2025-06-10	0830	Cooking	Kriol Kitchen	Helani Doolah: Sop Sop, Sabee Domboi, And Marinated Fried Fish With Battered Banana	03	7	Using knowledge from her grandmother and other family members, Helani Doolah will show and teach us how to make some staple dishes that are made every day in the Torres Strait Islander community.	AUSTRALIA		2014	RPT	G	Y
2025-06-10	0900	Travel	Taste Of Australia With Hayden Quinn	Northern Rivers, NSW	3	1	Hayden meets a friend to learn foil surfing, then gets to cooking in nature's best kitchen: the beach!	AUSTRALIA	English-100	2021	RPT	G	
2025-06-10	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 21	07	21	Another geek into Justine's trip to Shizuoka Japan is in today's show plus Capriciosa Crostata and Quinoa Porridge.	AUSTRALIA	English-100	2017	RPT	G	
2025-06-10	1000	Travel	Marcus Wareing: Simply Provence	Fish	01	10	It's fair to say that when it comes to our national classic dishes, the French and the Brits like to do things differently.	UNITED KINGDOM	English-100	2024	RPT	G	Y
2025-06-10	1030	Cooking	Oliver's Twist	Christmas	01	26	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100	2002	RPT	G	

2025-06-10	1100	Travel	The Cook Up With Adam Liaw	Fiery Flavours	08	39	It's a night of red hot fiery flavours as Adam, chef Tom Hitchcock and comedian Urvi Majumdar spice things up in The Cook Up kitchen.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-06-10	1130	Cooking	Marion Grasby's Flavours: Heart And Home	Fakeaway Favourites	01	7	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-06-10	1200	Food Lifestyle	The Streets Hong Kong	Ep 4	01	4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA		2024	RPT	G		Y
2025-06-10	1230	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
2025-06-10	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		
2025-06-10	1330	Cooking	My Market Kitchen	Episode 53	05	53	Ben opens the show with his lovely Almond Frangipane and Apricot Tart, then gifts the keys to the kitchen to Chef Charlie Carrington who cooks his Israel Roasted Pumpkin with Red Onion. To wrap up the episode, wine expert Belinda joins Ben to match King Valley wines with his Whole Baked Brie.	AUSTRALIA	English-100	2021	RPT	PG		
2025-06-10	1400	Travel	Pati's Mexican Table	Nectar Of The Mayan Gods, The	12	1	Pati is in the magic town of Mani to learn about something sacred to the Mayans: bees and honey. She makes sweet lime roasted chicken with broccolini.	USA	English-100	2023	RPT	G		Y
2025-06-10	1430	Cooking	Freshly Picked	Episode 12	02	12	Simon turns up the heat today with some easy mushroom kebabs, gets on a roll making some sushi and the kofta king Coskun Uysal is in the kitchen.	AUSTRALIA	English-100	2021	RPT	PG		
2025-06-10	1500	Food Lifestyle	Food Unwrapped	Marmalade, Sustainable Fish And Goat	05	16	Jimmy is in Seville, looking for the mysterious ingredient that gives marmalade its bitter tang. Kate is investigating sustainable fish. She learns that even farmed smoked salmon aren't considered fully sustainable - so what fish can we be eating with a clear conscience? Matt meets a man who is trying to turn Britain onto goat meat.	UNITED KINGDOM	English-100	2015	RPT	PG		Y
2025-06-10	1530	Cooking	Mary Makes It Easy	Spice, Spice, Baby	1	22	Mary's first stop on her spice-fuelled adventure is Za'atar pita bread, featuring a tangy, nutty herb and spice blend originating from Western Asia and mostly made up of spice-cupboard staples. Then, Mary pairs the smoky sweet, Tunisian flavour of Harissa perfectly with shrimp for her Harissa Shrimp with Chickpeas.	CANADA	English-100	2021	RPT	G		
2025-06-10	1600	Cooking	Lidia's Kitchen	Bright Summer Feast, A	06	22	Lidia shares two recipes that are wonderful for a buffet-style meal, her favourite way of entertaining guests. She starts with a lemony shrimp over zucchini with a tasty sauce and her favourite soups.	USA	English-100	2019	RPT	G		
2025-06-10	1630	Cooking	Kriol Kitchen	Eric Fejo: Goose Heart & Giblet Chili, Marinated Buffalo Satays, Prawn Fritters	03	8	Eric Fejo tells us he is an average cook, but we think he is more than that. In this episode, Eric shows us his family recipes for three amazing dishes.	AUSTRALIA		2014	RPT	G		Y
2025-06-10	1700	Travel	Taste Of Australia With Hayden Quinn	Red Centre, NT	3	2	Hayden travels to Uluru for the first time, where he cooks with local native ingredients.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-10	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 22	07	22	Masterchef's Matt Sinclair joins Justine to tempt her with his Ricotta hotcake.	AUSTRALIA	English-100	2017		G		
2025-06-10	1800	Travel	Marcus Wareing: Simply Provence	Beef	01	11	There's so much amazing food in Provence, but one special ingredient in particular garners a lot of excitement when seen on the menu, beef.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-06-10	1830	Cooking	Oliver's Twist	Veg Out	02	1	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-06-10	1900	Travel	The Cook Up With Adam Liaw	Overnight Success	08	40	Adam and his guests, Young Chef of the Year Luke Bourke and entrepreneur Frank Greeff harness the power of time to make food that's an overnight success.	AUSTRALIA	English-100	2025		G		Y
2025-06-10	1930	Travel	Mary Berry's Cook & Share	Memories	01	2	This episode sees Mary travel to the beautiful city of Bristol. It was here that she had her first job, her son William studied at the university, and it's currently home to her granddaughter Grace.	UNITED KINGDOM	English-100	2022		PG		
2025-06-10	2000	Cooking	The Big Irish Food Tour	Wicklow Mountains With Ed Byrne	01	4	Comedian Ed Byrne loves to escape to the Wicklow Mountains and hopes Anna has her hiking boots ready as they head into the hills.	UNITED KINGDOM		2024		G		

2025-06-10	2030	Cooking	Prue Leith's Cotswold Kitchen	Kelly Brook	02	8	Prue is joined by Kelly Brook and makes two delicious quiches with her husband John.	UNITED KINGDOM	English-100	2025		PG	
2025-06-10	2130	Food Lifestyle	Come Dine With Me UK	Huddersfield: Irum	19	13	School admin assistant, Irum, is trying to woo her guests with an evening of classic Pakistani home cooking. Will she get the right level of heat for her guest in these authentic dishes?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-10	2200	Food Lifestyle	Come Dine With Me UK	Huddersfield: Brilliance	19	14	Trainee nurse, Brilliance, is bringing a taste of Zimbabwe to Huddersfield. She plans on serving up chicken parts that her guests have never experienced before. Will it be too much?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-10	2230	Travel	The Cook Up With Adam Liaw	Overnight Success	08	40	Adam and his guests, Young Chef of the Year Luke Bourke and entrepreneur Frank Greeff harness the power of time to make food that's an overnight success.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-06-10	2300	Food Lifestyle	Beyond River Cottage	Beyond River Cottage Series 1 Ep 9	01	9	Hugh's hens have produced almost 30 chicks over the summer, and he's looking to the young cockerals to provide the main course for a feast.	UNITED KINGDOM	English-100	2004	RPT	PG	
2025-06-10	2330	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
2025-06-10	2400	Cooking	My Market Kitchen	Episode 53	05	53	Ben opens the show with his lovely Almond Frangipane and Apricot Tart, then gifts the keys to the kitchen to Chef Charlie Carrington who cooks his Israel Roasted Pumpkin with Red Onion. To wrap up the episode, wine expert Belinda joins Ben to match King Valley wines with his Whole Baked Brie.	AUSTRALIA	English-100	2021	RPT	PG	
