



WEEK 27				Sunday, 29 June 2025	Saturday, 5 July 2025
Date	Start Time	Genre	Title		
2025-06-29	0500	Travel	Bizarre Foods: Delicious Destinations		
2025-06-29	0530	Cooking	Ainsley's Great Garden Cook Off		
2025-06-29	0625	Travel	Destination Flavour Japan Bitesize		
2025-06-29	0630	Cooking	Raymond Blanc's Royal Kitchen Gardens		
2025-06-29	0725	Cooking	Taste The Philippines With Yasmin Newman		
2025-06-29	0730	Cooking	Be My Guest With Ina Garten		
2025-06-29	0825	Cooking	Please Eat Slowly Bitesize		
2025-06-29	0830	Cooking	Toast The Host: How To Entertain At Home		
2025-06-29	0905	Cooking	Island Echoes With Norrie Bero		
2025-06-29	0930	Cooking	Jamie's Kitchen		
2025-06-29	1030	Travel	Hidden Restaurants With Michel Roux Jr		
2025-06-29	1130	Travel	Rick Stein's Cornwall		
2025-06-29	1200	Travel	Rick Stein's Cornwall		
2025-06-29	1235	Cooking	Ainsley's Great Garden Cook Off		
2025-06-29	1330	Cooking	Toast The Host: How To Entertain At Home		
2025-06-29	1405	Travel	The Cook Up With Adam Liaw		
2025-06-29	1430	Travel	The Cook Up With Adam Liaw		
2025-06-29	1500	Travel	The Cook Up With Adam Liaw		

ALL MARKETS														
Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description		
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			
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						
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			
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						
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						
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					
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						
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	RPT	G						
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	Y		
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						
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 East House.	UNITED KINGDOM	English-100	2017	RPT	PG						
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					
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					
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						
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	RPT	G						
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			
Reliable Recipes	08	46	Award-winning comedian Diana Nguyen and multit talented chef Matt Golinski join Adam for a risk-free night of reliable recipes.	AUSTRALIA	English-100	2025	RPT	G			Y			
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 Eishafei, Olympic boxer Tina Rahimi and Adam!	AUSTRALIA	English-100	2025	RPT	G			Y			

2025-06-29	1530	Cooking	The Cook Up With Adam Liaw	Oodles Of Noodles	06	26	Adam gives his guests, multitalented broadcaster Yumi Styres 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
2025-06-29	1600	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
2025-06-29	1630	Travel	Masters Of Taste With Gary Mehigan	Star Studded Dish, A	01	11	Gary visits Salt Water Cafe in Bandra, and goes into the kitchen to meet its quirky head chef, Gresham. Gresham shows Gary his Japanese inspired techniques, and his signature dish, simple and scrumptious.	INDIA	English-100	2018	RPT	G		
2025-06-29	1700	Travel	Masters Of Taste With Gary Mehigan	Kebab By The Docks	01	12	Gary is invited by an old friend, and one of India's most popular chefs, Ranveer Brar to an iconic location called Mukhesh Mills in Mumbai for a chefs' day out. What follows is a seafood bonfire and an age-old kebab recipe with 22 spices.	INDIA	English-100	2018	RPT	G		
2025-06-29	1730	Cooking	Flat Out Food	Mustard	05	5	Saskatchewan produces nearly 80 percent of all the mustard in Canada and is one of the largest exporters of mustard in the world.	CANADA	English-100	2025		PG		
2025-06-29	1800	Biography	The Next Thing You Eat	Sushi: Say Goodbye	01	5	So much of what we know about sushi is a lie - and it's causing us to destroy this beloved food. How do we change our eating habits in order for sushi to survive?	USA	English-100	2021	RPT	PG	a w	Y
2025-06-29	1835	Travel	James Martin's French Adventure	Arles	01	14	James heads to an olive grove to cook pan fried lamb chops with baby aubergines, before taking artistic inspiration from one of Arles's famous residents - Vincent Van Gogh.	UNITED KINGDOM	English-100	2017	RPT	PG	a w	Y
2025-06-29	1930	Food Lifestyle	Memory Bites With Matt Moran	Pia Miranda	01	1	In Memory Bites Chef Matt Moran explores how defining food memories, and the people behind them, have shaped the lives and careers of well-known guests. Learn Pia Miranda's nonna's sacred bean soup.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-06-29	2000	Food Lifestyle	My Greatest Dishes	Theo Randall	01	18	Head chef at the famed Italian restaurant, Theo Randall shares his four best dishes: apple pie, squab pigeon on fried bread, rotolo di spinachi, and a luxurious fish stew.	UNITED KINGDOM	English-100	2019	RPT	PG		
2025-06-29	2030	Travel	Rick Stein's Long Weekends	Vienna	01	4	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash and which gave its name to one of Europe's most popular dishes - the wiener schnitzel. It even produces its own unique white wine produced in vineyards overlooking the city's imperial architecture.	UNITED KINGDOM	English-100	2016	RPT	G		Y
2025-06-29	2135	Travel	Anthony Bourdain: Parts Unknown	Singapore	10	2	Anthony Bourdain tours the historically rich streets of Singapore and immerses himself in the vast array of multicultural foods found throughout this island city-state. An old-school style prawn mee lunch with his go-to Singaporean food guide, KF Seetoh, and a trip down to the Muslim quarter for a soup-like dish of wontons, rice cake, coconut gravy, vegetables, and hard boiled eggs are included in the host's cuisine-driven excursion.	USA	English-100	2017	RPT	PG	l s	
2025-06-29	2230	Travel	Mind Of A Chef	Spain	01	4	This episode is about Spain's influence on Chang's career. He visits with some of his idols, Juan Mari Arzak and Andoni Aduriz, makes fideos, salt cod omelet, and a sponge cake from chef Albert Adrià.	USA	English-100	2012		G		Y
2025-06-29	2300	Travel	Bizarre Foods: Delicious Destinations	Bronx, The	09	1	Andrew Zimmern explores the international flavours of one of America's most diverse communities, the Bronx, New York.	USA	English-100	2020	RPT	G		Y
2025-06-29	2330	Travel	Eater's Guide To The World	Taking Off In America	01	7	You eat at an airport because you have to, not because you want to. But just beyond the departure terminals you'll find smoky BBQ, sweet fluffy pancakes and a bowl of warm borbor-all worth it.	USA	English-100	2020	RPT	PG	a l n	
2025-06-29	2400	Biography	The Next Thing You Eat	Sushi: Say Goodbye	01	5	So much of what we know about sushi is a lie - and it's causing us to destroy this beloved food. How do we change our eating habits in order for sushi to survive?	USA	English-100	2021	RPT	PG	a w	Y
2025-06-29	2435	Travel	James Martin's French Adventure	Arles	01	14	James heads to an olive grove to cook pan fried lamb chops with baby aubergines, before taking artistic inspiration from one of Arles's famous residents - Vincent Van Gogh.	UNITED KINGDOM	English-100	2017	RPT	PG	a w	Y
2025-06-29	2530	Food Lifestyle	Memory Bites With Matt Moran	Pia Miranda	01	1	In Memory Bites Chef Matt Moran explores how defining food memories, and the people behind them, have shaped the lives and careers of well-known guests. Learn Pia Miranda's nonna's sacred bean soup.	AUSTRALIA	English-100	2024	RPT	G		Y
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2025-06-29	2830	Travel	Eater's Guide To The World	Taking Off In America	01	7	You eat at an airport because you have to, not because you want to. But just beyond the departure terminals you'll find smoky BBQ, sweet fluffy pancakes and a bowl of warm borb'-all worth it.	USA	English-100	2020	RPT	PG	a l n	
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2025-06-30	1100	Travel	Eater's Guide To The World	Taking Off In America	01	7	You eat at an airport because you have to, not because you want to. But just beyond the departure terminals you'll find smoky BBQ, sweet fluffy pancakes and a bowl of warm borb'-all worth it.	USA	English-100	2020	RPT	PG	a l n	
2025-06-30	1130	Travel	Rick Stein's Long Weekends	Vienna	01	4	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash and which gave its name to one of Europe's most popular dishes - the wiener schnitzel. It even produces its own unique white wine produced in vineyards overlooking the city's imperial architecture.	UNITED KINGDOM	English-100	2016	RPT	G		Y
2025-06-30	1235	Cooking	Ainsley's Fantastic Flavours	Fruity	01	2	Ainsley is back in his kitchen exploring both savoury and sweet fruity flavours. Starting with the most important meal of the day - breakfast. Ainsley whips up fruity granola breakfast cranachan and a tropical smoothie. Meanwhile, chef April Jackson works wonders with plantain.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-06-30	1330	Cooking	My Market Kitchen	Episode 67	05	67	Postry Chef Kay-Lene Tan makes a delicious roasted banana bread with maple butter.	AUSTRALIA	English-100	2021	RPT	G		
2025-06-30	1400	Travel	Pati's Mexican Table	Cowboy Life	13	5	Pati saddles up for an exhilarating ride into Chihuahua's ranch and rodeo life.	USA	English-100	2024	RPT	PG	a w	Y
2025-06-30	1430	Cooking	Freshly Picked	Episode 26	02	26	Simon makes a simple tofu masala that packs a punch, a frangipane roll, and a braised eggplant for the biggest of tea lovers. Tom Sarafian is in the kitchen taking lentils and lemon to the next level.	AUSTRALIA	English-100	2021	RPT	PG		
2025-06-30	1500	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 1	02	1	Passionate chocaholics can rejoice with four of Kirsten's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu.	AUSTRALIA	English-100	2020	RPT	G		

