



WEEK 26 Sunday, 22 June 2025 Saturday, 28 June 2025

| Date       | Start Time | Genre          | Title                                    |
|------------|------------|----------------|------------------------------------------|
| 2025-06-22 | 0500       | Food Lifestyle | Taste Of The Tropics: Iconic FNQ         |
| 2025-06-22 | 0530       | Cooking        | Kriol Kitchen                            |
| 2025-06-22 | 0600       | Cooking        | Marion Grasby's Flavours: Heart And Home |
| 2025-06-22 | 0630       | Cooking        | Jamie's Kitchen                          |
| 2025-06-22 | 0730       | Travel         | Hidden Restaurants With Michel Roux Jr   |
| 2025-06-22 | 0825       | Cooking        | Please Eat Slowly Bitesize               |
| 2025-06-22 | 0830       | Travel         | Rick Stein's Cornwall                    |
| 2025-06-22 | 0900       | Travel         | Rick Stein's Cornwall                    |
| 2025-06-22 | 0935       | Cooking        | Ainsley's Great Garden Cook Off          |
| 2025-06-22 | 1030       | Cooking        | Raymond Blanc's Royal Kitchen Gardens    |
| 2025-06-22 | 1125       | Cooking        | Please Eat Slowly Bitesize               |
| 2025-06-22 | 1130       | Cooking        | Jamie's Kitchen                          |
| 2025-06-22 | 1230       | Travel         | Hidden Restaurants With Michel Roux Jr   |
| 2025-06-22 | 1330       | Cooking        | Toast The Host: How To Entertain At Home |
| 2025-06-22 | 1400       | Travel         | The Cook Up With Adam Liaw               |
| 2025-06-22 | 1430       | Travel         | The Cook Up With Adam Liaw               |
| 2025-06-22 | 1500       | Travel         | The Cook Up With Adam Liaw               |
| 2025-06-22 | 1530       | Cooking        | The Cook Up With Adam Liaw               |

ALL MARKETS

| Episode Title                                                  | Series | Episode | TV Guide Text                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Country of Origin | Language    | Year | Repeat | Classification | Consumer Advice | Closed Captions | Subtitles | Audio Description |
|----------------------------------------------------------------|--------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-------------|------|--------|----------------|-----------------|-----------------|-----------|-------------------|
| 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               |           |                   |
| 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               |           |                   |
| Weekend Feasting                                               | 01     | 8       | Marion prepares a weekend feast by the Noosa River with her family, blending Aussie favourites with Thai heritage through her recipes for fishcakes, grilled chicken with chimichurri and mango sticky rice pavlova.                                                                                                                                                                                                                                                                          | AUSTRALIA         | English-100 | 2024 | RPT    | PG             |                 | Y               |           |                   |
| 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             |                 |                 |           |                   |
| 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             |                 |                 |           |                   |
| 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              |                 |                 |           |                   |
| 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             |                 |           |                   |
| 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             |                 |           |                   |
| 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              |                 |                 |           |                   |
| 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             |                 |                 |           |                   |
| 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              |                 |                 |           |                   |
| 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             |                 |                 |           |                   |
| 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             |                 |                 |           |                   |
| Bestie Brunch                                                  | 01     | 3       | When it's the morning after the night before, you need good company, sugar and carbs.                                                                                                                                                                                                                                                                                                                                                                                                         | AUSTRALIA         | English-100 | 2024 | RPT    | G              |                 |                 |           |                   |
| 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               |           |                   |
| 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         |                   |
| 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         |                   |
| 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         |                   |

|            |      |                |                                                       |                                                       |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                |             |      |     |    |       |   |
|------------|------|----------------|-------------------------------------------------------|-------------------------------------------------------|----|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-------|---|
| 2025-06-22 | 1600 | 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 |
| 2025-06-22 | 1630 | Travel         | Masters Of Taste With Gary Mehigan                    | East Meets West                                       | 01 | 9  | Gary meets a Canadian-Chinese chef making it big in India. Chef Kelvin shows Gary his signature snapper dish in his restaurant, Bastian. Back in Delhi, Gary decides to meet the chef of Pluck restaurant who shows him his popular dish, Khandvi Khakra.                                                                                                                                                                                                                                                                                                                                                | INDIA          | English-100 | 2018 | RPT | G  |       |   |
| 2025-06-22 | 1700 | Travel         | Masters Of Taste With Gary Mehigan                    | Olive, Beer & Agnolotti                               | 01 | 10 | Gary lands up in Olive, the restaurant that started it all in Bandra, and meets AD Singh and chef Rishim to taste their signature dish. He then heads to Mumbai's hottest brewery, and samples their variety of brews!                                                                                                                                                                                                                                                                                                                                                                                   | INDIA          | English-100 | 2018 | RPT | G  |       |   |
| 2025-06-22 | 1730 | Cooking        | Flat Out Food                                         | Sea Buckthorn                                         | 05 | 4  | Sea Buckthorn is a unique berry that thrives in harsh growing conditions. Jenn visits an orchard to learn about harvesting and processing the berry for shipment before sampling Italian gelato and other dishes featuring the berry.                                                                                                                                                                                                                                                                                                                                                                    | CANADA         | English-100 | 2025 |     | G  |       |   |
| 2025-06-22 | 1800 | Biography      | The Next Thing You Eat                                | Breakfast: An Illusion Of Choice                      | 01 | 4  | Big Breakfast is pulling the strings on what we eat for the most important meal of the day - from coffee to Captain Crunch. The future of breakfast needs to embrace diversity and optimisation.                                                                                                                                                                                                                                                                                                                                                                                                         | USA            | English-100 | 2021 | RPT | PG | s     | Y |
| 2025-06-22 | 1830 | Travel         | James Martin's French Adventure                       | Camargue                                              | 01 | 13 | James uses the fabulous Fleur de sel in his own kitchen to make Pissaladiere (a salted anchovy and onion tart) and - inspired by his visit to the paddy fields - makes squid ink risotto.                                                                                                                                                                                                                                                                                                                                                                                                                | UNITED KINGDOM | English-100 | 2017 | RPT | PG | a w   | Y |
| 2025-06-22 | 1930 | Cooking        | Cook Clever Waste Less With Prue & Rupy               | Arora-Anand Family, The                               | 01 | 4  | 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  |       |   |
| 2025-06-22 | 2000 | Food Lifestyle | My Greatest Dishes                                    | Monica Galetti                                        | 01 | 17 | Monica Galetti went from humble beginnings to cooking in one of the world's most demanding kitchens. Her dishes: Samoan raw fish, scallops, toffee pop and hokey dessert, and a citrus marinated salmon.                                                                                                                                                                                                                                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2019 | RPT | PG |       |   |
| 2025-06-22 | 2030 | Travel         | Rick Stein's Long Weekends                            | Berlin                                                | 01 | 3  | Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side. A city that once made history with its divisive wall and Checkpoint Charlie seems today with an overwhelming array of innovative chefs offering delicious seasonal creations like pureed sunflower seeds, Jerusalem artichoke flans and crushed frozen pine nuts. Loved by the likes of Garbo, Charlie Chaplin and Ecoffier there's still a cornucopia of choice for those with a more traditional temperament with Eisbein, meatballs and sausages topping every menu in town. | UNITED KINGDOM | English-100 | 2016 | RPT | G  |       | Y |
| 2025-06-22 | 2135 | Travel         | Anthony Bourdain: Parts Unknown                       | Porto, Portugal                                       | 09 | 8  | Food takes centre stage in this tour of the northern Portugal city by Anthony Bourdain, whose local travel companions include his former Les Halles boss Jose Meireles.                                                                                                                                                                                                                                                                                                                                                                                                                                  | USA            | English-100 | 2017 | RPT | PG | a s w | Y |
| 2025-06-22 | 2230 | Travel         | Mind Of A Chef                                        | Pig                                                   | 01 | 2  | Chang travels to San Sebastian to discuss pork bush!, explores the role of bacteria and fungus in food, then travels to Montreal for fried bologna sandwiches.                                                                                                                                                                                                                                                                                                                                                                                                                                           | USA            | English-100 | 2012 |     | PG |       |   |
| 2025-06-22 | 2300 | Travel         | Bizarre Foods: Delicious Destinations                 | Delhi                                                 | 8  | 23 | From tandoori chicken to goat kebabs and samosas to deep-fried sweet dough balls, Andrew Zimmern finds that Delhi's iconic cuisine succeeds in unifying the roughly 24 million people in this frenzied and vibrant metropolis.                                                                                                                                                                                                                                                                                                                                                                           | USA            | English-100 | 2018 | RPT | G  |       | Y |
| 2025-06-22 | 2330 | Travel         | Eater's Guide To The World                            | Eating On The Hood Of Your Car In La                  | 01 | 5  | Buckle up! When you're in LA, your car's your sanctuary. Treat it with the respect it deserves and dig in to life-changing hot chicken, fresh bread drops and museum-worthy bento boxes in its presence.                                                                                                                                                                                                                                                                                                                                                                                                 | USA            | English-100 | 2020 | RPT | PG | I     |   |
| 2025-06-22 | 2400 | Biography      | The Next Thing You Eat                                | Breakfast: An Illusion Of Choice                      | 01 | 4  | Big Breakfast is pulling the strings on what we eat for the most important meal of the day - from coffee to Captain Crunch. The future of breakfast needs to embrace diversity and optimisation.                                                                                                                                                                                                                                                                                                                                                                                                         | USA            | English-100 | 2021 | RPT | PG | s     | Y |
| 2025-06-22 | 2430 | Travel         | James Martin's French Adventure                       | Camargue                                              | 01 | 13 | James uses the fabulous Fleur de sel in his own kitchen to make Pissaladiere (a salted anchovy and onion tart) and - inspired by his visit to the paddy fields - makes squid ink risotto.                                                                                                                                                                                                                                                                                                                                                                                                                | UNITED KINGDOM | English-100 | 2017 | RPT | PG | a w   | Y |
| 2025-06-22 | 2525 | Cooking        | Destination Flavour Down Under Bitesize Series 1 Ep 6 | 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 |
| 2025-06-22 | 2530 | Cooking        | Cook Clever Waste Less With Prue & Rupy               | Arora-Anand Family, The                               | 01 | 4  | 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  |       |   |
| 2025-06-22 | 2600 | Food Lifestyle | My Greatest Dishes                                    | Monica Galetti                                        | 01 | 17 | Monica Galetti went from humble beginnings to cooking in one of the world's most demanding kitchens. Her dishes: Samoan raw fish, scallops, toffee pop and hokey dessert, and a citrus marinated salmon.                                                                                                                                                                                                                                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2019 | RPT | PG |       |   |
| 2025-06-22 | 2630 | Travel         | Rick Stein's Long Weekends                            | Berlin                                                | 01 | 3  | Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side. A city that once made history with its divisive wall and Checkpoint Charlie seems today with an overwhelming array of innovative chefs offering delicious seasonal creations like pureed sunflower seeds, Jerusalem artichoke flans and crushed frozen pine nuts. Loved by the likes of Garbo, Charlie Chaplin and Ecoffier there's still a cornucopia of choice for those with a more traditional temperament with Eisbein, meatballs and sausages topping every menu in town. | UNITED KINGDOM | English-100 | 2016 | RPT | G  |       | Y |

