



WEEK 25 Sunday, 15 June 2025 Saturday, 21 June 2025

Date	Start Time	Genre	Title
2025-06-15	0500	Travel	Marcus Wareing: Simply Provence
2025-06-15	0530	Lifestyle	Food Markets: In The Belly Of The City
2025-06-15	0630	Cooking	Raymond Blanc's Royal Kitchen Gardens
2025-06-15	0725	Travel	Destination Flavour China Bitesize
2025-06-15	0730	Cooking	Be My Guest With Ina Garten
2025-06-15	0825	Cooking	A Taste Of Island Dreams
2025-06-15	0830	Travel	Ainsley's Taste Of Malta
2025-06-15	0925	Cooking	Destination Flavour Down Under Bitesize
2025-06-15	0930	Travel	Rick Stein's Cornwall
2025-06-15	1005	Travel	Rick Stein's Cornwall
2025-06-15	1040	Travel	David Rocco's Dolce Tuscany
2025-06-15	1105	Travel	Bizarre Foods: Delicious Destinations
2025-06-15	1130	Travel	Eater's Guide To The World
2025-06-15	1205	Travel	Marcus Wareing: Simply Provence
2025-06-15	1235	Travel	Roux Down The River
2025-06-15	1335	Cooking	Toast The Host: How To Entertain At Home
2025-06-15	1405	Travel	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
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				
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	
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				
Longing 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	
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				
Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G				
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				
Destination Flavour Down Under Bitesize Series 1 Ep 6	01	6	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		
Ep 3	01	3	Rick Stein meets young chef Tom Adams who runs Combshead 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 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			
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			
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				
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	
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	
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				
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				
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				
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		

2025-06-15	1435	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
2025-06-15	1505	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
2025-06-15	1535	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
2025-06-15	1605	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
2025-06-15	1635	Travel	Masters Of Taste With Gary Mehigan	Vj As My Sous Chef, A	01	7	Gary visits Masala Library, opened by one of India's pioneer restaurateurs, Jiggs Kalra. He then stops over to surprise the little chefs at Science and Cooking, a culinary school for kids. The day ends with popular VJ and actor Purab Kohli joining Gary in the kitchen.	INDIA	English-100	2018	RPT	G		
2025-06-15	1705	Travel	Masters Of Taste With Gary Mehigan	Passionate Cooks Create Magic	01	8	Gary heads to Mumbai Irani-Parsi cafe, Sodabottlepenewala, and meets its eccentric owner, Anaida, who makes him some of their best signature dishes. He then checks out a unique food experience created by amateur cooks from their home, called the Danda Food Project.	INDIA	English-100	2018	RPT	G		
2025-06-15	1730	Cooking	Flat Out Food	Game	05	3	Jenn travels north to the Saskatchewan River Delta to explore the cultural significance of hunting and trapping in Indigenous traditions, while embarking on a moose-tracking adventure herself. She then visits an elk farm and learns how to prepare gourmet dishes using game meat.	CANADA	English-100	2025				
2025-06-15	1800	Biography	The Next Thing You Eat	Restaurants: A Reckoning	01	3	COVID accelerated an upheaval that was a long time coming for the restaurant industry. So, what comes next? And will the future be more equitable for all?	USA	English-100	2021	RPT	PG		Y
2025-06-15	1835	Travel	James Martin's French Adventure	Marseille	01	12	James visits Marseille's oldest bakery, famous for the Navette biscuit. Then James cooks scallops the St Jacques way, as well as wreck fish with buckwheat.	UNITED KINGDOM	English-100	2017	RPT	PG	a w	Y
2025-06-15	1930	Cooking	Cook Clever: Waste Less With Prue & Rupy	Thompson Family, The	01	3	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help the Thompson family tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
2025-06-15	2000	Food Lifestyle	My Greatest Dishes	Atul Kochhar	01	16	Traillblazing chef Atul Kochhar has revolutionised Indian cuisine. His four greatest dishes are: his mother's daal, stuffed aubergine steaks pay, Indian British lamb gosht, and traditional bhapa doi.	UNITED KINGDOM	English-100	2019	RPT	G		
2025-06-15	2030	Travel	Rick Stein's Long Weekends	Reykjavik	01	2	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer - succulent roast lamb, rye bread baked in volcanic sand, langoustine soup and, of course, his ongoing search for the perfect cod. Unforgettable dishes enjoyed alongside spectacular drives, memorable swims in volcanic pools, geysirs, waterfalls, and the odd winter storm thrown in for good measure.	UNITED KINGDOM	English-100	2016	RPT	G		Y
2025-06-15	2135	Travel	Anthony Bourdain: Parts Unknown	Trinidad	09	6	On his trip to the Caribbean, Anthony discovers how the island of Trinidad has turned a history of colonialism and slavery into a non-stop celebration of multicultural food, music, and good times.	USA	English-100	2017	RPT	PG	a	
2025-06-15	2230	Travel	David Rocco's Dolce Tuscany	Wheat, Flour, Pasta	1	13	At Villa Poggio Bartoli, the wheat harvest is a big deal. To this day, the threshing of the wheat is done the old-fashioned way using machinery from the 1920s.	CANADA	English-100	2015	RPT	G		
2025-06-15	2300	Travel	Bizarre Foods: Delicious Destinations	Seville	8	21	Andrew explores the city of Seville, Spain, where socializing includes long nights of communal eating and drinking. With impeccable delicacies like the cured ham of Iberico pig and gazpacho.	USA	English-100	2018	RPT	G		Y
2025-06-15	2330	Travel	Eater's Guide To The World	Ass Crack Of Dawn In New York City, The	01	3	It's last call and you're hungry. What do you do? Luckily, you're in New York City, where your crew can choose from mouth-watering options like Korean BBQ, empanadas, and bionis.	USA	English-100	2020	RPT	PG	1 s	Y
2025-06-15	2400	Cooking	Flat Out Food	Game	05	3	Jenn travels north to the Saskatchewan River Delta to explore the cultural significance of hunting and trapping in Indigenous traditions, while embarking on a moose-tracking adventure herself. She then visits an elk farm and learns how to prepare gourmet dishes using game meat.	CANADA	English-100	2025	RPT			
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2025-06-15	2525	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	01	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y

2025-06-15	2530	Cooking	Cook Clever Waste Less With Prue & Rupy	Thompson Family, The	01	3	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help the Thompson family tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
2025-06-15	2600	Food Lifestyle	My Greatest Dishes	Atul Kochhar	01	16	Traillblazing chef Atul Kochhar has revolutionised Indian cuisine. His four greatest dishes are: his mother's daal, stuffed aubergine steaks pay, Indian British lamb gosht, and traditional bhajis doi.	UNITED KINGDOM	English-100	2019	RPT	G		
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2025-06-16	1100	Food Lifestyle	My Greatest Dishes	Atul Kochhar	01	16	Traillblazing chef Atul Kochhar has revolutionised Indian cuisine. His four greatest dishes are: his mother's daal, stuffed aubergine steaks pay, Indian British lamb gosht, and traditional bhajis doi.	UNITED KINGDOM	English-100	2019	RPT	G		
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2025-06-16	1235	Cooking	Jamie & Jimmy's Food Fight Club	Harry Hill	07	4	Jamie and Jimmy whip up a packed menu full of dishes for the weekend and joining them in the cafe to lend a hand is the funny man of TV outtakes, Harry Hill.	UNITED KINGDOM	English-100	2018	RPT	G		