2025-06-30	1530	Cooking	Mary Makes It Easy	Short List, The	2	11	Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, and cooks peach bourbon chicken, red pepper roast salmon and zucchini cappelini.	CANADA	English-100	2022	RPT	G	
2025-06-30	1600	Cooking	Lidia's Kitchen	Restaurant's Greatest Hits	07	10	Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, and stuffs pizza rolls with broccoli rabe and sausage with ricotta and leeks.	USA	English-100	2020	RPT	PG	a w
2025-06-30	1630	Cooking	Comfort Food With Spencer Watts	Dressed Up Comfort	01	6	Spencer tells us the truth about who is the biggest diva on the show and whips us some dressed up comfort food, including Chicken Kiev with Thai red curry butter and lemongrass whipped potatoes.	CANADA	English-100	2023	RPT	G	
2025-06-30	1700	Cooking	Luca's Key Ingredient	Episode 6	04	6	Anchovies are the star of this episode, and love them or hate them, they're indispensable in Italian cooking. Luca explores their intense, savoury flavour with recipes ranging from the traditional Bagna Cauda to a fresh twist on alla Puttanesca.	AUSTRALIA	English-100	2023		PG	
2025-06-30	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 36	07	36	Joining Justine today is Joe Varetto, head chef of the acclaimed Melbourne bistro, Mister Bianco. Joe shares an old favourite of Swordfish with a Sicilian style Salad and Blood Orange Dressing.	AUSTRALIA	English-100	2017		PG	
2025-06-30	1800	Cooking	Food Safari	Mexican Safari	01	11	Mexican cuisine is one of the most ancient and developed on earth. In tonight's episode, Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	2006	RPT	G	Y
2025-06-30	1830	Cooking	Oliver's Twist	George's Day Off	02	15	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-06-30	1900	Travel	The Cook Up With Adam Liaw	Vege Patch Pasta	08	48	Fresh from the vege patch, Adam and his guests, comedic genius Kitty Flanagan and culinary genius Katie White, make pasta with their harvest.	AUSTRALIA	English-100	2025		PG	Y
2025-06-30	1930	Food Lifestyle	Girls Guide:Hunting Fishing Wild Cooking	Episode 2	02	2	Analeise hunts for wallabies at night with an ethical Bruny Island farmer who might be able to supply fresh game meat for her new eatery.	AUSTRALIA	English-100	2025		PG	a w Y
2025-06-30	2000	Food Lifestyle	The Streets Hong Kong	Ep 7	01	7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous 'soy sauce Western cuisine'.	AUSTRALIA		2024	RPT	G	Y
2025-06-30	2030	Cooking	Jamie's Super Food	Episode 6	01	6	On the Greek island of Ikaria Jamie finds out how wholegrain cracked wheat- which could be one of the reasons local people live so long - is prepared the traditional way and helps make Trahana.	UNITED KINGDOM	English-100	2015		G	Y
2025-06-30	2130	Food Lifestyle	Come Dine With Me UK	Swansea: Rachel	19	41	44-year-old post woman and yoga enthusiast Rachel is hoping to wow her guests with an evening dedicated to healthy home cooking, inspired by her weight loss journey. Will it be enough to win?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-30	2200	Food Lifestyle	Come Dine With Me UK	Swansea: Luke	19	42	Civil servant Luke is hoping to blow his guests' minds with his risky, all spicy menu, in a bid to land the 1,000 pound prize. But will the fun and frolics make up for the mouth-burning meal?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-06-30	2230	Travel	The Cook Up With Adam Liaw	Vege Patch Pasta	08	48	Fresh from the vege patch, Adam and his guests, comedic genius Kitty Flanagan and culinary genius Katie White, make pasta with their harvest.	AUSTRALIA	English-100	2025	RPT	PG	Y
2025-06-30	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Squid	05	1	In this episode of Wild Game Kitchen, Andrew Zimmern tackles fresh squid, demonstrating how to break down this often-intimidating seafood for two delicious dishes.	USA	English-100	2024			
2025-06-30	2330	Travel	Seoul At Home	Jeon	01	1	Chef Alvin explores Seoul with chef Matt, visiting restaurants and eating establishments as well as people's homes to taste real home cooking of 'jeon' - Korean pancakes.	HONG KONG	English-95; Korean-5	2017	RPT	G	Y
2025-06-30	2400	Cooking	My Market Kitchen	Episode 67	05	67	Pastry Chef Kay-Lene Tan makes a delicious roasted banana bread with maple butter.	AUSTRALIA	English-100	2021	RPT	G	
2025-06-30	2430	Food Lifestyle	Girls Guide:Hunting Fishing Wild Cooking	Episode 2	02	2	Analeise hunts for wallabies at night with an ethical Bruny Island farmer who might be able to supply fresh game meat for her new eatery.	AUSTRALIA	English-100	2025	RPT	PG	a w Y
2025-06-30	2500	Food Lifestyle	The Streets Hong Kong	Ep 7	01	7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous 'soy sauce Western cuisine'.	AUSTRALIA		2024	RPT	G	Y

2025-06-30	2530	Cooking	Jamie's Super Food	Episode 6	01	6	On the Greek island of Icaria Jamie finds out how wholegrain cracked wheat - which could be one of the reasons local people live so long - is prepared the traditional way and helps make Trahanas.	UNITED KINGDOM	English-100	2015	RPT	G	Y
2025-06-30	2630	Food Lifestyle	Come Dine With Me UK	Swansea: Rachel	19	41	44-year-old post woman and yoga enthusiast Rachel is hoping to wow her guests with an evening dedicated to healthy home cooking, inspired by her weight loss journey. Will it be enough to win?	UNITED KINGDOM	English-100	2022	RPT	PG	
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2025-06-30	2800	Cooking	Andrew Zimmern's Wild Game Kitchen	Squid	05	1	In this episode of Wild Game Kitchen, Andrew Zimmern tackles fresh squid, demonstrating how to break down this often-intimidating seafood for two delicious dishes.	USA	English-100	2024	RPT		
2025-06-30	2830	Travel	Seoul At Home	Jeon	01	1	Chef Alvin explores Seoul with chef Matt, visiting restaurants and eating establishments as well as people's homes to taste real home cooking of 'jeon' - Korean pancakes.	HONG KONG	English-95; Korean-5	2017	RPT	G	Y
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2025-07-01	0530	Cooking	Ainsley's Fantastic Flavours	Fruity	01	2	Ainsley is back in his kitchen exploring both savoury and sweet fruity flavours. Starting with the most important meal of the day - breakfast. Ainsley whips up fruity granola breakfast cranachan and a tropical smoothie. Meanwhile, chef April Jackson works wonders with plantain.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-07-01	0625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	01	1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G	Y
2025-07-01	0630	Cooking	Freshly Picked	Episode 26	02	26	Simon makes a simple tofu masala that packs a punch, a frangipane roll, and a braised eggplant for the biggest of tea lovers. Tom Sarafian is in the kitchen taking lentils and lemon to the next level.	AUSTRALIA	English-100	2021	RPT	PG	
2025-07-01	0700	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 1	02	1	Passionate chocaholics can rejoice with four of Kirsten's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu.	AUSTRALIA	English-100	2020	RPT	G	
2025-07-01	0730	Cooking	Mary Makes It Easy	Short List, The	2	11	Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, and cooks peach bourbon chicken, red pepper roast salmon and zucchini cappelletti.	CANADA	English-100	2022	RPT	G	
2025-07-01	0800	Cooking	Lidia's Kitchen	Restaurant's Greatest Hits	07	10	Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, and stuffs pizza rolls with broccoli rabe and sausage with ricotta and leeks.	USA	English-100	2020	RPT	PG	a w
2025-07-01	0830	Cooking	Comfort Food With Spencer Watts	Dressed Up Comfort	01	6	Spencer tells us the truth about who is the biggest diva on the show and whips us some dressed up comfort food, including Chicken Kiev with Thai red curry butter and lemongrass whipped potatoes.	CANADA	English-100	2023	RPT	G	
2025-07-01	0900	Cooking	Luca's Key Ingredient	Episode 6	04	6	Anchovies are the star of this episode, and love them or hate them, they're indispensable in Italian cooking. Luca explores their intense, savoury flavour with recipes ranging from the traditional Bagna Cauda to a fresh twist on alla Puttanesca.	AUSTRALIA	English-100	2023	RPT	PG	
2025-07-01	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 36	07	36	Joining Justine today is Joe Vargetto, head chef of the acclaimed Melbourne bistro, Mister Bianco. Joe shares an old favourite of Swordfish with a Sicilian style Salad and Blood Orange Dressing.	AUSTRALIA	English-100	2017	RPT	PG	
2025-07-01	1000	Cooking	Food Safari	Mexican Safari	01	11	Mexican cuisine is one of the most ancient and developed on earth. In tonight's episode, Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	2006	RPT	G	Y
2025-07-01	1030	Cooking	Oliver's Twist	George's Day Off	02	15	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-07-01	1100	Travel	The Cook Up With Adam Liaw	Vege Patch Pasta	08	48	Fresh from the vege patch, Adam and his guests, comedic genius Kitty Flanagan and culinary genius Katie White, make pasta with their harvest.	AUSTRALIA	English-100	2025	RPT	PG	Y