|            |      |                |                                         |                                                       |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                |             |      |     |    |       |   |
|------------|------|----------------|-----------------------------------------|-------------------------------------------------------|----|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-------|---|
| 2025-06-22 | 2735 | Travel         | Anthony Bourdain: Parts Unknown         | Porto, Portugal                                       | 09 | 8  | Food takes centre stage in this tour of the northern Portugal city by Anthony Bourdain, whose local travel companions include his former Les Halles boss Jose Meirelles.                                                                                                                                                                                                                                                                                                                                                                                                                                 | USA            | English-100 | 2017 | RPT | PG | a s w | Y |
| 2025-06-22 | 2830 | Travel         | Eater's Guide To The World              | Eating On The Hood Of Your Car In La                  | 01 | 5  | Buckle up! When you're in LA, your car's your sanctuary. Treat it with the respect it deserves and dig in to life-changing hot chicken, fresh bread drops and museum-worthy bento boxes in its presence.                                                                                                                                                                                                                                                                                                                                                                                                 | USA            | English-100 | 2020 | RPT | PG | I     |   |
| 2025-06-23 | 0500 | 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 |
| 2025-06-23 | 0530 | 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 Jilian Nguyen, are here to share their new home cooking.                                                                                                                                                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2025 | RPT | G  |       | Y |
| 2025-06-23 | 0600 | 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 |
| 2025-06-23 | 0630 | 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 |
| 2025-06-23 | 0700 | 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 |
| 2025-06-23 | 0730 | Travel         | Masters Of Taste With Gary Mehigan      | East Meets West                                       | 01 | 9  | Gary meets a Canadian-Chinese chef making it big in India. Chef Kelvin shows Gary his signature snapper dish in his restaurant, Bastian. Back in Delhi, Gary decides to meet the chef of Pluck restaurant who shows him his popular dish, Khandvi Khakra.                                                                                                                                                                                                                                                                                                                                                | INDIA          | English-100 | 2018 | RPT | G  |       |   |
| 2025-06-23 | 0800 | Travel         | Masters Of Taste With Gary Mehigan      | Olive, Beer & Agnolotti                               | 01 | 10 | Gary lands up in Olive, the restaurant that started it all in Bandra, and meets AD Singh and chef Rishim to taste their signature dish. He then heads to Mumbai's hottest brewery, and samples their variety of brews!                                                                                                                                                                                                                                                                                                                                                                                   | INDIA          | English-100 | 2018 | RPT | G  |       |   |
| 2025-06-23 | 0830 | Cooking        | Flat Out Food                           | Sea Buckthorn                                         | 05 | 4  | Sea Buckthorn is a unique berry that thrives in harsh growing conditions. Jenn visits an orchard to learn about harvesting and processing the berry for shipment before sampling Italian gelato and other dishes featuring the berry.                                                                                                                                                                                                                                                                                                                                                                    | CANADA         | English-100 | 2025 | RPT | G  |       |   |
| 2025-06-23 | 0900 | Biography      | The Next Thing You Eat                  | Breakfast: An Illusion Of Choice                      | 01 | 4  | Big Breakfast is pulling the strings on what we eat for the most important meal of the day - from coffee to Captain Crunch. The future of breakfast needs to embrace diversity and optimisation.                                                                                                                                                                                                                                                                                                                                                                                                         | USA            | English-100 | 2021 | RPT | PG | s     | Y |
| 2025-06-23 | 0930 | Travel         | James Martin's French Adventure         | Camargue                                              | 01 | 13 | James uses the fabulous Fleur de sel in his own kitchen to make Pissaladiere (a salted anchovy and onion tart) and - inspired by his visit to the paddy fields - makes squid ink risotto.                                                                                                                                                                                                                                                                                                                                                                                                                | UNITED KINGDOM | English-100 | 2017 | RPT | PG | a w   | Y |
| 2025-06-23 | 1025 | Cooking        | Destination Flavour Down Under Bitesize | 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 |
| 2025-06-23 | 1030 | Cooking        | Cook Clever Waste Less With Prue & Rupy | Arora-Anand Family, The                               | 01 | 4  | 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  |       |   |
| 2025-06-23 | 1100 | Food Lifestyle | My Greatest Dishes                      | Monica Galetti                                        | 01 | 17 | Monica Galetti went from humble beginnings to cooking in one of the world's most demanding kitchens. Her dishes: Samoan raw fish, scallops, toffee pop and hokey dessert, and a citrus marinated salmon.                                                                                                                                                                                                                                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2019 | RPT | PG |       |   |
| 2025-06-23 | 1130 | Travel         | Rick Stein's Long Weekends              | Berlin                                                | 01 | 3  | Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side. A city that once made history with its divisive wall and Checkpoint Charlie seems today with an overwhelming array of innovative chefs offering delicious seasonal creations like pureed sunflower seeds, Jerusalem artichoke flans and crushed frozen pine nuts. Loved by the likes of Garbo, Charlie Chaplin and Ecoffier there's still a cornucopia of choice for those with a more traditional temperament with Eisbein, meatballs and sausages topping every menu in town. | UNITED KINGDOM | English-100 | 2016 | RPT | G  |       | Y |
| 2025-06-23 | 1235 | Cooking        | Jamie & Jimmy's Food Fight Club         | Patrick Stewart                                       | 07 | 9  | Jamie and Jimmy are joined by Sir Patrick Stewart, as he swaps the Starship Enterprise for the little cafe on the end of Southend Pier. The boys bring back fond food memories for Patrick, tracking down the restaurant in which he first fell in love with Mexican food 30 years ago.                                                                                                                                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2018 | RPT | G  |       |   |
| 2025-06-23 | 1330 | Cooking        | My Market Kitchen                       | Episode 62                                            | 05 | 62 | Ben shares a super simple yet delicious recipe: golden syrup tart with pecans.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2021 | RPT | G  |       |   |
| 2025-06-23 | 1400 | Travel         | Pati's Mexican Table                    | Mayan League Of Their Own, A                          | 12 | 10 | Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enequina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.                                                                                                                                                                                                            | USA            | English-100 | 2023 | RPT | PG |       | Y |

|            |      |                |                                          |                                          |    |    |                                                                                                                                                                                                                                                                                                                                                                             |                |             |      |     |    |       |
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| 2025-06-23 | 1430 | Cooking        | Freshly Picked                           | Episode 21                               | 02 | 21 | Simon heads to tropical Queensland, tasting unique fruit and turning it into an easy breakfast and makes rainbow slaw. We zero in on Blayne Bertoncello's zero waste roast pumpkin recipe.                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2021 | RPT | PG |       |
| 2025-06-23 | 1500 | Travel         | Earth Cycle                              | Earth Cycle Series 1 Ep 1                | 1  | 1  | Simon begins his journey at the North Cape- the northernmost point of the Scandinavian Peninsula in wild, wet and windy conditions.                                                                                                                                                                                                                                         | UNITED KINGDOM | English-100 | 2021 | RPT | PG | a w   |
| 2025-06-23 | 1530 | Cooking        | Mary Makes It Easy                       | Fake It Until You Bake It                | 2  | 6  | Mary shares recipes that will raise your baking game: chocolate chip cookie cupcakes, blonde pie with apricot jam, hummingbird cake, and peanut butter feuilletine-like toppings.                                                                                                                                                                                           | CANADA         | English-100 | 2022 | RPT | G  |       |
| 2025-06-23 | 1600 | Cooking        | Lidia's Kitchen                          | My Italian American                      | 07 | 5  | Italian-American classics are what Lidia discovered as a 12-year-old arriving in America. She shares some of her favourites; Bolognese sauce, asparagus salad, and an contemporary chicken pizzaiola.                                                                                                                                                                       | USA            | English-100 | 2020 | RPT | G  |       |
| 2025-06-23 | 1630 | Cooking        | Comfort Food With Spencer Watts          | Noodles                                  | 01 | 1  | Nestled in a cosy winter getaway, chef Spencer Watts prepares delicious food that warms the heart and feeds the soul. In this episode he prepares a rich spaghetti and jumbo meatballs.                                                                                                                                                                                     | CANADA         | English-100 | 2023 | RPT | G  |       |
| 2025-06-23 | 1700 | Cooking        | Luca's Key Ingredient                    | Episode 1                                | 04 | 1  | Dive into a fresh selection of flavourful ingredients, starting with one of Italy's staples- prosciutto. From inventive entrees to classic pasta, the delicate taste of prosciutto infuses each dish with irresistible charm.                                                                                                                                               | AUSTRALIA      | English-100 | 2023 |     |    |       |
| 2025-06-23 | 1730 | Cooking        | Everyday Gourmet With Justine Schofield  | Episode 31                               | 07 | 31 | Laura Cassa's Italian favourite of Cacio e Pepe, a simple yet elegant cheese and pepper pasta, is a highlight of today's show. Justine also creates the perfect Prawn Wantons.                                                                                                                                                                                              | AUSTRALIA      | English-100 | 2017 |     | G  |       |
| 2025-06-23 | 1800 | Cooking        | Food Safari                              | Greek                                    | 01 | 6  | Maew O'Meara joins her friend chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of. Next up, she enjoys a yeros break and then sees how filo was made traditionally as well as finding out how a busy young mum makes a fast delicious spanakopita (spinach pie). | AUSTRALIA      | English-100 | 2006 | RPT | G  | Y     |
| 2025-06-23 | 1830 | Cooking        | Oliver's Twist                           | Jamie And The King                       | 02 | 10 | Today's dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite - oven-baked fat chips with rosemary salt, Elvis's burger, and American chopped salad.                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2003 | RPT | G  |       |
| 2025-06-23 | 1900 | Travel         | The Cook Up With Adam Liaw               | Cake Mix                                 | 08 | 45 | Adam is joined in the kitchen by patisserie Adriano Zumbo and comedian Alex Ward, who are ready to share their cake mix tricks.                                                                                                                                                                                                                                             | AUSTRALIA      | English-100 | 2025 |     | G  | Y     |
| 2025-06-23 | 1930 | Food Lifestyle | Girls Guide:Hunting Fishing Wild Cooking | Episode 1                                | 02 | 1  | World-renowned chef Analiese Gregory is searching for the freshest Tasmanian produce for her new eatery's menu by trying to catch crayfish by hand.                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2025 |     | PG | a w Y |
| 2025-06-23 | 2000 | Travel         | The Streets With Dan Hong                | Streets With Dan Hong Series 1, The Ep 6 | 01 | 6  | Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home. He then turns his attention to a Middle Eastern classic, the smokey, spiced lamb Kofta.                                                                                                                                                                            | AUSTRALIA      | English-100 | 2022 | RPT | G  | Y     |
| 2025-06-23 | 2030 | Cooking        | Jamie's Super Food                       | Episode 5                                | 01 | 5  | Jamie's on the Japanese island of Okinawa, home to some of the oldest people on the planet.                                                                                                                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2015 |     | PG | Y     |
| 2025-06-23 | 2130 | Food Lifestyle | Come Dine With Me UK                     | North Essex: Kelly                       | 19 | 31 | Mother of two, Kelly, takes her guests on a Mexican adventure with plans to make 'fun' the forefront of her evening. Will there be enough good times to get Kelly on track for 1000 pounds?                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2022 | RPT | PG |       |
| 2025-06-23 | 2200 | Food Lifestyle | Come Dine With Me UK                     | North Essex: Sohan                       | 19 | 32 | Sohan brings an international flavour to his colourful party inspired by his Punjabi and Kenyan heritage, while also teaching his guests some Swahili! Will it be enough?                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2022 | RPT | PG |       |
| 2025-06-23 | 2230 | Travel         | The Cook Up With Adam Liaw               | Cake Mix                                 | 08 | 45 | Adam is joined in the kitchen by patisserie Adriano Zumbo and comedian Alex Ward, who are ready to share their cake mix tricks.                                                                                                                                                                                                                                             | AUSTRALIA      | English-100 | 2025 | RPT | G  | Y     |
| 2025-06-23 | 2300 | Cooking        | Andrew Zimmern's Wild Game Kitchen       | Pigeon                                   | 04 | 6  | In this episode of Wild Game Kitchen, Andrew Zimmern makes two stunning dishes with pigeon that showcase both European and Asian influences.                                                                                                                                                                                                                                | USA            | English-100 | 2024 |     | G  |       |
| 2025-06-23 | 2330 | Food Lifestyle | Tales From River Cottage                 | Garden Of Eden, A                        | 01 | 2  | Hugh recalls the progress of his horticultural skills over his three years in Dorset, from putting in his first organic vegetable beds, running the gauntlet of pests, to harvesting bumper crops from his polytunnel. He also offer tips on how to triumph at the local Horticultural show - don't follow his example!                                                     | UNITED KINGDOM | English-100 | 2004 | RPT | PG | n     |
| 2025-06-23 | 2400 | Food Lifestyle | Tales From River Cottage                 | Joy Of Pigs, The                         | 01 | 3  | Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and ham, this is a guide to all things piggy. Hugh also brings us up to date on his beloved breeding sow Delia, who he has even trained to hunt for truffles.                                                   | UNITED KINGDOM | English-100 | 2004 | RPT | PG | a w   |

