



WEEK 32

Sunday, 3 August 2025

Saturday, 9 August 2025

Date	Start Time	Genre	Title
3/08/2025	500	Travel	Bizarre Foods: Delicious Destinations
3/08/2025	530	Cooking	Ainsley's Great Garden Cook Off
3/08/2025	625	Travel	Destination Flavour China Bitesize
3/08/2025	630	Cooking	Raymond Blanc's Royal Kitchen Gardens
3/08/2025	725	Cooking	A Taste Of Island Dreams
3/08/2025	730	Cooking	Be My Guest With Ina Garten
3/08/2025	825	Travel	Destination Flavour Japan Bitesize
3/08/2025	830	Cooking	Marcus In The Med: Mallorca
3/08/2025	900	Cooking	Island Echoes With Nornie Bero
3/08/2025	930	Cooking	Jamie's Kitchen
3/08/2025	1030	Travel	Gary Barlow's Wine Tour: South Africa
3/08/2025	1125	Travel	Destination Flavour China Bitesize
3/08/2025	1130	Travel	Rick Stein's Cornwall
3/08/2025	1200	Travel	Rick Stein's Cornwall
3/08/2025	1235	Cooking	Ainsley's Great Garden Cook Off

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
Oklahoma City	9	10	Andrew shares the best of Oklahoma City: there's prime T-bone steaks, chicken fried steaks and burger patties mashed with a heaping helping of onions, and even the local chili is loaded with beef and there are no beans allowed. Local Vietnamese restaurants get in on the action with a beef bone-infused broth used to make pho.	USA	English-100	2020	RPT	G				
Ruby Bhogal & Daniel Galmiche	1	7	Ainsley is joined by chefs Daniel Galmiche and Ruby Bhogal for a light-hearted cooking contest in Wimpole Estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G				
Longjing Prawns	1	5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y	
Dumfries House 2	1	8	Returning to Dumfries House and with much more to see in the grounds of the House, Raymond visits the Education Garden to see what Julie and her class are up to.	UNITED KINGDOM	English-100	2023	RPT	G				
Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G				
Misty Copeland	3	1	It's a dream come true for Ina who is joined by Misty Copeland the incredible superstar ballerina who is spending an amazing day at the barn. Ina's toasting her fabulous guest with kir royale cocktails and herbed ricotta bruschettas.	USA	English-100	2023	RPT	G				
Kyoto	1	7	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	
Sunny Lunches	1	1	Marcus is exploring the culinary delights of Mallorca, a food lovers' paradise with incredible produce, markets, restaurants, and bars. He'll be discovering the local hotspots and lesser known eateries.	UNITED KINGDOM	English-100	2024	RPT	G				
Hammond Island's History And Flavours	1	6	Nornie journeys to Hammond Island to explore its unique blend of cultures and rich history.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	G		Y	Y	Y
Ep 7	1	7	While Jamie Oliver is on paternity leave the trainee chefs start taking days off work behind his back. And when he returns to the restaurant he discovers that two of them have decided to throw in the towel completely. Jamie is devastated and you'd think by now he might have lost faith in young people. In fact he's off to Wales to evaluate a completely fresh intake of trainees, so he can start the whole process over again for a second year.	UNITED KINGDOM	English-100	2002	RPT	PG	I			
Gary Barlow With Special Guest Ben Shephard	1	3	Gary is joined by his good friend Ben Shephard as he continues his South African wine adventure.	UNITED KINGDOM	English-100	2024	RPT	G				
Longjing Prawns	1	5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y	
Rick Stein's Cornwall Series 2 Ep 2	2	2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows in the church of St Neot.	UNITED KINGDOM	English-100	2022	RPT	PG	a			