2025-07-01	1130	Food Lifestyle	Girls Guide:Hunting Fishing Wild Cooking	Episode 2	02	2	Anaisee hunts for wallabies at night with an ethical Bruny Island farmer who might be able to supply fresh game meat for her new eatery.	AUSTRALIA	English-100	2025	RPT	PG	a w	Y
2025-07-01	1200	Food Lifestyle	The Streets Hong Kong	Ep 7	01	7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous 'soy sauce Western cuisine'.	AUSTRALIA		2024	RPT	G		Y
2025-07-01	1230	Cooking	Ainsley's Fantastic Flavours	Cheesy	01	3	Ainsley Harriott explores the huge range of cheese flavours, both savoury and sweet. First up is his Manchego and chorizo stuffed chicken with roasted asparagus and cheesy potato gratin. Out on the road, Chef Sam Holland meets some passionate cheese makers before using their delicious produce to make a comforting mac and cheese. Meanwhile, Donna Preston has a dish to impress - her cheesy salmon slice.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-07-01	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		
2025-07-01	1330	Cooking	My Market Kitchen	Episode 68	05	68	Kathy Tsaples returns to teach everyone how to cook up a hearty, delicious slow cooked blade beef.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-01	1400	Travel	Pati's Mexican Table	Paquime & Pecans	13	6	Pati visits a haven of Chihuahuan culture and learns what makes their pecans so delicious.	USA	English-100	2024	RPT	G		Y
2025-07-01	1430	Cooking	Freshly Picked	Episode 27	02	27	Simon brings a tantalising taste of tropical North Queensland, and shows his recipe for chilli that's smokin'. Monica returns with berry bars, and learn how to take mushrooms to the next level.	AUSTRALIA	English-100	2021	RPT	PG		
2025-07-01	1500	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 2	02	2	Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best no-bake cheesecake tart, choc nut meringues and makes a delicious lemon tart.	AUSTRALIA	English-100	2020	RPT	G		
2025-07-01	1530	Cooking	Mary Makes It Easy	Livein' On The Veg	2	12	Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.	CANADA	English-100	2022	RPT	G		
2025-07-01	1600	Cooking	Lidia's Kitchen	Mediterranean Essentials	07	11	Lidia grew up along the Adriatic Sea so picnics at the beach were a common occurrence. Some recipes include orzecchiette with peas and asparagus, mussels with farro, and a chocolate fig dessert.	USA	English-100	2020	RPT	G		
2025-07-01	1630	Cooking	Comfort Food With Spencer Watts	Better The Next Day	01	7	Food can often be better the next day! Spencer uses left over BBQ chicken to dress up some fried tortillas bathed in homemade Queso, fresh pico di Gallo, cilantro cream and a mess of delicious cheese.	CANADA	English-100	2023	RPT	G		
2025-07-01	1700	Cooking	Luca's Key Ingredient	Episode 7	04	7	The season concludes on a luxurious note with one of the most beloved ingredients: butter. With its creamy, nutty sweetness, butter elevates every dish, and Luca's recipes highlight its most decadent qualities to perfection.	AUSTRALIA	English-100	2023		PG		
2025-07-01	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 37	07	37	World renowned pastry chef Robert Coco joins Justine to cure your sweet-tooth desires. Robert's Baked Per and Almond Tart is not to be missed.	AUSTRALIA	English-100	2017		G		
2025-07-01	1800	Cooking	Food Safari	Turkish Safari	01	12	Host Maeve O'Meara visits an emporium filled with ingredients for Turkish cooking with her friend chef Serif Kaya. Emma Koroglu discusses the Turkish love of colourful dips and whips up two beauties - a beetroot dip and a carrot dip. Işıl İhilyar then makes a salad of golden roasted eggplant and a bulgar pilaf with cracked wheat and cappicum paste.	AUSTRALIA	English-100	2006	RPT	G		Y
2025-07-01	1830	Cooking	Oliver's Twist	Picnic In The Park	02	16	English summers are so unreliable that Jaime is overjoyed when his day off coincides with brilliant sunshine. It's a perfect day for an al fresco lunch so Jamie cooks some exciting picnic food, including a spectacular 'flour and water crust chicken'.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-07-01	1900	Travel	The Cook Up With Adam Liaw	Salt & Pepper	08	49	A love letter to salt and pepper, penned by pastry pioneer Christopher The, musical maestro Richard Tognetti and Adam.	AUSTRALIA	English-100	2025		G		Y
2025-07-01	1930	Travel	Mary Berry's Cook & Share	Feasts	01	5	Mary Berry joins revelers at this year's Wilderness Festival-where good food takes centre stage, cooking dishes that bring feasts into your own home.	UNITED KINGDOM	English-100	2022		G		
2025-07-01	2000	Cooking	The Big Irish Food Tour	Belfast City With Carl Frampton	01	7	World boxing champion Carl Frampton wants Anna to work her culinary magic on some of the most unique foods Belfast has to offer.	UNITED KINGDOM		2024		PG		
2025-07-01	2030	Food Lifestyle	The Hidden World Of Hospitality	Star Quality	01	1	In this series, Michelin Star chef, Tom Kerridge, lifts the lid on an industry we all think we know but few really do, taking us behind the closed doors of some of the UK's most interesting businesses.	USA	English-100	2023		G		Y

2025-07-01	2130	Food Lifestyle	Come Dine With Me UK	Swansea: Anamika	19	43	27-year-old business analyst Anamika is putting on a night inspired by her hometown in India. Will her efforts be enough to clinch the prize in the end?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-07-01	2200	Food Lifestyle	Come Dine With Me UK	Swansea: Chris	19	44	Viking enthusiast Chris hopes to impress his guests with a fancy sounding menu made up of locally sourced ingredients. Tune in to see if his feast will be enough to conquer the competition.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-07-01	2230	Travel	The Cook Up With Adam Liaw	Salt & Pepper	08	49	A love letter to salt and pepper, penned by pastry pioneer Christopher The, musical maestro Richard Tognetti and Adam.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-07-01	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Guinea Hen	05	2	Chef Andrew Zimmern showcases the versatility of guinea hen, an often-overlooked game bird that offers richer flavor than commercial poultry.	USA	English-100	2024			
2025-07-01	2330	Travel	Seoul At Home	Gimbab	01	2	Chef Alvin and chef Matt visit homes in Seoul to find the authentic taste of kimbap, the Korean rice rolls. They explore the markets of Seoul, hunting down ingredients for their extreme take on kimbap.	HONG KONG	English-95; Korean-5	2017	RPT	PG	Y
2025-07-01	2400	Cooking	My Market Kitchen	Episode 68	05	68	Kathy Tsaples returns to teach everyone how to cook up a hearty, delicious slow cooked blade beef.	AUSTRALIA	English-100	2021	RPT	G	
2025-07-01	2430	Travel	Mary Berry's Cook & Share	Feasts	01	5	Mary Berry joins revelers at this year's Wilderness Festival-where good food takes centre stage, cooking dishes that bring feasts into your own home.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-07-01	2500	Cooking	The Big Irish Food Tour	Belfast City With Carl Frampton	01	7	World boxing champion Carl Frampton wants Anna to work her culinary magic on some of the most unique foods Belfast has to offer.	UNITED KINGDOM		2024	RPT	PG	
2025-07-01	2530	Food Lifestyle	The Hidden World Of Hospitality	Star Quality	01	1	In this series, Michelin Star chef, Tom Kerridge, lifts the lid on an industry we all think we know but few really do, taking us behind the closed doors of some of the UK's most interesting businesses.	USA	English-100	2023	RPT	G	Y
2025-07-01	2630	Food Lifestyle	Come Dine With Me UK	Swansea: Anamika	19	43	27-year-old business analyst Anamika is putting on a night inspired by her hometown in India. Will her efforts be enough to clinch the prize in the end?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-07-01	2700	Food Lifestyle	Come Dine With Me UK	Swansea: Chris	19	44	Viking enthusiast Chris hopes to impress his guests with a fancy sounding menu made up of locally sourced ingredients. Tune in to see if his feast will be enough to conquer the competition.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-07-01	2730	Travel	The Cook Up With Adam Liaw	Salt & Pepper	08	49	A love letter to salt and pepper, penned by pastry pioneer Christopher The, musical maestro Richard Tognetti and Adam.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-07-01	2800	Cooking	Andrew Zimmern's Wild Game Kitchen	Guinea Hen	05	2	Chef Andrew Zimmern showcases the versatility of guinea hen, an often-overlooked game bird that offers richer flavor than commercial poultry.	USA	English-100	2024	RPT		
2025-07-01	2830	Travel	Seoul At Home	Gimbab	01	2	Chef Alvin and chef Matt visit homes in Seoul to find the authentic taste of kimbap, the Korean rice rolls. They explore the markets of Seoul, hunting down ingredients for their extreme take on kimbap.	HONG KONG	English-95; Korean-5	2017	RPT	PG	Y
2025-07-02	0500	Cooking	My Market Kitchen	Episode 68	05	68	Kathy Tsaples returns to teach everyone how to cook up a hearty, delicious slow cooked blade beef.	AUSTRALIA	English-100	2021	RPT	G	
2025-07-02	0530	Cooking	Ainsley's Fantastic Flavours	Cheesy	01	3	Ainsley Harriott explores the huge range of cheese flavours, both savoury and sweet. First up is his Manchego and chorizo stuffed chicken with roasted asparagus and cheesy potato gratin. Out on the road, Chef Sam Holland meets some passionate cheese makers before using their delicious produce to make a comforting mac and cheese. Meanwhile, Donna Preston has a dish to impress - her cheesy salmon slice.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-07-02	0625	Cooking	Please Eat Slowly Bitesize	Dumplings	01	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G	
2025-07-02	0630	Cooking	Freshly Picked	Episode 27	02	27	Simon brings a tantalising taste of tropical North Queensland, and shows his recipe for chili that's smokin'. Monica returns with berry bars, and learn how to take mushrooms to the next level.	AUSTRALIA	English-100	2021	RPT	PG	
2025-07-02	0700	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 2	02	2	Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best no-bake cheesecake tart, choc nut meringues and makes a delicious lemon tart.	AUSTRALIA	English-100	2020	RPT	G	