2025-06-10	2430	Travel	Mary Berry's Cook & Share	Memories	01	2	This episode sees Mary travel to the beautiful city of Bristol. It was here that she had her first job, her son William studied at the university, and it's currently home to her granddaughter Grace.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-10	2500	Cooking	The Big Irish Food Tour	Wicklow Mountains With Ed Byrne	01	4	Comedian Ed Byrne loves to escape to the Wicklow Mountains and hopes Anna has her hiking boots ready as they head into the hills.	UNITED KINGDOM		2024	RPT	G	
2025-06-10	2530	Cooking	Prue Leith's Cotswold Kitchen	Kelly Brook	02	8	Prue is joined by Kelly Brook and makes two delicious quiches with her husband John.	UNITED KINGDOM	English-100	2025	RPT	PG	
2025-06-10	2630	Food Lifestyle	Come Dine With Me UK	Huddersfield: Irum	19	13	School admin assistant, Irum, is trying to woo her guests with an evening of classic Pakistani home cooking. Will she get the right level of heat for her guest in these authentic dishes?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-10	2700	Food Lifestyle	Come Dine With Me UK	Huddersfield: Brilliance	19	14	Trainee nurse, Brilliance, is bringing a taste of Zimbabwe to Huddersfield. She plans on serving up chicken parts that her guests have never experienced before. Will it be too much?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-10	2730	Travel	The Cook Up With Adam Liaw	Overnight Success	08	40	Adam and his guests, Young Chef of the Year Luke Bourke and entrepreneur Frank Greeff harness the power of time to make food that's an overnight success.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-06-10	2800	Food Lifestyle	Beyond River Cottage	Beyond River Cottage Series 1 Ep 9	01	9	Hugh's hens have produced almost 30 chicks over the summer, and he's looking to the young cockerals to provide the main course for a feast.	UNITED KINGDOM	English-100	2004	RPT	PG	
2025-06-10	2830	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
2025-06-11	0500	Cooking	My Market Kitchen	Episode 53	05	53	Ben opens the show with his lovely Almond Frangipane and Apricot Tart, then gifts the keys to the kitchen to Chef Charlie Carrington who cooks his Israel Roasted Pumpkin with Red Onion. To wrap up the episode, wine expert Belinda joins Ben to match King Valley wines with his Whole Baked Brie.	AUSTRALIA	English-100	2021	RPT	PG	
2025-06-11	0530	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
2025-06-11	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	

2025-06-11	0630	Cooking	Freshly Picked	Episode 12	02	12	Simon turns up the heat today with some easy mushroom kebabs, gets on a roll making some sushi and the kofta king Coskun Uysal is in the kitchen.	AUSTRALIA	English-100	2021	RPT	PG	
2025-06-11	0700	Food Lifestyle	Food Unwrapped	Marmalade, Sustainable Fish And Goat	05	16	Jimmy is in Seville, looking for the mysterious ingredient that gives marmalade its bitter tang. Kate is investigating sustainable fish. She learns that even farmed smoked salmon aren't considered fully sustainable - so what fish can we be eating with a clear conscience? Matt meets a man who is trying to turn Britain onto goat meat.	UNITED KINGDOM	English-100	2015	RPT	PG	Y
2025-06-11	0730	Cooking	Mary Makes It Easy	Spice, Spice, Baby	1	22	Mary's first stop on her spice-fuelled adventure is Za'atar pita bread, featuring a tangy, nutty herb and spice blend originating from Western Asia and mostly made up of spice-cupboard staples. Then, Mary pairs the smoky sweet, Tunisian flavour of Harissa perfectly with shrimp for her Harissa Shrimp with Chickpeas.	CANADA	English-100	2021	RPT	G	
2025-06-11	0800	Cooking	Lidia's Kitchen	Bright Summer Feast, A	06	22	Lidia shares two recipes that are wonderful for a buffet-style meal, her favourite way of entertaining guests. She starts with a lemony shrimp over zucchini with a tasty sauce and her favourite soups.	USA	English-100	2019	RPT	G	
2025-06-11	0830	Cooking	Kriol Kitchen	Eric Fejo: Goose Heart & Giblet Chili, Marinated Buffalo Satays, Prawn Fritters	03	8	Eric Fejo tells us he is an average cook, but we think he is more than that. In this episode, Eric shows us his family recipes for three amazing dishes.	AUSTRALIA		2014	RPT	G	Y
2025-06-11	0900	Travel	Taste Of Australia With Hayden Quinn	Red Centre, NT	3	2	Hayden travels to Uluru for the first time, where he cooks with local native ingredients.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-11	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 22	07	22	Masterchef's Matt Sinclair joins Justine to tempt her with his Ricotta hotcake.	AUSTRALIA	English-100	2017	RPT	G	
2025-06-11	1000	Travel	Marcus Wareing: Simply Provence	Beef	01	11	There's so much amazing food in Provence, but one special ingredient in particular garners a lot of excitement when seen on the menu, beef.	UNITED KINGDOM	English-100	2024	RPT	G	Y
2025-06-11	1030	Cooking	Oliver's Twist	Veg Out	02	1	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-06-11	1100	Travel	The Cook Up With Adam Liaw	Overnight Success	08	40	Adam and his guests, Young Chef of the Year Luke Bourke and entrepreneur Frank Greff harness the power of time to make food that's an overnight success.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-06-11	1130	Travel	Mary Berry's Cook & Share	Memories	01	2	This episode sees Mary travel to the beautiful city of Bristol. It was here that she had her first job, her son William studied at the university, and it's currently home to her granddaughter Grace.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-11	1200	Cooking	The Big Irish Food Tour	Wicklow Mountains With Ed Byrne	01	4	Comedian Ed Byrne loves to escape to the Wicklow Mountains and hopes Anna has her hiking boots ready as they head into the hills.	UNITED KINGDOM		2024	RPT	G	
2025-06-11	1230	Cooking	Jamie & Jimmy's Food Fight Club	Jodie Whittaker	07	1	Doctor Who's Jodie Whittaker joins the boys in cooking up the perfect roast pork, Thai beef massaman curry and brown crabs as well as a DIY barbeque.	UNITED KINGDOM	English-100	2018	RPT	PG	a w
2025-06-11	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	
2025-06-11	1330	Cooking	My Market Kitchen	Episode 54	05	54	Ben visits Sav at Whisked to buy some truly free-range eggs for his Spanish Tortilla with Chorizo before his mate Tobie Puttock makes a thirst-quenching Peach and Thyme Soda.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-11	1400	Travel	Pati's Mexican Table	Guayabera World	12	2	In Tekit, or The Capital of the Guayabera, Pati encounters a tale of sons going against their father's wishes to follow their own path. Pati meets Eliodoro Xicum, a farmer's son who went against his father to build a family business making the iconic Guayabera shirts. Then she meets his son, Elo, who chose to become a chef and created a dish that resembles a Guayabera in honor of his father.	USA	English-100	2023	RPT	PG	Y
2025-06-11	1430	Cooking	Freshly Picked	Episode 13	02	13	Discover native plant foods and how they can pack a punch. Simon brings cauliflower and tomato together seamlessly, and Kishwar Chowdhury brings little morsels of joy to the kitchen.	AUSTRALIA	English-100	2021	RPT	G	