2025-06-16	1330	Cooking	My Market Kitchen	Episode 57	05	57	Ben and David Mann set up at a communal BBQ to cook BBQ Prawns with a peach salad that David feeds to the local wildlife.	AUSTRALIA	English-100	2021	RPT	G				
2025-06-16	1400	Travel	Pati's Mexican Table	Ode To The Egg	12	5	Pati arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motulenos. Pati meets Dona Evelia, who put Motul back on the map with her world-famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchen, where chef Julio Dominguez makes Abuela's Buttoned Eggs.	USA	English-100	2023	RPT	G				Y
2025-06-16	1430	Cooking	Freshly Picked	Episode 16	02	16	The amazing Norrie Bero is back with her famous damper with warrigal greens. Simon shows a weekend wonder wrap and takes tofu to the next level, then heads out to the Vegout Community Garden.	AUSTRALIA	English-100	2021	RPT	PG				
2025-06-16	1500	Food Lifestyle	Food Unwrapped	Best Of 2 - Greek Yogurt, Red Leicester And Ostrich	05	20	Jimmy is in Greece where he learns that Greek Yoghurt production creates a potentially devastating by-product. Matt asks how can ostrich meat be red when other poultry is white?	UNITED KINGDOM	English-100	2015	RPT	G				Y
2025-06-16	1530	Cooking	Mary Makes It Easy	When Life Gives You Lemons	2	1	In Mary's world, when life gives you lemons, you put them in everything! Lemons are her absolute main squeeze in the kitchen and she can never get enough. Using her all-time favourite ingredient as the star, Mary starts with sweets by baking Lemon Raspberry Loaf topped with a bright pink glaze.	CANADA	English-100	2022	RPT	G				Y
2025-06-16	1600	Cooking	Lidia's Kitchen	Colourful Party, A	06	26	When hosting an Italian-style cocktail party, you will need some drinks and appetisers. Lidia creates mussels with zucchini salsa verde, a bloody mary, and grilled corn, apricots, and portobellos.	USA	English-100	2019	RPT	G				
2025-06-16	1630	Cooking	Kriol Kitchen	Baked Turkey, Baked Kangaroo Sausage, Kangaroo Steaks With Bush Koonkaberri Sauce, Roo Tail Stew	04	2	Time for some traditional inspired cooking. In this food adventure Ali and Mitch meet up with their cousin Ronnie Jimbide at his tourism business Girlooloo Tours based at the spectacular Mimbi Caves.	AUSTRALIA		2018	RPT	PG	a w	Y		Y
2025-06-16	1700	Travel	Taste Of Australia With Hayden Quinn	Brisbane, QLD	3	6	Hayden starts the day on the Brisbane River kayaking, then has breakfast overlooking the river before heading to a restaurant to meet the chef and learn a bit about the Brisbane food scene.	AUSTRALIA	English-100	2021	RPT	PG	a w			
2025-06-16	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 26	07	26	Masterchef favourite Matt Sinclair is back to teach us his mouth-watering Sticky Chicken Wings. Justine has some great desserts lined up, including Chocolate Bread and Butter pudding.	AUSTRALIA	English-100	2017		G				
2025-06-16	1800	Cooking	Food Safari	Moroccan	01	1	Maewo journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	2006	RPT	G			Y	
2025-06-16	1830	Cooking	Oliver's Twist	Very British Bbq, A	02	5	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100	2003	RPT	G				
2025-06-16	1900	Travel	The Cook Up With Adam Liaw	Treasured Tastes	08	42	To celebrate Refugee Week, Adam invites tennis legend Jelena Dokic and CommUnity Construction founder Hedayat Ozyan to share their treasured tastes.	AUSTRALIA	English-100	2025		PG			Y	
2025-06-16	1930	Cooking	Marion Grasby's Flavours: Heart And Home	Marion Grasby's Flavours Of Heart & Home Series 1 Ep 8	01	8	Marion's Grasby's Flavours of Heart & Home is a warm, personal journey through food, culture, and family, as Marion explores what it means to be a second-generation Australian embracing both her Thai and Australian heritage.	AUSTRALIA	English-100	2024					Y	
2025-06-16	2000	Food Lifestyle	The Streets Hong Kong	Ep 5	01	5	Dan takes viewers on a tour of one of Hong Kong's original wonton noodle establishments. Savouring flavourful handmade wontons, he also shares his own recipe.	AUSTRALIA		2024	RPT	G			Y	
2025-06-16	2030	Cooking	Jamie's Super Food	Episode 4	01	4	Jamie's on the Greek island of Ikaria, where people live a decade longer on average and 60% of 90-year-olds are still physically active.	UNITED KINGDOM	English-100	2015		G				Y
2025-06-16	2130	Food Lifestyle	Come Dine With Me UK	West Midlands: Kuda	19	21	Entrepreneur and social media star, Kuda, is hoping to take his guests on an African adventure with a Zimbabwean and world influenced African A La Carte menu. Will it be enough to win the cash prize?	UNITED KINGDOM	English-100	2022	RPT	PG				
2025-06-16	2200	Food Lifestyle	Come Dine With Me UK	West Midlands: Rich	19	22	Construction recruitment consultant, Rich, is hoping to wow his guests with his Italian menu and themed night. Tune in to see if he has what it takes to seal the 1000 pound prize.	UNITED KINGDOM	English-100	2022	RPT	PG				
2025-06-16	2230	Travel	The Cook Up With Adam Liaw	Treasured Tastes	08	42	To celebrate Refugee Week, Adam invites tennis legend Jelena Dokic and CommUnity Construction founder Hedayat Ozyan to share their treasured tastes.	AUSTRALIA	English-100	2025	RPT	PG				Y
2025-06-16	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Snapper	04	1	A mild, white-fleshed fish, red snapper is universally beloved and readily available anywhere. In this episode, chef Andrew Zimmern makes two different dishes with red snapper.	USA	English-100	2024		G				

2025-06-16	2330	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 3	01	3	Continuing his retrospective assessment of the vital elements of rural life, Hugh looks back on his ever-increasing commitment to sourcing his food locally. It is not just about quality and taste, he concludes.	UNITED KINGDOM	English-100	2005	RPT	G			
2025-06-16	2400	Cooking	My Market Kitchen	Episode 57	05	57	Ben and David Mann set up at a communal BBQ to cook BBQ Prawns with a peach salad that David feeds to the local wildlife.	AUSTRALIA	English-100	2021	RPT	G			
2025-06-16	2430	Cooking	Marion Grasby's Flavours: Heart And Home	Marion Grasby's Flavours Of Heart & Home Series 1 Ep 8	01	8	Marion's Grasby's Flavours of Heart & Home is a warm, personal journey through food, culture, and family, as Marion explores what it means to be a second-generation Australian embracing both her Thai and Australian heritage.	AUSTRALIA	English-100	2024	RPT			Y	
2025-06-16	2500	Food Lifestyle	The Streets Hong Kong	Ep 5	01	5	Dan takes viewers on a tour of one of Hong Kong's original wonton noodle establishments. Savouring flavourful handmade wontons, he also shares his own recipe.	AUSTRALIA		2024	RPT	G		Y	
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2025-06-16	2800	Cooking	Andrew Zimmern's Wild Game Kitchen	Snapper	04	1	A mild, white-fleshed fish, red snapper is universally beloved and readily available anywhere. In this episode, chef Andrew Zimmern makes two different dishes with red snapper.	USA	English-100	2024	RPT	G			
2025-06-16	2830	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 3	01	3	Continuing his retrospective assessment of the vital elements of rural life, Hugh looks back on his ever-increasing commitment to sourcing his food locally. It is not just about quality and taste, he concludes.	UNITED KINGDOM	English-100	2005	RPT	G			
2025-06-17	0500	Cooking	Oliver's Twist	Very British Bbq, A	02	5	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100	2003	RPT	G			
2025-06-17	0530	Cooking	My Market Kitchen	Episode 57	05	57	Ben and David Mann set up at a communal BBQ to cook BBQ Prawns with a peach salad that David feeds to the local wildlife.	AUSTRALIA	English-100	2021	RPT	G			
2025-06-17	0600	Travel	Pati's Mexican Table	Ode To The Egg	12	5	Pati arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motulenos. Pati meets Dona Evelia, who put Motul back on the map with her world-famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchen, where chef Julio Dominguez makes Abuela's Buttoned Eggs.	USA	English-100	2023	RPT	G		Y	
2025-06-17	0630	Cooking	Freshly Picked	Episode 16	02	16	The amazing Norrie Bero is back with her famous damper with warrigal greens. Simon shows a weekend wonder wrap and takes tofu to the next level, then heads out to the Vegout Community Garden.	AUSTRALIA	English-100	2021	RPT	PG			
2025-06-17	0700	Food Lifestyle	Food Unwrapped	Best Of 2 - Greek Yogurt, Red Leicester And Ostrich	05	20	Jimmy is in Greece where he learns that Greek Yoghurt production creates a potentially devastating by-product. Matt asks how can ostrich meat be red when other poultry is white?	UNITED KINGDOM	English-100	2015	RPT	G		Y	
2025-06-17	0730	Cooking	Mary Makes It Easy	When Life Gives You Lemons	2	1	In Mary's world, when life gives you lemons, you put them in everything! Lemons are her absolute main squeeze in the kitchen and she can never get enough. Using her all-time favourite ingredient as the star, Mary starts with sweets by baking Lemon Raspberry Loaf topped with a bright pink glaze.	CANADA	English-100	2022	RPT	G		Y	
2025-06-17	0800	Cooking	Lidia's Kitchen	Colourful Party, A	06	26	When hosting an Italian-style cocktail party, you will need some drinks and appetisers. Lidia creates mussels with zucchini salsa verde, a bloody mary, and grilled corn, apricots, and portobellos.	USA	English-100	2019	RPT	G			
2025-06-17	0830	Cooking	Kriol Kitchen	Baked Turkey, Baked Kangaroo Sausage, Kangaroo Steaks With Bush Koonlaberry Sauce, Roo Tail Stew	04	2	Time for some traditional inspired cooking. In this food adventure Ali and Mitch meet up with their cousin Ronnie Jimbidie at his tourism business Girlooloo Tours based at the spectacular Mimbi Caves.	AUSTRALIA		2018	RPT	PG	a w	Y	Y