2025-07-02	0730	Cooking	Mary Makes It Easy	Livein' On The Veg	2	12	Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.	CANADA	English-100	2022	RPT	G	
2025-07-02	0800	Cooking	Lidia's Kitchen	Mediterranean Essentials	07	11	Lidia grew up along the Adriatic Sea so picnics at the beach were a common occurrence. Some recipes include orecchiette with peas and asparagus, mussels with farro, and a chocolate fig dessert.	USA	English-100	2020	RPT	G	
2025-07-02	0830	Cooking	Comfort Food With Spencer Watts	Better The Next Day	01	7	Food can often be better the next day! Spencer uses left over BBQ chicken to dress up some fried tortillas bathed in homemade Queso, fresh pico di Gallo, cilantro cream and a mess of delicious cheese.	CANADA	English-100	2023	RPT	G	
2025-07-02	0900	Cooking	Luca's Key Ingredient	Episode 7	04	7	The season concludes on a luxurious note with one of the most beloved ingredients: butter. With its creamy, nutty sweetness, butter elevates every dish, and Luca's recipes highlight its most decadent qualities to perfection.	AUSTRALIA	English-100	2023	RPT	PG	
2025-07-02	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 37	07	37	World renowned pastry chef Robert Coco joins Justine to cure your sweet-tooth desires. Robert's Baked Per and Almond Tart is not to be missed.	AUSTRALIA	English-100	2017	RPT	G	
2025-07-02	1000	Cooking	Food Safari	Turkish Safari	01	12	Host Maevre O'Meara visits an emporium filled with ingredients for Turkish cooking with her friend chef Serif Kaya. Esma Korgulu discusses the Turkish love of colourful dips and whips up two beauties - a beetroot dip and a carrot dip. Ishıl İhtiyar then makes a salad of golden roasted eggplant and a bulgar pilaf with cracked wheat and capsicum paste.	AUSTRALIA	English-100	2006	RPT	G	Y
2025-07-02	1030	Cooking	Oliver's Twist	Picnic In The Park	02	16	English summers are so unreliable that Jaime is overjoyed when his day off coincides with brilliant sunshine. It's a perfect day for an al fresco lunch so Jamie cooks some exciting picnic food, including a spectacular 'flour and water crust chicken'.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-07-02	1100	Travel	The Cook Up With Adam Liew	Salt & Pepper	08	49	A love letter to salt and pepper, penned by pastry pioneer Christopher The, musical maestro Richard Tognetti and Adam.	AUSTRALIA	English-100	2025	RPT	G	Y
2025-07-02	1130	Travel	Mary Berry's Cook & Share	Feasts	01	5	Mary Berry joins revelers at this year's Wilderness Festival-where good food takes centre stage, cooking dishes that bring feasts into your own home.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-07-02	1200	Cooking	The Big Irish Food Tour	Belfast City With Carl Frampton	01	7	World boxing champion Carl Frampton wants Anna to work her culinary magic on some of the most unique foods Belfast has to offer.	UNITED KINGDOM		2024	RPT	PG	
2025-07-02	1230	Cooking	Ainsley's Fantastic Flavours	Sweet	01	4	Sweet flavours aren't just for desserts, Ainsley makes a butternut squash tarte tatin with urfa chili, walnuts, and feta. Samia Longchambon shares a family favourite, Moroccan chicken with cous cous.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-07-02	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	
2025-07-02	1330	Cooking	My Market Kitchen	Episode 69	05	69	Ben puts David Mano's life on the line with a spicy Korean BBQ pork, and nutritionist Jemma puts together her healthy almond brownie bliss balls.	AUSTRALIA	English-100	2021	RPT	G	
2025-07-02	1400	Travel	Pati's Mexican Table	Magic Of Mata Ortiz, The	13	7	Pati visits the village of Mata Ortiz to learn about the exquisite pottery it's known for.	USA	English-100	2024	RPT	G	Y
2025-07-02	1430	Cooking	Freshly Picked	Episode 28	02	28	A sure-fire way to shake up dinner is pastries. Michael Craig returns with a brilliant dessert pizza, and Simon makes a heirloom tomato and peach salad that will be a regular summer salad year after year.	AUSTRALIA	English-100	2021	RPT	G	
2025-07-02	1500	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 3	02	3	Get tangled in today's episode with Kirsten's delicious babka knots. The Chocolate Queen also gives her best recipes for entertaining with chocolate truffle cups and a hazelnut tart.	AUSTRALIA	English-100	2020	RPT	G	
2025-07-02	1530	Cooking	Mary Makes It Easy	Holiday Hang	2	13	Mary shares all the recipes you need to host a fantastic holiday hang: baked camembert, peppercorn beef, mashed potatoes and onion gravy.	CANADA	English-100	2022	RPT	G	
2025-07-02	1600	Cooking	Lidia's Kitchen	Stovetop Dinner, A	07	12	The stove can do a lot of work, and many recipes can be created simultaneously. Lidia shares recipes for: cammellini and pancetta bruschetta, ziti with kale and bacon, and monkfish meatballs.	USA	English-100	2020	RPT	G	
2025-07-02	1630	Cooking	Comfort Food With Spencer Watts	Simply Delicious Seafood	01	8	Outside the lake may be frozen, but inside Spencer shares his recipe for succulent salmon stuffed with creamed spinach, sun dried tomatoes and olives and serves them with fudgy Greek-style potatoes.	CANADA	English-100	2023	RPT	G	

2025-07-02	1700	Cooking	Luca's Key Ingredient	Ep 1	01	1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series which takes our taste buds on a journey showcasing some exceptional Italian and Australian produce. Today's episode utilises a classic ingredient in quintessential Italian cooking, Prosciutto di Parma.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-02	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 38	07	38	A Matcha Pana Cotta provides another peek into Justine's Japan trip. Later, she prepares an Ocean Trout with Jalapeno Cream.	AUSTRALIA	English-100	2017				
2025-07-02	1800	Cooking	Food Safari	Spanish Safari	01	13	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish tapas and joins Carlos Lopez, a master of the no-fuss paella which he makes on the small balcony of his apartment.	AUSTRALIA	English-100	2006	RPT	G		Y
2025-07-02	1830	Cooking	Oliver's Twist	Daddy's Girl	02	17	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-07-02	1900	Travel	The Cook Up With Adam Liaw	Rapid Recipes	08	50	Chef Jason Barratt and comedian Anisa Nandaula show off their speed in the kitchen, as they join Adam to make rapid recipes.	AUSTRALIA	English-100	2025		G		Y
2025-07-02	1930	Cooking	Nadiya's Spices Made Simple	Better Than A Takeaway	01	2	Nadiya serves up deliciously tasty meals to rival any takeaway, ones that are indulgent and barely take any effort - homemade pizza, spicy egg fried rice, curry, and kullfi ice cream biscuit bars.	UNITED KINGDOM	English-100	2023	RPT	PG		
2025-07-02	2000	Travel	Rachael Ray In Tuscany	Cinghiale With Kale	01	7	After dining at a local restaurant, Rachael decides to create her own version of their special dish: Wild Boar Ragù served over Kale Pasta.	USA	English-100	2022		G		
2025-07-02	2030	Travel	Guillaume's French Atlantic	Episode 5	01	5	Immerse yourself in the aquatic treasures of the Pays de la Loire alongside Guillaume Brahimi as he uncovers the region's rich flavours, traditions, and remarkable ingredients, including Guerande sea asparagus.	AUSTRALIA	English-70; French-30	2023	RPT	PG	Y	Y
2025-07-02	2100	Travel	Audra's Eat, Roam, Relish	New Kuching, The	01	6	Audra's final days in the highlands takes her to the coffee farms of Long Banga and the spiritual ascent of Prayer Mountain.	AUSTRALIA	English-80; Malay-20	2024		PG		Y
2025-07-02	2130	Food Lifestyle	Come Dine With Me UK	Swansea: Bethan	19	45	Travel agent, Bethan, tries her hand in the kitchen. Her plan is to give her guests a memorable meal with an out of this world twist. But will the simplicity of her menu be enough?	UNITED KINGDOM	English-100	2022	RPT	G		
2025-07-02	2200	Food Lifestyle	Come Dine With Me UK	Sheffield: Sam	19	46	40-year-old studio manager and blogger, Sam, hopes to wow her guests with an evening dedicated to Mizoram cooking, inspired by her late Nan. What more can she possibly do to win her guests over?	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-07-02	2230	Travel	The Cook Up With Adam Liaw	Rapid Recipes	08	50	Chef Jason Barratt and comedian Anisa Nandaula show off their speed in the kitchen, as they join Adam to make rapid recipes.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-07-02	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Venison	05	3	In this episode of Wild Game Kitchen, Andrew Zimmern demonstrates two distinct approaches to cooking venison.	USA	English-100	2024				
2025-07-02	2330	Travel	Seoul At Home	Jook	01	3	Chef Alvin gets a surprise invite by chef Matt to his home in Seoul, meeting his family and tasting the home recipe of jook. Roaming the city for recipe variations, they attempt to make their own version.	HONG KONG	English-95; Korean-5	2017	RPT	PG	a w	Y
2025-07-02	2400	Cooking	My Market Kitchen	Episode 69	05	69	Ben puts David Mano's life on the line with a spicy Korean BBQ pork, and nutritionist Jemma puts together her healthy almond brownie bliss balls.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-02	2430	Cooking	Nadiya's Spices Made Simple	Better Than A Takeaway	01	2	Nadiya serves up deliciously tasty meals to rival any takeaway, ones that are indulgent and barely take any effort - homemade pizza, spicy egg fried rice, curry, and kullfi ice cream biscuit bars.	UNITED KINGDOM	English-100	2023	RPT	PG		
2025-07-02	2500	Travel	Rachael Ray In Tuscany	Cinghiale With Kale	01	7	After dining at a local restaurant, Rachael decides to create her own version of their special dish: Wild Boar Ragù served over Kale Pasta.	USA	English-100	2022	RPT	G		
2025-07-02	2530	Travel	Guillaume's French Atlantic	Episode 5	01	5	Immerse yourself in the aquatic treasures of the Pays de la Loire alongside Guillaume Brahimi as he uncovers the region's rich flavours, traditions, and remarkable ingredients, including Guerande sea asparagus.	AUSTRALIA	English-70; French-30	2023	RPT	PG	Y	Y
2025-07-02	2600	Travel	Audra's Eat, Roam, Relish	New Kuching, The	01	6	Audra's final days in the highlands takes her to the coffee farms of Long Banga and the spiritual ascent of Prayer Mountain.	AUSTRALIA	English-80; Malay-20	2024	RPT	PG		Y
2025-07-02	2630	Food Lifestyle	Come Dine With Me UK	Swansea: Bethan	19	45	Travel agent, Bethan, tries her hand in the kitchen. Her plan is to give her guests a memorable meal with an out of this world twist. But will the simplicity of her menu be enough?	UNITED KINGDOM	English-100	2022	RPT	G		
2025-07-02	2700	Food Lifestyle	Come Dine With Me UK	Sheffield: Sam	19	46	40-year-old studio manager and blogger, Sam, hopes to wow her guests with an evening dedicated to Mizoram cooking, inspired by her late Nan. What more can she possibly do to win her guests over?	UNITED KINGDOM	English-100	2022	RPT	PG		