2025-06-11	1500	Food Lifestyle	Food Unwrapped	Manuka Honey, Bell Pepper Crop And Leeks	05	17	Jimmy goes to Israel to help protect the bell pepper crop from the Mediterranean Fruit Fly. Kate is investigating Manuka.	UNITED KINGDOM	English-100	2015	RPT	PG		Y
2025-06-11	1530	Cooking	Mary Makes It Easy	Picky Eaters	1	23	Whether you've cooking for finicky friends or tricky tots, Mary's got you covered with strategies to feed even the pickiest eaters in your life. For families who always need to make two dinners to satisfy everyone at the table, Mary's crispy chicken two ways delivers chicken tenders for the kids, and stuffed pobiano feta chicken for the rest. Then, double chocolate zucchini muffins are a sneaky treat for those who don't like vegetables.	CANADA	English-100	2021	RPT	PG	I	
2025-06-11	1600	Cooking	Lidia's Kitchen	What's Baking	06	23	Lidia creates dishes her viewers can easily make at home. Gratins are delicious, and she starts with a leek and prosciutto gratin. Then, roasted chicken with pomegranate before baking some cookies.	USA	English-100	2019	RPT	G		
2025-06-11	1630	Cooking	Kriol Kitchen	Robbie Mills: Baked Marinated Maggie Goose, Blachan, Braised Kangaroo Steaks With Asparagus Mushroom	03	9	In this episode, Robbie Mills shares two of his sovereign foods with us: Maggie Goose and Kangaroo.	AUSTRALIA		2014	RPT	G		Y
2025-06-11	1700	Travel	Taste Of Australia With Hayden Quinn	Eyre Peninsula, SA	3	3	Hayden swims with sea lions, goes beach fishing, and makes a delicious sardine dish.	AUSTRALIA	English-100	2021	RPT	PG	a w	
2025-06-11	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 23	07	23	Trish McKensie is back to show off her delectable Peanut Butter Choc Chip Marble Cake. Later, Justine cooks up a Pumpkin and Ricotta Fillo Pie.	AUSTRALIA	English-100	2017		G		
2025-06-11	1800	Travel	Marcus Wareing: Simply Provence	Herbs	01	12	There are simple ingredients we have in our cupboards and gardens that can economically transform a humdrum dish into a flavourful feast: herbs.	UNITED KINGDOM	English-100	2024	RPT	PG		Y
2025-06-11	1830	Cooking	Oliver's Twist	My New Kitchen	02	2	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-06-11	1900	Travel	The Cook Up With Adam Liaw	Say Cheese	08	41	Tonight, Adam asks his guests, chefs Zoe Birch and Chung Jae Lee, to say cheese. And then cook with it.	AUSTRALIA	English-100	2025		G		Y
2025-06-11	1930	Cooking	Nadiya Bakes	Biscuits And Bites	1	7	Nadiya shares her favourite biscuits and bites to snack on at any time of the day: amaretti biscuits, chicken doughnuts, and a tray bake.	UNITED KINGDOM	English-100	2020	RPT	PG		
2025-06-11	2000	Travel	Rachael Ray In Tuscany	Spaghetti And Meatballs	01	4	Rachael cooks up her family's favorite version of spaghetti and meatballs with a Tuscan flair.	USA	English-100	2022		PG	I	
2025-06-11	2030	Travel	Guillaume's French Atlantic	Episode 2	01	2	Join renowned chef Guillaume Brahimi as he unravels the artistic wonders of Normandy. Guillaume's journey begins in the picturesque town of Honfleur, renowned for its allure to renowned artists such as Monet and Boudin.	AUSTRALIA	English-70; French-30	2023	RPT	G	Y	Y
2025-06-11	2100	Travel	Audra's Eat, Roam, Relish	Sibu	01	3	Chef Alex Ting joins Audra for a tour around his home town. Sibu is largely populated by Chinese of Foochow descent from Fuzhou.	AUSTRALIA	English-80; Malay-20	2024		G		Y
2025-06-11	2130	Food Lifestyle	Come Dine With Me UK	Huddersfield: Adam	19	15	NHS staff, Adam, is hoping to win his guests over with a menu inspired by his favourite Chinese buffet in Spain. He plans to woo his diners with deep fried and greasy grub.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-06-11	2200	Food Lifestyle	Come Dine With Me UK	Royal Leamington Spa: Debs	19	16	Recruitment manager Debs kickstarts Royal Leamington Spa's hottest culinary competition. Will her champagne jelly set and how will she cope with her rowdy guest?	UNITED KINGDOM	English-100	2022	RPT	PG	a	
2025-06-11	2230	Travel	The Cook Up With Adam Liaw	Say Cheese	08	41	Tonight, Adam asks his guests, chefs Zoe Birch and Chung Jae Lee, to say cheese. And then cook with it.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-06-11	2300	Food Lifestyle	Beyond River Cottage	Beyond River Cottage Series 1 Ep 10	01	10	It's Christmas and Hugh is preparing for River Cottage HC's final event of the year. The plan is to shoot, harvest, gather and cook enough food to furnish the tables for a magnificent medieval festive banquet.	UNITED KINGDOM	English-100	2004	RPT	PG	a n w	
2025-06-11	2400	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	
2025-06-11	2430	Cooking	Nadiya Bakes	Biscuits And Bites	1	7	Nadiya shares her favourite biscuits and bites to snack on at any time of the day: amaretti biscuits, chicken doughnuts, and a tray bake.	UNITED KINGDOM	English-100	2020	RPT	PG		
2025-06-11	2500	Travel	Rachael Ray In Tuscany	Spaghetti And Meatballs	01	4	Rachael cooks up her family's favorite version of spaghetti and meatballs with a Tuscan flair.	USA	English-100	2022	RPT	PG	I	

2025-06-11	2530	Travel	Guillaume's French Atlantic	Episode 2	01	2	Join renowned chef Guillaume Brahimi as he unravels the artistic wonders of Normandy. Guillaume's journey begins in the picturesque town of Honfleur, renowned for its allure to renowned artists such as Monet and Boudin.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
2025-06-11	2600	Travel	Audra's Eat, Roam, Relish	Sibu	01	3	Chef Alex Ting joins Audra for a tour around his home town. Sibu is largely populated by Chinese of Foochow descent from Fuzhou.	AUSTRALIA	English-80; Malay-20	2024	RPT	G			Y
2025-06-11	2630	Food Lifestyle	Come Dine With Me UK	Huddersfield: Adam	19	15	NHS staff, Adam, is hoping to win his guests over with a menu inspired by his favourite Chinese buffet in Spain. He plans to woo his diners with deep fried and greasy grub.	UNITED KINGDOM	English-100	2022	RPT	PG			
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2025-06-11	2730	Travel	The Cook Up With Adam Liaw	Say Cheese	08	41	Tonight, Adam asks his guests, chefs Zoe Birch and Chung Jae Lee, to say cheese. And then cook with it.	AUSTRALIA	English-100	2025	RPT	G		Y	
2025-06-11	2800	Food Lifestyle	Beyond River Cottage	Beyond River Cottage Series 1 Ep 10	01	10	It's Christmas and Hugh is preparing for River Cottage HQ's final event of the year. The plan is to shoot, harvest, gather and cook enough food to furnish the tables for a magnificent medieval festive banquet.	UNITED KINGDOM	English-100	2004	RPT	PG	a n w		
2025-06-12	0500	Cooking	My Market Kitchen	Episode 54	05	54	Ben visits Sav at Whisked to buy some truly free-range eggs for his Spanish Tortilla with Chorizo before his mate Tobie Puttock makes a thirst-quenching Peach and Thyme Soda.	AUSTRALIA	English-100	2021	RPT	G			
2025-06-12	0530	Cooking	Jamie & Jimmy's Food Fight Club	Jodie Whittaker	07	1	Doctor Who's Jodie Whittaker joins the boys in cooking up the perfect roast pork, Thai beef massaman curry and brown crabs as well as a DIY barbeque.	UNITED KINGDOM	English-100	2018	RPT	PG	a w		
2025-06-12	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			
2025-06-12	0630	Cooking	Freshly Picked	Episode 13	02	13	Discover native plant foods and how they can pack a punch. Simon brings cauliflower and tomato together seamlessly, and Kishwar Chowdhury brings little morsels of joy to the kitchen.	AUSTRALIA	English-100	2021	RPT	G			