Rick Stein's Cornwall Series 2 Ep 3	2	3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100	2022	RPT	PG	a			
Ruby Bhogal & Daniel Galmiche	1	7	Ainsley is joined by chefs Daniel Galmiche and Ruby Bhogal for a light-hearted cooking contest in Wimpole Estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G				

3/08/2025	1330	Travel	Bizarre Foods: Delicious Destinations	Oklahoma City	9	10	Andrew shares the best of Oklahoma City: there's prime T-bone steaks, chicken fried steaks and burger patties mashed with a heaping helping of onions, and even the local chili is loaded with beef and there are no beans allowed. Local Vietnamese restaurants get in on the action with a beef bone-infused broth used to make pho.	USA	English-100	2020	RPT	G		
3/08/2025	1400	Travel	The Cook Up With Adam Liaw	On The Pulse	8	60	Chickpeas, please! The King of Hummus, chef Tom Sarafian, joins comedian Tegan Higginbotham and Adam to make recipes that are on the pulse.	AUSTRALIA	English-100	2025	RPT	G		Y
3/08/2025	1430	Travel	The Cook Up With Adam Liaw	Go Fish	8	61	It's a game of go fish where everyone wins, as Adam, chef Rosy Scatigna and performer-cook Paul Mercurio make their favourite fish dishes.	AUSTRALIA	English-100	2025	RPT	PG		Y
3/08/2025	1500	Travel	The Cook Up With Adam Liaw	Well Bowled	8	62	Throw out your plates! Adam and two of Australia's most well-regarded chefs, Mark Olive and Warren Mendes, have three recipes that'll have you saying, 'well bowled'.	AUSTRALIA	English-100	2025	RPT	G		Y
3/08/2025	1530	Cooking	The Cook Up With Adam Liaw	Burgers Are Better!	6	36	Whose burgers are better? It's time to find out, with chef Joel Bennetts and comedian Nikki Britton, on The Cook Up.	AUSTRALIA	English-100	2023	RPT	G		Y
3/08/2025	1600	Cooking	The Cook Up With Adam Liaw	Chocolate Or Caramel	6	37	Chocolate or caramel? It's the sweetest choice of all, as Adam is joined by author Julia Busuttil Nishimura and chef Giovanni Pilu.	AUSTRALIA	English-100	2023	RPT	G		Y
3/08/2025	1630	Travel	Masters Of Taste With Gary Mehigan	Delhi - Kashmiri Food	2	3	Hot kahwah, baked goodies and mutton mats! Gary Mehigan enjoys a Kashmiri feast and cooks Morels for Amit Kilam and The Indian Ocean.	USA	English-100	2019	RPT	G		
3/08/2025	1700	Travel	A New Zealand Food Story	Episode 4	4	4	Ben's meets an Orchardist and Food Innovation specialist. They have a shared vision to make all natural varietal-led apple juice, using the best technology in the world.	NEW ZEALAND	English-100	2024		PG		
3/08/2025	1730	Food Lifestyle	Inside Iceland: A Budget Supermarket	Ep 4	1	4	Christmas is the biggest time of year for all retailers, but especially for Britain's ultra-competitive supermarkets. They have to think about Christmas for at least ten months a year, says Iceland's Head Development Chef.	UNITED KINGDOM	English-100	2020	RPT	PG		
3/08/2025	1825	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	1	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
3/08/2025	1830	Travel	James Martin's French Adventure	Versailles	1	19	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100	2017	RPT	PG		Y
3/08/2025	1930	Food Lifestyle	Memory Bites With Matt Moran	Danielle Cormack	1	6	Chef Matt Moran and actor Danielle Cormack celebrate the unlikely influence of iconic TV Chefs from New Zealand, Hudson and Halls, recreating flamboyant dishes that shaped her childhood and career.	AUSTRALIA	English-100	2024	RPT	PG	a	Y
3/08/2025	2000	Travel	Chris Cooks Cymru	Conwy	1	3	Chris cooks them in spectacular fashion, balancing dozens of mussels on a big wooden board, covering them in hay and setting it alight.	UNITED KINGDOM	English-100	2024		G		Y