|            |      |                |                                          |                                          |    |    |                                                                                                                                                                                                                                                                                                                                                                                              |                |             |      |     |    |     |   |
|------------|------|----------------|------------------------------------------|------------------------------------------|----|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|---|
| 2025-06-23 | 2430 | Food Lifestyle | Girls Guide:Hunting Fishing Wild Cooking | Episode 1                                | 02 | 1  | World-renowned chef Analiese Gregory is searching for the freshest Tasmanian produce for her new eatery's menu by trying to catch crayfish by hand.                                                                                                                                                                                                                                          | AUSTRALIA      | English-100 | 2025 | RPT | PG | a w | Y |
| 2025-06-23 | 2500 | Travel         | The Streets With Dan Hong                | Streets With Dan Hong Series 1, The Ep 6 | 01 | 6  | Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home. He then turns his attention to a Middle Eastern classic, the smokey, spiced lamb Kofta.                                                                                                                                                                                             | AUSTRALIA      | English-100 | 2022 | RPT | G  |     | Y |
| 2025-06-23 | 2530 | Cooking        | Jamie's Super Food                       | Episode 5                                | 01 | 5  | Jamie's on the Japanese island of Okinawa, home to some of the oldest people on the planet.                                                                                                                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2015 | RPT | PG |     | Y |
| 2025-06-23 | 2630 | Food Lifestyle | Come Dine With Me UK                     | North Essex: Kelly                       | 19 | 31 | Mother of two, Kelly, takes her guests on a Mexican adventure with plans to make 'Fun' the forefront of her evening. Will there be enough good times to get Kelly on track for 2000 pounds?                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |   |
| 2025-06-23 | 2700 | Food Lifestyle | Come Dine With Me UK                     | North Essex: Sohan                       | 19 | 32 | Sohan brings an international flavour to his colourful party inspired by his Punjabi and Kenyan heritage, while also teaching his guests some Swahili! Will it be enough?                                                                                                                                                                                                                    | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |   |
| 2025-06-23 | 2730 | Travel         | The Cook Up With Adam Liaw               | Cake Mix                                 | 08 | 45 | Adam is joined in the kitchen by patisserie Adriano Zumbo and comedian Alex Ward, who are ready to share their cake mix tricks.                                                                                                                                                                                                                                                              | AUSTRALIA      | English-100 | 2025 | RPT | G  |     | Y |
| 2025-06-23 | 2800 | Cooking        | Andrew Zimmern's Wild Game Kitchen       | Pigeon                                   | 04 | 6  | In this episode of Wild Game Kitchen, Andrew Zimmern makes two stunning dishes with pigeon that showcase both European and Asian influences.                                                                                                                                                                                                                                                 | USA            | English-100 | 2024 | RPT | G  |     |   |
| 2025-06-23 | 2830 | Food Lifestyle | Tales From River Cottage                 | Garden Of Eden, A                        | 01 | 2  | Hugh recalls the progress of his horticultural skills over his three years in Dorset, from putting in his first organic vegetable beds, running the gauntlet of pests, to harvesting bumper crops from his polytunnel. He also offer tips on how to triumph at the local Horticultural show - don't follow his example!                                                                      | UNITED KINGDOM | English-100 | 2004 | RPT | PG | n   |   |
| 2025-06-24 | 0500 | Cooking        | Oliver's Twist                           | Jamie And The King                       | 02 | 10 | Today's dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite - oven-baked fat chips with rosemary salt, Elvis's burger, and American chopped salad.                                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2003 | RPT | G  |     |   |
| 2025-06-24 | 0530 | Cooking        | My Market Kitchen                        | Episode 62                               | 05 | 62 | Ben shares a super simple yet delicious recipe: golden syrup tart with pecans.                                                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |   |
| 2025-06-24 | 0600 | Travel         | Pati's Mexican Table                     | Mayan League Of Their Own, A             | 12 | 10 | Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enedina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas. | USA            | English-100 | 2023 | RPT | PG |     | Y |
| 2025-06-24 | 0630 | Cooking        | Freshly Picked                           | Episode 21                               | 02 | 21 | Simon heads to tropical Queensland, tasting unique fruit and turning it into an easy breakfast and makes rainbow saw. We zero in on Blayne Bertonecello's zero waste roast pumpkin recipe.                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2021 | RPT | PG |     |   |
| 2025-06-24 | 0700 | Travel         | Earth Cycle                              | Earth Cycle Series 1 Ep 1                | 1  | 1  | Simon begins his journey at the North Cape- the northernmost point of the Scandinavian Peninsula in wild, wet and windy conditions.                                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2021 | RPT | PG | a w |   |
| 2025-06-24 | 0730 | Cooking        | Mary Makes It Easy                       | Fake It Until You Bake It                | 2  | 6  | Mary shares recipes that will raise your baking game: chocolate chip cookie cupcakes, blondie pie with apricot jam, hummingbird cake, and peanut butter feuilletine-like toppings.                                                                                                                                                                                                           | CANADA         | English-100 | 2022 | RPT | G  |     |   |
| 2025-06-24 | 0800 | Cooking        | Lidia's Kitchen                          | My Italian American                      | 07 | 5  | Italian-American classics are what Lidia discovered as a 12-year-old arriving in America. She shares some of her favourites: Bolognese sauce, asparagus salad, and an contemporary chicken pizzaiola.                                                                                                                                                                                        | USA            | English-100 | 2020 | RPT | G  |     |   |
| 2025-06-24 | 0830 | Cooking        | Comfort Food With Spencer Watts          | Noodles                                  | 01 | 1  | Nestled in a cosy winter getaway, chef Spencer Watts prepares delicious food that warms the heart and feeds the soul. In this episode he prepares a rich spaghetti and jumbo meatballs.                                                                                                                                                                                                      | CANADA         | English-100 | 2023 | RPT | G  |     |   |
| 2025-06-24 | 0900 | Cooking        | Luca's Key Ingredient                    | Episode 1                                | 04 | 1  | Dive into a fresh selection of flavourful ingredients, starting with one of Italy's staples- prosciutto. From inventive entrees to classic pasta, the delicate taste of prosciutto infuses each dish with irresistible charm.                                                                                                                                                                | AUSTRALIA      | English-100 | 2023 | RPT |    |     |   |
| 2025-06-24 | 0930 | Cooking        | Everyday Gourmet With Justine Schofield  | Episode 31                               | 07 | 31 | Laura Casau's Italian favourite of Cacio e Pepe, a simple yet elegant cheese and pepper pasta, is a highlight of today's show. Justine also creates the perfect Prawn Wantons.                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2017 | RPT | G  |     |   |
| 2025-06-24 | 1000 | Cooking        | Food Safari                              | Greek                                    | 01 | 6  | Maeve O'Meara joins her friend chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of. Next up, she enjoys a yeeros break and then sees how filo was made traditionally as well as finding out how a busy young mum makes a fast delicious spanakopita (spinach pie).                | AUSTRALIA      | English-100 | 2006 | RPT | G  |     | Y |

|            |      |         |                                         |                              |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                  |                |             |      |     |    |   |
|------------|------|---------|-----------------------------------------|------------------------------|----|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---|
| 2025-06-24 | 1030 | Cooking | Oliver's Twist                          | Jamie And The King           | 02 | 10 | Today's dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite - oven-baked fat chips with rosemary salt, Elvis's burger, and American chopped salad.                                                                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2003 | RPT | G  |   |
| 2025-06-24 | 1100 | Travel  | The Cook Up With Adam Liaw              | Cake Mix                     | 08 | 45 | Adam is joined in the kitchen by patisserie Adriano Zumbo and comedian Alex Ward, who are ready to share their cake mix tricks.                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2025 | RPT | G  | Y |
| 2025-06-24 | 1130 | Cooking | Jamie's Super Food                      | Episode 5                    | 01 | 5  | Jamie's on the Japanese island of Okinawa, home to some of the oldest people on the planet.                                                                                                                                                                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2015 | RPT | PG | Y |
| 2025-06-24 | 1230 | Cooking | Jamie & Jimmy's Food Fight Club         | Davina McCall                | 07 | 10 | Jamie and Jimmy welcome the wonderful Davina to the cafe at the end of the pier. They take her on a trip down memory lane, reuniting her with long-lost family through the power of food by recreating the slow cooked rabbit casserole and deliciously indulgent pomme puree that she remembers from her teenage years in Paris.                                                                                | UNITED KINGDOM | English-100 | 2018 | RPT | G  |   |
| 2025-06-24 | 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  |   |
| 2025-06-24 | 1330 | Cooking | My Market Kitchen                       | Episode 63                   | 05 | 63 | Ben and Jim at Prahram Seafood cook an Asian-inspired steamed fish.                                                                                                                                                                                                                                                                                                                                              | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |
| 2025-06-24 | 1400 | Travel  | Pati's Mexican Table                    | Swinging Spirits             | 13 | 1  | Pati explores Juarez's Prohibition-era legacy and two icons – the margarita and burritos.                                                                                                                                                                                                                                                                                                                        | USA            | English-100 | 2024 | RPT | PG | Y |
| 2025-06-24 | 1430 | Cooking | Freshly Picked                          | Episode 22                   | 02 | 22 | Simon whips up a muhammara that has him dancing in the kitchen and makes a cacio e pepe that's better than an Italian holiday. Jerry Mai is back with a smoky eggplant dish that packs a punch.                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |
| 2025-06-24 | 1500 | Travel  | Earth Cycle                             | Earth Cycle Series 1 Ep 2    | 1  | 2  | In Swedish Lapland, Simon witnesses early season northern lights with the help of a Sami guide. Together they discuss the natural world as the aurora swirls overhead, accompanied by Arctic Char soup and coffee.                                                                                                                                                                                               | UNITED KINGDOM | English-100 | 2021 | RPT | G  |   |
| 2025-06-24 | 1530 | Cooking | Mary Makes It Easy                      | Living In The Past-A         | 2  | 7  | Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettucine alfredo.                                                                                                                                                                                                                       | CANADA         | English-100 | 2022 | RPT | G  |   |
| 2025-06-24 | 1600 | Cooking | Lidia's Kitchen                         | Love Your Vegetables         | 07 | 6  | Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot and next up is fried onion rings and stuffed potatoes.                                                                                                                                                                                                            | USA            | English-100 | 2020 | RPT | G  |   |
| 2025-06-24 | 1630 | Cooking | Comfort Food With Spencer Watts         | Brunch Food                  | 01 | 2  | Spencer and the crew are having some bad weather. Snow and sleet inspire some brunch dishes including apple cereal dusted popovers, and a skillet sweet potato and sausage egg bake.                                                                                                                                                                                                                             | CANADA         | English-100 | 2023 | RPT | G  |   |
| 2025-06-24 | 1700 | Cooking | Luca's Key Ingredient                   | Episode 2                    | 04 | 2  | Rich in taste yet delicate in flavour, this episode's key ingredient is extra virgin olive oil. Whether used for frying, dressing, or binding in baking, it's a true essential of Italian cuisine.                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2023 |     |    |   |
| 2025-06-24 | 1730 | Cooking | Everyday Gourmet With Justine Schofield | Episode 32                   | 07 | 32 | Black Bean Pork and Kalettes Stir-fry and Oysters in Katalifi with Chill Jam. All this before Trish McKenzie is back to impress with her rich Ginger and Chocolate Truffles.                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2017 |     | G  |   |
| 2025-06-24 | 1800 | Cooking | Food Safari                             | Chinese                      | 01 | 7  | In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth. Maeve learns from Shanghai expatriate chef Chris Yan who makes a simple melting eggplant and chili dish, as well as Frank Shek, a Scottish-Chinese chef who is winning accolades for his incredibly simple but utterly delicious steamed snapper with black beans, chilli and lemon. | AUSTRALIA      | English-100 | 2006 | RPT | G  | Y |
| 2025-06-24 | 1830 | Cooking | Oliver's Twist                          | Birthday Boy                 | 02 | 11 | It's Jamie's birthday and he goes to his house in Essex to prepare a barbecue for his family and friends.                                                                                                                                                                                                                                                                                                        | UNITED KINGDOM | English-100 | 2003 | RPT | G  |   |
| 2025-06-24 | 1900 | Travel  | The Cook Up With Adam Liaw              | Reliable Recipes             | 08 | 46 | Award-winning comedian Diana Nguyen and multitalented chef Matt Golinski join Adam for a risk-free night of reliable recipes.                                                                                                                                                                                                                                                                                    | AUSTRALIA      | English-100 | 2025 |     | G  | Y |
| 2025-06-24 | 1930 | Travel  | Mary Berry's Cook & Share               | Coastal Delights             | 01 | 4  | Mary Berry unearths the jewels of the Jurassic coast, meeting those passionate about its past and developing ingredients to sustain its future, while sharing her own inspired recipes.                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2022 |     | G  |   |
| 2025-06-24 | 2000 | Cooking | The Big Irish Food Tour                 | East Cork With Vanessa Feltz | 01 | 6  | Since making herself one of the locals, Vanessa takes every opportunity to escape London for her Irish oasis, and she wants Anna to experience the culinary delights East Cork has to offer.                                                                                                                                                                                                                     | UNITED KINGDOM |             | 2024 |     |    |   |

|            |      |                |                                    |                              |    |    |                                                                                                                                                                                                                                                                                                                                          |                |             |      |     |    |     |
|------------|------|----------------|------------------------------------|------------------------------|----|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|
| 2025-06-24 | 2030 | Cooking        | Prue Leith's Cotswold Kitchen      | Jb Gill                      | 02 | 10 | Prue welcomes Jb Gill into the kitchen and shows how to elevate and celebrate veggies.                                                                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2025 |     | G  |     |
| 2025-06-24 | 2130 | Food Lifestyle | Come Dine With Me UK               | North Essex: Paula           | 19 | 33 | Podiatrist Paula loves all things retro and treats her guests to a nostalgic night with old school foodie classics and some seventies songs. Despite the awkwardness, has she done enough to win?                                                                                                                                        | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |
| 2025-06-24 | 2200 | Food Lifestyle | Come Dine With Me UK               | North Essex: Marta           | 19 | 34 | Straight-talking accountant Marta lays on a Polish wedding for her guests and with bickering, some dodgy food and singing, it turns out to be a classic wedding! Will it be good enough to win?                                                                                                                                          | UNITED KINGDOM | English-100 | 2022 | RPT | PG | Y   |
| 2025-06-24 | 2230 | Travel         | The Cook Up With Adam Liaw         | Reliable Recipes             | 08 | 46 | Award-winning comedian Diana Nguyen and multitalented chef Matt Golinski join Adam for a risk-free night of reliable recipes.                                                                                                                                                                                                            | AUSTRALIA      | English-100 | 2025 | RPT | G  | Y   |
| 2025-06-24 | 2300 | Cooking        | Andrew Zimmern's Wild Game Kitchen | Striped Bass                 | 04 | 7  | Chef Andrew Zimmern showcases two distinct preparations of fresh-caught striped bass that celebrate summer's bounty.                                                                                                                                                                                                                     | USA            | English-100 | 2024 |     | G  |     |
| 2025-06-24 | 2330 | Food Lifestyle | Tales From River Cottage           | Friends And Neighbours       | 01 | 4  | Good friends and helpful neighbours are an essential part of the rural idyll. Hugh recalls his initiation into the rural Dorset community around River Cottage, with highlights of hospitality at home and away, from a posh dinner at the manor house to a riotous evening at the local Cider Shed.                                     | UNITED KINGDOM | English-100 | 2004 | RPT | PG | n   |
| 2025-06-24 | 2400 | Food Lifestyle | Tales From River Cottage           | Barter And Business          | 01 | 5  | Hugh's argument is that the life of a small holder should not be one of ascetic self denial, but thoroughly good living. To achieve this, you need to be a bit of a wily entrepreneur, always ready to barter and huckle, and go to market with the excess of your harvest, so you can still have your share of the good things in life. | UNITED KINGDOM | English-100 | 2004 | RPT | PG | a w |
| 2025-06-24 | 2430 | Travel         | Mary Berry's Cook & Share          | Coastal Delights             | 01 | 4  | Mary Berry unearths the jewels of the Jurassic coast, meeting those passionate about its past and developing ingredients to sustain its future, while sharing her own inspired recipes.                                                                                                                                                  | UNITED KINGDOM | English-100 | 2022 | RPT | G  |     |
| 2025-06-24 | 2500 | Cooking        | The Big Irish Food Tour            | East Cork With Vanessa Feltz | 01 | 6  | Since making herself one of the locals, Vanessa takes every opportunity to escape London for her Irish oasis, and she wants Anna to experience the culinary delights East Cork has to offer.                                                                                                                                             | UNITED KINGDOM |             | 2024 | RPT |    |     |
| 2025-06-24 | 2530 | Cooking        | Prue Leith's Cotswold Kitchen      | Jb Gill                      | 02 | 10 | Prue welcomes Jb Gill into the kitchen and shows how to elevate and celebrate veggies.                                                                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2025 | RPT | G  |     |
| 2025-06-24 | 2630 | Food Lifestyle | Come Dine With Me UK               | North Essex: Paula           | 19 | 33 | Podiatrist Paula loves all things retro and treats her guests to a nostalgic night with old school foodie classics and some seventies songs. Despite the awkwardness, has she done enough to win?                                                                                                                                        | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |
| 2025-06-24 | 2700 | Food Lifestyle | Come Dine With Me UK               | North Essex: Marta           | 19 | 34 | Straight-talking accountant Marta lays on a Polish wedding for her guests and with bickering, some dodgy food and singing, it turns out to be a classic wedding! Will it be good enough to win?                                                                                                                                          | UNITED KINGDOM | English-100 | 2022 | RPT | PG | Y   |
| 2025-06-24 | 2730 | Travel         | The Cook Up With Adam Liaw         | Reliable Recipes             | 08 | 46 | Award-winning comedian Diana Nguyen and multitalented chef Matt Golinski join Adam for a risk-free night of reliable recipes.                                                                                                                                                                                                            | AUSTRALIA      | English-100 | 2025 | RPT | G  | Y   |
| 2025-06-24 | 2800 | Cooking        | Andrew Zimmern's Wild Game Kitchen | Striped Bass                 | 04 | 7  | Chef Andrew Zimmern showcases two distinct preparations of fresh-caught striped bass that celebrate summer's bounty.                                                                                                                                                                                                                     | USA            | English-100 | 2024 | RPT | G  |     |
| 2025-06-24 | 2830 | Food Lifestyle | Tales From River Cottage           | Friends And Neighbours       | 01 | 4  | Good friends and helpful neighbours are an essential part of the rural idyll. Hugh recalls his initiation into the rural Dorset community around River Cottage, with highlights of hospitality at home and away, from a posh dinner at the manor house to a riotous evening at the local Cider Shed.                                     | UNITED KINGDOM | English-100 | 2004 | RPT | PG | n   |
| 2025-06-25 | 0500 | Cooking        | Oliver's Twist                     | Birthday Boy                 | 02 | 11 | It's Jamie's birthday and he goes to his house in Essex to prepare a barbecue for his family and friends.                                                                                                                                                                                                                                | UNITED KINGDOM | English-100 | 2003 | RPT | G  |     |
| 2025-06-25 | 0530 | Cooking        | My Market Kitchen                  | Episode 63                   | 05 | 63 | Ben and Jim at Prahran Seafood cook an Asian-inspired steamed fish.                                                                                                                                                                                                                                                                      | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |
| 2025-06-25 | 0600 | Travel         | Pati's Mexican Table               | Swinging Spirits             | 13 | 1  | Pati explores Juarez's Prohibition-era legacy and two icons – the margarita and burritos.                                                                                                                                                                                                                                                | USA            | English-100 | 2024 | RPT | PG | Y   |