2025-06-12	0700	Food Lifestyle	Food Unwrapped	Manuka Honey, Bell Pepper Crop And Leeks	05	17	Jimmy goes to Israel to help protect the bell pepper crop from the Mediterranean Fruit Fly. Kate is investigating Manuka.	UNITED KINGDOM	English-100	2015	RPT	PG			Y
2025-06-12	0730	Cooking	Mary Makes It Easy	Picky Eaters	1	23	Whether you're cooking for finicky friends or tricky tots, Mary's got you covered with strategies to feed even the pickiest eaters in your life. For families who always need to make two dinners to satisfy everyone at the table, Mary's crispy chicken two ways delivers chicken tenders for the kids, and stuffed poblano feta chicken for the rest. Then, double chocolate zucchini muffins are a sneaky treat for those who don't like vegetables.	CANADA	English-100	2021	RPT	PG	i		
2025-06-12	0800	Cooking	Lidia's Kitchen	What's Baking	06	23	Lidia creates dishes her viewers can easily make at home. Gratins are delicious, and she starts with a leek and prosciutto gratin. Then, roasted chicken with pomegranate before baking some cookies.	USA	English-100	2019	RPT	G			
2025-06-12	0830	Cooking	Kriol Kitchen	Robbie Mills: Baked Marinated Maggie Goose, Blachan, Braised Kangaroo Steaks With Asparagus Mushroom	03	9	In this episode, Robbie Mills shares two of his sovereign foods with us: Maggie Goose and Kangaroo.	AUSTRALIA		2014	RPT	G		Y	
2025-06-12	0900	Travel	Taste Of Australia With Hayden Quinn	Eyre Peninsula, SA	3	3	Hayden swims with sea lions, goes beach fishing, and makes a delicious sardine dish.	AUSTRALIA	English-100	2021	RPT	PG	a w		
2025-06-12	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 23	07	23	Trish McKenzie is back to show off her delectable Peanut Butter Choc Chip Marble Cake. Later, Justine cooks up a Pumpkin and Ricotta Fillo Pie.	AUSTRALIA	English-100	2017	RPT	G			
2025-06-12	1000	Travel	Marcus Wareing: Simply Provence	Herbs	01	12	There are simple ingredients we have in our cupboards and gardens that can economically transform a humdrum dish into a flavourful feast: herbs.	UNITED KINGDOM	English-100	2024	RPT	PG			Y
2025-06-12	1030	Cooking	Oliver's Twist	My New Kitchen	02	2	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100	2003	RPT	G			
2025-06-12	1100	Travel	The Cook Up With Adam Liaw	Say Cheese	08	41	Tonight, Adam asks his guests, chefs Zoe Birch and Chung Jae Lee, to say cheese. And then cook with it.	AUSTRALIA	English-100	2025	RPT	G		Y	
2025-06-12	1130	Cooking	Nadiya Bakes	Biscuits And Bites	1	7	Nadiya shares her favourite biscuits and bites to snack on at any time of the day: amaretti biscuits, chicken doughnuts, and a tray bake.	UNITED KINGDOM	English-100	2020	RPT	PG			

2025-06-12	1200	Travel	Rachael Ray In Tuscany	Spaghetti And Meatballs	01	4	Rachael cooks up her family's favorite version of spaghetti and meatballs with a Tuscan flair.	USA	English-100	2022	RPT	PG	I	
2025-06-12	1230	Cooking	Jamie & Jimmy's Food Fight Club	Martin Freeman	07	2	Jamie and Jimmy welcome British actor turned Hollywood star Martin Freeman to the pier as he joins them in the cafe for 'an unexpected journey' in the cooking lesson of a lifetime.	UNITED KINGDOM	English-100	2018	RPT	G		
2025-06-12	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		
2025-06-12	1330	Cooking	My Market Kitchen	Episode 55	05	55	Ben reminisces about a family trip to Japan while he cooks Gyozas, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans and to finish the show, Ben's back to pimp up some Sardines on Toast with his Cashew Aioli.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-12	1400	Travel	Pati's Mexican Table	Flavours Of Merida	12	3	Pati explores the vibrant streets of Yucatan's capital, Merida, in search of its flavours. She tries the best tacos in Merida at Wayne. The aroma of freshly made cookies lures her to Donde Fabric, where their globitos and bizcochitos are an important part of Merida's mornings.	USA	English-100	2023	RPT	PG		Y
2025-06-12	1430	Cooking	Freshly Picked	Episode 14	02	14	Simon knows how to utilise that can of beans at the back of the pantry, and makes an impressive kombucha berry trifle. Michael Craig is in the kitchen with a killer recipe for tandoori pizza.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-12	1500	Food Lifestyle	Food Unwrapped	Coconut, Artichokes And Absinthe	05	18	Kate is in Vietnam, taking a close look at coconut oil. Jimmy is puzzled by exactly what goes into a supermarket jar of artichoke hearts. He heads to Italy to visit one of Europe's largest producers.	UNITED KINGDOM	English-100	2015	RPT	PG		Y
2025-06-12	1530	Cooking	Mary Makes It Easy	Guests To Impress	1	24	A kitschy, retro-themed table can put even your most important guests at ease. These four old-school recipes with a special Mary twist are sure to bring fun to the table and impress your VIPs.	CANADA	English-100	2021	RPT	G		
2025-06-12	1600	Cooking	Lidia's Kitchen	Summertime Fun	06	24	Summer is when some of Lidia's favourite produce are at their best. She shares recipes that are perfect for entertaining, including corn and zucchini minestrone, and shrimp and mixed bean salad.	USA	English-100	2019	RPT	G		
2025-06-12	1630	Cooking	Kiri's Kitchen	All Mills: Maggie Goose Curry & Fried Damper	03	10	Performer Ali Mills prepares a yummy goose curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA		2014	RPT	G		Y
2025-06-12	1700	Travel	Taste Of Australia With Hayden Quinn	Kangaroo Island, SA	3	4	Hayden swims with dolphins, then heads to a winery to cook with local figs and honey.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-12	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 24	07	24	Laura Cassai is in the kitchen to create an Italian classic of Fresh Fettuccine with Crab Bisque. Later, Justine creates the perfect Hash Browns with some extra crunch.	AUSTRALIA	English-100	2017		G		
2025-06-12	1800	Travel	Marcus Wareing: Simply Provence	Almonds	01	13	When in France, it's very easy to focus on the savoury food offerings. Not surprising with the incredible meat, fish, veg and cheese in such beautiful abundance.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-06-12	1830	Cooking	Oliver's Twist	An Englishman And And Irishman	02	3	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-06-12	1900	Cooking	The Cook Up With Adam Liaw	Herbs & Spices	06	22	Adam and his guests, talented home cook Monzir Hamdin and Head Chef Matteo Zamboni, reveal their favourite herbs and spices. And then cook with them, of course. It's a cooking show after all.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-06-12	1930	Travel	John And Lisa's Food Trip Down Under	John And Lisa Head South	01	2	Chefs John Torode and Lisa Faulkner breakfast at an extremely cozy Aussie family-run cafe before discovering tasty short rib wraps at a restaurant that is ringing the bell of culinary changes.	USA	English-100	2024	RPT	G		
2025-06-12	2030	Travel	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia, Part 2	01	6	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	2016	RPT	G		Y
2025-06-12	2100	Travel	Sophie Grigson: Slice Of Italy	Fresh From The Lagoon	01	7	Sophie meets a mussel farmer on the lagoon at Taranto. At home she prepares a mussel, potato and rice gratin and cooks an octopus stew for her guests at the trulli.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y