3/08/2025	2030	Travel	Rick Stein: From Venice to Istanbul	Northern Greece	1	4	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted. In the coastal city of Preveza he goes out prawn fishing and follows in the footsteps of Lord Byron to visit Messolonghi, a city where seafood is king. He cooks his favourite Greek dishes - stuffed peppers and tomatoes, and souvlaki.	UNITED KINGDOM	English-100	2015	RPT	PG	a w	
3/08/2025	2140	Travel	Anthony Bourdain: Parts Unknown	Uruguay	11	4	Anthony journeys to the progressive South American nation of Uruguay, accompanied by NYC chef Ignacio Mattos, a native Uruguayan, where they enjoy a wide selection of meats in a country where cattle outnumber people almost four to one.	USA	English-100	2018	RPT	PG	a d l	Y
3/08/2025	2230	Travel	Mind Of A Chef	Sweet Spot	1	14	Christina Tosi makes corn cookies three ways and her three layered Arnold Palmer Cake with Courtney McBroom, Daniel Burns makes ice cream, Mountain Sweet Berry Farm's Rick Bishop discusses his tri-star strawberries and Alex Supak offers insight to foams.	USA	English-100	2012		PG		

3/08/2025	2300	Travel	Bizarre Foods: Delicious Destinations	Chicago Neighborhoods	9	11	Andrew explores the neighbourhoods that make Chicago a culinary treasure trove. From handcrafted burgers in the West Loop to street-style tacos in Wicker Park and barbecue chicken served up in Bronzeville, Chicago restaurants are raising the bar with an endless number of delicious destinations.	USA	English-100	2020	RPT	PG		
3/08/2025	2330	Travel	The Zimmern List	Philadelphia	2	3	Andrew visits Philadelphia and reveals its status as a cultural crossroads by making stops at Mexican, Indonesian and Israeli restaurants. Finally, a trip to Philadelphia isn't complete without visiting the oldest Italian restaurant in America.	USA	English-100	2018	RPT	G		
3/08/2025	2400	Travel	A New Zealand Food Story	Episode 4	4	4	Ben's meets an Orchardist and Food Innovation specialist. They have a shared vision to make all natural varietal-led apple juice, using the best technology in the world.	NEW ZEALAND	English-100	2024	RPT	PG		
3/08/2025	2430	Travel	James Martin's French Adventure	Versailles	1	19	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100	2017	RPT	PG		Y
3/08/2025	2525	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	1	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
3/08/2025	2530	Food Lifestyle	Memory Bites With Matt Moran	Danielle Cormack	1	6	Chef Matt Moran and actor Danielle Cormack celebrate the unlikely influence of iconic TV Chefs from New Zealand, Hudson and Halls, recreating flamboyant dishes that shaped her childhood and career.	AUSTRALIA	English-100	2024	RPT	PG	a	Y
3/08/2025	2600	Travel	Chris Cooks Cymru	Conwy	1	3	Chris cooks them in spectacular fashion, balancing dozens of mussels on a big wooden board, covering them in hay and setting it alight.	UNITED KINGDOM	English-100	2024	RPT	G		Y
3/08/2025	2630	Travel	Rick Stein: From Venice to Istanbul	Northern Greece	1	4	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted. In the coastal city of Preveza he goes out prawn fishing and follows in the footsteps of Lord Byron to visit Messolonghi, a city where seafood is king. He cooks his favourite Greek dishes - stuffed peppers and tomatoes, and souvlaki.	UNITED KINGDOM	English-100	2015	RPT	PG	a w	
3/08/2025	2740	Travel	Anthony Bourdain: Parts Unknown	Uruguay	11	4	Anthony journeys to the progressive South American nation of Uruguay, accompanied by NYC chef Ignacio Mattos, a native Uruguayan, where they enjoy a wide selection of meats in a country where cattle outnumber people almost four to one.	USA	English-100	2018	RPT	PG	a d l	Y