2025-06-17	0900	Travel	Taste Of Australia With Hayden Quinn	Brisbane, QLD	3	6	Hayden starts the day on the Brisbane River kayaking, then has breakfast overlooking the river before heading to a restaurant to meet the chef and learn a bit about the Brisbane food scene.	AUSTRALIA	English-100	2021	RPT	PG	a w
2025-06-17	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 26	07	26	Masterchef favourite Matt Sinclair is back to teach us his mouth-watering Sticky Chicken Wings. Justine has some great desserts lined up, including Chocolate Bread and Butter pudding.	AUSTRALIA	English-100	2017	RPT	G	
2025-06-17	1000	Cooking	Food Safari	Moroccan	01	1	Maewie journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	2006	RPT	G	Y
2025-06-17	1030	Cooking	Oliver's Twist	Very British Bbq, A	02	5	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-06-17	1100	Travel	The Cook Up With Adam Liaw	Treasured Tastes	08	42	To celebrate Refugee Week, Adam invites tennis legend Jelena Dokic and CommUnity Construction founder Hedayat Oryan to share their treasured tastes.	AUSTRALIA	English-100	2025	RPT	PG	Y
2025-06-17	1130	Cooking	Jamie's Super Food	Episode 4	01	4	Jamie's on the Greek island of Ikaria, where people live a decade longer on average and 60% of 90-year-olds are still physically active.	UNITED KINGDOM	English-100	2015	RPT	G	Y
2025-06-17	1230	Cooking	Jamie & Jimmy's Food Fight Club	Romesh Ranganathan	07	5	Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.	UNITED KINGDOM	English-100	2018	RPT	PG	
2025-06-17	1325	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Almah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G	
2025-06-17	1330	Cooking	My Market Kitchen	Episode 58	05	58	Ben's back in the market to cook his simple yet delicious escabeche with Chilean mussels.	AUSTRALIA	English-100	2021	RPT	PG	
2025-06-17	1400	Travel	Pati's Mexican Table	Yucatan Meats	12	6	Temozoon is the birthplace of Yucatan's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pati strolls around town to try different versions of Carne Ahumada. She also returns to Hacienda Tanchen for another traditional dish prepared by chef Julio Dominguez called Huidos Bi Wai, which means united tortilla.	USA	English-100	2023	RPT	G	Y
2025-06-17	1430	Cooking	Freshly Picked	Episode 17	02	17	Today is about pure donut indulgence, and next it's pizza pocket perfection with a mushroom filling. Blayne is adding a bit of size to the humble radish, and Simon heads to Sarafian Hummus HQ.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-17	1500	Food Lifestyle	Food Unwrapped	Best Of 3 - Rose Oil, Beetroot And Sourdough	05	21	Jimmy is in Bulgaria to find out why rose oil is considered liquid gold. Matt Tebbutt delves into the secret world of baker's yeast to find out what actually gives sourdough bread its twang.	UNITED KINGDOM	English-100	2015	RPT	G	Y
2025-06-17	1530	Cooking	Mary Makes It Easy	Made To Hors D'oeuvres	2	2	Mary's handy hors d'oeuvres elevate classic party recipes in just a few steps. She has kicked it up a notch with her grilled shrimp cocktail with a side of three dunkable dips and more.	CANADA	English-100	2022	RPT	G	
2025-06-17	1600	Cooking	Lidia's Kitchen	Childhood Cravings	07	1	Lidia remembers some of her fondest childhood recipes that were made by her Grandmother Rosa in Italy -- including mussels triestina and cavatappi with beef guazzetto.	USA	English-100	2020	RPT	G	
2025-06-17	1630	Cooking	Krill Kitchen	Deep Fried Mullet With Veggies, Fish Soup, Som Tum With Fried Mackerel And Blue Bone	04	3	Sitting high on the red cliffs at Whalesong is a beautiful little surprise-a Bush Restaurant run by Lenny O'Meara and his wife Jacinta.	AUSTRALIA		2018	RPT	PG	a w Y
2025-06-17	1700	Travel	Taste Of Australia With Hayden Quinn	Sunshine Coast, QLD	3	7	Hayden starts the day with a surf with a new friend, then heads to a ginger farm to see ginger being processed. Hayden then gets some cooking tips from a chef at a local restaurant before visiting the Ginger Factory.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-17	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 27	07	27	Another delicious recipe from Justine's Japan trip, as well as a Berry Semifreddo and Grilled Barramundi will be seen on today's show.	AUSTRALIA	English-100	2017		G	
2025-06-17	1800	Cooking	Food Safari	Malaysian	01	2	Maewie explores the spicy world of Malaysian food, whose devotees cross oceans for the best laksa, roti and curry.	AUSTRALIA	English-100	2006	RPT	G	Y
2025-06-17	1830	Cooking	Oliver's Twist	Pasta And The Masta	02	6	Jamie and Italian cooking legend Genaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100	2003	RPT	G	

2025-06-17	1900	Travel	The Cook Up With Adam Liaw	New Home Cooking	08	43	The Cook Up is celebrating Refugee Week, and Adam's guests, Ukrainian cook Anna-Maria Myktsuk and actor Jillian Nguyen, are here to share their new home cooking.	AUSTRALIA	English-100	2025	G		Y
2025-06-17	1930	Travel	Mary Berry's Cook & Share	Team Favourites	01	3	Mary bowls the England players over at Edgbaston with her cricket tea, steps onto the crease for a quick coaching session and shares more of her mouthwatering recipes.	UNITED KINGDOM	English-100	2022	G		
2025-06-17	2000	Cooking	The Big Irish Food Tour	Glens Of Antrim With Diarmuid Gavin	01	5	Anna's food tour has brought her to the dramatic Glens of Antrim in Ireland's Northeast.	UNITED KINGDOM		2024	G		
2025-06-17	2030	Cooking	Prue Leith's Cotswold Kitchen	Lulu	02	9	Prue is joined by Lulu-who bursts into song while making a chocolate puddle cake and makes a 'poshed-up' haggis with neeps and tatties with the help of her husband John.	UNITED KINGDOM	English-100	2025	PG		
2025-06-17	2130	Food Lifestyle	Come Dine With Me UK	West Midlands: Amy	19	23	Pharmacy technician Amy is hoping to impress everyone with her Asian curry extravaganza. But will it be too discerning for her guests?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-17	2200	Food Lifestyle	Come Dine With Me UK	West Midlands: Sophie	19	24	It's make-up artist and 'Glam Goth' Sophie's turn to host. Will she throw in the towel before the night is out, leaving her guests to fend for themselves, or will she give one last throw of the dice?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-17	2230	Travel	The Cook Up With Adam Liaw	New Home Cooking	08	43	The Cook Up is celebrating Refugee Week, and Adam's guests, Ukrainian cook Anna-Maria Myktsuk and actor Jillian Nguyen, are here to share their new home cooking.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-06-17	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Antelope	04	2	It's antelope day on Wild Game Kitchen and chef Andrew Zimmern is preparing two very different dishes.	USA	English-100	2024			
2025-06-17	2330	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 4	01	4	Hugh looks back at the part played by wild food over six years of Dorset downshifting. From the outset, the hedgrow larder played a vital part in his smallholder experiment, not only topping up his kitchen with a regular supply of free ingredients.	UNITED KINGDOM	English-100	2005	RPT	PG	a w
2025-06-17	2400	Cooking	My Market Kitchen	Episode 58	05	58	Ben's back in the market to cook his simple yet delicious escabeche with Chilean mussels.	AUSTRALIA	English-100	2021	RPT	PG	
2025-06-17	2430	Travel	Mary Berry's Cook & Share	Team Favourites	01	3	Mary bowls the England players over at Edgbaston with her cricket tea, steps onto the crease for a quick coaching session and shares more of her mouthwatering recipes.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-06-17	2500	Cooking	The Big Irish Food Tour	Glens Of Antrim With Diarmuid Gavin	01	5	Anna's food tour has brought her to the dramatic Glens of Antrim in Ireland's Northeast.	UNITED KINGDOM		2024	RPT	G	
2025-06-17	2530	Cooking	Prue Leith's Cotswold Kitchen	Lulu	02	9	Prue is joined by Lulu-who bursts into song while making a chocolate puddle cake and makes a 'poshed-up' haggis with neeps and tatties with the help of her husband John.	UNITED KINGDOM	English-100	2025	RPT	PG	
2025-06-17	2630	Food Lifestyle	Come Dine With Me UK	West Midlands: Amy	19	23	Pharmacy technician Amy is hoping to impress everyone with her Asian curry extravaganza. But will it be too discerning for her guests?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-17	2700	Food Lifestyle	Come Dine With Me UK	West Midlands: Sophie	19	24	It's make-up artist and 'Glam Goth' Sophie's turn to host. Will she throw in the towel before the night is out, leaving her guests to fend for themselves, or will she give one last throw of the dice?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-17	2730	Travel	The Cook Up With Adam Liaw	New Home Cooking	08	43	The Cook Up is celebrating Refugee Week, and Adam's guests, Ukrainian cook Anna-Maria Myktsuk and actor Jillian Nguyen, are here to share their new home cooking.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-06-17	2800	Cooking	Andrew Zimmern's Wild Game Kitchen	Antelope	04	2	It's antelope day on Wild Game Kitchen and chef Andrew Zimmern is preparing two very different dishes.	USA	English-100	2024	RPT		
2025-06-17	2830	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 4	01	4	Hugh looks back at the part played by wild food over six years of Dorset downshifting. From the outset, the hedgrow larder played a vital part in his smallholder experiment, not only topping up his kitchen with a regular supply of free ingredients.	UNITED KINGDOM	English-100	2005	RPT	PG	a w
2025-06-18	0500	Cooking	Oliver's Twist	Pasta And The Masta	02	6	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100	2003	RPT	G	