2025-07-02	2730	Travel	The Cook Up With Adam Liaw	Rapid Recipes	08	50	Chef Jason Barratt and comedian Anisa Nandaula show off their speed in the kitchen, as they join Adam to make rapid recipes.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-07-02	2800	Cooking	Andrew Zimmern's Wild Game Kitchen	Venison	05	3	In this episode of Wild Game Kitchen, Andrew Zimmern demonstrates two distinct approaches to cooking venison.	USA	English-100	2024	RPT			
2025-07-02	2830	Travel	Seoul At Home	Jook	01	3	Chef Alvin gets a surprise invite by chef Matt to his home in Seoul, meeting his family and tasting the home recipe of jook. Roaming the city for recipe variations, they attempt to make their own version.	HONG KONG	English-95; Korean-5	2017	RPT	PG	a w	Y
2025-07-03	0500	Cooking	My Market Kitchen	Episode 69	05	69	Ben puts David Mann's life on the line with a spicy Korean BBQ pork, and nutritionist Jemma puts together her healthy almond brownie bliss balls.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-03	0530	Cooking	Ainsley's Fantastic Flavours	Sweet	01	4	Sweet flavours aren't just for desserts, Ainsley makes a butternut squash tarte tatin with urfa chili, walnuts, and feta. Samia Longchambon shares a family favourite, Moroccan chicken with cous cous.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-07-03	0625	Cooking	Please Eat Slowly Bitesize	Yee Sang	01	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G		
2025-07-03	0630	Cooking	Freshly Picked	Episode 28	02	28	A sure-fire way to shake up dinner is pastries. Michael Craig returns with a brilliant dessert pizza, and Simon makes a heirloom tomato and peach salad that will be a regular summer salad year after year.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-03	0700	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 3	02	3	Get tangled in today's episode with Kirsten's delicious babka knots. The Chocolate Queen also gives her best recipes for entertaining with chocolate truffle cups and a hazelnut tart.	AUSTRALIA	English-100	2020	RPT	G		
2025-07-03	0730	Cooking	Mary Makes It Easy	Holiday Hang	2	13	Mary shares all the recipes you need to host a fantastic holiday hang: baked camembert, peppercorn beef, mashed potatoes and onion gravy.	CANADA	English-100	2022	RPT	G		
2025-07-03	0800	Cooking	Lidia's Kitchen	Stovetop Dinner, A	07	12	The stove can do a lot of work, and many recipes can be created simultaneously. Lidia shares recipes for: cannellini and pancetta bruschetta, ziti with kale and bacon, and monkfish meatballs.	USA	English-100	2020	RPT	G		
2025-07-03	0830	Cooking	Comfort Food With Spencer Watts	Simply Delicious Seafood	01	8	Outside the lake may be frozen, but inside Spencer shares his recipe for succulent salmon stuffed with creamed spinach, sun dried tomatoes and olives and serves them with fudgy Greek-style potatoes.	CANADA	English-100	2023	RPT	G		
2025-07-03	0900	Cooking	Luca's Key Ingredient	Ep 1	01	1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series which takes our taste buds on a journey showcasing some exceptional Italian and Australian produce. Today's episode utilises a classic ingredient in quintessential Italian cooking, Prosciutto di Parma.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-03	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 38	07	38	A Matcha Pana Cotta provides another peek into Justine's Japan trip. Later, she prepares an Ocean Trout with Jalapeno Cream.	AUSTRALIA	English-100	2017	RPT			
2025-07-03	1000	Cooking	Food Safari	Spanish Safari	01	13	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry and visits chefs and home-cooks to gather some easy recipes. Learn about the art of Spanish tapas and join Carlos Lopez, a master of the no-fuss paella which he makes on the small balcony of his apartment.	AUSTRALIA	English-100	2006	RPT	G		Y
2025-07-03	1030	Cooking	Oliver's Twist	Daddy's Girl	02	17	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-07-03	1100	Travel	The Cook Up With Adam Liaw	Rapid Recipes	08	50	Chef Jason Barratt and comedian Anisa Nandaula show off their speed in the kitchen, as they join Adam to make rapid recipes.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-07-03	1130	Cooking	Nadiya's Spices Made Simple	Better Than A Takeaway	01	2	Nadiya serves up deliciously tasty meals to rival any takeaway, ones that are indulgent and barely take any effort - homemade pizza, spicy egg fried rice, curry, and kulfi ice cream biscuit bars.	UNITED KINGDOM	English-100	2023	RPT	PG		
2025-07-03	1200	Travel	Rachael Ray In Tuscany	Cinghiale With Kale	01	7	After dining at a local restaurant, Rachael decides to create her own version of their special dish: Wild Boar Ragù served over Kale Pasta.	USA	English-100	2022	RPT	G		
2025-07-03	1230	Cooking	Ainsley's Fantastic Flavours	Fresh	01	5	Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toasts. Aldo Zilli checks out the world of tomatoes, before making the most of them, cooking up fettucine chitarra al pomodoro arrosto. Pop star and actor Martin Kemp pops in to cook up a fish feast of seared tuna with spring onion mash and roasted tomatoes.	UNITED KINGDOM	English-100	2022	RPT	G		