|            |      |         |                                         |                           |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                 |                |             |      |     |    |   |
|------------|------|---------|-----------------------------------------|---------------------------|----|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---|
| 2025-06-25 | 0630 | Cooking | Freshly Picked                          | Episode 22                | 02 | 22 | Simon whips up a muhammara that has him dancing in the kitchen and makes a cacio e pepe that's better than an Italian holiday. Jerry Mai is back with a smoky eggplant dish that packs a punch.                                                                                                                                                                                                                 | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |
| 2025-06-25 | 0700 | Travel  | Earth Cycle                             | Earth Cycle Series 1 Ep 2 | 1  | 2  | In Swedish Lapland, Simon witnesses early season northern lights with the help of a Sami guide. Together they discuss the natural world as the aurora swirls overhead, accompanied by Arctic Char soup and coffee.                                                                                                                                                                                              | UNITED KINGDOM | English-100 | 2021 | RPT | G  |   |
| 2025-06-25 | 0730 | Cooking | Mary Makes It Easy                      | Living In The Past-A      | 2  | 7  | Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettucine alfredo.                                                                                                                                                                                                                      | CANADA         | English-100 | 2022 | RPT | G  |   |
| 2025-06-25 | 0800 | Cooking | Lidia's Kitchen                         | Love Your Vegetables      | 07 | 6  | Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot and next up is fried onion rings and stuffed potatoes.                                                                                                                                                                                                           | USA            | English-100 | 2020 | RPT | G  |   |
| 2025-06-25 | 0830 | Cooking | Comfort Food With Spencer Watts         | Brunch Food               | 01 | 2  | Spencer and the crew are having some bad weather. Snow and sleet inspire some brunch dishes including apple cereal dusted popovers, and a skillet sweet potato and sausage egg bake.                                                                                                                                                                                                                            | CANADA         | English-100 | 2023 | RPT | G  |   |
| 2025-06-25 | 0900 | Cooking | Luca's Key Ingredient                   | Episode 2                 | 04 | 2  | Rich in taste yet delicate in flavour, this episode's key ingredient is extra virgin olive oil. Whether used for frying, dressing, or binding in baking, it's a true essential of Italian cuisine.                                                                                                                                                                                                              | AUSTRALIA      | English-100 | 2023 | RPT |    |   |
| 2025-06-25 | 0930 | Cooking | Everyday Gourmet With Justine Schofield | Episode 32                | 07 | 32 | Black Bean Pork and Kalettes Stirfry and Oysters in Kataifi with Chili Jam. All this before Trish McKenzie is back to impress with her rich Ginger and Chocolate Truffles.                                                                                                                                                                                                                                      | AUSTRALIA      | English-100 | 2017 | RPT | G  |   |
| 2025-06-25 | 1000 | Cooking | Food Safari                             | Chinese                   | 01 | 7  | In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth. Maeve learns from Shanghai expatriate chef Chris Yan who makes a simple melting eggplant and chili dish, as well as Frank Shek, a Scottish-Chinese chef who is winning accolades for his incredibly simple but utterly delicious steamed snapper with black beans, chili and lemon. | AUSTRALIA      | English-100 | 2006 | RPT | G  | Y |
| 2025-06-25 | 1030 | Cooking | Oliver's Twist                          | Birthday Boy              | 02 | 11 | It's Jamie's birthday and he goes to his house in Essex to prepare a barbecue for his family and friends.                                                                                                                                                                                                                                                                                                       | UNITED KINGDOM | English-100 | 2003 | RPT | G  |   |
| 2025-06-25 | 1100 | Travel  | The Cook Up With Adam Liaw              | Reliable Recipes          | 08 | 46 | Award-winning comedian Diana Nguyen and multitalented chef Matt Golinski join Adam for a risk-free night of reliable recipes.                                                                                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2025 | RPT | G  | Y |
| 2025-06-25 | 1130 | Cooking | Prue Leith's Cotswold Kitchen           | Jb Gill                   | 02 | 10 | Prue welcomes JB Gill into the kitchen and shows how to elevate and celebrate veggies.                                                                                                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2025 | RPT | G  |   |
| 2025-06-25 | 1230 | Cooking | Jamie & Jimmy's Food Fight Club         | Stephen Mangan            | 07 | 11 | Jamie and Jimmy are joined by comic writer and actor, Stephen Mangan, as he puts on his pinny and cooks for the diners at the end of Southend Pier. The boys taken Stephen down memory lane by recreating one of the best dishes he has ever had whilst following the English Cricket team around the world.                                                                                                    | UNITED KINGDOM | English-100 | 2018 | RPT | G  |   |
| 2025-06-25 | 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  |   |
| 2025-06-25 | 1330 | Cooking | My Market Kitchen                       | Episode 64                | 05 | 64 | Zev teaches Ben the key to making the perfect bagels and apple pie.                                                                                                                                                                                                                                                                                                                                             | AUSTRALIA      | English-100 | 2021 | RPT | PG |   |
| 2025-06-25 | 1400 | Travel  | Pati's Mexican Table                    | Canyon Cruise             | 13 | 2  | Pati learns running is a way of life for the Raramuri and tries foods that fuel them.                                                                                                                                                                                                                                                                                                                           | USA            | English-100 | 2024 | RPT | G  | Y |
| 2025-06-25 | 1430 | Cooking | Freshly Picked                          | Episode 23                | 02 | 23 | Simon spills the beans on how to make ful and makes an easy sweet potato gnocchi perfect for the whole family, then a tropical salad. Afik Gal is making his delicate strawberry perfume.                                                                                                                                                                                                                       | AUSTRALIA      | English-100 | 2021 | RPT | PG |   |
| 2025-06-25 | 1500 | Travel  | Earth Cycle                             | Earth Cycle Series 1 Ep 3 | 1  | 3  | Continuing on his journey south through the mesmerising landscapes of Sweden, Simon camps in huge and isolated forests before then meeting two men who have been fishing for lamprey on the same river for more than 50 years.                                                                                                                                                                                  | UNITED KINGDOM | English-100 | 2021 | RPT | G  |   |
| 2025-06-25 | 1530 | Cooking | Mary Makes It Easy                      | Cast Away                 | 2  | 8  | Mary channels her inner cowboy with a campfire-style vegetarian chili cobbler with cornbread dumplings, and one-pan breadcrumb chicken thighs with orzo and greens.                                                                                                                                                                                                                                             | CANADA         | English-100 | 2022 | RPT | G  |   |

|            |      |                |                                         |                      |    |    |                                                                                                                                                                                                                                                                                                                                                                                   |                |                       |      |     |    |  |       |   |
|------------|------|----------------|-----------------------------------------|----------------------|----|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-----------------------|------|-----|----|--|-------|---|
| 2025-06-25 | 1600 | Cooking        | Lidia's Kitchen                         | Trattoria Favourites | 07 | 7  | Pasta is a staple in any Italian home and Lidia prepares three recipes. A quick ziti with kale pesto and bacon, fusilli with roasted tomato pesto, and campanelle with shrimp and fennel.                                                                                                                                                                                         | USA            | English-100           | 2020 | RPT | G  |  |       |   |
| 2025-06-25 | 1630 | Cooking        | Comfort Food With Spencer Watts         | Handhelds            | 01 | 3  | Peak behind the scenes as Spencer juggles social media demands with his on-camera work and makes a jumbo rib sandwich with rainbow slaw and sweet BBQ sauce, and then a crispy fried fish sandwich.                                                                                                                                                                               | CANADA         | English-100           | 2023 | RPT | G  |  |       |   |
| 2025-06-25 | 1700 | Cooking        | Luca's Key Ingredient                   | Episode 3            | 04 | 3  | This week, Luca shines a spotlight on a modest yet richly flavoured ingredient: aubergines. Known for their ability to soak up flavours, these versatile veggies take centre stage in recipes that bring out their very best.                                                                                                                                                     | AUSTRALIA      | English-100           | 2023 |     |    |  |       |   |
| 2025-06-25 | 1730 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 33           | 07 | 33 | Justine creates a hearty Beef Cobbler, then shares the perfect lunchbox solution with healthy chocolate, coconut and cherry balls.                                                                                                                                                                                                                                                | AUSTRALIA      | English-100           | 2017 |     | G  |  |       |   |
| 2025-06-25 | 1800 | Cooking        | Food Safari                             | Italian              | 01 | 8  | Maeve takes us into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta, scaloppine and saltimbocca - the fabulous Italians. Learn how to choose the top ten ingredients to begin an Italian pantry as Maeve joins her old friend, hospitality consultant Sam Cosentino. | AUSTRALIA      | English-100           | 2006 | RPT | G  |  |       | Y |
| 2025-06-25 | 1830 | Cooking        | Oliver's Twist                          | Boat Trip            | 02 | 12 | Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.                                                                                                                                                                                                           | UNITED KINGDOM | English-100           | 2003 | RPT | G  |  |       |   |
| 2025-06-25 | 1900 | Travel         | The Cook Up With Adam Liaw              | Last Minute Chicken  | 08 | 47 | There's no better way to rescue a meal plan than with last minute chicken recipes from cookbook author Amina Elshafei, Olympic boxer Tina Rahimi and Adam!                                                                                                                                                                                                                        | AUSTRALIA      | English-100           | 2025 |     | G  |  |       | Y |
| 2025-06-25 | 1930 | Cooking        | Nadiya's Spices Made Simple             | Feel Good Food       | 01 | 1  | Nadiya shares the eight simple spices she uses every day, beginning with four feel good dishes - lentil daal, a cheese and onion loaf, a seafood broth, and a classic cheesecake.                                                                                                                                                                                                 | UNITED KINGDOM | English-100           | 2023 | RPT | G  |  |       |   |
| 2025-06-25 | 2000 | Travel         | Rachael Ray In Tuscany                  | Breakfast For Dinner | 01 | 6  | Rachael makes a decadent Tuscan-style breakfast for dinner using panettone bread to make French toast, which she serves with a prosciutto and melon platter.                                                                                                                                                                                                                      | USA            | English-100           | 2022 |     | PG |  | I     |   |
| 2025-06-25 | 2030 | Travel         | Guillaume's French Atlantic             | Episode 4            | 01 | 4  | Join Chef Guillaume Brahimi on this captivating maritime journey, immersing yourself in the profound Celtic heritage and extraordinary seafood of Brittany, as he continues to uncover the region's culinary treasures and cultural wonders.                                                                                                                                      | AUSTRALIA      | English-70; French-30 | 2023 | RPT | G  |  | Y     | Y |
| 2025-06-25 | 2100 | Travel         | Audra's Eat, Roam, Relish               | Miri And Bario       | 01 | 5  | After harvesting the prized Gulf Apong in a Noah palm rainforest, Audra travels to Miri-Sarawak's second biggest city and its most modern.                                                                                                                                                                                                                                        | AUSTRALIA      | English-80; Malay-20  | 2024 |     | PG |  |       | Y |
| 2025-06-25 | 2130 | Food Lifestyle | Come Dine With Me UK                    | North Essex: Brad    | 19 | 35 | Parkour instructor, Brad, has been outspoken all week and now it's time for him to put his money where his mouth is and impress his fellow contestants. Will he bite off more than he can chew?                                                                                                                                                                                   | UNITED KINGDOM | English-100           | 2022 | RPT | PG |  |       |   |
| 2025-06-25 | 2200 | Food Lifestyle | Come Dine With Me UK                    | Cardiff: Tracey      | 19 | 36 | Mental health support worker and budding singer, Tracey, brings in a Caribbean carnival, but will her Jamaican scotch bonnet be too much for her guests?                                                                                                                                                                                                                          | UNITED KINGDOM | English-100           | 2022 | RPT | PG |  | a     | Y |
| 2025-06-25 | 2230 | Travel         | The Cook Up With Adam Liaw              | Last Minute Chicken  | 08 | 47 | There's no better way to rescue a meal plan than with last minute chicken recipes from cookbook author Amina Elshafei, Olympic boxer Tina Rahimi and Adam!                                                                                                                                                                                                                        | AUSTRALIA      | English-100           | 2025 | RPT | G  |  |       | Y |
| 2025-06-25 | 2300 | Cooking        | Andrew Zimmern's Wild Game Kitchen      | Duck                 | 04 | 8  | In this episode of Wild Game Kitchen, Andrew Zimmern transforms wild duck into two dishes that showcase the versatility of this delicious game bird.                                                                                                                                                                                                                              | USA            | English-100           | 2024 |     | PG |  |       |   |
| 2025-06-25 | 2330 | Food Lifestyle | Tales From River Cottage                | Chicken And Egg      | 01 | 6  | The difference between a veg garden and a smallholding is simple - livestock. And the first item of livestock every downshifter needs is a chicken or two. Hugh recalls the highs and lows of his poultry learning curve, from acquiring his first hens, and teaching them to climb his fox-proof, high-rise chicken hut.                                                         | UNITED KINGDOM | English-100           | 2004 | RPT | PG |  | a n w |   |
| 2025-06-25 | 2400 | Food Lifestyle | Tales From River Cottage                | Customs And Rituals  | 01 | 7  | When it comes to acquainting yourself with the curious local customs of your newfound rural home, Hugh's basic message is - get stuck in, and no half measures. Hugh recalls how he learned new rural skills such as hedge-laying, charcoal-making, and mouse charming, and immersed himself in bizarre local antics, such as the annual nettle-eating competition.               | UNITED KINGDOM | English-100           | 2004 | RPT | G  |  |       |   |
| 2025-06-25 | 2430 | Cooking        | Nadiya's Spices Made Simple             | Feel Good Food       | 01 | 1  | Nadiya shares the eight simple spices she uses every day, beginning with four feel good dishes - lentil daal, a cheese and onion loaf, a seafood broth, and a classic cheesecake.                                                                                                                                                                                                 | UNITED KINGDOM | English-100           | 2023 | RPT | G  |  |       |   |
| 2025-06-25 | 2500 | Travel         | Rachael Ray In Tuscany                  | Breakfast For Dinner | 01 | 6  | Rachael makes a decadent Tuscan-style breakfast for dinner using panettone bread to make French toast, which she serves with a prosciutto and melon platter.                                                                                                                                                                                                                      | USA            | English-100           | 2022 | RPT | PG |  | I     |   |
| 2025-06-25 | 2530 | Travel         | Guillaume's French Atlantic             | Episode 4            | 01 | 4  | Join Chef Guillaume Brahimi on this captivating maritime journey, immersing yourself in the profound Celtic heritage and extraordinary seafood of Brittany, as he continues to uncover the region's culinary treasures and cultural wonders.                                                                                                                                      | AUSTRALIA      | English-70; French-30 | 2023 | RPT | G  |  | Y     | Y |
| 2025-06-25 | 2600 | Travel         | Audra's Eat, Roam, Relish               | Miri And Bario       | 01 | 5  | After harvesting the prized Gulf Apong in a Noah palm rainforest, Audra travels to Miri-Sarawak's second biggest city and its most modern.                                                                                                                                                                                                                                        | AUSTRALIA      | English-80; Malay-20  | 2024 | RPT | PG |  |       | Y |