3/08/2025	2830	Travel	The Zimmern List	Philadelphia	2	3	Andrew visits Philadelphia and reveals its status as a cultural crossroads by making stops at Mexican, Indonesian and Israeli restaurants. Finally, a trip to Philadelphia isn't complete without visiting the oldest Italian restaurant in America.	USA	English-100	2018	RPT	G		
4/08/2025	500	Travel	The Cook Up With Adam Liaw	On The Pulse	8	60	Chickpeas, please! The King of Hummus, chef Tom Sarafian, joins comedian Tegan Higginbotham and Adam to make recipes that are on the pulse.	AUSTRALIA	English-100	2025	RPT	G		Y
4/08/2025	530	Travel	The Cook Up With Adam Liaw	Go Fish	8	61	It's a game of go fish where everyone wins, as Adam, chef Rosy Scatigna and performer-cook Paul Mercurio make their favourite fish dishes.	AUSTRALIA	English-100	2025	RPT	PG		Y
4/08/2025	600	Travel	The Cook Up With Adam Liaw	Well Bowled	8	62	Throw out your plates! Adam and two of Australia's most well-regarded chefs, Mark Olive and Warren Mendes, have three recipes that'll have you saying, 'well bowled'.	AUSTRALIA	English-100	2025	RPT	G		Y
4/08/2025	630	Cooking	The Cook Up With Adam Liaw	Burgers Are Better!	6	36	Whose burgers are better? It's time to find out, with chef Joel Bennetts and comedian Nikki Britton, on The Cook Up.	AUSTRALIA	English-100	2023	RPT	G		Y
4/08/2025	700	Cooking	The Cook Up With Adam Liaw	Chocolate Or Caramel	6	37	Chocolate or caramel? It's the sweetest choice of all, as Adam is joined by author Julia Busuttil Nishimura and chef Giovanni Pilu.	AUSTRALIA	English-100	2023	RPT	G		Y
4/08/2025	730	Travel	Masters Of Taste With Gary Mehigan	Delhi - Kashmiri Food	2	3	Hot kahwah, baked goodies and mutton mats! Gary Mehigan enjoys a Kashmiri feast and cooks Morels for Amit Kilam and The Indian Ocean.	USA	English-100	2019	RPT	G		
4/08/2025	800	Travel	A New Zealand Food Story	Episode 4	4	4	Ben's meets an Orchardist and Food Innovation specialist. They have a shared vision to make all natural varietal-led apple juice, using the best technology in the world.	NEW ZEALAND	English-100	2024	RPT	PG		

4/08/2025	830	Food Lifestyle	Inside Iceland: A Budget Supermarket	Ep 4	1	4	Christmas is the biggest time of year for all retailers, but especially for Britain's ultra-competitive supermarkets. They have to think about Christmas for at least ten months a year, says Iceland's Head Development Chef.	UNITED KINGDOM	English-100	2020	RPT	PG		
4/08/2025	925	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	1	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
4/08/2025	930	Travel	James Martin's French Adventure	Versailles	1	19	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100	2017	RPT	PG		Y
4/08/2025	1025	Travel	Destination Flavour Japan Bitesize	Kyoto	1	7	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
4/08/2025	1030	Food Lifestyle	Memory Bites With Matt Moran	Danielle Cormack	1	6	Chef Matt Moran and actor Danielle Cormack celebrate the unlikely influence of iconic TV Chefs from New Zealand, Hudson and Halls, recreating flamboyant dishes that shaped her childhood and career.	AUSTRALIA	English-100	2024	RPT	PG	a	Y
4/08/2025	1100	Travel	Chris Cooks Cymru	Conwy	1	3	Chris cooks them in spectacular fashion, balancing dozens of mussels on a big wooden board, covering them in hay and setting it alight.	UNITED KINGDOM	English-100	2024	RPT	G		Y