2025-07-03	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	
2025-07-03	1330	Cooking	My Market Kitchen	Episode 70	05	70	Chef Mike Reid takes over the kitchen, catches some oranges from John Pino, and bakes delicious mango flourless cakes.	AUSTRALIA	English-100	2021	RPT	G	
2025-07-03	1400	Travel	Pati's Mexican Table	Chihuahua's Cheesiest Cheese	13	8	Pati explores the culture of the mysterious Mennonites, a religious community who came to Chihuahua from Germany.	USA	English-100	2024	RPT	G	Y
2025-07-03	1430	Cooking	Freshly Picked	Episode 29	02	29	A super simple stuffed potato gnocchi is on the menu, and Normie Bero is in the kitchen with her amazing 4-veg sop. Simon makes a chunky barbeque sauce and a double lemon slice.	AUSTRALIA	English-100	2021	RPT	G	
2025-07-03	1500	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 4	02	4	Today's episode showcases how chocolate can elevate our favourite desserts: as a filling to fluffy donuts, folded through a decadent creme brulee or as a coating to a crunchy peanut brittle... the options are endless!	AUSTRALIA	English-100	2020	RPT	G	
2025-07-03	1530	Cooking	Mary Makes It Easy	Wine And Dine	2	14	Alcohol is not just a fun meal pairing, it's also a super flavourful ingredient to cook with! Mary shakes things up with Wine Can Chicken. For another boozy meal, try Mary's Roast Pork with Red Wine Grape Sauce, using a dry red to complement the garlic and grainy mustard marinade.	CANADA	English-100	2022	RPT	G	
2025-07-03	1600	Cooking	Lidia's Kitchen	Family Favourites	07	13	These recipes are dedicated to the family. Recipes for oven braised pork chops with red onion and pears, cherry jam tart. Lidia also enjoys a special cherry bellini.	USA	English-100	2020	RPT	G	
2025-07-03	1630	Cooking	Comfort Food With Spencer Watts	No Stress Family Dinner	01	9	Spencer and his crew share comfort food that is simple and perfect for the whole family. First Spencer makes Chinese 5-spice chicken halves with an apple slaw and dusted French fries. Then he shares his fifteen minutes lamb Bolognese on creamy polenta.	CANADA	English-100	2023	RPT	G	
2025-07-03	1700	Cooking	Luca's Key Ingredient	Ep 2	01	2	In this episode we learn all about how to cook with the king of Italian cheeses, Parmigiano-Reggiano. Luca makes a special gnocchetti pasta, parmigiano bites with veal buttuta and ends with a cheesy parmigiano soufflé.	AUSTRALIA	English-100	2021	RPT	PG	
2025-07-03	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 39	07	39	A knowledgeable guest joins Justine today. Alastair McLeod, Chef at AIFreshCo shows off a Salmon Brandade with Irish Soda Bread. Later, Trish McKenzie is back to create Chocolate Coconut Bread Biscuits.	AUSTRALIA	English-100	2017			
2025-07-03	1800	Cooking	Food Safari	Japanese Safari	02	1	Meave joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste. Top restaurateur Kimidata Azuma makes a fast and easy fresh tuna salad, and home-cook Yuki Totouka shows how to make miso soup. Sushi master Shunji Tani reveals some of the secrets of his art. While knife expert Hideo Dekura slices sashimi.	AUSTRALIA	English-100	2007	RPT	G	Y
2025-07-03	1830	Cooking	Oliver's Twist	Peter's Party	02	18	Jamie caters for his friend Peter's birthday party where he prepares pesto pasta, beans with potatoes, watermelon salad, chicken pie and bagels with smoked salmon.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-07-03	1900	Cooking	The Cook Up With Adam Liaw	Ace Of Bakes	06	28	When a dessert queen and a tennis champ come together, it's all about the ace of bakes. Ann Reardon and Priscilla Hon join Adam for a match-up not to be missed.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-07-03	1930	Travel	John And Lisa's Food Trip Down Under	John And Lisa Wave Goodbye With A WA Sunset	01	5	Chefs John Torode and Lisa Faulkner tuck into a lavish smoked meat banquet and have a behind-the-scenes tour at the very first winery in Western Australia, before John finally gets a taste of childhood.	USA	English-100	2024	RPT	G	
2025-07-03	2030	Travel	Taste Of Australia In Vietnam	Hanoi	01	1	In Hanoi, Luke learns about the work of pioneering social enterprise, KOTO, and enjoys some of his favourite street food, including the city's signature dish of Cha Ca.	AUSTRALIA	English-100	2024	RPT	G	Y
2025-07-03	2100	Travel	Sophie Grigson: Slice Of Italy	Importance Of Cheese, The	01	10	Sophie visits a local cheese maker to see how they age their cheeses in caves and stuffs courgette flowers with local ricotta. She is also shown how to make the cakes known locally as nun's breasts.	UNITED KINGDOM	English-100	2022	RPT	G	Y
2025-07-03	2130	Food Lifestyle	Come Dine With Me UK	Sheffield: Nathan	19	47	35-year-old motorbike enthusiast Nathan, hopes to impress his guests with a modz and rockers themed dinner party, complete with a hair-raising drive-by show of 30 biker mad mates.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-07-03	2200	Food Lifestyle	Come Dine With Me UK	Sheffield: Ali	19	48	32-year-old family man, Ali, plans to stun his guests with his international fusion menu, involving unconventional combos that mystify his guests. Can he pull things back and win?	UNITED KINGDOM	English-100	2022	RPT	PG	a
2025-07-03	2230	Cooking	The Cook Up With Adam Liaw	Ace Of Bakes	06	28	When a dessert queen and a tennis champ come together, it's all about the ace of bakes. Ann Reardon and Priscilla Hon join Adam for a match-up not to be missed.	AUSTRALIA	English-100	2023	RPT	G	Y

2025-07-03	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Halibut	05	4	Chef Andrew Zimmern showcases two different approaches to preparing pristine California halibut.	USA	English-100	2024				
2025-07-03	2330	Travel	Seoul At Home	Bibimguksu	01	4	Chef Alvin and chef Matt look for the best bibimguksu, Korean cold noodles. In search of variety and authenticity, the two chefs bring their new tastes of bibimguksu to their friends in Seoul.	HONG KONG	English-95; Korean-5	2017	RPT	G		Y
2025-07-03	2400	Cooking	My Market Kitchen	Episode 70	05	70	Chef Mike Reid takes over the kitchen, catches some oranges from John Pino, and bakes delicious mango flourless cakes.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-03	2430	Travel	John And Lisa's Food Trip Down Under	John And Lisa Wave Goodbye With A WA Sunset	01	5	Chefs John Torode and Lisa Faulkner tuck into a lavish smoked meat banquet and have a behind-the-scenes tour at the very first winery in Western Australia, before John finally gets a taste of childhood.	USA	English-100	2024	RPT	G		
2025-07-03	2525	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-07-03	2530	Travel	Taste Of Australia In Vietnam	Hanoi	01	1	In Hanoi, Luke learns about the work of pioneering social enterprise, KOTO, and enjoys some of his favourite street food, including the city's signature dish of Cha Ca.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-07-03	2600	Travel	Sophie Grigson: Slice Of Italy	Importance Of Cheese, The	01	10	Sophie visits a local cheese maker to see how they age their cheeses in caves and stuffs courgette flowers with local ricotta. She is also shown how to make the cakes known locally as nun's breasts.	UNITED KINGDOM	English-100	2022	RPT	G		Y
2025-07-03	2630	Food Lifestyle	Come Dine With Me UK	Sheffield: Nathan	19	47	35-year-old motorbike enthusiast Nathan, hopes to impress his guests with a mods and rockers themed dinner party, complete with a hair-raising drive-by show of 30 biker mad mates.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-07-03	2700	Food Lifestyle	Come Dine With Me UK	Sheffield: Ali	19	48	32-year-old family man, Ali, plans to stun his guests with his international fusion menu, involving unconventional combos that mystify his guests. Can he pull things back and win?	UNITED KINGDOM	English-100	2022	RPT	PG	a	
2025-07-03	2730	Cooking	The Cook Up With Adam Liaw	Ace Of Bakes	06	28	When a dessert queen and a tennis champ come together, it's all about the ace of bakes. Ann Reardon and Priscilla Hon join Adam for a match-up not to be missed.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-07-03	2800	Cooking	Andrew Zimmern's Wild Game Kitchen	Halibut	05	4	Chef Andrew Zimmern showcases two different approaches to preparing pristine California halibut.	USA	English-100	2024	RPT			
2025-07-03	2830	Travel	Seoul At Home	Bibimguksu	01	4	Chef Alvin and chef Matt look for the best bibimguksu, Korean cold noodles. In search of variety and authenticity, the two chefs bring their new tastes of bibimguksu to their friends in Seoul.	HONG KONG	English-95; Korean-5	2017	RPT	G		Y
2025-07-04	0500	Cooking	My Market Kitchen	Episode 70	05	70	Chef Mike Reid takes over the kitchen, catches some oranges from John Pino, and bakes delicious mango flourless cakes.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-04	0530	Cooking	Ainsley's Fantastic Flavours	Fresh	01	5	Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toast. Also Zill checks out the world of tomatoes, before making the most of them, cooking up fettuccine chitarra al pomodoro arrosto. Pop star and actor Martin Kemp pops in to cook up a fish feast of seared tuna with spring onion mash and roasted tomatoes.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-07-04	0625	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	01	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G		
2025-07-04	0630	Cooking	Freshly Picked	Episode 29	02	29	A super simple stuffed potato gnocchi is on the menu, and Norrie Bero is in the kitchen with her amazing 4-veg sop. Simon makes a chunky barbeque sauce and a double lemon slice.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-04	0700	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 4	02	4	Today's episode showcases how chocolate can elevate our favourite desserts: as a filling to fluffy donuts, folded through a decadent creme brulee or as a coating to a crunchy peanut brittle... the options are endless!	AUSTRALIA	English-100	2020	RPT	G		
2025-07-04	0730	Cooking	Mary Makes It Easy	Wine And Dine	2	14	Alcohol is not just a fun meal pairing, it's also a super flavourful ingredient to cook with! Mary shakes things up with Wine Can Chicken. For another boozy meal, try Mary's Roast Pork with Red Wine Grape Sauce, using a dry red to complement the garlic and grainy mustard marinade.	CANADA	English-100	2022	RPT	G		
2025-07-04	0800	Cooking	Lidia's Kitchen	Family Favourites	07	13	These recipes are dedicated to the family. Recipes for oven braised pork chops with red onion and pears, cherry jam tart. Lidia also enjoys a special cherry bellini.	USA	English-100	2020	RPT	G		