|            |      |                |                                         |                           |    |    |                                                                                                                                                                                                                                                                                                                                                                                   |                |                       |      |     |    |       |   |
|------------|------|----------------|-----------------------------------------|---------------------------|----|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-----------------------|------|-----|----|-------|---|
| 2025-06-25 | 2630 | Food Lifestyle | Come Dine With Me UK                    | North Essex: Brad         | 19 | 35 | Parkour instructor, Brad, has been outspoken all week and now it's time for him to put his money where his mouth is and impress his fellow contestants. Will he bite off more than he can chew?                                                                                                                                                                                   | UNITED KINGDOM | English-100           | 2022 | RPT | PG |       |   |
| 2025-06-25 | 2700 | Food Lifestyle | Come Dine With Me UK                    | Cardiff: Tracey           | 19 | 36 | Mental health support worker and budding singer, Tracey, brings in a Caribbean carnival, but will her Jamaican scotch bonnet be too much for her guests?                                                                                                                                                                                                                          | UNITED KINGDOM | English-100           | 2022 | RPT | PG | a     | Y |
| 2025-06-25 | 2730 | Travel         | The Cook Up With Adam Liaw              | Last Minute Chicken       | 08 | 47 | There's no better way to rescue a meal plan than with last minute chicken recipes from cookbook author Amina Ebahel, Olympic boxer Tina Rahimi and Adam!                                                                                                                                                                                                                          | AUSTRALIA      | English-100           | 2025 | RPT | G  |       | Y |
| 2025-06-25 | 2800 | Cooking        | Andrew Zimmern's Wild Game Kitchen      | Duck                      | 04 | 8  | In this episode of Wild Game Kitchen, Andrew Zimmern transforms wild duck into two dishes that showcase the versatility of this delicious game bird.                                                                                                                                                                                                                              | USA            | English-100           | 2024 | RPT | PG |       |   |
| 2025-06-25 | 2830 | Food Lifestyle | Tales From River Cottage                | Chicken And Egg           | 01 | 6  | The difference between a veg garden and a smallholding is simple - livestock. And the first item of livestock every downshifter needs is a chicken or two. Hugh recalls the highs and lows of his poultry learning curve, from acquiring his first hens, and teaching them to climb his fox-proof, high-rise chicken hut.                                                         | UNITED KINGDOM | English-100           | 2004 | RPT | PG | a n w |   |
| 2025-06-26 | 0500 | Cooking        | Oliver's Twist                          | Boat Trip                 | 02 | 12 | Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.                                                                                                                                                                                                           | UNITED KINGDOM | English-100           | 2003 | RPT | G  |       |   |
| 2025-06-26 | 0530 | Cooking        | My Market Kitchen                       | Episode 64                | 05 | 64 | Zev teaches Ben the key to making the perfect bagels and apple pie.                                                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100           | 2021 | RPT | PG |       |   |
| 2025-06-26 | 0600 | Travel         | Pati's Mexican Table                    | Canyon Cruise             | 13 | 2  | Pati learns running is a way of life for the Raramuri and tries foods that fuel them.                                                                                                                                                                                                                                                                                             | USA            | English-100           | 2024 | RPT | G  |       | Y |
| 2025-06-26 | 0630 | Cooking        | Freshly Picked                          | Episode 23                | 02 | 23 | Simon spills the beans on how to make ful and makes an easy sweet potato gnocchi perfect for the whole family, then a tropical salad. Afik Gal is making his delicate strawberry perfume.                                                                                                                                                                                         | AUSTRALIA      | English-100           | 2021 | RPT | PG |       |   |
| 2025-06-26 | 0700 | Travel         | Earth Cycle                             | Earth Cycle Series 1 Ep 3 | 1  | 3  | Continuing on his journey south through the mesmerising landscapes of Sweden, Simon camps in huge and isolated forests before then meeting two men who have been fishing for lamprey on the same river for more than 50 years.                                                                                                                                                    | UNITED KINGDOM | English-100           | 2021 | RPT | G  |       |   |
| 2025-06-26 | 0730 | Cooking        | Mary Makes It Easy                      | Cast Away                 | 2  | 8  | Mary channels her inner cowboy with a campfire-style vegetarian chili cobbler with cornbread dumplings, and one-pan breadorumb chicken thigh with orzo and greens.                                                                                                                                                                                                                | CANADA         | English-100           | 2022 | RPT | G  |       |   |
| 2025-06-26 | 0800 | Cooking        | Lidia's Kitchen                         | Trattoria Favourites      | 07 | 7  | Pasta is a staple in any Italian home and Lidia prepares three recipes. A quick ziti with kale pesto and bacon, fusilli with roasted tomato pesto, and campanelle with shrimp and fennel.                                                                                                                                                                                         | USA            | English-100           | 2020 | RPT | G  |       |   |
| 2025-06-26 | 0830 | Cooking        | Comfort Food With Spencer Watts         | Handhelds                 | 01 | 3  | Peak behind the scenes as Spencer juggles social media demands with his on-camera work and makes a jumbo rib sandwich with rainbow slaw and sweet BBQ sauce, and then a crispy fried fish sandwich.                                                                                                                                                                               | CANADA         | English-100           | 2023 | RPT | G  |       |   |
| 2025-06-26 | 0900 | Cooking        | Luca's Key Ingredient                   | Episode 3                 | 04 | 3  | This week, Luca shines a spotlight on a modest yet richly flavoured ingredient: aubergines. Known for their ability to soak up flavours, these versatile veggies take centre stage in recipes that bring out their very best.                                                                                                                                                     | AUSTRALIA      | English-100           | 2023 | RPT |    |       |   |
| 2025-06-26 | 0930 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 33                | 07 | 33 | Justine creates a hearty Beef Cobbler, then shares the perfect lunchbox solution with healthy chocolate, coconut and cherry balls.                                                                                                                                                                                                                                                | AUSTRALIA      | English-100           | 2017 | RPT | G  |       |   |
| 2025-06-26 | 1000 | Cooking        | Food Safari                             | Italian                   | 01 | 8  | Maeve takes us into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta, scaloppine and saltimbocca - the fabulous Italians. Learn how to choose the top ten ingredients to begin an Italian pantry as Maeve joins her old friend, hospitality consultant Sam Cosentino. | AUSTRALIA      | English-100           | 2006 | RPT | G  |       | Y |
| 2025-06-26 | 1030 | Cooking        | Oliver's Twist                          | Boat Trip                 | 02 | 12 | Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.                                                                                                                                                                                                           | UNITED KINGDOM | English-100           | 2003 | RPT | G  |       |   |
| 2025-06-26 | 1100 | Travel         | The Cook Up With Adam Liaw              | Last Minute Chicken       | 08 | 47 | There's no better way to rescue a meal plan than with last minute chicken recipes from cookbook author Amina Ebahel, Olympic boxer Tina Rahimi and Adam!                                                                                                                                                                                                                          | AUSTRALIA      | English-100           | 2025 | RPT | G  |       | Y |
| 2025-06-26 | 1130 | Travel         | Guillaume's French Atlantic             | Episode 4                 | 01 | 4  | Join Chef Guillaume Brahimi on this captivating maritime journey, immersing yourself in the profound Celtic heritage and extraordinary seafood of Brittany, as he continues to uncover the region's culinary treasures and cultural wonders.                                                                                                                                      | AUSTRALIA      | English-70; French-30 | 2023 | RPT | G  | Y     | Y |
| 2025-06-26 | 1200 | Travel         | Audra's Eat, Roam, Relish               | Miri And Bario            | 01 | 5  | After harvesting the prized Gulf Apong in a Noah palm rainforest, Audra travels to Miri-Sarawak's second biggest city and its most modern.                                                                                                                                                                                                                                        | AUSTRALIA      | English-80; Malay-20  | 2024 | RPT | PG |       | Y |
| 2025-06-26 | 1230 | Cooking        | Jamie & Jimmy's Food Fight Club         | Russell Howard            | 07 | 12 | Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.                                                                                                                                                                                        | UNITED KINGDOM | English-100           | 2018 | RPT | G  |       |   |