2025-06-18	0530	Cooking	My Market Kitchen	Episode 58	05	58	Ben's back in the market to cook his simple yet delicious escabeche with Chilean mussels.	AUSTRALIA	English-100	2021	RPT	PG		
2025-06-18	0600	Travel	Pati's Mexican Table	Yucatan Meats	12	6	Temoozon is the birthplace of Yucatan's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pati strolls around town to try different versions of Carne Ahumada. She also returns to Hacienda Tanchen for another traditional dish prepared by chef Julio Dominguez called Huidos Bi Waj, which means united tortilla.	USA	English-100	2023	RPT	G		Y
2025-06-18	0630	Cooking	Freshly Picked	Episode 17	02	17	Today is about pure donut indulgence, and next it's pizza pocket perfection with a mushroom filling. Blayne is adding a bit of sizzle to the humble radish, and Simon heads to Sarafian Hummus HQ.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-18	0700	Food Lifestyle	Food Unwrapped	Best Of 3 - Rose Oil, Beetroot And Sourdough	05	21	Jimmy is in Bulgaria to find out why rose oil is considered liquid gold. Matt Tebbutt delves into the secret world of baker's yeast to find out what actually gives sourdough bread its twang.	UNITED KINGDOM	English-100	2015	RPT	G		Y
2025-06-18	0730	Cooking	Mary Makes It Easy	Made To Hors D'oeuvres	2	2	Mary's handy hors d'oeuvres elevate classic party recipes in just a few steps. She has kicked it up a notch with her grilled shrimp cocktail with a side of three dunkable dips and more.	CANADA	English-100	2022	RPT	G		
2025-06-18	0800	Cooking	Lidia's Kitchen	Childhood Cravings	07	1	Lidia remembers some of her fondest childhood recipes that were made by her Grandmother Rosa in Italy -- including mussels triestina and cavatappi with beef guazzetto.	USA	English-100	2020	RPT	G		
2025-06-18	0830	Cooking	Kriol Kitchen	Deep Fried Mullet With Veggies, Fish Soup, Som Tum With Fried Mackerel And Blue Bone	04	3	Sitting high on the red cliffs at Whalesong is a beautiful little surprise-a Bush Restaurant run by Lenny O'Meara and his wife Jacinta.	AUSTRALIA		2018	RPT	PG	a w	Y
2025-06-18	0900	Travel	Taste Of Australia With Hayden Quinn	Sunshine Coast, QLD	3	7	Hayden starts the day with a surf with a new friend, then heads to a ginger farm to see ginger being processed. Hayden then gets some cooking tips from a chef at a local restaurant before visiting the Ginger Factory.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-18	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 27	07	27	Another delicious recipe from Justine's Japan trip, as well as a Berry Semifreddo and Grilled Barramundi will be seen on today's show.	AUSTRALIA	English-100	2017	RPT	G		
2025-06-18	1000	Cooking	Food Safari	Malaysian	01	2	Maeve explores the spicy world of Malaysian food, whose devotees cross oceans for the best laksa, roti and curry.	AUSTRALIA	English-100	2006	RPT	G		Y
2025-06-18	1030	Cooking	Oliver's Twist	Pasta And The Masta	02	6	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-06-18	1100	Travel	The Cook Up With Adam Liaw	New Home Cooking	08	43	The Cook Up is celebrating Refugee Week, and Adam's guests, Ukrainian cook Anna-Maria Myktyuk and actor Jillian Nguyen, are here to share their new home cooking.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-06-18	1130	Cooking	Prue Leith's Cotswold Kitchen	Lulu	02	9	Prue is joined by Lulu-who bursts into song while making a chocolate puddle cake and makes a 'poshed-up' huggis with neaps and tatties with the help of her husband John.	UNITED KINGDOM	English-100	2025	RPT	PG		
2025-06-18	1230	Cooking	Jamie & Jimmy's Food Fight Club	Jessica Ennis-Hill	07	6	Jamie and Jimmy are joined by the golden girl of the 2012 Olympics, Dame Jessica Ennis-Hill, as she puts on her pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100	2018	RPT	PG	a	
2025-06-18	1325	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Almuh Bida shares the full experience.	AUSTRALIA	English-100	2024	RPT	G		
2025-06-18	1330	Cooking	My Market Kitchen	Episode 59	05	59	Kathy Tsaples cooks rice pilaf, a kitchen staple dish that everyone must know!	AUSTRALIA	English-100	2021	RPT	G		
2025-06-18	1400	Travel	Pati's Mexican Table	Recados	12	7	Pati returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Relleño Negro using a recado negro.	USA	English-100	2023	RPT	G		Y
2025-06-18	1430	Cooking	Freshly Picked	Episode 18	02	18	Simon has a twist on an old favourite that is sure to be a winner at family dinner and makes a spiced potato salad. Anushka shows her recipe for something delicious from her homeland.	AUSTRALIA	English-100	2021	RPT	G		

2025-06-18	1500	Food Lifestyle	Food Unwrapped	Best Of 4 - Saffron, Glace Cherries And White Bat	05	22	Kate heads to Morocco to uncover the secrets of saffron fraud. Jimmy finds out what pub grub favourite, 'whitebat', actually is - and learns why we can't get it in Latvian supermarkets.	UNITED KINGDOM	English-100	2015	RPT	G	Y	
2025-06-18	1530	Cooking	Mary Makes It Easy	Supermarket Swap	2	3	Mary loves a grocery store shortcut to make cooking smarter, not harder. Mary jazzes up a store-bought chicken and cooks a snacky timesaver, creamy french onion dip using frozen pre-chopped onions.	CANADA	English-100	2022	RPT	G		
2025-06-18	1600	Cooking	Lidia's Kitchen	Memories Of The Mountains	07	2	Northern Italy has stunning mountains and scenery on the Italian peninsula. Lidia explores some of the classic culinary traditions including a hearty minestrone soup, stuffed cabbage, and gelato.	USA	English-100	2020	RPT	G		
2025-06-18	1630	Cooking	Kiriol Kitchen	Barramundi In Paperbark With Bush Spices Stuffing, Turkey Vennicelli & Mushroom & Freshwater Mussels	04	4	Geikie Gorge is where you will find Ali and Mitch in this episode. Their cousin Mary Atkin will verse the girls in cooking Barramundi wrapped in paper bark and cooked in white river sand.	AUSTRALIA		2018	RPT	G	Y	
2025-06-18	1700	Travel	Taste Of Australia With Hayden Quinn	Whitsundays, QLD	3	8	Hayden travels from the marina to a mango farm to learn about the local produce, then picks up some limes before heading out fishing with a local chef. Hayden catches a fish and then the chef shows him a recipe of his own which they cook on the beach together.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-18	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 28	07	28	Justine creates fresh Mussels and Noodles in a Coconut Broth and a flavoursome Za'atar Chicken. Later, friend of Everyday Gourmet, Trish McKenzie bakes her Choc Coconut Muffins.	AUSTRALIA	English-100	2017		G		
2025-06-18	1800	Cooking	Food Safari	Portuguese	01	3	Maeve O'Meara takes you on a journey within your very own kitchen and makes new flavours familiar. In tonight's episode, Maeve explores the world of Portuguese food.	AUSTRALIA	English-100	2006	RPT	G	Y	
2025-06-18	1830	Cooking	Oliver's Twist	World On A Plate	02	7	Jamie and New Zealand chef Peter Gordon cook fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-06-18	1900	Travel	The Cook Up With Adam Liaw	Sweets From Home	08	44	In a celebration of Refugee Week, Adam and his guests, engineer George Najarian and barrister Vanja Bulut make their favourite sweets from home.	AUSTRALIA	English-100	2025		G	Y	
2025-06-18	1930	Cooking	Nadiya Bakes	Celebration Bakes	1	8	Nadiya teaches her recipes for delicious celebration bakes: an eight-layered honey cake, the ultimate hot cross bun, and a Swedish biscuit tower.	UNITED KINGDOM	English-100	2020	RPT	G		
2025-06-18	2000	Travel	Rachael Ray In Tuscany	Ribollita	01	5	Rachael prepares her take on ribollita, a traditional Italian soup loaded with beans, greens, and mushrooms, served with toasted Tuscan bread.	USA	English-100	2022		G		
2025-06-18	2030	Travel	Guillaume's French Atlantic	Episode 3	01	3	Join Guillaume Brahimi on this exciting journey through the windswept landscapes and gastronomic wonders of Brittany and uncover the deep-rooted traditions and flavours that have shaped his culinary heritage.	AUSTRALIA	English-70; French-30	2023	RPT	G	Y	Y
2025-06-18	2100	Travel	Audra's Eat, Roam, Relish	Mukah And Betong	01	4	We travel to the coastal fishing town of Mukah, about 2hrs drive from Sibn, and famous for all things seafood. Audra visits a Talian village and goes fishing for big-headed prawns.	AUSTRALIA	English-80; Malay-20	2024		G		Y
2025-06-18	2130	Food Lifestyle	Come Dine With Me UK	West Midlands: Phil	19	25	West Midlands-based club owner, Phil hosts a glitzy 'Awards Show' night, hoping his guests will award him enough cash to walk away with the 1000 pound prize.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-06-18	2200	Food Lifestyle	Come Dine With Me UK	North London: Susie	19	26	Estate agent Susie is hoping to wow her guests with an evening dedicated to her heritage. She serves up an array of Persian dishes as well as a risky Irish dessert she's only ever made once.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-06-18	2230	Travel	The Cook Up With Adam Liaw	Sweets From Home	08	44	In a celebration of Refugee Week, Adam and his guests, engineer George Najarian and barrister Vanja Bulut make their favourite sweets from home.	AUSTRALIA	English-100	2025	RPT	G	Y	
2025-06-18	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Bison	04	3	In this episode of Wild Game Kitchen, chef Andrew Zimmern is making two great recipes with one of his favorite proteins, bison.	USA	English-100	2024				
2025-06-18	2330	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 5	01	5	Hugh looks back on his experiences of bagging 'one for the pot', whether it's the rabbits that are eating his lettuces - transformed into 'bunny burgers' for the local farmers' market, or a roe deer, which he spit roasts for a local wedding feast.	UNITED KINGDOM	English-100	2005	RPT	PG	a w	
2025-06-18	2400	Cooking	My Market Kitchen	Episode 59	05	59	Kathy Tipples cooks rice pilaf, a kitchen staple dish that everyone must know!	AUSTRALIA	English-100	2021	RPT	G		
2025-06-18	2430	Cooking	Nadiya Bakes	Celebration Bakes	1	8	Nadiya teaches her recipes for delicious celebration bakes: an eight-layered honey cake, the ultimate hot cross buns, and a Swedish biscuit tower.	UNITED KINGDOM	English-100	2020	RPT	G		
2025-06-18	2500	Travel	Rachael Ray In Tuscany	Ribollita	01	5	Rachael prepares her take on ribollita, a traditional Italian soup loaded with beans, greens, and mushrooms, served with toasted Tuscan bread.	USA	English-100	2022	RPT	G		