2025-07-04	0830	Cooking	Comfort Food With Spencer Watts	No Stress Family Dinner	01	9	Spencer and his crew share comfort food that is simple and perfect for the whole family. First Spencer makes Chinese 5-spice chicken halves with an apple slaw and dusted French fries. Then he shares his fifteen minutes lamb Bolognese on creamy polenta.	CANADA	English-100	2023	RPT	G		
2025-07-04	0900	Cooking	Luca's Key Ingredient	Ep 2	01	2	In this episode we learn all about how to cook with the king of Italian cheeses, Parmigiano-Reggiano. Luca makes a special gnocchetti pasta, parmigiano bites with veal buttata and ends with a cheesy parmigiano soufflé.	AUSTRALIA	English-100	2021	RPT	PG		
2025-07-04	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 39	07	39	A knowledgeable guest joins Justine today. Alastair McLeod, Chef at AlifreshCo shows off a Salmon Brandade with Irish Soda Bread. Later, Trish McKenzie is back to create Chocolate Coconut Bread Biscuits.	AUSTRALIA	English-100	2017	RPT			
2025-07-04	1000	Cooking	Food Safari	Japanese Safari	02	1	Maew joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste. Top restaurateur Kimbata Azuma makes a fast and easy fresh tuna salad, and home-cook Yuki Totouka shows how to make miso soup. Sushi master Shinji Tani reveals some of the secrets of his art. While knife expert Hideo Dekura slices sashimi.	AUSTRALIA	English-100	2007	RPT	G		Y
2025-07-04	1030	Cooking	Oliver's Twist	Peter's Party	02	18	Jamie caters for his friend Peter's birthday party where he prepares pesto pasta, beans with potatoes, watermelon salad, chicken pie and bagels with smoked salmon.	UNITED KINGDOM	English-100	2003	RPT	G		
2025-07-04	1100	Cooking	The Cook Up With Adam Liaw	Ace Of Bakes	06	28	When a dessert queen and a tennis champ come together, it's all about the ace of bakes. Ann Reardon and Priscilla Hoi join Adam for a match-up not to be missed.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-07-04	1130	Travel	John And Lisa's Food Trip Down Under	John And Lisa Wave Goodbye With A WA Sunset	01	5	Chefs John Torode and Lisa Faulkner tuck into a lavish smoked meat banquet and have a behind-the-scenes tour at the very first winery in Western Australia, before John finally gets a taste of childhood.	USA	English-100	2024	RPT	G		
2025-07-04	1225	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-07-04	1230	Cooking	Ainsley's Fantastic Flavours	Herby	01	6	This week all the dishes focus on the power of herbs. Ainsley Harriott cooks up a brilliant breakfast dish of fresh and herby huevos rancheros with Pico de Gallo.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-07-04	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		
2025-07-04	1330	Cooking	My Market Kitchen	Episode 71	05	71	Pastry Chef Kay-Lene Tan cooks her favourite recipe, Viennese biscuits.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-04	1400	Travel	Pati's Mexican Table	Hidden Guachochi	13	9	Pati has a traditional meal with Raramuri community leaders and visits a sustainable ranch.	USA	English-100	2024	RPT	PG	a w	Y
2025-07-04	1430	Cooking	Freshly Picked	Episode 30	02	30	Simon shows how easy it is to spice up the spud and makes some easy churros to create at home. Nadia Fragnito is in with her ricotta filled ravioli, and a little gem from tropical north Queensland.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-04	1500	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 5	02	5	All hail The Chocolate Queen, as Kirsten dishes up more sensational desserts, like chocolate spaghetti with caramel ice cream, nutty florentines and indulgent chocolate coconut bars.	AUSTRALIA	English-100	2020	RPT	G		
2025-07-04	1530	Cooking	Mary Makes It Easy	Fave Missed Steak	2	15	Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.	CANADA	English-100	2022	RPT	G		
2025-07-04	1600	Cooking	Lidia's Kitchen	Best Of Baked Dishes	07	14	With a little bit of prep time and a hot oven, enjoy appetisers with friends and family while the rest is baking. Some recipes including, spicy stuffed clams, roasted chicken, and stuffed potatoes.	USA	English-100	2020	RPT	G		
2025-07-04	1630	Cooking	Comfort Food With Spencer Watts	Sugar Coated	01	10	Sometimes a little sweetness brings a lot of comfort. Today the crew indulge the sweet tooth with fluffy donuts, some peanut butter and jelly-inspired stuffed cookies with a raspberry glaze, and then some decadent decked out carrot cake waffles.	CANADA	English-100	2023	RPT	G		
2025-07-04	1700	Cooking	Luca's Key Ingredient	Ep 3	01	3	As a staple in all cuisines, today's key ingredient features the benefits of cooking with and utilising good quality extra virgin olive oil. Luca uses olive oil to toss through an elegant spaghetti dish, poaches tuna and makes a light saffron gelato.	AUSTRALIA	English-100	2021	RPT	G		
2025-07-04	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 40	07	40	Laura Cassai is back to share a tasty Spaghetti with Pork Sausage Ragù. Justine also prepares a Farro Salad with Dried Fruit and Nuts.	AUSTRALIA	English-100	2017				

2025-07-04	1800	Cooking	Food Safari	French Safari Part 1	02	2	Maeve meets up with top chef Guillaume Brahimi. He gives the rundown on the essential French ingredients - great butter and salt, bread, fresh herbs, mustard and cheeses. He cooks up a beef bourguignon, and shares the secrets of the perfect potato mash. Former chef France Vidal makes a French Onion soup in half an hour, while TV chef Gabriel Gate gives the rundown on essential cooking equipment.	AUSTRALIA	English-100	2007	RPT	G	Y
2025-07-04	1830	Cooking	Oliver's Twist	Chocoholic	02	19	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-07-04	1900	Cooking	The Cook Up With Adam Liaw	Soul Plates	06	29	What food do you make for the ones you love? Adam and his guests, chef Martin Benn and hospitality consultant Vicki Wild share their heart-warming recipes.	AUSTRALIA	English-100	2023	RPT	PG	Y
2025-07-04	1930	Travel	Gary Barlow's Food & Wine: Australia	Gary Barlow's Food & Wine Tour: Australia Ep 6	01	6	Gary ends his tour of Australia in northern Queensland, and is joined by his daughter Emily and her boyfriend, Marshall.	UNITED KINGDOM	English-100	2025		PG	
2025-07-04	2030	Cooking	Hairy Bikers Go Local	Home: Penarth, South Wales	01	1	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". They're offering diners an eight-course tasting menu and the Bikers delight in their menu.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-07-04	2135	Food Lifestyle	Come Dine With Me UK	Sheffield: Adam	19	49	42 year-old financial advisor Adam, is keen to impress his guests with his Sheffield themed menu. Will his hearty grub and karaoke duets bond the group and land him the prize?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-07-04	2200	Food Lifestyle	Come Dine With Me UK	Sheffield: Mizzy	19	50	Zimbabwean operations manager, Mizzy, hopes to scoop the grand with an evening of traditional Afro-Caribbean food. Can her hosting skills and traditional food get her the thousand-pound prize?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-07-04	2230	Cooking	The Cook Up With Adam Liaw	Soul Plates	06	29	What food do you make for the ones you love? Adam and his guests, chef Martin Benn and hospitality consultant Vicki Wild share their heart-warming recipes.	AUSTRALIA	English-100	2023	RPT	PG	Y
2025-07-04	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Quail	05	5	In this episode of Wild Game Kitchen, Andrew Zimmern explores the delicate yet versatile nature of quail with two distinct recipes.	USA	English-100	2024			
2025-07-04	2330	Travel	Food Affair With Mark Wiens	Ep 1	01	1	World traveller and noted food vlogger, Mark Wiens searches for the roots of Singapore's fast-growing fine dining scene as well as the island's famed street food.	USA	English-100	2021	RPT	G	
2025-07-04	2400	Cooking	My Market Kitchen	Episode 71	05	71	Pastry Chef Kay-Lene Tan cooks her favourite recipe, Viennese biscuits.	AUSTRALIA	English-100	2021	RPT	G	
2025-07-04	2430	Travel	Gary Barlow's Food & Wine: Australia	Gary Barlow's Food & Wine Tour: Australia Ep 6	01	6	Gary ends his tour of Australia in northern Queensland, and is joined by his daughter Emily and her boyfriend, Marshall.	UNITED KINGDOM	English-100	2025	RPT	PG	
2025-07-04	2530	Cooking	Hairy Bikers Go Local	Home: Penarth, South Wales	01	1	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". They're offering diners an eight-course tasting menu and the Bikers delight in their menu.	UNITED KINGDOM	English-100	2022	RPT	G	
2025-07-04	2635	Food Lifestyle	Come Dine With Me UK	Sheffield: Adam	19	49	42 year-old financial advisor Adam, is keen to impress his guests with his Sheffield themed menu. Will his hearty grub and karaoke duets bond the group and land him the prize?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-07-04	2700	Food Lifestyle	Come Dine With Me UK	Sheffield: Mizzy	19	50	Zimbabwean operations manager, Mizzy, hopes to scoop the grand with an evening of traditional Afro-Caribbean food. Can her hosting skills and traditional food get her the thousand-pound prize?	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-07-04	2730	Cooking	The Cook Up With Adam Liaw	Soul Plates	06	29	What food do you make for the ones you love? Adam and his guests, chef Martin Benn and hospitality consultant Vicki Wild share their heart-warming recipes.	AUSTRALIA	English-100	2023	RPT	PG	Y
2025-07-04	2800	Cooking	Andrew Zimmern's Wild Game Kitchen	Quail	05	5	In this episode of Wild Game Kitchen, Andrew Zimmern explores the delicate yet versatile nature of quail with two distinct recipes.	USA	English-100	2024	RPT		