4/08/2025	1130	Travel	Rick Stein: From Venice to Istanbul	Northern Greece	1	4	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted. In the coastal city of Preveza he goes out prawn fishing and follows in the footsteps of Lord Byron to visit Messolonghi, a city where seafood is king. He cooks his favourite Greek dishes - stuffed peppers and tomatoes, and souvlaki.	UNITED KINGDOM	English-100	2015	RPT	PG	a w	
4/08/2025	1235	Reality	Bbq Brawl	Seafood Showdown	2	7	The competitors face a challenge full of unexpected twists - and proteins! The teams go fishing and attempt to prove they can handle delicate seafood just as well as meat. Team captains Bobby Flay, Michael Symon and Eddie Jackson feel the pressure to perform and mentor their teams to claim the winning spot.	USA	English-100	2020	RPT	PG		
4/08/2025	1325	Cooking	Bring A Plate	Jc's Chicken And Pork Adobo With Eggs	1	1	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	2024	RPT	G		Y
4/08/2025	1330	Travel	The Italian Vegan Chef	Painting Vegan	1	3	In Golfo Aranci, Nadia starts her day at the Abi D'oru Hotal and Spa, where she enjoys the luxurious facilities of the location before meeting Chef Filippo Fondatori to create three wonderful dishes.	ISRAEL	English-50; Italian-50	2021	RPT	G		Y
4/08/2025	1400	Travel	Taste Of Australia With Hayden Quinn	New England	6	1	Hayden is in the New England Highlands with a visit to the biggest glasshouse we've ever seen, learning some Celtic culture in Glen Innes, and a campfire cook up on a stunning lamb farm hosted by a 5th generation farming family! What a way to start the season.	AUSTRALIA	English-100	2022	RPT	G		
4/08/2025	1430	Cooking	Freshly Picked	Ep 21	3	21	Today on Freshly Picked, Simon creates a sweet and spicy Thai tofu cake before heading to The Truffle Farm in Tasmania in search of truffles for a cheesy toastie. Yummy chocolate freckles and Luke Hines's delicious breakfast cookies are also on the menu today.	AUSTRALIA	English-100	2022	RPT	G		
4/08/2025	1500	Cooking	Giada At Home	Recipes On Repeat	9	2	Giada De Laurentiis shares summertime recipes that play on repeat in her home: her Insalata Di Riso, Mixed 'Caprese,' and Chocolate Peanut Butter Cookie Sandwiches are a home run every time.	USA	English-100	2020	RPT	G		Y
4/08/2025	1530	Food Lifestyle	Field To Feast	Persimmons	1	2	Drying persimmons is a Korean culinary method that takes months. Thanh follows the epic journey the persimmon takes from the farm, into a Korean kitchen and onto his plate.	AUSTRALIA	English-100	2023	RPT	PG		
4/08/2025	1600	Cooking	Lidia's Kitchen	Cooking With The Nuns	8	9	Lidia went to school near Trieste and picked up many essential kitchen skills. Inspired by the soups in school lunches, she makes cannellini bean and lentil soup, and a one pot of sausages and apples.	USA	English-100	2021	RPT	G		
4/08/2025	1630	Cooking	Fun'q With Spencer Watts	Bib Worthy Bbq	1	1	Spencer chars some sweet lobster tails and dunks them into a bath of curried butter and then brings on a big ol' bowl of yum with his grilled tropical fruit Eton mess. Bibs on.	CANADA	English-100	2023	RPT	G		
4/08/2025	1700	Cooking	Rachael Ray's Meals In Minutes	Pork Chops With Twice-Cooked Potatoes	1	3	Rachel is cooking up pork loin chops with sweet onions and apples and serving it with twice-baked potatoes topped with sour cream and chives, all in minutes.	USA	English-100	2022	RPT	G		

4/08/2025	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 61	7	61	Another great recipe from Justine's Queensland trip is in stall today, with Prawns in an XO Sauce. Later on, Adam Swanson is back with a Pappardelle with Pork Ragu.	AUSTRALIA	English-100	2017		PG	a w		