2025-06-18	2530	Travel	Guillaume's French Atlantic	Episode 3	01	3	Join Guillaume Brahimi on this exciting journey through the windswept landscapes and gastronomic wonders of Brittany and uncover the deep-rooted traditions and flavours that have shaped his culinary heritage.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
2025-06-18	2600	Travel	Audra's Eat, Roam, Relish	Mukah And Betong	01	4	We travel to the coastal fishing town of Mukah, about 2hrs drive from Sibul, and famous for all things seafood. Audra visits a Talian village and goes fishing for big-headed prawns.	AUSTRALIA	English-80; Malay-20	2024	RPT	G			Y
2025-06-18	2630	Food Lifestyle	Come Dine With Me UK	West Midlands: Phil	19	25	West Midlands-based club owner, Phil hosts a glitzy 'Awards Show' night, hoping his guests will award him enough cash to walk away with the 1000 pound prize.	UNITED KINGDOM	English-100	2022	RPT	PG			
2025-06-18	2700	Food Lifestyle	Come Dine With Me UK	North London: Susie	19	26	Estate agent Susie is hoping to wow her guests with an evening dedicated to her heritage. She serves up an array of Persian dishes as well as a risky Irish dessert she's only ever made once.	UNITED KINGDOM	English-100	2022	RPT	PG			
2025-06-18	2730	Travel	The Cook Up With Adam Liaw	Sweets From Home	08	44	In a celebration of Refugee Week, Adam and his guests, engineer George Najarian and barrister Vanja Bulut make their favourite sweets from home.	AUSTRALIA	English-100	2025	RPT	G		Y	
2025-06-18	2800	Cooking	Andrew Zimmern's Wild Game Kitchen	Bison	04	3	In this episode of Wild Game Kitchen, chef Andrew Zimmern is making two great recipes with one of his favorite proteins, bison.	USA	English-100	2024	RPT				
2025-06-18	2830	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 5	01	5	Hugh looks back on his experiences of bagging 'one for the pot', whether it's the rabbits that are eating his lettuces - transformed into 'bunny burgers' for the local farmers' market, or a roe deer, which he spit roasts for a local wedding feast.	UNITED KINGDOM	English-100	2005	RPT	PG		a w	
2025-06-19	0500	Cooking	Oliver's Twist	World On A Plate	02	7	Jamie and New Zealand chef Peter Gordon cook fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100	2003	RPT	G			
2025-06-19	0530	Cooking	My Market Kitchen	Episode 59	05	59	Kathy Tsaples cooks rice pilaf, a kitchen staple dish that everyone must know!	AUSTRALIA	English-100	2021	RPT	G			
2025-06-19	0600	Travel	Pati's Mexican Table	Recados	12	7	Pati returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Releno Negro using a recado negro.	USA	English-100	2023	RPT	G		Y	
2025-06-19	0630	Cooking	Freshly Picked	Episode 18	02	18	Simon has a twist on an old favourite that is sure to be a winner at family dinner and makes a spiced potato salad. Anushka shows her recipe for something delicious from her homeland.	AUSTRALIA	English-100	2021	RPT	G			
2025-06-19	0700	Food Lifestyle	Food Unwrapped	Best Of 4 - Saffron, Glace Cherries And White Bait	05	22	Kate heads to Morocco to uncover the secrets of saffron fraud. Jimmy finds out what pub grub favourite, 'whitebait', actually is - and learns why we can't get it in Latvian supermarkets.	UNITED KINGDOM	English-100	2015	RPT	G			Y
2025-06-19	0730	Cooking	Mary Makes It Easy	Supermarket Swap	2	3	Mary loves a grocery store shortcut to make cooking smarter, not harder. Mary jazzes up a store-bought chicken and cooks a snacky timesaver, creamy french onion dip using frozen pre-chopped onions.	CANADA	English-100	2022	RPT	G			
2025-06-19	0800	Cooking	Lidia's Kitchen	Memories Of The Mountains	07	2	Northern Italy has stunning mountains and scenery on the Italian peninsula. Lidia explores some of the classic culinary traditions including a hearty minestrone soup, stuffed cabbage, and gelato.	USA	English-100	2020	RPT	G			
2025-06-19	0830	Cooking	Kriel Kitchen	Barramundi In Paperbark With Bush Spices Stuffing, Turkey Vermicelli & Mushroom & Freshwater Mussels	04	4	Geikie Gorge is where you will find Ali and Mitch in this episode. Their cousin Mary Atkin will verse the girls in cooking Barramundi wrapped in paper bark and cooked in white river sand.	AUSTRALIA		2018	RPT	G		Y	
2025-06-19	0900	Travel	Taste Of Australia With Hayden Quinn	Whitsundays, QLD	3	8	Hayden travels from the marina to a mango farm to learn about the local produce, then picks up some limes before heading out fishing with a local chef. Hayden catches a fish and then the chef shows him a recipe of his own which they cook on the beach together.	AUSTRALIA	English-100	2021	RPT	G			
2025-06-19	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 28	07	28	Justine creates fresh Mussels and Noodles in a Coconut Broth and a flavoursome Za'atar Chicken. Later, friend of Everyday Gourmet, Trish McKenzie bakes her Choc Coconut Muffins.	AUSTRALIA	English-100	2017	RPT	G			
2025-06-19	1000	Cooking	Food Safari	Portuguese	01	3	Maevae O'Meara takes you on a journey within your very own kitchen and makes new flavours familiar. In tonight's episode, Maevae explores the world of Portuguese food.	AUSTRALIA	English-100	2006	RPT	G		Y	
2025-06-19	1030	Cooking	Oliver's Twist	World On A Plate	02	7	Jamie and New Zealand chef Peter Gordon cook fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100	2003	RPT	G			
2025-06-19	1100	Travel	The Cook Up With Adam Liaw	Sweets From Home	08	44	In a celebration of Refugee Week, Adam and his guests, engineer George Najarian and barrister Vanja Bulut make their favourite sweets from home.	AUSTRALIA	English-100	2025	RPT	G		Y	
2025-06-19	1130	Travel	Guillaume's French Atlantic	Episode 3	01	3	Join Guillaume Brahimi on this exciting journey through the windswept landscapes and gastronomic wonders of Brittany and uncover the deep-rooted traditions and flavours that have shaped his culinary heritage.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y

2025-06-19	1200	Travel	Audra's Eat, Roam, Relish	Mukah And Betong	01	4	We travel to the coastal fishing town of Mukah, about 2hrs drive from Sibau, and famous for all things seafood. Audra visits a Talian village and goes fishing for big-headed prawns.	AUSTRALIA	English-80; Malay-20	2024	RPT	G		Y
2025-06-19	1230	Cooking	Jamie & Jimmy's Food Fight Club	Stephen Fry	07	7	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane. He's inspired by his memories of his childhood nanny who made the most incredible apple pies and taught him how to make a rose out of pastry for the top.	UNITED KINGDOM	English-100	2018	RPT	PG		
2025-06-19	1325	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G		
2025-06-19	1330	Cooking	My Market Kitchen	Episode 60	05	60	Ben is joined by Chef Karen Chan for her authentic Taiwanese Three Cup Chicken.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-19	1400	Travel	Pati's Mexican Table	Maya Today	12	8	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pati visits Cenote Xocomicuh with activist and lawyer Zola Cen, who has dedicated her career to helping Mayan people. The next day, Zola invites Pati to her niece's birthday celebration.	USA	English-100	2023	RPT	G		Y
2025-06-19	1430	Cooking	Freshly Picked	Episode 19	02	19	A classic roast done pumpkin-style, and Monica returns to take us down a rocky road. A spicy specialty is on the table, and then Simon loads up a fruit toast in the best way.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-19	1500	Food Lifestyle	Food Unwrapped	Best Of 5 - Gluten, Red Wine And Gelatin	05	23	Kate is in Romania finding out how cheap red wine is made, and asks if we can really tell the difference between cheap and posh plonk? Jimmy looks into the reasons why many of us are avoiding gluten.	UNITED KINGDOM	English-100	2015	RPT	PG		Y
2025-06-19	1530	Cooking	Mary Makes It Easy	Herb Your Enthusiasm	2	4	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza topped, rosemary olive oil cake is no exception and herbal fish and chips.	CANADA	English-100	2022	RPT	G		
2025-06-19	1600	Cooking	Lidia's Kitchen	Growing Up Italian	07	3	Lidia talks about growing up and family traditions. Featured recipes include shrimp and mixed bean salad, a roasted garlic crostini and pappardelle with mixed fresh mushrooms.	USA	English-100	2020	RPT	G		
2025-06-19	1630	Cooking	Kriol Kitchen	Ground Baked Kangaroo Tails With Dumper, Kangaroo Curry, Steamed Barramundi Pockets & Bush Berries	04	5	Mitch and Ali travel to Yakanarra Community in the desert country south-east of Fitzroy Crossing to cook up a storm with Beryl Henderson and Michael Moora.	AUSTRALIA		2018	RPT	G	Y	
2025-06-19	1700	Travel	Taste Of Australia With Hayden Quinn	Tropical North Queensland	3	9	Hayden starts his day with a trip to the Frankland Islands where he snorkels and learns about the reef. He then meets a local tour guide who takes him to a few of his favourite spots.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-19	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 29	07	29	Joining Justine is Laura Cassai to prepare a fresh and delicious Pulse Pasta Frittata with Kale and Goat Cheese. Also, Chocolate Ricotta Fillo Cigars that are sure to impress.	AUSTRALIA	English-100	2017		G		
2025-06-19	1800	Cooking	Food Safari	Vietnamese	01	4	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul. Maeve joins her friend Peter Nguyen, engineer and food expert to learn which fish sauce is best used for cooking and which one for salads and why it's similar to olive oil in its purity and health benefits. Peter also explains how to choose the right rice paper and where to find coconut juice.	AUSTRALIA	English-100	2006	RPT	G		Y
2025-06-19	1830	Cooking	Oliver's Twist	Carnival Brazil	02	8	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-06-19	1900	Cooking	The Cook Up With Adam Liew	Taste Of Tradition	06	81	It's Refugee Week and Adam is joined by Zaheda Ghani, an Ambassador of Australia for UNHCR, and Ukrainian cook Yuri Chushenko to share a taste of tradition.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-06-19	1930	Travel	John And Lisa's Food Trip Down Under	John And Lisa's Seafood Discovery	01	3	Chefs John Torode and Lisa Faulkner explore the bush with a fantastic picnic of exquisite artisan cheese, encounter the ultimate Aussie animal, and are introduced to a unique truffle sauce that perfectly compliments crayfish.	USA	English-100	2024	RPT	PG	a w	
2025-06-19	2030	Travel	Luke Nguyen's Street Food Asia	Jakarta, Indonesia - Part 1	01	7	Luke continues his street food adventure exploring Jakarta, Indonesia. Meeting up with his old friend, Deric, Luke unearths the delicious delicacies of Chinatown, finding the experience a melting pot of diverse cultural cuisines. Luke joins the locals beneath the tall city skyscrapers and uncovers a truly authentic Indonesian stall which serves every part of a chicken. During the busy lunch break Luke joins the hustle and bustle, meeting local Hadi, and dines on a diverse range of dishes. Moving onto dessert, Luke visits a vendor selling a sweet snack that resembles his grandmother's hair.	AUSTRALIA	English-100	2016	RPT	G	Y	Y
2025-06-19	2100	Travel	Sophie Grigson: Slice Of Italy	500 Miles	01	8	Sophie discovers the culinary delights of the Puglian coastline. She learns all about the sea urchin and how it's used with spaghetti. She also makes a delicious pasta sauce with the leftovers.	UNITED KINGDOM	English-100	2022	RPT	PG	s	Y
2025-06-19	2130	Food Lifestyle	Come Dine With Me UK	North London: Michael	19	27	Animation graduate, Michael, hopes his Italian inspired menu will win over his competitors, but will his entertainment leave a lasting impression and win him the 1000 pound prize?	UNITED KINGDOM	English-100	2022	RPT	PG		