|            |      |                |                                         |                                               |    |    |                                                                                                                                                                                                                                                                                                                        |                |             |      |     |    |   |   |
|------------|------|----------------|-----------------------------------------|-----------------------------------------------|----|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---|---|
| 2025-06-26 | 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  |   |   |
| 2025-06-26 | 1330 | Cooking        | My Market Kitchen                       | Episode 65                                    | 05 | 65 | Chef Kinsan teaches Ben the secrets to an authentic curry tsukemen.                                                                                                                                                                                                                                                    | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |   |
| 2025-06-26 | 1400 | Travel         | Pati's Mexican Table                    | Symphony Of Flavours                          | 13 | 3  | Pati meets the first world-famous Raramuri pianist and learns ancient Chihuahuan cooking.                                                                                                                                                                                                                              | USA            | English-100 | 2024 | RPT | G  | Y |   |
| 2025-06-26 | 1430 | Cooking        | Freshly Picked                          | Episode 24                                    | 02 | 24 | Simon makes a simple soup with some roasty and crunchy bits, and a berry pull apart that you'll want to be a part of. There's puffed rice and plenty of laughs when Kishwar Chowdhury is in the kitchen.                                                                                                               | AUSTRALIA      | English-100 | 2021 | RPT | PG |   |   |
| 2025-06-26 | 1500 | Travel         | Earth Cycle                             | Earth Cycle Series 1 Ep 4                     | 1  | 4  | After continuing further south, Simon arrives at the Malingsbo-Kloten Nature Reserve where he and a local guide successfully track moose. From there he then embarks upon more strenuous miles in the saddle and camps under the stars – making the most of allemansrätten – the right to roam (and camp in the wild). | UNITED KINGDOM | English-100 | 2021 | RPT | PG |   |   |
| 2025-06-26 | 1530 | Cooking        | Mary Makes It Easy                      | Make And Take                                 | 2  | 9  | Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.                                                                                                                                                      | CANADA         | English-100 | 2022 | RPT | G  |   |   |
| 2025-06-26 | 1600 | Cooking        | Lidia's Kitchen                         | Great Grains                                  | 07 | 8  | Lidia shares some Italian comfort foods - beef and potato goulash, country salad, and a luscious hazelnut parfait to end on a sweet note.                                                                                                                                                                              | USA            | English-100 | 2020 | RPT | G  |   |   |
| 2025-06-26 | 1630 | Cooking        | Comfort Food With Spencer Watts         | Soup, Bowl, Blanket, Couch                    | 01 | 4  | Spencer cooks a dreamy creamy turkey and wild rice blanquette with fresh fluffy bannock and a sweet tarragon butter. Then he makes a rich cauliflower korma soup with warm spices and cashews.                                                                                                                         | CANADA         | English-100 | 2023 | RPT | PG |   |   |
| 2025-06-26 | 1700 | Cooking        | Luca's Key Ingredient                   | Episode 4                                     | 04 | 4  | One of Luca's favourite ingredients takes the spotlight: Parmigiano Reggiano! This episode celebrates the king of cheeses with three dishes that showcase its savoury, nutty flavours.                                                                                                                                 | AUSTRALIA      | English-100 | 2023 |     |    |   |   |
| 2025-06-26 | 1730 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 34                                    | 07 | 34 | Stop by to get your fill, as Justine cooks up Pot Roasted Pork with Prunes and Potatoes. Also on Today's show is a fresh Tuna Tataki salad and so much more.                                                                                                                                                           | AUSTRALIA      | English-100 | 2017 |     | G  |   |   |
| 2025-06-26 | 1800 | Cooking        | Food Safari                             | Thai                                          | 01 | 9  | Maew visits Thainatown in Sydney with her chef friend Sujat Saengkham to learn about fish sauce and noodles, seasoning sauce and dried prawns. Also, shop owner Ari Walpole gives a rundown of the many types of eggplant, chillies and herbs needed for simple dishes.                                                | AUSTRALIA      | English-100 | 2006 | RPT | G  | Y |   |
| 2025-06-26 | 1830 | Cooking        | Oliver's Twist                          | Jamie And The Soccer Girls                    | 02 | 13 | Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team.                                                                                                                                                                                                                           | UNITED KINGDOM | English-100 | 2003 | RPT | G  |   |   |
| 2025-06-26 | 1900 | Cooking        | The Cook Up With Adam Liaw              | Oodles Of Noodles                             | 06 | 26 | Adam gives his guests, multi talented broadcaster Yumi Stynes and renowned chef Victor Liong, oodles of noodles and tells them to use their noodles to make, you guessed it, oodles of noodles.                                                                                                                        | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y |   |
| 2025-06-26 | 1930 | Travel         | John And Lisa's Food Trip Down Under    | John And Lisa Enjoy Street Food And The Beach | 01 | 4  | Chefs John Torode and Lisa Faulkner devour delicious potato dosa at a local market, are stunned by huge stingrays on beautiful Hamelin Bay, and are left spellbound by a tasty native oyster with a Japanese twist.                                                                                                    | USA            | English-100 | 2024 | RPT | PG | Y |   |
| 2025-06-26 | 2030 | Travel         | Luke Nguyen's Street Food Asia          | Jakarta, Indonesia - Part 2                   | 01 | 8  | Luke completes his street food journey in Jakarta, Indonesia where he visits a busy stall that's been serving a traditional Indonesian salad since 1961.                                                                                                                                                               | AUSTRALIA      | English-100 | 2016 | RPT | G  | Y | Y |
| 2025-06-26 | 2100 | Travel         | Sophie Grigson: Slice Of Italy          | Nuts And Pulse                                | 01 | 9  | Sophie visits an almond farmer to discover how they are harvested and shelled. A local baker demonstrates how she makes the almond and cherry jam sweet treats that are served all over town.                                                                                                                          | UNITED KINGDOM | English-100 | 2022 | RPT | G  |   | Y |
| 2025-06-26 | 2130 | Food Lifestyle | Come Dine With Me UK                    | Cardiff: Nathanael                            | 19 | 37 | Business owner Nathanael is hoping his sports themed menu will impress his guests and help bag him the 1000 pound prize. Will he have the right tactics for a home win?                                                                                                                                                | UNITED KINGDOM | English-100 | 2022 | RPT | PG | a |   |
| 2025-06-26 | 2200 | Food Lifestyle | Come Dine With Me UK                    | Cardiff: Alice                                | 19 | 38 | Alice's wanderings in wonderland have inspired her to deliver an unusual menu involving cooking preparation with power tools and steaming her main with beer. But will the food be too crazy?                                                                                                                          | UNITED KINGDOM | English-100 | 2022 | RPT | PG |   |   |
| 2025-06-26 | 2230 | Cooking        | The Cook Up With Adam Liaw              | Oodles Of Noodles                             | 06 | 26 | Adam gives his guests, multi talented broadcaster Yumi Stynes and renowned chef Victor Liong, oodles of noodles and tells them to use their noodles to make, you guessed it, oodles of noodles.                                                                                                                        | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y |   |

|            |      |                |                                      |                                               |    |    |                                                                                                                                                                                                                                                                                                                                                                           |                |             |      |     |    |   |   |
|------------|------|----------------|--------------------------------------|-----------------------------------------------|----|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---|---|
| 2025-06-26 | 2300 | Cooking        | Andrew Zimmern's Wild Game Kitchen   | Seafood                                       | 04 | 9  | Chef Andrew Zimmern demystifies working with live sea urchin and scallops, demonstrating how to properly handle and prepare some of the ocean's most prized ingredients.                                                                                                                                                                                                  | USA            | English-100 | 2024 |     | PG |   |   |
| 2025-06-26 | 2330 | Food Lifestyle | Tales From River Cottage             | River And The Sea, The                        | 01 | 8  | Hugh explains how the river and sea offer the smallholder a combination of escape and adventure, as well as free food - from crabs and cuttlefish to eels and pike - for fantastic fishy feasts. The beach is also a great place for a party, and can even make a practical contribution to the smallholding - with seaweed fertiliser.                                   | UNITED KINGDOM | English-100 | 2004 | RPT | PG | a | w |
| 2025-06-26 | 2400 | Food Lifestyle | Tales From River Cottage             | Wild Larder, The                              | 01 | 9  | Hugh recalls three years of tuning in to the wild Dorset landscape, and then feeding off it. He explains why wild food - both plants and animals - should always be a prime part of the smallholder's diet, as he learns how to hunt for rabbits, roe deer, and pigeons, and how to gather edible wild plants such as elderflowers, watercress, hazelnuts, and mushrooms. | UNITED KINGDOM | English-100 | 2004 | RPT | PG | a | w |
| 2025-06-26 | 2430 | Travel         | John And Lisa's Food Trip Down Under | John And Lisa Enjoy Street Food And The Beach | 01 | 4  | Chefs John Torode and Lisa Faulkner devour delicious potato dosa at a local market, are stunned by huge stingrays on beautiful Hamelin Bay, and are left spellbound by a tasty native oyster with a Japanese twist.                                                                                                                                                       | USA            | English-100 | 2024 | RPT | PG |   | Y |
| 2025-06-26 | 2525 | 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  |   |   |
| 2025-06-26 | 2530 | Travel         | Luke Nguyen's Street Food Asia       | Jakarta, Indonesia - Part 2                   | 01 | 8  | Luke completes his street food journey in Jakarta, Indonesia where he visits a busy stall that's been serving a traditional Indonesian salad since 1961.                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2016 | RPT | G  | Y | Y |
| 2025-06-26 | 2600 | Travel         | Sophie Grigson: Slice Of Italy       | Nuts And Pulse                                | 01 | 9  | Sophie visits an almond farmer to discover how they are harvested and shelled. A local baker demonstrates how she makes the almond and cherry jam sweet treats that are served all over town.                                                                                                                                                                             | UNITED KINGDOM | English-100 | 2022 | RPT | G  |   | Y |
| 2025-06-26 | 2630 | Food Lifestyle | Come Dine With Me UK                 | Cardiff: Nathanael                            | 19 | 37 | Business owner Nathanael is hoping his sports themed menu will impress his guests and help bag him the 1000 pound prize. Will he have the right tactics for a home win?                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2022 | RPT | PG | a |   |
| 2025-06-26 | 2700 | Food Lifestyle | Come Dine With Me UK                 | Cardiff: Alice                                | 19 | 38 | Alice's wanderings in wonderland have inspired her to deliver an unusual menu involving cooking preparation with power tools and steaming her main with beer. But will the food be too crazy?                                                                                                                                                                             | UNITED KINGDOM | English-100 | 2022 | RPT | PG |   |   |
| 2025-06-26 | 2730 | Cooking        | The Cook Up With Adam Liaw           | Oodles Of Noodles                             | 06 | 26 | Adam gives his guests, multi-talented broadcaster Yumi Stynes and renowned chef Victor Liong, oodles of noodles and tells them to use their noodles to make, you guessed it, oodles of noodles.                                                                                                                                                                           | AUSTRALIA      | English-100 | 2023 | RPT | G  |   | Y |
| 2025-06-26 | 2800 | Cooking        | Andrew Zimmern's Wild Game Kitchen   | Seafood                                       | 04 | 9  | Chef Andrew Zimmern demystifies working with live sea urchin and scallops, demonstrating how to properly handle and prepare some of the ocean's most prized ingredients.                                                                                                                                                                                                  | USA            | English-100 | 2024 | RPT | PG |   |   |
| 2025-06-26 | 2830 | Food Lifestyle | Tales From River Cottage             | River And The Sea, The                        | 01 | 8  | Hugh explains how the river and sea offer the smallholder a combination of escape and adventure, as well as free food - from crabs and cuttlefish to eels and pike - for fantastic fishy feasts. The beach is also a great place for a party, and can even make a practical contribution to the smallholding - with seaweed fertiliser.                                   | UNITED KINGDOM | English-100 | 2004 | RPT | PG | a | w |
| 2025-06-27 | 0500 | Cooking        | Oliver's Twist                       | Jamie And The Soccer Girls                    | 02 | 13 | Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team.                                                                                                                                                                                                                                                                              | UNITED KINGDOM | English-100 | 2003 | RPT | G  |   |   |
| 2025-06-27 | 0530 | Cooking        | My Market Kitchen                    | Episode 65                                    | 05 | 65 | Chef Kinsan teaches Ben the secrets to an authentic curry tsukemen.                                                                                                                                                                                                                                                                                                       | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |   |
| 2025-06-27 | 0600 | Travel         | Pati's Mexican Table                 | Symphony Of Flavours                          | 13 | 3  | Pati meets the first world-famous Raramuri pianist and learns ancient Chihuahuan cooking.                                                                                                                                                                                                                                                                                 | USA            | English-100 | 2024 | RPT | G  |   | Y |
| 2025-06-27 | 0630 | Cooking        | Freshly Picked                       | Episode 24                                    | 02 | 24 | Simon makes a simple soup with some roasty and crunchy bits, and a berry pull apart that you'll want to be a part of. There's pulled rice and plenty of laughs when Kishwar Chowdhury is in the kitchen.                                                                                                                                                                  | AUSTRALIA      | English-100 | 2021 | RPT | PG |   |   |
| 2025-06-27 | 0700 | Travel         | Earth Cycle                          | Earth Cycle Series 1 Ep 4                     | 1  | 4  | After continuing further south, Simon arrives at the Malingbo-Kloten Nature Reserve where he and a local guide successfully track moose. From there he then embarks upon more strenuous miles in the saddle and camps under the stars - making the most of allemansrätten - the right to roam (and camp in the wild).                                                     | UNITED KINGDOM | English-100 | 2021 | RPT | PG |   |   |
| 2025-06-27 | 0730 | Cooking        | Mary Makes It Easy                   | Make And Take                                 | 2  | 9  | Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.                                                                                                                                                                                                         | CANADA         | English-100 | 2022 | RPT | G  |   |   |
| 2025-06-27 | 0800 | Cooking        | Lidia's Kitchen                      | Great Grains                                  | 07 | 8  | Lidia shares some Italian comfort foods - beef and potato goulash, country salad, and a luscious hazelnut parfait to end on a sweet note.                                                                                                                                                                                                                                 | USA            | English-100 | 2020 | RPT | G  |   |   |