2025-06-12	2130	Food Lifestyle	Come Dine With Me UK	Royal Leamington Spa: Charlie	19	17	Hair and make up student, Charlie, aims to spice up the night with a 90s girl band dress code, even if his union jack outfit might be a few sizes too small these days.	UNITED KINGDOM	English-100	2022	RPT	PG	a s	

2025-06-12	2200	Food Lifestyle	Come Dine With Me UK	Royal Leamington Spa: Barry	19	18	Recruitment director, Barry, flexes his hosting prowess on a bid to win. He's hoping to elevate his evening by taking his guests on a retro inspired night down the pub, elevating pub classics.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-06-12	2230	Cooking	The Cook Up With Adam Liaw	Herbs & Spices	06	22	Adam and his guests, talented home cook Monzir Hamdin and Head Chef Matteo Zamboni, reveal their favourite herbs and spices. And then cook with them, of course. It's a cooking show after all.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-06-12	2300	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 1	01	1	Hugh kicks things off by examining the importance of growing your own produce, including the satisfaction of rearing meat and nurturing fruit and vegetables. Hugh's journey down the road of self-sufficiency started out with a modest vegetable patch and a handful of animals, but the joys of gardening and husbandry took hold and developed into something much bigger.	UNITED KINGDOM	English-100	2005	RPT	PG		
2025-06-12	2330	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	02	14	Rick watches as friend Bill Baker fishes on the Towry estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and Pernod.	UNITED KINGDOM		2003	RPT	PG	a w	
2025-06-12	2400	Cooking	My Market Kitchen	Episode 55	05	55	Ben reminisces about a family trip to Japan while he cooks Gyozas, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans and to finish the show, Ben's back to pimp up some Sardines on Toast with his Cashew Aioli.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-12	2430	Travel	John And Lisa's Food Trip Down Under	John And Lisa Head South	01	2	Chefs John Torode and Lisa Faulkner breakfast at an extremely cozy Aussie family-run cafe before discovering tasty short rib wraps at a restaurant that is ringing the bell of culinary changes.	USA	English-100	2024	RPT	G		
2025-06-12	2525	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
2025-06-12	2530	Travel	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia, Part 2	01	6	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	2016	RPT	G	Y	Y
2025-06-12	2600	Travel	Sophie Grigson: Slice Of Italy	Fresh From The Lagoon	01	7	Sophie meets a mussel farmer on the lagoon at Taranto. At home she prepares a mussel, potato and rice gratin and cooks an octopus stew for her guests at the trull.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y
2025-06-12	2630	Food Lifestyle	Come Dine With Me UK	Royal Leamington Spa: Charlie	19	17	Hair and make up student, Charlie, aims to spice up the night with a 90s girl band dress code, even if his union jack outfit might be a few sizes too small these days.	UNITED KINGDOM	English-100	2022	RPT	PG	a s	
2025-06-12	2700	Food Lifestyle	Come Dine With Me UK	Royal Leamington Spa: Barry	19	18	Recruitment director, Barry, flexes his hosting prowess on a bid to win. He's hoping to elevate his evening by taking his guests on a retro inspired night down the pub, elevating pub classics.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-06-12	2730	Cooking	The Cook Up With Adam Liaw	Herbs & Spices	06	22	Adam and his guests, talented home cook Monzir Hamdin and Head Chef Matteo Zamboni, reveal their favourite herbs and spices. And then cook with them, of course. It's a cooking show after all.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-06-12	2800	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 1	01	1	Hugh kicks things off by examining the importance of growing your own produce, including the satisfaction of rearing meat and nurturing fruit and vegetables. Hugh's journey down the road of self-sufficiency started out with a modest vegetable patch and a handful of animals, but the joys of gardening and husbandry took hold and developed into something much bigger.	UNITED KINGDOM	English-100	2005	RPT	PG		
2025-06-12	2830	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	02	14	Rick watches as friend Bill Baker fishes on the Towry estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and Pernod.	UNITED KINGDOM		2003	RPT	PG	a w	
2025-06-13	0500	Cooking	My Market Kitchen	Episode 55	05	55	Ben reminisces about a family trip to Japan while he cooks Gyozas, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans and to finish the show, Ben's back to pimp up some Sardines on Toast with his Cashew Aioli.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-13	0530	Cooking	Jamie & Jimmy's Food Fight Club	Martin Freeman	07	2	Jamie and Jimmy welcome British actor turned Hollywood star Martin Freeman to the pier as he joins them in the cafe for 'an unexpected journey' in the cooking lesson of a lifetime.	UNITED KINGDOM	English-100	2018	RPT	G		
2025-06-13	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		
2025-06-13	0630	Cooking	Freshly Picked	Episode 14	02	14	Simon knows how to utilise that can of beans at the back of the pantry, and makes an impressive kombucha berry trifle. Michael Craig is in the kitchen with a killer recipe for tandoori pizza.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-13	0700	Food Lifestyle	Food Unwrapped	Coconut, Artichokes And Absinthe	05	18	Kate is in Vietnam, taking a close look at coconut oil. Jimmy is puzzled by exactly what goes into a supermarket jar of artichoke hearts. He heads to Italy to visit one of Europe's largest producers.	UNITED KINGDOM	English-100	2015	RPT	PG		Y

2025-06-13	0730	Cooking	Mary Makes It Easy	Guests To Impress	1	24	A kitschy, retro-themed table can put even your most important guests at ease. These four old-school recipes with a special Mary twist are sure to bring fun to the table and impress your VIPs.	CANADA	English-100	2021	RPT	G		
2025-06-13	0800	Cooking	Lidia's Kitchen	Summertime Fun	06	24	Summer is when some of Lidia's favourite produce are at their best. She shares recipes that are perfect for entertaining, including corn and zucchini minestrà, and shrimp and mixed bean salad.	USA	English-100	2019	RPT	G		
2025-06-13	0830	Cooking	Kriol Kitchen	All Mills: Maggie Goose Curry & Fried Damper	03	10	Performer All Mills prepares a yummy goose curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA		2014	RPT	G		Y
2025-06-13	0900	Travel	Taste Of Australia With Hayden Quinn	Kangaroo Island, SA	3	4	Hayden swims with dolphins, then heads to a winery to cook with local figs and honey.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-13	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 24	07	24	Laura Cassai is in the kitchen to create an Italian classic of Fresh Fettuccine with Crab Bisque. Later, Justine creates the perfect Hash Browns with some extra crunch.	AUSTRALIA	English-100	2017	RPT	G		