2025-06-19	2200	Food Lifestyle	Come Dine With Me UK	North London: Shivz	19	28	Events and management company owner, Shivz, hopes her menu of tried and tested favourites will win over her competitors. But will the talk of pelicans, politics, and professions throw a curve ball?	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-06-19	2230	Cooking	The Cook Up With Adam Liaw	Taste Of Tradition	06	81	It's Refugee Week and Adam is joined by Zaheda Ghani, an Ambassador of Australia for UNHCR, and Ukrainian cook Yuri Chuchenko to share a taste of tradition.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-06-19	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Rabbit	04	4	Andrew Zimmern is on a mission to get the world to eat more rabbit. They are mild, have an incredible amount of meat on a small frame, they're quick to raise with little impact on the environment.	USA	English-100	2024				
2025-06-19	2330	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 6	01	6	Hugh reflects that sharing fresh, locally grown, seasonal produce with both family and friends has become the cornerstone of the River Cottage experience.	UNITED KINGDOM	English-100	2005	RPT	PG		
2025-06-19	2400	Cooking	My Market Kitchen	Episode 60	05	60	Ben is joined by Chef Karen Chan for her authentic Taiwanese Three Cup Chicken.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-19	2430	Travel	John And Lisa's Food Trip Down Under	John And Lisa's Seafood Discovery	01	3	Chefs John Torode and Lisa Faulkner explore the bush with a fantastic picnic of exquisite artisan cheese, encounter the ultimate Aussie animal, and are introduced to a unique truffle sauce that perfectly complements crayfish.	USA	English-100	2024	RPT	PG		a w
2025-06-19	2525	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G		
2025-06-19	2530	Travel	Luke Nguyen's Street Food Asia	Jakarta, Indonesia - Part 1	01	7	Luke continues his street food adventure exploring Jakarta, Indonesia. Meeting up with his old friend, Denice, Luke unearths the delicious delicacies of Chinatown, finding the experience a melting pot of diverse cultural cuisines. Luke joins the locals beneath the tall city skyscrapers and uncovers a truly authentic Indonesian stall which serves every part of a chicken. During the busy lunch break Luke joins the hustle and bustle, meeting local Hadi, and dines on a diverse range of dishes. Moving onto dessert, Luke visits a vendor selling a sweet snack that resembles his grandmother's hair.	AUSTRALIA	English-100	2016	RPT	G	Y	Y
2025-06-19	2600	Travel	Sophie Grigson: Slice Of Italy	500 Miles	01	8	Sophie discovers the culinary delights of the Puglian coastline. She learns all about the sea urchin and how it's used with spaghetti. She also makes a delicious pasta sauce with the leftovers.	UNITED KINGDOM	English-100	2022	RPT	PG	s	Y
2025-06-19	2630	Food Lifestyle	Come Dine With Me UK	North London: Michael	19	27	Animation graduate, Michael, hopes his Italian inspired menu will win over his competitors, but will his entertainment leave a lasting impression and win him the 1000 pound prize?	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-06-19	2700	Food Lifestyle	Come Dine With Me UK	North London: Shivz	19	28	Events and management company owner, Shivz, hopes her menu of tried and tested favourites will win over her competitors. But will the talk of pelicans, politics, and professions throw a curve ball?	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-06-19	2730	Cooking	The Cook Up With Adam Liaw	Taste Of Tradition	06	81	It's Refugee Week and Adam is joined by Zaheda Ghani, an Ambassador of Australia for UNHCR, and Ukrainian cook Yuri Chuchenko to share a taste of tradition.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-06-19	2800	Cooking	Andrew Zimmern's Wild Game Kitchen	Rabbit	04	4	Andrew Zimmern is on a mission to get the world to eat more rabbit. They are mild, have an incredible amount of meat on a small frame, they're quick to raise with little impact on the environment.	USA	English-100	2024	RPT			
2025-06-19	2830	Food Lifestyle	View From River Cottage	View From River Cottage Series 1 Ep 6	01	6	Hugh reflects that sharing fresh, locally grown, seasonal produce with both family and friends has become the cornerstone of the River Cottage experience.	UNITED KINGDOM	English-100	2005	RPT	PG		
2025-06-20	0500	Cooking	Oliver's Twist	Carnival Brazil	02	8	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-06-20	0530	Cooking	My Market Kitchen	Episode 60	05	60	Ben is joined by Chef Karen Chan for her authentic Taiwanese Three Cup Chicken.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-20	0600	Travel	Pati's Mexican Table	Maya Today	12	8	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pati visits Cenote Xocmich with activist and lawyer Zella Ceni, who has dedicated her career to helping Mayan people. The next day, Zella invites Pati to her niece's birthday celebration.	USA	English-100	2023	RPT	G		Y
2025-06-20	0630	Cooking	Freshly Picked	Episode 19	02	19	A classic roast done pumpkin-style, and Monica returns to take us down a rocky road. A spicy speciality is on the table, and then Simon loads up a fruit toast in the best way.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-20	0700	Food Lifestyle	Food Unwrapped	Best Of 5 - Gluten, Red Wine And Gelatin	05	23	Kate is in Romania finding out how cheap red wine is made, and asks if we can really tell the difference between cheap and posh plonk? Jimmy looks into the reasons why many of us are avoiding gluten.	UNITED KINGDOM	English-100	2015	RPT	PG		Y

2025-06-20	0730	Cooking	Mary Makes It Easy	Herb Your Enthusiasm	2	4	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza topped, rosemary olive oil cake is no exception and herbal fish and chips.	CANADA	English-100	2022	RPT	G		
2025-06-20	0800	Cooking	Lidia's Kitchen	Growing Up Italian	07	3	Lidia talks about growing up and family traditions. Featured recipes include shrimp and mixed bean salad, a roasted garlic crostini and pappardelle with mixed fresh mushrooms.	USA	English-100	2020	RPT	G		
2025-06-20	0830	Cooking	Kriol Kitchen	Ground Baked Kangaroo Tails With Dampier, Kangaroo Curry, Steamed Barramundi Pockets & Bush Berries	04	5	Mitch and Ali travel to Yakanarra Community in the desert country south-east of Fitzroy Crossing to cook up a storm with Beryl Henderson and Michael Moora.	AUSTRALIA		2018	RPT	G		Y
2025-06-20	0900	Travel	Taste Of Australia With Hayden Quinn	Tropical North Queensland	3	9	Hayden starts his day with a trip to the Frankland Islands where he snorkels and learns about the reef. He then meets a local tour guide who takes him to a few of his favourite spots.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-20	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 29	07	29	Joining Justine is Laura Cassai to prepare a fresh and delicious Pulce Pasta Frittata with Kale and Goat Cheese. Also, Chocolate Ricotta Filo Cigars that are sure to impress.	AUSTRALIA	English-100	2017	RPT	G		
2025-06-20	1000	Cooking	Food Safari	Vietnamese	01	4	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul. Maevie joins her friend Peter Nguyen, engineer and food expert to learn which fish sauce is best used for cooking and which one for salads and why it's similar to olive oil in its purity and health benefits. Peter also explains how to choose the right rice paper and where to find coconut juice.	AUSTRALIA	English-100	2006	RPT	G		Y
2025-06-20	1030	Cooking	Oliver's Twist	Carnival Brazil	02	8	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-06-20	1100	Cooking	The Cook Up With Adam Liaw	Taste Of Tradition	06	81	It's Refugee Week and Adam is joined by Zaheda Ghani, an Ambassador of Australia for UNHCR, and Ukrainian cook Yuri Chuchenko to share a taste of tradition.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-06-20	1130	Travel	Luke Nguyen's Street Food Asia	Jakarta, Indonesia - Part 1	01	7	Luke continues his street food adventure exploring Jakarta, Indonesia. Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Chinatown, finding the experience a melting pot of diverse cultural cuisines. Luke joins the locals beneath the tall city skyscrapers and uncovers a truly authentic Indonesian stall which serves every part of a chicken. During the busy lunch break Luke joins the hustle and bustle, meeting local foodies, and dines on a diverse range of dishes. Moving onto dessert, Luke visits a vendor selling a sweet snack that resembles his grandmother's hair.	AUSTRALIA	English-100	2016	RPT	G	Y	Y
2025-06-20	1200	Travel	Sophie Grigson: Slice Of Italy	500 Miles	01	8	Sophie discovers the culinary delights of the Puglian coastline. She learns all about the sea urchin and how it's used with spaghetti. She also makes a delicious pasta sauce with the leftovers.	UNITED KINGDOM	English-100	2022	RPT	PG	s	Y
2025-06-20	1230	Cooking	Jamie & Jimmy's Food Fight Club	Jessica Chastain	07	8	Jamie and Jimmy are joined by Oscar-winning actress Jessica Chastain, as she dons her pinny and cooks for the diners at Southend Pier. In honour of their Hollywood leading lady, the boys pull out all the stops and create an all-vegan menu that is set to impress. They track down the chef who created one the best vegan meals that Jessica ever had; a cauliflower tempura summer roll whilst filming in Texas with Brad Pitt.	UNITED KINGDOM	English-100	2018	RPT	G		
2025-06-20	1325	Cooking	A Taste Of Island Dreams	Amalu's Pandan Bubble Tea	1	4	Amalu, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G		
2025-06-20	1330	Cooking	My Market Kitchen	Episode 61	05	61	Chef Mike Reid teaches his Mum's recipe for fried chicken with sriracha mayonnaise.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-20	1400	Travel	Pati's Mexican Table	Pink	12	9	An ingredient Pati constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means blush red, gets its distinctive color from red algae. Engineer Felipe Perez takes Pati to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100	2023	RPT	G		Y
2025-06-20	1430	Cooking	Freshly Picked	Episode 20	02	20	Nadia Fragnito dips her veggies in a pot of deliciousness, then Simon tosses in a little spice for a big healthy dinner, then makes vegnog. Learn to use bush foods to boost a healthy breakfast.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-20	1500	Food Lifestyle	Food Unwrapped	Best Of 6 - Figs, Energy Drinks And Kidney Beans	05	24	Jimmy investigates the myth that there is a wasp inside your fresh fig. Kate looks into how energy drinks give you a boost, and Matt finds out why you can't eat kidney beans raw.	UNITED KINGDOM	English-100	2015	RPT	PG		Y
2025-06-20	1530	Cooking	Mary Makes It Easy	Summer's Bounty	2	5	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100	2022	RPT	G		
2025-06-20	1600	Cooking	Lidia's Kitchen	Storytime With Grandma	07	4	Lidia's mother, Erminia, is known for her entertaining culinary moments. Some featured recipes include corn and zucchini minestrina, fried risotto and beef with root vegetables braised in red wine.	USA	English-100	2020	RPT	G		
2025-06-20	1630	Cooking	Kriol Kitchen	Chilli Crab With Tamarind, Chicken Vermicelli Mushroom, Marinated Pearl Shell Meat Salad	04	6	Kriol Kitchen hosts with Adam Liaw. Adam is a cook, writer and presenter of The Cook Up With Adam Liaw.	AUSTRALIA		2018	RPT	G		Y