|            |      |         |                                         |                             |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                        |                |             |      |     |    |   |     |
|------------|------|---------|-----------------------------------------|-----------------------------|----|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---|-----|
| 2025-06-27 | 0830 | Cooking | Comfort Food With Spencer Watts         | Soup, Bowl, Blanket, Couch  | 01 | 4  | Spencer cooks a dreamy creamy turkey and wild rice blanquette with fresh fluffy bannock and a sweet tarragon butter. Then he makes a rich cauliflower korma soup with warm spices and cashews.                                                                                                                                                                                                                                         | CANADA         | English-100 | 2023 | RPT | PG |   |     |
| 2025-06-27 | 0900 | Cooking | Luca's Key Ingredient                   | Episode 4                   | 04 | 4  | One of Luca's favourite ingredients takes the spotlight: Parmigiano Reggiano! This episode celebrates the king of cheeses with three dishes that showcase its savoury, nutty flavours.                                                                                                                                                                                                                                                 | AUSTRALIA      | English-100 | 2023 | RPT |    |   |     |
| 2025-06-27 | 0930 | Cooking | Everyday Gourmet With Justine Schofield | Episode 34                  | 07 | 34 | Stop by to get your fill, as Justine cooks up Pot Roasted Pork with Prunes and Potatoes. Also on Today's show is a fresh Tuna Tataki salad and so much more.                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2017 | RPT | G  |   |     |
| 2025-06-27 | 1000 | Cooking | Food Safari                             | Thai                        | 01 | 9  | Maewie visits Thainatown in Sydney with her chef friend Sujat Saengkhom to learn about fish sauce and noodles, seasoning sauce and dried prawns. Also, shop owner Ari Walpole gives a rundown of the many types of eggplant, chillies and herbs needed for simple dishes.                                                                                                                                                              | AUSTRALIA      | English-100 | 2006 | RPT | G  | Y |     |
| 2025-06-27 | 1030 | Cooking | Oliver's Twist                          | Jamie And The Soccer Girls  | 02 | 13 | Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team.                                                                                                                                                                                                                                                                                                                                           | UNITED KINGDOM | English-100 | 2003 | RPT | G  |   |     |
| 2025-06-27 | 1100 | Cooking | The Cook Up With Adam Liaw              | Oodles Of Noodles           | 06 | 26 | Adam gives his guests, multi-talented broadcaster Yumi Styne and renowned chef Victor Liang, oodles of noodles and tells them to use their noodles to make, you guessed it, oodles of noodles.                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y |     |
| 2025-06-27 | 1130 | Travel  | Luke Nguyen's Street Food Asia          | Jakarta, Indonesia - Part 2 | 01 | 8  | Luke completes his street food journey in Jakarta, Indonesia where he visits a busy stall that's been serving a traditional Indonesian salad since 1961.                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2016 | RPT | G  | Y | Y   |
| 2025-06-27 | 1200 | Travel  | Sophie Grigson: Slice Of Italy          | Nuts And Pulse              | 01 | 9  | Sophie visits an almond farmer to discover how they are harvested and shelled. A local baker demonstrates how she makes the almond and cherry jam sweet treats that are served all over town.                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2022 | RPT | G  |   | Y   |
| 2025-06-27 | 1230 | Cooking | Ainsley's Fantastic Flavours            | Spicy                       | 01 | 1  | Join chef Ainsley Harriott in a series filled with flavour-packed dishes sure to liven up every meal! In the first episode, Ainsley explores how spices can work wonders in our food. He kicks things off with a dish perfect for brunch with his ras el hanout shakshuka. Fellow chef and spice enthusiast, Thuy Pham scours the markets looking for cooking inspiration for her dish, chicken pho.                                   | UNITED KINGDOM | English-100 | 2022 | RPT | G  |   |     |
| 2025-06-27 | 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  |   |     |
| 2025-06-27 | 1330 | Cooking | My Market Kitchen                       | Episode 66                  | 05 | 66 | Nutritionist Jemma checks out a mushroom farm and makes a mushroom and goats cheese omelette.                                                                                                                                                                                                                                                                                                                                          | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |     |
| 2025-06-27 | 1400 | Travel  | Pati's Mexican Table                    | Revolutionary Bites         | 13 | 4  | Pati experiences preserved foods that sustained people during the Mexican Revolution.                                                                                                                                                                                                                                                                                                                                                  | USA            | English-100 | 2024 | RPT | G  |   | Y   |
| 2025-06-27 | 1430 | Cooking | Freshly Picked                          | Episode 25                  | 02 | 25 | Simon gets a little bananas in Queensland and then heads back to the kitchen for a tagine recipe, while also spicing up leftover rice. Tobie Puttock returns for the perfect weeknight dinner.                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |     |
| 2025-06-27 | 1500 | Travel  | Earth Cycle                             | Earth Cycle Series 1 Ep 5   | 1  | 5  | The final leg of his journey, the very south of Sweden. It's here that Simon feasts upon seasonal oysters and mussels with a local fisherman who owns his very own island reachable via an old fishing boat.                                                                                                                                                                                                                           | UNITED KINGDOM | English-100 | 2021 | RPT | PG |   | a w |
| 2025-06-27 | 1530 | Cooking | Mary Makes It Easy                      | Bare Bones Baking           | 2  | 10 | Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.                                                                                                                                                                                                                                     | CANADA         | English-100 | 2022 | RPT | G  |   |     |
| 2025-06-27 | 1600 | Cooking | Lidia's Kitchen                         | Cultured Comforts           | 07 | 9  | Today is all about stress-free cooking for a holiday celebration. Lidia makes marinated mushrooms, vin brulé, an Italian version of mulled wine, and turkey breast with apricots.                                                                                                                                                                                                                                                      | USA            | English-100 | 2020 | RPT | G  |   |     |
| 2025-06-27 | 1630 | Cooking | Comfort Food With Spencer Watts         | One Pot Comfort             | 01 | 5  | Spencer keeps the dishes to a minimum with his ham hock and barley risotto with green peas, a seafood and andouille sausage gumbo with a puff pastry cap and Tuscan smothered bone-in pork chops.                                                                                                                                                                                                                                      | CANADA         | English-100 | 2023 | RPT | G  |   |     |
| 2025-06-27 | 1700 | Cooking | Luca's Key Ingredient                   | Episode 5                   | 04 | 5  | Amaretti biscuits, perfect on their own, are today's key ingredient. These bite-sized Italian almond treats transform sweet and savoury recipes alike, as Luca demonstrates their versatility in his innovative creations.                                                                                                                                                                                                             | AUSTRALIA      | English-100 | 2023 |     |    |   |     |
| 2025-06-27 | 1730 | Cooking | Everyday Gourmet With Justine Schofield | Episode 35                  | 07 | 35 | Join the charming Alastair McLeod as he whips up Chicken with Verjuice, Mushrooms and Leeks. Later, Justine shares her Turkish Carrot Dip.                                                                                                                                                                                                                                                                                             | AUSTRALIA      | English-100 | 2017 |     |    |   |     |
| 2025-06-27 | 1800 | Cooking | Food Safari                             | Lebanese                    | 01 | 10 | This week Maewie O'Meara goes in search of the fresh green flavours of Lebanese food when she visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf. There, she discovers how to choose the best tahini, yoghurt, burgul, chick peas and spice mixes for use in the Lebanese kitchen. Later, Maewie visits Samira Saab whose tabouli is legendary and who has some simple tips on making it taste amazing. | AUSTRALIA      | English-100 | 2006 | RPT | G  |   | Y   |

|            |      |                |                                         |                                    |      |    |                                                                                                                                                                                                                                                                                                                 |                |             |      |     |    |   |
|------------|------|----------------|-----------------------------------------|------------------------------------|------|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---|
| 2025-06-27 | 1830 | Cooking        | Oliver's Twist                          | Session, The                       | 02   | 14 | Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates.                                                                                                                                                                                                                              | UNITED KINGDOM | English-100 | 2003 | RPT | G  |   |
| 2025-06-27 | 1900 | Cooking        | The Cook Up With Adam Liaw              | Fuss Free & Fragrant               | 06   | 27 | Everyday Gourmet's Justine Schofield and chef Paul Farag share fuss free and fragrant dishes.                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y |
| 2025-06-27 | 1930 | Travel         | Gary Barlow's Food & Wine: Australia    | Alice Springs - Northern Territory | 01   | 5  | Gary is joined by none other than fellow boyband superstar Ronan Keating as they explore Australia's red centre.                                                                                                                                                                                                | UNITED KINGDOM | English-100 | 2025 |     | PG | Y |
| 2025-06-27 | 2030 | Food Lifestyle | Kitchen Glow Up                         | Elevated Farmhouse                 | 2024 | 8  | Laura and James's tiny kitchen is bursting at the seams with five kids. Ellen gets creative to maximize space.                                                                                                                                                                                                  | USA            | English-100 | 2024 |     | G  |   |
| 2025-06-27 | 2100 | Travel         | Malaysia Gourmet With Justine Schofield | Ep 8                               | 01   | 8  | Justine highlights Malaysia's vibrant nature and delectable treats. She prepares a fruit salad and seafood barbecue before unveiling the sweet delight of Malaysian cuisine: Onde-onde.                                                                                                                         | AUSTRALIA      | English-100 | 2023 | RPT | G  |   |
| 2025-06-27 | 2130 | Food Lifestyle | Come Dine With Me UK                    | Cardiff: Ashley                    | 19   | 39 | Ashley's aim is to deliver a night of nostalgia from his childhood. His creative menu touches on 70s classics, but will the theatre in his food pack a punch to the taste buds?                                                                                                                                 | UNITED KINGDOM | English-100 | 2022 | RPT | PG | a |
| 2025-06-27 | 2200 | Food Lifestyle | Come Dine With Me UK                    | Cardiff: Giulio                    | 19   | 40 | Steel Worker Giulio is hoping to let his guests experience an authentic Italian night. After all the comments across the week, he has left himself open to criticism for tonight.                                                                                                                               | UNITED KINGDOM | English-100 | 2022 | RPT | PG |   |
| 2025-06-27 | 2230 | Cooking        | The Cook Up With Adam Liaw              | Fuss Free & Fragrant               | 06   | 27 | Everyday Gourmet's Justine Schofield and chef Paul Farag share fuss free and fragrant dishes.                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y |
| 2025-06-27 | 2300 | Cooking        | Andrew Zimmern's Wild Game Kitchen      | Mackerel                           | 04   | 19 | In this episode of Wild Game Kitchen, Andrew Zimmern champions the often-overlooked mackerel, demonstrating how this flavor-packed fish deserves a spot on every table.                                                                                                                                         | USA            | English-100 | 2024 |     | PG |   |
| 2025-06-27 | 2330 | Food Lifestyle | Tales From River Cottage                | Land And Livestock                 | 01   | 10 | Having made his decision to stay in Dorset and continue the rural life, Hugh considers the big question facing the committed smallholder - how far are you prepared to go? You don't need much space for chickens, or even for pigs, but once you've got a couple of acres, all kinds of possibilities open up. | UNITED KINGDOM | English-100 | 2004 | RPT | PG | a |
| 2025-06-27 | 2400 | Cooking        | My Market Kitchen                       | Episode 66                         | 05   | 66 | Nutritionist Jemma checks out a mushroom farm and makes a mushroom and goats cheese omelette.                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |
| 2025-06-27 | 2430 | Travel         | Gary Barlow's Food & Wine: Australia    | Alice Springs - Northern Territory | 01   | 5  | Gary is joined by none other than fellow boyband superstar Ronan Keating as they explore Australia's red centre.                                                                                                                                                                                                | UNITED KINGDOM | English-100 | 2025 | RPT | PG | Y |
| 2025-06-27 | 2530 | Food Lifestyle | Kitchen Glow Up                         | Elevated Farmhouse                 | 2024 | 8  | Laura and James's tiny kitchen is bursting at the seams with five kids. Ellen gets creative to maximize space.                                                                                                                                                                                                  | USA            | English-100 | 2024 | RPT | G  |   |
| 2025-06-27 | 2600 | Travel         | Malaysia Gourmet With Justine Schofield | Ep 8                               | 01   | 8  | Justine highlights Malaysia's vibrant nature and delectable treats. She prepares a fruit salad and seafood barbecue before unveiling the sweet delight of Malaysian cuisine: Onde-onde.                                                                                                                         | AUSTRALIA      | English-100 | 2023 | RPT | G  |   |
| 2025-06-27 | 2630 | Food Lifestyle | Come Dine With Me UK                    | Cardiff: Ashley                    | 19   | 39 | Ashley's aim is to deliver a night of nostalgia from his childhood. His creative menu touches on 70s classics, but will the theatre in his food pack a punch to the taste buds?                                                                                                                                 | UNITED KINGDOM | English-100 | 2022 | RPT | PG | a |
| 2025-06-27 | 2700 | Food Lifestyle | Come Dine With Me UK                    | Cardiff: Giulio                    | 19   | 40 | Steel Worker Giulio is hoping to let his guests experience an authentic Italian night. After all the comments across the week, he has left himself open to criticism for tonight.                                                                                                                               | UNITED KINGDOM | English-100 | 2022 | RPT | PG |   |
| 2025-06-27 | 2730 | Cooking        | The Cook Up With Adam Liaw              | Fuss Free & Fragrant               | 06   | 27 | Everyday Gourmet's Justine Schofield and chef Paul Farag share fuss free and fragrant dishes.                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y |