2025-06-13	1000	Travel	Marcus Wareing: Simply Provence	Almonds	01	13	When in France, it's very easy to focus on the savoury food offerings. Not surprising with the incredible meat, fish, veg and cheese in such beautiful abundance.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-06-13	1030	Cooking	Oliver's Twist	An Englishman And And Irishman	02	3	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-06-13	1100	Cooking	The Cook Up With Adam Liaw	Herbs & Spices	06	22	Adam and his guests, talented home cook Monzir Hamdin and Head Chef Matteo Zamboni, reveal their favourite herbs and spices. And then cook with them, of course. It's a cooking show after all.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-06-13	1130	Travel	John And Lisa's Food Trip Down Under	John And Lisa Head South	01	2	Chef's John Torode and Lisa Faulkner breakfast at an extremely cozy Aussie family-run cafe before discovering tasty short rib wraps at a restaurant that is ringing the bell of culinary changes.	USA	English-100	2024	RPT	G		
2025-06-13	1225	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
2025-06-13	1230	Cooking	Jamie & Jimmy's Food Fight Club	Danny Devito	07	3	Jamie and Jimmy are joined by Hollywood legend Danny DeVito, as he puts on his pinny and cooks for the diners at the end of Southend Pier. In honour of their guest's Italian roots, the boys have tracked down the village in Italy where his grandparents were from before they emigrated to the USA, because if Danny hasn't yet been to San Fele the boys are going to bring San Fele to him!	UNITED KINGDOM	English-100	2018	RPT	PG		
2025-06-13	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		
2025-06-13	1330	Cooking	My Market Kitchen	Episode 56	05	56	Georgia Barnes shares her recipes for mango and pineapple chia pudding and rainbow chard primavera spaghetti.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-13	1400	Travel	Pati's Mexican Table	Family Affair, A	12	4	Pati visits Chef Wilson Alonzo in his hometown of Halacho to prepare a traditional Cochinita Pibil in an underground pit. They begin at the local market to source ingredients. Then Pati helps Wilson prepare the achote marinade, along with his grandmother who taught him traditional cooking and isn't shy to correct him. The final product is a meal that captures Yucatán's history in every bite.	USA	English-100	2023	RPT	G		Y
2025-06-13	1430	Cooking	Freshly Picked	Episode 15	02	15	A quick and easy tofu dish is on the menu, and Simon delivers a sensational dessert. Connor Curran is back on the show for a vegan moussaka, and Simon heads to the river for the perfect toastie.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-13	1500	Food Lifestyle	Food Unwrapped	Best Of 1 - Pine Nuts, Corn Fed Beef And Cellulose	05	19	Kate is in the Wild West of America at a gigantic cattle ranch to ask whether it makes a difference what our meat eats. Jimmy Doherty is in Italy to discover what makes pine nuts so expensive.	UNITED KINGDOM	English-100	2015	RPT	PG		
2025-06-13	1530	Cooking	Mary Makes It Easy	B-B-Q's And A's	1	25	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact. Barbecue Chicken is a staple for any grill master, and Mary reveals her secret to making it evenly cooked and full of flavour.	CANADA	English-100	2021	RPT	G		
2025-06-13	1600	Cooking	Lidia's Kitchen	Quick And Delicious	06	25	Lidia shares recipes that are quick to whip up on busy days. She makes green beans with mint pesto, a fresh alternative to the well-known green beans with butter, then cherry bread pudding.	USA	English-100	2019	RPT	G		
2025-06-13	1630	Cooking	Kriol Kitchen	Chilli Crab, Chilli Fish, Fried Rice, Shellfish Salad	04	1	Mitch and Ali travel 140 kms north of Broome to Mercedes Cove, a must-visit tourist destination to take in the amazing country, with William Bin Kai and -Petronella Channing.	AUSTRALIA		2018	RPT	PG	a w	Y

2025-06-13	1700	Travel	Taste Of Australia With Hayden Quinn	Adelaide Hills, SA	3	5	In Adelaide Hills, Hayden makes new friends and a mouth-watering wood-fire pizza.	AUSTRALIA	English-100	2021	RPT	PG	
2025-06-13	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 25	07	25	On the show today, Justine prepares Provencal Potato Gratin, Farsumagru and Mini Lemon Curd Filo Tartlets. All this, plus a useful tip to get the perfect boiled egg, each and every time.	AUSTRALIA	English-100	2017		G	
2025-06-13	1800	Travel	Marcus Wareing: Simply Provence	Rice	01	14	Marcus has a VIP guest coming for dinner, the Mayor of St Remy's sister. As she is a bit of a history buff, he decides to do research into the origins of some local produce.	UNITED KINGDOM	English-100	2024	RPT	G	Y
2025-06-13	1830	Cooking	Oliver's Twist	Flash In The PAN	02	4	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-06-13	1900	Cooking	The Cook Up With Adam Liaw	Feeling Fresh	06	23	Adam and his guests, chef Jerry Mai and musician Clare Bowditch, lighten things up with some fresh flavours.	AUSTRALIA	English-100	2023	RPT	PG	Y
2025-06-13	1930	Travel	Gary Barlow's Food & Wine: Australia	Adelaide - South Australia	01	3	Gary is in South Australia meeting his old friend Andi Peters, starting their journey at the Yalumba Winery in the Barossa Valley, where they try their hands at barrel making before an exclusive tasting with the wine maker.	UNITED KINGDOM	English-100	2025		PG	
2025-06-13	2030	Food Lifestyle	Kitchen Glow Up	Think Outside The Kitchen	2024	6	New mom Stephanie loves cooking and gets inspiration from India. Ellen's determined to help this young family!	USA	English-100	2024		PG	Y
2025-06-13	2100	Travel	Malaysia Gourmet With Justine Schofield	Ep 6	01	6	Start with an invigorating sunrise hike up Ria Lookout in Sabah, followed by the preparation of delicious Malaysian breakfast noodles. Justine explores Penang Hill before savouring a Sarawak laksa.	AUSTRALIA	English-100	2023	RPT	G	
2025-06-13	2130	Food Lifestyle	Come Dine With Me UK	Royal Leamington Spa: Sis	19	19	Pub landlady, Sis, is donning her hosting hat with a sports inspired evening in her bid to be top of the league and wow her guests with some home-cooked favourites.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-13	2200	Food Lifestyle	Come Dine With Me UK	Royal Leamington Spa: Nikki	19	20	Final host of the week is lively admin assistant Nikki. She's hoping her musically themed menu will see her singing her way to the thousand pounds. Who will take home the prize?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-13	2230	Cooking	The Cook Up With Adam Liaw	Feeling Fresh	06	23	Adam and his guests, chef Jerry Mai and musician Clare Bowditch, lighten things up with some fresh flavours.	AUSTRALIA	English-100	2023	RPT	PG	Y
2025-06-13	2300	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 2	01		Hugh looks back at his first seven years in Dorset, and all the lessons he has learnt about how to be thrifty on 2 his small holding. From learning to make felt from his sheep's fleeces to trying to revive traditions of tripe eating at the local farmers market, Hugh's determined that no part of his precious live stock should ever go to waste.	UNITED KINGDOM	English-100	2005	RPT	PG	a w
2025-06-13	2330	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 15	02	15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham. Rick looks back over some of the local heroes he has discovered during the series, and there is a special tribute to his dog Chally.	UNITED KINGDOM		2003	RPT	PG	a n w
2025-06-13	2400	Cooking	My Market Kitchen	Episode 56	05	56	Georgia Barnes shares her recipes for mango and pineapple chia pudding and rainbow chard primavera spaghetti.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-13	2430	Travel	Gary Barlow's Food & Wine: Australia	Adelaide - South Australia	01	3	Gary is in South Australia meeting his old friend Andi Peters, starting their journey at the Yalumba Winery in the Barossa Valley, where they try their hands at barrel making before an exclusive tasting with the wine maker.	UNITED KINGDOM	English-100	2025	RPT	PG	