4/08/2025	1800	Cooking	Food Safari	Food Safari Series 4 Ep 1	4	1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's large Greek population, the numerous Asian fares represented in the area as well as classics from local Indigenous cooks. From Chinese inspired fresh mud crab steamed with rice wine, to barramundi cooked in paperbark on a perfect beach, and from a Greek Sunday lunch to a Thai feast, this is a celebration of Australia's diverse culinary landscape.	AUSTRALIA	English-100	2013	RPT	G			Y
4/08/2025	1830	Cooking	Nigella Feasts	Spiced Up	1	11	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu are Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM		2006	RPT	G			Y
4/08/2025	1900	Travel	The Cook Up With Adam Liaw	Signature Chicken	8	63	You'll want to sign your name to all three signature chicken recipes made by Adam and his guests, comedian Becky Lucas and food sensation Marion Grasby.	AUSTRALIA	English-100	2025		G			Y
4/08/2025	1930	Food Lifestyle	Girls Guide:Hunting Fishing Wild Cooking	Episode 7	2	7	Analiese dives into spearfishing for the first time, preparing a Fijian-inspired kokoda dish with her catch.	AUSTRALIA	English-100	2025		PG			Y
4/08/2025	2000	Cooking	Plat Du Tour	Episode 2	6	2	Chef Guillaume Brahimi celebrates the vibrant flavours of Southern France by recreating its most iconic dishes right here in Australia. Simmering with culinary tradition, Guillaume's menu includes rich and rustic Duck Breast with Tarbais Beans, the bold flavours of a Basque-style Shakshuka, and the hearty classic La Tielle Setoise.	AUSTRALIA	English-100	2025		G			
4/08/2025	2030	Travel	Eva Longoria: Searching For Mexico	Jalisco	1	5	Today, Eva heads out West to the fertile lands of Jalisco. There's a saying that 'Jalisco is Mexico and Mexico is Jalisco', because so much of what is seen as typically 'Mexican' all originated here. In the state capital, Guadalajara, Eva enjoys traditional birria stew with the charros and meets the fiercely proud Coca people defending their ancient heritage, she also meets some of the state's most innovative chefs, who take time-honoured recipes and turn them into cutting edge cuisine.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	a w	Y	Y
4/08/2025	2125	Cooking	Taste The Philippines With Yasmin Newman	Melon Cocktail With Kylie Javier Ashton	1	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			
4/08/2025	2130	Food Lifestyle	Come Dine With Me UK	Glasgow: Bernadette	21	14	It's the final night in Glasgow and fishmonger Bernadette's hoping to spread some love with her curious 'Italian' themed menu.	UNITED KINGDOM	English-100	2024	RPT	PG			
4/08/2025	2200	Food Lifestyle	Legends Of The Fork	Eats & Entertainment	1	13	Buddy heads to two restaurants that are known as much for their Hollywood connection as they are for serving delicious food.	USA	English-100	2023		G			
4/08/2025	2230	Travel	The Cook Up With Adam Liaw	Signature Chicken	8	63	You'll want to sign your name to all three signature chicken recipes made by Adam and his guests, comedian Becky Lucas and food sensation Marion Grasby.	AUSTRALIA	English-100	2025	RPT	G			Y
4/08/2025	2300	Food Lifestyle	Cheese Slices	Massif Central And The Auvergne	3	3	The rugged plateau of the Massif Central and Auvergne is famous for rich green pastures and its six benchmark AOC French cheeses. Will explores the differences between three semi hard varieties that date back to the pilgrims of the 12th century , and visits a disused railway tunnel where more than three thousand cheeses are matured. Then it's off to a cow fair where the locals celebrate the annual transhumance and a visit to the medieval village of St Nectaire and a troglodyte dwelling where cheese is still matured on rye straw	AUSTRALIA	English-100	2007	RPT	G			