2025-06-20	1700	Travel	Taste Of Australia With Hayden Quinn	Northern Beaches, NSW	3	10	Hayden is back home to finish up the season on the Northern Beaches. He's out for a morning mountain bike ride, then drops into his local butcher, and attends the 'Taste of the Beaches' festival before picking up some beer from his mate's brewery and cooking on the waterfront to finish the day.	AUSTRALIA	English-100	2021	RPT	PG	a w
2025-06-20	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 30	07	30	Not to be missed, Alastair McLeod shares his secret to a yummy Grilled Flat Iron Beef accompanied by Celery and Blue Cheese Dressing. Later, Justine shows how simple it is to create the Perfect Pesto.	AUSTRALIA	English-100	2017			
2025-06-20	1800	Cooking	Food Safari	Indian	01	5	In this episode, Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries from the subcontinent. Top chef Kumar Mahadevan shows the easy steps to a tender, flavoursome rogan josh while Ajay Joshi cooks Hyderabad chicken in spices and its own juices.	AUSTRALIA	English-100	2006	RPT	G	Y
2025-06-20	1830	Cooking	Oliver's Twist	Jamie's Soup Kitchen	02	9	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-06-20	1900	Cooking	The Cook Up With Adam Liaw	Winter Warmers, The	06	85	It's Easy Entertaining with The Cook Up, and a celebratory Refugee Week menu chock full of winter warmers, courtesy of AFLW sensation Alec Makur Chuot and comedy sensation Joe White.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-06-20	1930	Travel	Gary Barlow's Food & Wine: Australia	Perth - Western Australia	01	4	Gary goes horse-riding in the glorious wine region of Margaret River outside Perth, before visiting nearby Cullen Wines to sample food and drink produced in tune with the astrological principles of biodynamics.	UNITED KINGDOM	English-100	2025		PG	a w
2025-06-20	2030	Food Lifestyle	Kitchen Glow Up	Organisation Over Everything	2024	7	Andrew and Leah's home has a kitchen that feels out of place. Ellen pushes it to the limit on a small budget.	USA	English-100	2024		G	
2025-06-20	2100	Travel	Malaysia Gourmet With Justine Schofield	Ep 7	01	7	Continuing her journey in Malaysia, Justine discovers unique tea practices, the world of bees and honey in Sabah, and authentic, flavourful fish dishes prepared by local chefs.	AUSTRALIA	English-100	2023	RPT	G	
2025-06-20	2130	Food Lifestyle	Come Dine With Me UK	North London: Fraser	19	29	Insurance underwriter, Fraser, hopes his Asian-inspired menu will win over his competitors. There's a clash over cruets, stand up surprises, and a sunset singalong but will his cooking be enough?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-20	2200	Food Lifestyle	Come Dine With Me UK	North London: Melissa	19	30	PR executive, Melissa, hopes her menu of Greek Cypriot classics will win over the others. After a week of bad singing, piano playing, and impressions it's up to her to show that she has what it takes.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-20	2230	Cooking	The Cook Up With Adam Liaw	Winter Warmers, The	06	85	It's Easy Entertaining with The Cook Up, and a celebratory Refugee Week menu chock full of winter warmers, courtesy of AFLW sensation Alec Makur Chuot and comedy sensation Joe White.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-06-20	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Pheasant	04	5	Learn how to butcher a whole pheasant and utilize the boneless meat for pheasant skewers basted with ginger juice and yakitori glaze.	USA	English-100	2024			
2025-06-20	2330	Food Lifestyle	Tales From River Cottage	Getting Started	01	1	Hugh reminisces about the early days at River Cottage, and offers advice to would-be smallholders on how to find their own rural escape hatch, and get started on the good life. He goes on to recall the early learning curve of beginning a vegetable garden, acquiring livestock, and making new friends, with plenty of tips for viewers on how to do likewise.	UNITED KINGDOM	English-100	2004	RPT	PG	a w
2025-06-20	2400	Cooking	My Market Kitchen	Episode 61	05	61	Chef Mike Reid teaches his Mum's recipe for fried chicken with siracha mayonnaise.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-20	2430	Travel	Gary Barlow's Food & Wine: Australia	Perth - Western Australia	01	4	Gary goes horse-riding in the glorious wine region of Margaret River outside Perth, before visiting nearby Cullen Wines to sample food and drink produced in tune with the astrological principles of biodynamics.	UNITED KINGDOM	English-100	2025	RPT	PG	a w
2025-06-20	2525	Cooking	A Taste Of Island Dreams	Amakul's Pandan Bubble Tea	1	4	Amakul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G	
2025-06-20	2530	Food Lifestyle	Kitchen Glow Up	Organisation Over Everything	2024	7	Andrew and Leah's home has a kitchen that feels out of place. Ellen pushes it to the limit on a small budget.	USA	English-100	2024	RPT	G	

2025-06-20	2600	Travel	Malaysia Gourmet With Justine Schofield	Ep 7	01	7	Continuing her journey in Malaysia, Justine discovers unique tea practices, the world of bees and honey in Sabah, and authentic, flavourful fish dishes prepared by local chefs.	AUSTRALIA	English-100	2023	RPT	G	
2025-06-20	2630	Food Lifestyle	Come Dine With Me UK	North London: Fraser	19	29	Insurance underwriter, Fraser, hopes his Asian-inspired menu will win over his competitors. There's a clash over chutneys, stand up surprises, and a sunset singalong but will his cooking be enough?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-20	2700	Food Lifestyle	Come Dine With Me UK	North London: Melissa	19	30	PR executive, Melissa, hopes her menu of Greek Cypriot classics will win over the others. After a week of bad singing, piano playing, and impressions it's up to her to show that she has what it takes.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-20	2730	Cooking	The Cook Up With Adam Liaw	Winter Warmers, The	06	85	It's Easy Entertaining with The Cook Up, and a celebratory Refugee Week menu chock full of winter warmers, courtesy of AFLW sensation Akec Makur Chust and comedy sensation Joe White.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-06-20	2800	Cooking	Andrew Zimmern's Wild Game Kitchen	Pheasant	04	5	Learn how to butcher a whole pheasant and utilize the boneless meat for pheasant skewers basted with ginger juice and yakitori glaze.	USA	English-100	2024	RPT		
2025-06-20	2830	Food Lifestyle	Tales From River Cottage	Getting Started	01	1	Hugh reminisces about the early days at River Cottage, and offers advice to would-be smallholders on how to find their own rural escape hatch, and get started on the good life. He goes on to recall the early learning curve of beginning a vegetable garden, acquiring livestock, and making new friends, with plenty of tips for viewers on how to do likewise.	UNITED KINGDOM	English-100	2004	RPT	PG	a w
2025-06-21	0500	Cooking	Oliver's Twist	Jamie's Soup Kitchen	02	9	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-06-21	0530	Cooking	My Market Kitchen	Episode 61	05	61	Chef Mike Reid teaches his Mum's recipe for fried chicken with sriracha mayonnaise.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-21	0600	Travel	Pati's Mexican Table	Pink	12	9	An ingredient Pati constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means bluish red, gets its distinctive color from red algae. Engineer Felipe Perez takes Pati to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100	2023	RPT	G	Y
2025-06-21	0630	Cooking	Freshly Picked	Episode 20	02	20	Nadia Fragnilto dips her veggies in a pot of deliciousness, then Simon tosses in a little spice for a big healthy dinner, then makes vegnog. Learn to use bush foods to boost a healthy breakfast.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-21	0700	Food Lifestyle	Food Unwrapped	Best Of 6 - Figs, Energy Drinks And Kidney Beans	05	24	Jimmy investigates the myth that there is a wasp inside your fresh fig. Kate looks into how energy drinks give you a boost, and Matt finds out why you can't eat kidney beans raw.	UNITED KINGDOM	English-100	2015	RPT	PG	Y
2025-06-21	0730	Cooking	Mary Makes It Easy	Summer's Bounty	2	5	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100	2022	RPT	G	
2025-06-21	0800	Cooking	Lidia's Kitchen	Storytime With Grandma	07	4	Lidia's mother, Erminia, is known for her entertaining culinary moments. Some featured recipes include corn and zucchini minestra, fried risotto and beef with root vegetables braised in red wine.	USA	English-100	2020	RPT	G	
2025-06-21	0830	Cooking	Kriol Kitchen	Chilli Crab With Tamarind, Chicken Vermicelli Mushroom, Marinated Pearl Shell Meat Salad	04	6	Kriol Kitchen hosts with Adam Liaw. Adam is a cook, writer and presenter of The Cook Up With Adam Liaw.	AUSTRALIA		2018	RPT	G	Y