2025-06-13	2530	Food Lifestyle	Kitchen Glow Up	Think Outside The Kitchen	2024	6	New mom Stephanie loves cooking and gets inspiration from India. Ellen's determined to help this young family!	USA	English-100	2024	RPT	PG	Y
2025-06-13	2600	Travel	Malaysia Gourmet With Justine Schofield	Ep 6	01	6	Start with an invigorating sunrise hike up Ria Lookout in Sabah, followed by the preparation of delicious Malaysian breakfast noodles. Justine explores Penang Hill before savouring a Sarawak laksa.	AUSTRALIA	English-100	2023	RPT	G	
2025-06-13	2630	Food Lifestyle	Come Dine With Me UK	Royal Leamington Spa: Sis	19	19	Pub landlady, Sis, is donning her hosting hat with a sports inspired evening in her bid to be top of the league and wow her guests with some home-cooked favourites.	UNITED KINGDOM	English-100	2022	RPT	PG	

2025-06-13	2700	Food Lifestyle	Come Dine With Me UK	Royal Leamington Spa: Nikki	19	20	Final host of the week is lively admin assistant Nikki. She's hoping her musically themed menu will see her singing her way to the thousand pounds. Who will take home the prize?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-13	2730	Cooking	The Cook Up With Adam Liaw	Feeling Fresh	06	23	Adam and his guests, chef Jerry Mai and musician Clare Bowditch, lighten things up with some fresh flavours.	AUSTRALIA	English-100	2023	RPT	PG	Y
2025-06-13	2800	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 2	01	2	Hugh looks back at his first seven years in Dorset, and all the lessons he has learnt about how to be thrifty on his small holding. From learning to make felt from his sheep's fleeces to trying to revive traditions of tripe eating at the local farmers market, Hugh's determined that no part of his precious live stock should ever go to waste.	UNITED KINGDOM	English-100	2005	RPT	PG	a w
2025-06-13	2830	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 15	02	15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham. Rick looks back over some of the local heroes he has discovered during the series, and there is a special tribute to his dog Chabby.	UNITED KINGDOM		2009	RPT	PG	a n w
2025-06-14	0500	Cooking	My Market Kitchen	Episode 56	05	56	Georgia Barnes shares her recipes for mango and pineapple chia pudding and rainbow chard primavera spaghetti.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-14	0530	Cooking	Jamie & Jimmy's Food Fight Club	Danny Devito	07	3	Jamie and Jimmy are joined by Hollywood legend Danny DeVito, as he puts on his pinny and cooks for the diners at the end of Southend Pier. In honour of their guest's Italian roots, the boys have tracked down the village in Italy where his grandparents were from before they emigrated to the USA, because if Danny hasn't yet been to San Fele the boys are going to bring San Fele to him!	UNITED KINGDOM	English-100	2018	RPT	PG	
2025-06-14	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	
2025-06-14	0630	Cooking	Freshly Picked	Episode 15	02	15	A quick and easy tofu dish is on the menu, and Simon delivers a sensational dessert. Connor Curran is back on the show for a vegan moussaka, and Simon heads to the river for the perfect toastie.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-14	0700	Food Lifestyle	Food Unwrapped	Best Of 1 - Pine Nuts, Corn Fed Beef And Cellulose	05	19	Kate is in the Wild West of America at a gigantic cattle ranch to ask whether it makes a difference what our meat eats. Jimmy Doherty is in Italy to discover what makes pine nuts so expensive.	UNITED KINGDOM	English-100	2015	RPT	PG	
2025-06-14	0730	Cooking	Mary Makes It Easy	B-B-Q's And A's	1	25	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact. Barbecue Chicken is a staple for any grill master, and Mary reveals her secret to making it evenly cooked and full of flavour.	CANADA	English-100	2021	RPT	G	
2025-06-14	0800	Cooking	Lidia's Kitchen	Quick And Delicious	06	25	Lidia shares recipes that are quick to whip up on busy days. She makes green beans with mint pesto, a fresh alternative to the well-known green beans with butter, then cherry bread pudding.	USA	English-100	2019	RPT	G	
2025-06-14	0830	Cooking	Kriol Kitchen	Chilli Crab, Chilli Fish, Fried Rice, Shellfish Salad	04	1	Mitch and Ali travel 140 kms north of Broome to Mercedes Cove, a must-visit tourist destination to take in the amazing country, with William Bin Kai and -Petroneila Channing.	AUSTRALIA		2018	RPT	PG	a w Y
2025-06-14	0900	Travel	Taste Of Australia With Hayden Quinn	Adelaide Hills, SA	3	5	In Adelaide Hills, Hayden makes new friends and a mouth-watering wood-fire pizza.	AUSTRALIA	English-100	2021	RPT	PG	
2025-06-14	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 25	07	25	On the show today, Justine prepares Provencal Potato Gratin, Farumagru and Mini Lemon Curd Filo Tartlets. All this, plus a useful tip to get the perfect boiled egg, each and every time.	AUSTRALIA	English-100	2017	RPT	G	

2025-06-14	1000	Travel	Marcus Wareing: Simply Provence	Rice	01	14	Marcus has a VIP guest coming for dinner, the Mayor of St Remy's sister. As she is a bit of a history buff, he decides to do research into the origins of some local produce.	UNITED KINGDOM	English-100	2024	RPT	G					Y
2025-06-14	1030	Cooking	Oliver's Twist	Flash In The PAN	02	4	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100	2003	RPT	G					
2025-06-14	1100	Cooking	The Cook Up With Adam Liaw	Feeling Fresh	06	23	Adam and his guests, chef Jerry Mai and musician Clare Bowditch, lighten things up with some fresh flavours.	AUSTRALIA	English-100	2023	RPT	PG					Y
2025-06-14	1130	Travel	Gary Barlow's Food & Wine: Australia	Adelaide - South Australia	01	3	Gary is in South Australia meeting his old friend Andi Peters, starting their journey at the Yalumba Winery in the Barossa Valley, where they try their hands at barrel making before an exclusive tasting with the wine maker.	UNITED KINGDOM	English-100	2025	RPT	PG					
2025-06-14	1230	Food Lifestyle	Kitchen Glow Up	Think Outside The Kitchen	2024	6	New mom Stephanie loves cooking and gets inspiration from India. Ellen's determined to help this young family!	USA	English-100	2024	RPT	PG					Y
2025-06-14	1300	Travel	Malaysia Gourmet With Justine Schofield	Ep 6	01	6	Start with an invigorating sunrise hike up Ria Lookout in Sabah, followed by the preparation of delicious Malaysian breakfast noodles. Justine explores Penang Hill before savouring a Sarawak laksa.	AUSTRALIA	English-100	2023	RPT	G					
2025-06-14	1330	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 2	01	2	Hugh looks back at his first seven years in Dorset, and all the lessons he has learnt about how to be thrifty on his small holding. From learning to make felt from his sheep's fleeces to trying to revive traditions of tripe eating at the local farmers market, Hugh's determined that no part of his precious live stock should ever go to waste.	UNITED KINGDOM	English-100	2005	RPT	PG			a w		
2025-06-14	1400	Travel	Marcus Wareing: Simply Provence	Vegetables	01	15	Marcus' time in Saint Remy is nearly at an end. During his trip, he's been a sous-chef, been run over by goats, searched for snails and steered a combine harvester.	UNITED KINGDOM	English-100	2024	RPT	G					