2025-07-04	2830	Travel	Food Affair With Mark Wiens	Ep 1	01	1	World traveller and noted food vlogger, Mark Wiens searches for the roots of Singapore's fast-growing fine dining scene as well as the island's famed street food.	USA	English-100	2021	RPT	G	
2025-07-05	0500	Cooking	My Market Kitchen	Episode 71	05	71	Pastry Chef Kay-Lene Tan cooks her favourite recipe, Viennese biscuits.	AUSTRALIA	English-100	2021	RPT	G	
2025-07-05	0530	Cooking	Ainsley's Fantastic Flavours	Herby	01	6	This week all the dishes focus on the power of herbs. Ainsley Harriott cooks up a brilliant breakfast dish of fresh and herby huevos rancheros with Pico de Gallo.	UNITED KINGDOM	English-100	2022	RPT	PG	
2025-07-05	0625	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G	
2025-07-05	0630	Cooking	Freshly Picked	Episode 30	02	30	Simon shows how easy it is to spice up the spud and makes some easy churros to create at home. Nadia Fragnito is in with her ricotta filled ravioli, and a little gem from tropical north Queensland.	AUSTRALIA	English-100	2021	RPT	G	
2025-07-05	0700	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 5	02	5	All hail The Chocolate Queen, as Kirsten dishes up more sensational desserts, like chocolate spaghetti with caramel ice cream, nutty florentines and indulgent chocolate coconut bars.	AUSTRALIA	English-100	2020	RPT	G	
2025-07-05	0730	Cooking	Mary Makes It Easy	Fave Mixed Steak	2	15	Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.	CANADA	English-100	2022	RPT	G	
2025-07-05	0800	Cooking	Lidia's Kitchen	Best Of Baked Dishes	07	14	With a little bit of prep time and a hot oven, enjoy appetizers with friends and family while the rest is baking. Some recipes including, spicy stuffed clams, roasted chicken, and stuffed potatoes.	USA	English-100	2020	RPT	G	
2025-07-05	0830	Cooking	Comfort Food With Spencer Watts	Sugar Coated	01	10	Sometimes a little sweetness brings a lot of comfort. Today the crew indulge the sweet tooth with fluffy donuts, some peanut butter and jelly-inspired stuffed cookies with a raspberry glaze, and then some decadent decked out carrot cake waffles.	CANADA	English-100	2023	RPT	G	
2025-07-05	0900	Cooking	Lusa's Key Ingredient	Ep 3	01	3	As a staple in all cuisines, today's key ingredient features the benefits of cooking with and utilizing good quality extra virgin olive oil. Lusa uses olive oil to toss through an elegant spaghetti dish, poaches tuna and makes a light saffron gelato.	AUSTRALIA	English-100	2021	RPT	G	
2025-07-05	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 40	07	40	Laura Cassal is back to share a tasty Spaghetti with Pork Sausage Ragù. Justine also prepares a Ferro Salad with Dried Fruit and Nuts.	AUSTRALIA	English-100	2017	RPT		
2025-07-05	1000	Cooking	Food Safari	French Safari Part 1	02	2	Maeve meets up with top chef Guillaume Brahimi. He gives the rundown on the essential French ingredients - great butter and salt, bread, fresh herbs, mustard and cheeses. He cooks up a beef bourguignon, and shares the secrets of the perfect potato mash. Former chef France Vidali makes a French Onion soup in half an hour, while TV chef Gabriel Gate gives the rundown on essential cooking equipment.	AUSTRALIA	English-100	2007	RPT	G	Y
2025-07-05	1030	Cooking	Oliver's Twist	Chocoholic	02	19	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100	2003	RPT	G	
2025-07-05	1100	Cooking	The Cook Up With Adam Liaw	Soul Plates	06	29	What food do you make for the ones you love? Adam and his guests, chef Martin Benn and hospitality consultant Vicki Wild share their heart-warming recipes.	AUSTRALIA	English-100	2023	RPT	PG	Y
2025-07-05	1130	Travel	Gary Barlow's Food & Wine: Australia	Gary Barlow's Food & Wine Tour: Australia Ep 6	01	6	Gary ends his tour of Australia in northern Queensland, and is joined by his daughter Emily and her boyfriend, Marshall.	UNITED KINGDOM	English-100	2025	RPT	PG	
2025-07-05	1230	Cooking	Hairy Bikers Go Local	Home: Penarth, South Wales	01	1	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". They're offering diners an eight-course tasting menu and the Bikers delight in their menu.	UNITED KINGDOM	English-100	2022	RPT	G	

2025-07-05	1335	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 5	02	5	All hail The Chocolate Queen, as Kirsten dishes up more sensational desserts, like chocolate spaghetti with caramel ice cream, nutty florentines and indulgent chocolate coconut bars.	AUSTRALIA	English-100	2020	RPT	G				
2025-07-05	1405	Cooking	Freshly Picked	Episode 30	02	30	Simon shows how easy it is to spice up the spud and makes some easy churros to create at home. Nadia Fragnito is in with her ricotta filled ravioli, and a little gem from tropical north Queensland.	AUSTRALIA	English-100	2021	RPT	G				
2025-07-05	1430	Cooking	Ainsley's Great Garden Cook Off	Briony May Williams & Gaz Oakley	01	3	Ainsley is joined by chefs Briony May Williams and Gaz Oakley in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G				
2025-07-05	1530	Cooking	Raymond Blanc's Royal Kitchen Gardens	Hillsborough 1	01	4	Raymond visits Hillsborough Castle and Gardens where he spends time soaking up the tranquility of the gardens. He then makes a delicious dish of soft fruits and a sabayon.	UNITED KINGDOM	English-100	2023	RPT	PG				
2025-07-05	1625	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				
2025-07-05	1630	Cooking	Be My Guest With Ina Garten	Faith Hill	02	1	Ina is joined by singer songwriter and actress, Faith Hill. She toasts her fabulous guest with frozen paloma cocktails and some guacamole before sharing some family secrets.	USA	English-100	2022	RPT	PG				
2025-07-05	1725	Cooking	Taste The Philippines With Yasmin Newman	Melon Cocktail With Kylie Javier Ashton	01	8	Kylie Javier Ashton, Sydney multi-award-winning restaurant manager, makes a refreshing cocktail based on a childhood favourite called Melon.	AUSTRALIA	English-100	2022	RPT	G				
2025-07-05	1730	Cooking	Toast The Host: How To Entertain At Home	Boozy Book Club	01	5	Whether you're bringing friends together for a book club or you just need some down time and a debrief in good company, afternoon tea is a lovely way to spend the latter part of the day.	AUSTRALIA	English-100	2024		G				
2025-07-05	1805	Cooking	Island Echoes With Normie Bero	Beauty Of Badu, The	01	2	Normie travels to Badu Island. With acclaimed artist Alick Tipoti, they prepare delicious dishes using fresh local ingredients.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	G		Y	Y	Y
2025-07-05	1830	Cooking	Jamie's Kitchen	Ep 3	01	3	Jamie faces a serious problem. Some of his trainees aren't attending classes and others aren't up to scratch. The size of the problem becomes apparent when 11 of the 15 fail their first exam.	UNITED KINGDOM	English-100	2002	RPT	PG		I		
2025-07-05	1930	Travel	Hidden Restaurants With Michel Roux Jr	West And Wales	01	3	On the third of Michel Roux's research trips through the UK to learn from the world of Hidden Restaurants, he visits a garden shed, a staff canteen and a secret restaurant in an old Victorian walled kitchen garden to inspire his own three course menu for dinner at his summer long hidden restaurant.	UNITED KINGDOM	English-100	2017	RPT	PG		a w		

2025-07-05	2030	Travel	Rick Stein's Cornwall	Ep 9	01	9	At Golitha Falls, where the River Fowey tumbles down to the sea, Rick meets Dawn French, Britain's queen of comedy who has made Cornwall her home. In the shadow of Devonport Dockyard, he boards the world's busiest chain ferry to cross the wide River Tamar, the ancient watery boundary between the counties of Devon and Cornwall, where he discovers an unusual event involving an elephant from the circus. And in a small pocket of the county is a man who thinks he's discovered the next superfood, which Rick uses to cook up a delicious duck dish.	UNITED KINGDOM	English-100	2021	RPT	PG	a w	
2025-07-05	2100	Travel	Rick Stein's Cornwall	Ep 10	01	10	After a wild swim at one of Cornwall's picturesque hidden coves, Rick cooks a simple sea bass recipe, telling us all how to make the perfect homemade mayonnaise. In the far west of the county, on the Lands End peninsula, Rick introduces us to his niece, a modern artist, who explains her deep spiritual connection to Cornwall.	UNITED KINGDOM	English-100	2021	RPT	PG	a w	
2025-07-05	2135	Travel	Anthony Bourdain: Parts Unknown	Puerto Rico	10	3	When Anthony Bourdain heads to Puerto Rico to check out the reality behind the pila coladas and fancy resorts, he finds natural splendour, delicious food and warm people, all against the background of a seemingly insurmountable economic crisis. Bourdain also learns why Puerto Ricans are so devoted to their homeland, and so determined to stay there. He samples 'granda food' at a restaurant that evokes a simple traditional Puerto Rican home, and cracks open the freshest crabs at a rustic spot on the beach.	USA	English-100	2017	RPT	PG	I	
2025-07-05	2230	Travel	Mind Of A Chef	Rotten	01	5	There is something rotten in David Chang's kitchen and that's a good thing. Rotten is delicious. Chang explores katsuobushi in Japan 'XO sauce' rotten bananas with Christina Tosi, and kimchi.	USA	English-100	2012				Y
2025-07-05	2300	Travel	Bizarre Foods: Delicious Destinations	Harlem	09	2	Andrew Zimmern highlights Harlem's colourful restaurants offering soul food, Caribbean classics and even the national dish of Senegal.	USA	English-100	2020	RPT	G		
2025-07-05	2330	Cooking	Duff: Ace Of Taste	Firehouse Chili	01	1	Firemen love to eat well, so Duff rises to the challenge by showing off his calling card: classic, all-beef Texas chili. Duff digs in and presents a comforting spread of cornbread and cobbler.	USA	English-100	2023	RPT	G		
2025-07-05	2400	Cooking	Toast The Host: How To Entertain At Home	Boozy Book Club	01	5	Whether you're bringing friends together for a book club or you just need some down time and a debrief in good company, afternoon tea is a lovely way to spend the latter part of the day.	AUSTRALIA	English-100	2024	RPT	G		
2025-07-05	2435	Cooking	Jamie's Kitchen	Ep 3	01	3	Jamie faces a serious problem. Some of his trainees aren't attending classes and others aren't up to scratch. The size of the problem becomes apparent when 11 of the 15 fail their first exam.	UNITED KINGDOM	English-100	2002	RPT	PG	I	
2025-07-05	2535	Travel	Hidden Restaurants With Michel Roux Jr	West And Wales	01	3	On the third of Michel Roux's research trips through the UK to learn from the world of Hidden Restaurants, he visits a garden shed, a staff canteen and a secret restaurant in an old Victorian walled kitchen garden to inspire his own three course menu for dinner at his summer long hidden restaurant.	UNITED KINGDOM	English-100	2017	RPT	PG	a w	
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