|            |      |                |                                         |                           |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                |             |      |     |    |     |
|------------|------|----------------|-----------------------------------------|---------------------------|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|
| 2025-06-27 | 2800 | Cooking        | Andrew Zimmer's Wild Game Kitchen       | Mackerel                  | 04 | 10 | In this episode of Wild Game Kitchen, Andrew Zimmer champions the often-overlooked mackerel, demonstrating how this flavor-packed fish deserves a spot on every table.                                                                                                                                                                                                                                                               | USA            | English-100 | 2024 | RPT | PG |     |
| 2025-06-27 | 2830 | Food Lifestyle | Tales From River Cottage                | Land And Livestock        | 01 | 10 | Having made his decision to stay in Dorset and continue the rural life, Hugh considers the big question facing the committed smallholder - how far are you prepared to go? You don't need much space for chickens, or even for pigs, but once you've got a couple of acres, all kinds of possibilities open up.                                                                                                                      | UNITED KINGDOM | English-100 | 2004 | RPT | PG | a   |
| 2025-06-28 | 0500 | Cooking        | Oliver's Twist                          | Session, The              | 02 | 14 | Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates.                                                                                                                                                                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2003 | RPT | G  |     |
| 2025-06-28 | 0530 | Cooking        | My Market Kitchen                       | Episode 66                | 05 | 66 | Nutritionist Jemma checks out a mushroom farm and makes a mushroom and goats cheese omelette.                                                                                                                                                                                                                                                                                                                                        | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |
| 2025-06-28 | 0600 | Travel         | Pati's Mexican Table                    | Revolutionary Bites       | 13 | 4  | Pati experiences preserved foods that sustained people during the Mexican Revolution.                                                                                                                                                                                                                                                                                                                                                | USA            | English-100 | 2024 | RPT | G  | Y   |
| 2025-06-28 | 0630 | Cooking        | Freshly Picked                          | Episode 25                | 02 | 25 | Simon gets a little bananas in Queensland and then heads back to the kitchen for a tagine recipe, while also spicing up leftover rice. Tobie Puttock returns for the perfect weeknight dinner.                                                                                                                                                                                                                                       | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |
| 2025-06-28 | 0700 | Travel         | Earth Cycle                             | Earth Cycle Series 1 Ep 5 | 1  | 5  | The final leg of his journey, the very south of Sweden. It's here that Simon feasts upon seasonal oysters and mussels with a local fisherman who owns his very own island reachable via an old fishing boat.                                                                                                                                                                                                                         | UNITED KINGDOM | English-100 | 2021 | RPT | PG | a w |
| 2025-06-28 | 0730 | Cooking        | Mary Makes It Easy                      | Bare Bones Baking         | 2  | 10 | Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.                                                                                                                                                                                                                                   | CANADA         | English-100 | 2022 | RPT | G  |     |
| 2025-06-28 | 0800 | Cooking        | Lidia's Kitchen                         | Cultured Comforts         | 07 | 9  | Today is all about stress-free cooking for a holiday celebration. Lidia makes marinated mushrooms, vin brule, an Italian version of mulled wine, and turkey breast with apricots.                                                                                                                                                                                                                                                    | USA            | English-100 | 2020 | RPT | G  |     |
| 2025-06-28 | 0830 | Cooking        | Comfort Food With Spencer Watts         | One Pot Comfort           | 01 | 5  | Spencer keeps the dishes to a minimum with his ham hock and barley risotto with green peas, a seafood and andouille sausage gumbo with a puff pastry cap and Tuscan smothered bone-in pork chops.                                                                                                                                                                                                                                    | CANADA         | English-100 | 2023 | RPT | G  |     |
| 2025-06-28 | 0900 | Cooking        | Luca's Key Ingredient                   | Episode 5                 | 04 | 5  | Amarretti biscuits, perfect on their own, are today's key ingredient. These bite-sized Italian almond treats transform sweet and savoury recipes alike, as Luca demonstrates their versatility in his innovative creations.                                                                                                                                                                                                          | AUSTRALIA      | English-100 | 2023 | RPT |    |     |
| 2025-06-28 | 0930 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 35                | 07 | 35 | Join the charming Alastair McLeod as he whips up Chicken with Verjuice, Mushrooms and Leeks. Later, Justine shares her Turkish Carrot Dip.                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2017 | RPT |    |     |
| 2025-06-28 | 1000 | Cooking        | Food Safari                             | Lebanese                  | 01 | 10 | This week Maeve O'Meara goes in search of the fresh green flavours of Lebanese food when she visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf. There, she discovers how to choose the best tahini, yoghurt, burgul, chick peas and spice mixes for use in the Lebanese kitchen. Later, Maeve visits Samira Saab whose tabouli is legendary and who has some simple tips on making it taste amazing. | AUSTRALIA      | English-100 | 2006 | RPT | G  | Y   |
| 2025-06-28 | 1030 | Cooking        | Oliver's Twist                          | Session, The              | 02 | 14 | Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates.                                                                                                                                                                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2003 | RPT | G  |     |

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| 2025-06-28 | 1100 | Cooking        | The Cook Up With Adam Liaw               | Fuss Free & Fragrant                     | 06   | 27 | Everyday Gourmet's Justine Schofield and chef Paul Farag share fuss free and fragrant dishes.                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y |   |
| 2025-06-28 | 1130 | Food Lifestyle | Kitchen Glow Up                          | Elevated Farmhouse                       | 2024 | 8  | Laura and James's tiny kitchen is bursting at the seams with five kids. Ellen gets creative to maximize space.                                                                                                                                                                                                  | USA            | English-100 | 2024 | RPT | G  |   |   |
| 2025-06-28 | 1200 | Travel         | Malaysia Gourmet With Justine Schofield  | Ep 8                                     | 01   | 8  | Justine highlights Malaysia's vibrant nature and delectable treats. She prepares a fruit salad and seafood barbecue before unveiling the sweet delight of Malaysian cuisine: Onde-onde.                                                                                                                         | AUSTRALIA      | English-100 | 2023 | RPT | G  |   |   |
| 2025-06-28 | 1230 | Food Lifestyle | Tales From River Cottage                 | Land And Livestock                       | 01   | 10 | Having made his decision to stay in Dorset and continue the rural life, Hugh considers the big question facing the committed smallholder - how far are you prepared to go? You don't need much space for chickens, or even for pigs, but once you've got a couple of acres, all kinds of possibilities open up. | UNITED KINGDOM | English-100 | 2004 | RPT | PG | a |   |
| 2025-06-28 | 1300 | Cooking        | My Market Kitchen                        | Episode 66                               | 05   | 66 | Nutritionist Jemma checks out a mushroom farm and makes a mushroom and goats cheese omelette.                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |   |
| 2025-06-28 | 1330 | Travel         | Pati's Mexican Table                     | Revolutionary Bites                      | 13   | 4  | Pati experiences preserved foods that sustained people during the Mexican Revolution.                                                                                                                                                                                                                           | USA            | English-100 | 2024 | RPT | G  | Y |   |
| 2025-06-28 | 1400 | Cooking        | Freshly Picked                           | Episode 25                               | 02   | 25 | Simon gets a little bananas in Queensland and then heads back to the kitchen for a tagine recipe, while also spicing up leftover rice. Tottie Puttock returns for the perfect weeknight dinner.                                                                                                                 | AUSTRALIA      | English-100 | 2021 | RPT | G  |   |   |
| 2025-06-28 | 1430 | Cooking        | Ainsley's Great Garden Cook Off          | Joseph Denison Carey And Georgina Hayden | 01   | 2  | Ainsley is joined by chefs Georgina Hayden and Joseph Denison Carey for a light-hearted cooking contest in Bickling Hall's stunning kitchen garden.                                                                                                                                                             | UNITED KINGDOM | English-100 | 2024 | RPT | G  |   |   |
| 2025-06-28 | 1525 | Travel         | Destination Flavour Japan Bitesize       | Hokkaido                                 | 01   | 1  | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.                                                                                                                      | AUSTRALIA      | English-100 | 2013 | RPT | G  | Y | Y |
| 2025-06-28 | 1530 | Cooking        | Raymond Blanc's Royal Kitchen Gardens    | Dumfries House 1                         | 01   | 3  | A trip to the Ayrshire countryside sees Raymond visit the splendid Dumfries House. The huge range of vegetables grown plants a seed of inspiration. He makes a zesty scallop, salmon and veggie ceviche.                                                                                                        | UNITED KINGDOM | English-100 | 2023 | RPT | PG |   |   |
| 2025-06-28 | 1625 | Cooking        | Taste The Philippines With Yasmin Newman | Adobo Lobster Roll With Regina Meehan    | 01   | 7  | Regina Meehan from Melbourne's Hoy Pinoy demonstrates how to make a lobster roll with Filipino adobo sauce.                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2022 | RPT | G  |   |   |
| 2025-06-28 | 1630 | Cooking        | Be My Guest With Ina Garten              | Rob Marshall And John Deluca             | 01   | 4  | Ina's dear friends, the award-winning Hollywood power couple Rob Marshall and John Deluca, are heading to the Barn for a day of delicious cooking, great conversation and even some dancing!                                                                                                                    | USA            | English-100 | 2021 | RPT | PG | a |   |
| 2025-06-28 | 1725 | 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  |   |   |

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| 2025-06-28 | 1730 | Cooking | Toast The Host: How To Entertain At Home | Kitchen Supper                   | 01 | 4  | Breaking up the working week by hosting a dinner with friends is a lovely way to bring the weekend closer. Here's how to make it a casual but memorable affair.                                                                                 | AUSTRALIA      | English-100                         | 2024 |     | G  |     |   |
| 2025-06-28 | 1800 | Cooking | Island Echoes With Norrie Bero           | Homecoming To Mer Island         | 01 | 1  | Join acclaimed Torres Strait Islander chef and cultural ambassador Norrie Bero in Island Echoes, a vibrant journey through the breathtaking landscapes and rich traditions of her homeland.                                                     | AUSTRALIA      | English-80; Torres Strait Creole-20 | 2024 | RPT | PG | Y   | Y |
| 2025-06-28 | 1830 | Cooking | Jamie's Kitchen                          | Ep 2                             | 01 | 2  | The successful 15 cooks are announced to a mixed reaction - jubilation and tears. Training begins for the 15 finalists, where they begin to learn the basics. It's long hours and hard work.                                                    | UNITED KINGDOM | English-100                         | 2002 | RPT | PG |     |   |
| 2025-06-28 | 1930 | Travel  | Hidden Restaurants With Michel Roux Jr   | North East                       | 01 | 2  | Michel visits beach shacks, tree houses and an urban farm for inspiration for a three course menu for dinner at his own summer-long hidden restaurant, the Oast House.                                                                          | UNITED KINGDOM | English-100                         | 2017 | RPT | PG |     |   |
| 2025-06-28 | 2030 | Travel  | Rick Stein's Cornwall                    | Ep 7                             | 01 | 7  | Rick explores one of Cornwall's hidden secrets, the stunning Fowey Estuary, joining his friend on a boat trip to learn about the history of the area and getting a view of the beautiful riverbank.                                             | UNITED KINGDOM | English-100                         | 2021 | RPT | PG | a w |   |
| 2025-06-28 | 2100 | Travel  | Rick Stein's Cornwall                    | Ep 8                             | 01 | 8  | On the wild north Atlantic coast, Rick heads out to sea to go fishing for lobsters with celebrity chef Nathan Outlaw, and learns about a new conservation program for sustainable lobster fishing.                                              | UNITED KINGDOM | English-100                         | 2021 | RPT | PG | a w |   |
| 2025-06-28 | 2135 | Travel  | Anthony Bourdain: Parts Unknown          | French Alps                      | 10 | 1  | The gloves are off and the rivalry continues as Anthony Bourdain and his long-time friend, three-Michelin-starred chef Eric Ripert, embark on a ski-and-cheese-filled journey through the French Alps.                                          | USA            | English-100                         | 2017 | RPT | PG | a l |   |
| 2025-06-28 | 2230 | Travel  | Mind Of A Chef                           | Memory                           | 01 | 3  | This episode explores Chang's past: dishes from his childhood, along with his time in Japan.                                                                                                                                                    | USA            | English-100                         | 2012 |     |    |     |   |
| 2025-06-28 | 2300 | Travel  | Bizarre Foods: Delicious Destinations    | Goa                              | 8  | 24 | Andrew explores Goa, a former Portuguese colony and lush, tropical paradise on the western coast of India. From prawn curry and Portuguese chorizo to pork vindaloo, the seaside city's local cuisine is influenced by many different cultures. | USA            | English-100                         | 2018 | RPT | G  |     | Y |
| 2025-06-28 | 2330 | Travel  | Eater's Guide To The World               | Planting Roots In Tijuana Mexico | 01 | 6  | Local, regular, newcomer -- whoever you are, Tijuana has something delicious for you to eat. Grab a seat and try the craft beer, pork belly tacos, and Caesar salad. Trust us, you'll want to stay awhile.                                      | USA            | English-100                         | 2020 | RPT | PG | I v | Y |
| 2025-06-28 | 2400 | Cooking | Island Echoes With Norrie Bero           | Homecoming To Mer Island         | 01 | 1  | Join acclaimed Torres Strait Islander chef and cultural ambassador Norrie Bero in Island Echoes, a vibrant journey through the breathtaking landscapes and rich traditions of her homeland.                                                     | AUSTRALIA      | English-80; Torres Strait Creole-20 | 2024 | RPT | PG | Y   | Y |
| 2025-06-28 | 2430 | Cooking | Jamie's Kitchen                          | Ep 2                             | 01 | 2  | The successful 15 cooks are announced to a mixed reaction - jubilation and tears. Training begins for the 15 finalists, where they begin to learn the basics. It's long hours and hard work.                                                    | UNITED KINGDOM | English-100                         | 2002 | RPT | PG |     |   |
| 2025-06-28 | 2530 | Travel  | Hidden Restaurants With Michel Roux Jr   | North East                       | 01 | 2  | Michel visits beach shacks, tree houses and an urban farm for inspiration for a three course menu for dinner at his own summer-long hidden restaurant, the Oast House.                                                                          | UNITED KINGDOM | English-100                         | 2017 | RPT | PG |     |   |
| 2025-06-28 | 2625 | Travel  | Destination Flavour Japan Bitesize       | Hokkaido                         | 01 | 1  | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.                                                      | AUSTRALIA      | English-100                         | 2013 | RPT | G  | Y   | Y |

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| 2025-06-28 | 2630 | Travel | Rick Stein's Cornwall           | Ep 7                             | 01 | 7 | Rick explores one of Cornwall's hidden secrets, the stunning Fowey Estuary, joining his friend on a boat trip to learn about the history of the area and getting a view of the beautiful riverbank.        | UNITED KINGDOM | English-100 | 2021 | RPT | PG | a w |
| 2025-06-28 | 2700 | Travel | Rick Stein's Cornwall           | Ep 8                             | 01 | 8 | On the wild north Atlantic coast, Rick heads out to sea to go fishing for lobsters with celebrity chef Nathan Outlaw, and learns about a new conservation program for sustainable lobster fishing.         | UNITED KINGDOM | English-100 | 2021 | RPT | PG | a w |
| 2025-06-28 | 2735 | Travel | Anthony Bourdain: Parts Unknown | French Alps                      | 10 | 1 | The gloves are off and the rivalry continues as Anthony Bourdain and his long-time friend, three-Michelin-starred chef Eric Ripert, embark on a ski-and-cheese-filled journey through the French Alps.     | USA            | English-100 | 2017 | RPT | PG | a l |
| 2025-06-28 | 2830 | Travel | Eater's Guide To The World      | Planting Roots In Tijuana Mexico | 01 | 6 | Local, regular, newcomer -- whoever you are, Tijuana has something delicious for you to eat. Grab a seat and try the craft beer, pork belly tacos, and Caesar salad. Trust us, you'll want to stay awhile. | USA            | English-100 | 2020 | RPT | PG | i v |