2025-06-21	0900	Travel	Taste Of Australia With Hayden Quinn	Northern Beaches, NSW	3	10	Hayden is back home to finish up the season on the Northern Beaches. He's out for a morning mountain bike ride, then drops into his local butcher, and attends the 'Taste of the Beaches' festival before picking up some beer from his mate's brewery and cooking on the waterfront to finish the day.	AUSTRALIA	English-100	2021	RPT	PG	a w
2025-06-21	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 30	07	30	Not to be missed, Alastair McLeod shares his secret to a yummy Grilled Flat Iron Beef accompanied by Celery and Blue Cheese Dressing. Later, Justine shows how simple it is to create the Perfect Pesto.	AUSTRALIA	English-100	2017	RPT		
2025-06-21	1000	Cooking	Food Safari	Indian	01	5	In this episode, Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries from the subcontinent. Top chef Kumar Mahadevan shows the easy steps to a tender, flavoursome rogan josh while Ajay Joshi cooks Hyderabadi chicken in spices and its own juices.	AUSTRALIA	English-100	2006	RPT	G	Y
2025-06-21	1030	Cooking	Oliver's Twist	Jamie's Soup Kitchen	02	9	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-06-21	1100	Cooking	The Cook Up With Adam Liaw	Winter Warmers, The	06	85	It's Easy Entertaining with The Cook Up, and a celebratory Refugee Week menu chock full of winter warmers, courtesy of AFLW sensation Akec Makur Chuot and comedy sensation Joe White.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-06-21	1130	Food Lifestyle	Kitchen Glow Up	Organisation Over Everything	2024	7	Andrew and Leah's home has a kitchen that feels out of place. Ellen pushes it to the limit on a small budget.	USA	English-100	2024	RPT	G	
2025-06-21	1200	Travel	Malaysia Gourmet With Justine Schofield	Ep 7	01	7	Continuing her journey in Malaysia, Justine discovers unique tea practices, the world of bees and honey in Sabah, and authentic, flavourful fish dishes prepared by local chefs.	AUSTRALIA	English-100	2023	RPT	G	
2025-06-21	1230	Travel	Gary Barlow's Food & Wine: Australia	Perth - Western Australia	01	4	Gary goes horse-riding in the glorious wine region of Margaret River outside Perth, before visiting nearby Cullen Wines to sample food and drink produced in tune with the astrological principles of biodynamics.	UNITED KINGDOM	English-100	2025	RPT	PG	a w
2025-06-21	1330	Food Lifestyle	Taste Of The Tropics: Iconic FNQ	Taste Of The Tropics: Iconic Fmq		1	Samantha Martin discovers the tropical culinary abundance of Far North Queensland, from iconic Port Douglas, The Great Barrier Reef, The Daintree Rainforest and beyond!	AUSTRALIA	English-100	2023	RPT	G	Y
2025-06-21	1400	Cooking	Kriol Kitchen	Lemon Grass And Soya Turtle, Shellfish Stir-Fry Noodle, Susami	04	7	Bundy runs his own Cultural Tours business out of Chile Creek near the communities of Djarindjin and Lombadina.	AUSTRALIA		2018	RPT	PG	a w Y
2025-06-21	1430	Cooking	Ainsley's Great Garden Cook Off	Poppy O'toole And Sam Grainger	01	1	Ainsley is joined by chef's Poppy O'Toole and Sam Grainger in Cambridge for a light-hearted cooking contest in Wimpole Estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-06-21	1530	Cooking	Raymond Blanc's Royal Kitchen Gardens	Castle Of Mey 1	01	2	Raymond journeys to the North tip of Scotland to the majestic Castle of Mey. He meets some of the castle's iconic residence and cooks an angus fillet steak with vegetables grown from the gardens.	UNITED KINGDOM	English-100	2023	RPT	PG	
2025-06-21	1625	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	
2025-06-21	1630	Cooking	Be My Guest With Ina Garten	Laura Linney	03	3	The incredible award-winning stage and screen actress Laura Linney is joining Ina for a perfect day of cooking and conversation at the barn. Ina is a massive fan and is baking blueberry ricotta breakfast cake to welcome her guest.	USA	English-100	2023	RPT	G	

2025-06-21	1725	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
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2025-06-21	1730	Cooking	Toast The Host: How To Entertain At Home	Bestie Brunch	01	3	When it's the morning after the night before, you need good company, sugar and carbs.	AUSTRALIA	English-100	2024		G		
2025-06-21	1800	Cooking	Marion Grasby's Flavours: Heart And Home	Marion Grasby's Flavours Of Heart & Home Series 1 Ep 8	01	8	Marion's Grasby's Flavours of Heart & Home is a warm, personal journey through food, culture, and family, as Marion explores what it means to be a second-generation Australian embracing both her Thai and Australian heritage.	AUSTRALIA	English-100	2024	RPT		Y	
2025-06-21	1830	Cooking	Jamie's Kitchen	Ep 1	01	1	Jamie Oliver is taking a huge risk. He's decided to train 15 young unemployed Londoners as Chefs who will work in a new non-profit making restaurant he's building in the East End. Jamie left school himself without formal qualifications and he believes it's passion for food not academic qualifications that makes a good cook.	UNITED KINGDOM	English-100	2002	RPT	PG		
2025-06-21	1930	Travel	Hidden Restaurants With Michel Roux Jr	South West	01	1	For the first of Michel's research trips around the country, to immerse himself in the world of Hidden Restaurants, Michel takes to the river, the woods and a landscaped sculpture garden in search of unlikely eateries and inspiration for a three course menu.	UNITED KINGDOM	English-100	2017	RPT	PG		
2025-06-21	2030	Travel	Rick Stein's Cornwall	Ep 5	01	5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage. Barry talks about his friendship with Britain's favourite poet, John Betjeman, and asks Rick to review his homemade fishcakes. Rick also goes fishing for crab, then cooks a simple yet delicious crab omelette. And he takes a dip in the chilly north Atlantic with an eccentric group of wild water swimmers.	UNITED KINGDOM	English-100	2021	RPT	PG	a w	
2025-06-21	2100	Travel	Rick Stein's Cornwall	Ep 6	01	6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ to cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100	2021	RPT	PG	a w	
2025-06-21	2135	Travel	Anthony Bourdain: Parts Unknown	Antarctica	09	7	Anthony Bourdain travels to the bottom of the world to experience the serene beauty and mystery of the driest, coldest, and windiest place on Earth.	USA	English-100	2017	RPT	PG	I	
2025-06-21	2230	Travel	Mind Of A Chef	Noodle	01	1	Chang makes instant ramen dishes and tsukemen and takes a trip to Japan to visit a noodle factory.	USA	English-100	2012			Y	
2025-06-21	2300	Travel	Bizarre Foods: Delicious Destinations	Fez	8	22	Andrew Zimmern travels to the colourful and chaotic Moroccan city of Fez. It is the perfect place to experience North African foods like tagine-cooked meats, pastille, zaalouk, bessara and brouchettes.	USA	English-100	2018	RPT	G		
2025-06-21	2330	Travel	Eater's Guide To The World	Jungle To Table In Costa Rica	01	4	The Costa Rican jungle is basically nature's candy store and we'd like to invite you in. It's bursting with delicious guanabana, carinito, cas, pejiBaya and cacao - known to some as the fruit of the Gods.	USA	English-100	2020	RPT	PG	I	
2025-06-21	2400	Cooking	Kriol Kitchen	Lemon Grass And Soya Turtle, Shellfish Stir-Fry Noodle, Susami	04	7	Bundy runs his own Cultural Tours business out of Chile Creek near the communities of Djarindjin and Lombadina.	AUSTRALIA		2018	RPT	PG	a w	Y
2025-06-21	2430	Cooking	Ainsley's Great Garden Cook Off	Poppy O'Toole And Sam Grainger	01	1	Ainsley is joined by chefs Poppy O'Toole and Sam Grainger in Cambridge for a light-hearted cooking contest in Wimpole Estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-06-21	2530	Cooking	Raymond Blanc's Royal Kitchen Gardens	Castle Of Mey 1	01	2	Raymond journeys to the North tip of Scotland to the majestic Castle of Mey. He meets some of the castle's konic residence and cooks an angus fillet steak with vegetables grown from the gardens.	UNITED KINGDOM	English-100	2023	RPT	PG		
2025-06-21	2625	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		

2025-06-21	2630	Cooking	Be My Guest With Ina Garten	Laura Linney	03	3	The incredible award-winning stage and screen actress Laura Linney is joining Ina for a perfect day of cooking and conversation at the barn. Ina is a massive fan and is baking blueberry ricotta breakfast cake to welcome her guest.	USA	English-100	2023	RPT	G		
2025-06-21	2725	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
2025-06-21	2730	Travel	Anthony Bourdain: Parts Unknown	Antarctica	09	7	Anthony Bourdain travels to the bottom of the world to experience the serene beauty and mystery of the driest, coldest, and windiest place on Earth.	USA	English-100	2017	RPT	PG	I	
2025-06-21	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	
2025-06-21	2830	Travel	Eater's Guide To The World	Jungle To Table In Costa Rica	01	4	The Costa Rican jungle is basically nature's candy store and we'd like to invite you in. It's bursting with delicious guanabana, carinto, cas, pejiyaye and cacao - known to some as the fruit of the Gods.	USA	English-100	2020	RPT	PG	I	Y