2025-06-14	1430	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Venice	05	4	At the Rialto market delicacies that are part of the Venetian culinary tradition are brought by boat directly from the islands of Sant Erasmo and Le Vignole. Artichokes, giant tomatoes, jujube fruits, and the radicchio chicory come from the wetlands north of Venice.	FRANCE	English-65; Italian-35	2024	RPT	PG			a w	Y	Y
2025-06-14	1530	Cooking	Raymond Blanc's Royal Kitchen Gardens	Hampton Court Palace 1	01	1	Raymond's journey takes him to the impressive Hampton Court Palace. He discovers its fascinating history and long heritage, then makes a beautiful dessert sure to impress.	UNITED KINGDOM	English-100	2023	RPT	PG					
2025-06-14	1630	Cooking	Be My Guest With Ina Garten	Chef Erin French	01	2	From seeing the pulses grown in the ground to being processed into a healthy and convenient snack and then turned into pasta, Jenn experiences the many uses of chickpeas.	USA	English-100	2021	RPT	G					
2025-06-14	1725	Travel	Destination Flavour China Bitesize	Longjing Prawns	01	5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G				Y	Y
2025-06-14	1730	Cooking	Toast The Host: How To Entertain At Home	Champers And Nibbly Things	01	2	Hosting a celebration at home is easy if you are prepared. This episode, party guru Simon James Bailey hosts a poolside engagement party with an 80's theme.	AUSTRALIA	English-100	2024		G					
2025-06-14	1800	Cooking	Marion Grasby's Flavours: Heart And Home	Fakeaway Favourites	01	7	Marion shares her homemade takes on favourite takeaway dishes including crispy pork belly banh mi, Thai khao soi noodle soup and sticky Chinese honey chicken. These flavour-packed recipes celebrate her Asian-Australian roots and kitchen know-how.	AUSTRALIA	English-100	2024	RPT	G				Y	

2025-06-14	1830	Travel	Ainsley's Taste Of Malta	Gozo	01	5	Ainsley heads to the idyllic island of Gozo to finish his journey, starting with a picturesque picnic filled with the tastes of Malta courtesy of Ana.	UNITED KINGDOM	English-100	2023	RPT	G	
2025-06-14	1930	Travel	Roux Down The River	Southend-On-Sea	01	5	Michel meets a family of fishmongers and chefs keeping it local, cooking scallop curry, prawn toast and fried custard beignets.	UNITED KINGDOM	English-100	2024		G	
2025-06-14	2030	Travel	Rick Stein's Cornwall	Ep 3	01	3	Rick Stein meets young chef Tom Adams who runs Combeshead Farm, a leading field-to-fork restaurant in Cornwall. Here they grow and produce all of their own food, from sourdough bread to pork pies, as well as rearing a small herd of Mangalitsa pigs, a hairy, old-world breed which produces exquisite hams. Rick tries out a new recipe - pork chops with a blue berry sauce, before moving on to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100	2021	RPT	PG	a w
2025-06-14	2105	Travel	Rick Stein's Cornwall	Ep 4	01	4	The town of Launceston in east Cornwall is bypassed by many who visit the county, yet Rick discovers that it's home to an unusual superstition and a rare type of Norman castle. In the far west of Cornwall, Rick meets Graham Fitkin and Ruth Wall, two musicians who combine modern and traditional ways to make some extraordinary compositions. Rick rounds off his trip cooking an affresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100	2021	RPT	PG	a w

2025-06-14	2140	Travel	Anthony Bourdain: Parts Unknown	Oman	09	5	Anthony Bourdain takes his first journey to the Sultanate of Oman and finds a peaceful land of remarkable beauty that defies expectations. His travels include the capital city Muscat, as well as port city Muttrah to restaurant Bai Al Luban for shuwa, a special dish made from the complex process of cooking meat buried in the ground for days over hot coals, and Sharqiya Sands, on the edge of the Empty Quarter, to dine with the local Bedouins who inhabit the world's largest sand desert.	USA	English-100	2017	RPT	PG	a w	Y
2025-06-14	2230	Travel	David Rocco's Dolce Tuscany	Balsamico Di Modena	1	12	David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.	CANADA	English-100	2015	RPT	G		
2025-06-14	2300	Travel	Bizarre Foods: Delicious Destinations	Curacao	8	20	Andrew enjoys the bold and tropical flavors of Curacao, a small Caribbean island off the coast of Venezuela. The former Dutch trading hub has a local cuisine that blends its diverse history with seafood, African-inspired stews, Indonesian flavors and iconic Dutch cheese dishes.	USA	English-100	2018	RPT	PG	a w	Y
2025-06-14	2330	Travel	Eater's Guide To The World	Cultural Crossroads In Casablanca	01	2	No cool friend would let you skip Casablanca while on a trip to Morocco. This can't-miss port city boasts snails, traditional pastilla, and unreal tagine-you've gotta taste it all.	USA	English-100	2020	RPT	PG		Y
2025-06-14	2405	Cooking	Marion Grasby's Flavours: Heart And Home	Fakesway Favourites	01	7	Marion shares her homemade takes on favourite takeaway dishes including crispy pork belly banh mi, Thai khao soi noodle soup and sticky Chinese honey chicken. These flavour-packed recipes celebrate her Asian-Australian roots and kitchen know-how.	AUSTRALIA	English-100	2024	RPT	G	Y	
2025-06-14	2435	Travel	Ainsley's Taste Of Malta	Gozo	01	5	Ainsley heads to the idyllic island of Gozo to finish his journey, starting with a picturesque picnic filled with the tastes of Malta courtesy of Ana.	UNITED KINGDOM	English-100	2023	RPT	G		
2025-06-14	2530	Travel	Roux Down The River	Southend-On-Sea	01	5	Michel meets a family of fishmongers and chefs keeping it local, cooking scallop curry, prawn toast and fried custard beignets.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-06-14	2630	Travel	Rick Stein's Cornwall	Ep 3	01	3	Rick Stein meets young chef Tom Adams who runs Combeshead Farm, a leading field-to-fork restaurant in Cornwall. Here they grow and produce all of their own food, from sourdough bread to pork pies, as well as rearing a small herd of Mangalica pigs, a hairy, old-world breed which produces exquisite ham. Rick tries out a new recipe - pork chops with a sloe berry sauce, before moving on to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100	2021	RPT	PG	a w	
2025-06-14	2705	Travel	Rick Stein's Cornwall	Ep 4	01	4	The town of Launceston in east Cornwall is bypassed by many who visit the county, yet Rick discovers that it's home to an unusual superstition and a rare type of Norman castle. In the far west of Cornwall, Rick meets Graham Fitkin and Ruth Wall, two musicians who combine modern and traditional ways to make some extraordinary compositions. Rick rounds off his trip cooking an al fresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100	2021	RPT	PG	a w	
2025-06-14	2740	Travel	Anthony Bourdain: Parts Unknown	Oman	09	5	Anthony Bourdain takes his first journey to the Sultanate of Oman and finds a peaceful land of remarkable beauty that defies expectations. His travels include the capital city Muscat, as well as port city Muttrah to restaurant Bai Al Luban for shuwa, a special dish made from the complex process of cooking meat buried in the ground for days over hot coals, and Sharqiya Sands, on the edge of the Empty Quarter, to dine with the local Bedouins who inhabit the world's largest sand desert.	USA	English-100	2017	RPT	PG	a w	Y
2025-06-14	2830	Cooking	Toast The Host: How To Entertain At Home	Champers And Nibbly Things	01	2	Hosting a celebration at home is easy if you are prepared. This episode, party guru Simon James Bailey hosts a poolside engagement party with an 80's theme.	AUSTRALIA	English-100	2024	RPT	G		