4/08/2025	2330	Travel	The Zimmern List	Charleston, Sc	2	4	Andrew heads to Charleston, SC, and his first order of business is paying a visit to the queen of soul food. Then, he chows down on Gullah cuisine, a favorite among locals, and indulges in fresh seafood.	USA	English-100	2018	RPT	G			
4/08/2025	2400	Travel	The Italian Vegan Chef	Painting Vegan	1	3	In Golfo Aranci, Nadia starts her day at the Abi D'oru Hotal and Spa, where she enjoys the luxurious facilities of the location before meeting Chef Filippo Fondatori to create three wonderful dishes.	ISRAEL	English-50; Italian-50	2021	RPT	G			Y
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4/08/2025	2500	Cooking	Plat Du Tour	Episode 2	6	2	Chef Guillaume Brahimi celebrates the vibrant flavours of Southern France by recreating its most iconic dishes right here in Australia. Simmering with culinary tradition, Guillaume's menu includes rich and rustic Duck Breast with Tarbais Beans, the bold flavours of a Basque-style Shakshuka, and the hearty classic La Tielle Setoise.	AUSTRALIA	English-100	2025	RPT	G			

4/08/2025	2530	Travel	Eva Longoria: Searching For Mexico	Jalisco	1	5	Today, Eva heads out West to the fertile lands of Jalisco. There's a saying that 'Jalisco is Mexico and Mexico is Jalisco', because so much of what is seen as typically 'Mexican' all originated here. In the state capital, Guadalajara, Eva enjoys traditional birria stew with the charros and meets the fiercely proud Coca people defending their ancient heritage, she also meets some of the state's most innovative chefs, who take time-honoured recipes and turn them into cutting edge cuisine.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	a w	Y	Y
4/08/2025	2625	Cooking	Taste The Philippines With Yasmin Newman	Melon Cocktail With Kylie Javier Ashton	1	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			
4/08/2025	2630	Food Lifestyle	Come Dine With Me UK	Glasgow: Bernadette	21	14	It's the final night in Glasgow and fishmonger Bernadette's hoping to spread some love with her curious 'Italian' themed menu.	UNITED KINGDOM	English-100	2024	RPT	PG			
4/08/2025	2700	Food Lifestyle	Legends Of The Fork	Eats & Entertainment	1	13	Buddy heads to two restaurants that are known as much for their Hollywood connection as they are for serving delicious food.	USA	English-100	2023	RPT	G			
4/08/2025	2730	Travel	The Cook Up With Adam Liaw	Signature Chicken	8	63	You'll want to sign your name to all three signature chicken recipes made by Adam and his guests, comedian Becky Lucas and food sensation Marion Grasby.	AUSTRALIA	English-100	2025	RPT	G		Y	
4/08/2025	2800	Food Lifestyle	Cheese Slices	Massif Central And The Auvergne	3	3	The rugged plateau of the Massif Central and Auvergne is famous for rich green pastures and its six benchmark AOC French cheeses. Will explores the differences between three semi hard varieties that date back to the pilgrims of the 12th century, and visits a disused railway tunnel where more than three thousand cheeses are matured. Then it's off to a cow fair where the locals celebrate the annual transhumance and a visit to the medieval village of St Nectaire and a troglodyte dwelling where cheese is still matured on rye straw	AUSTRALIA	English-100	2007	RPT	G			
4/08/2025	2830	Travel	The Zimmern List	Charleston, Sc	2	4	Andrew heads to Charleston, SC, and his first order of business is paying a visit to the queen of soul food. Then, he chows down on Gullah cuisine, a favorite among locals, and indulges in fresh seafood.	USA	English-100	2018	RPT	G			
5/08/2025	500	Travel	Taste Of Australia With Hayden Quinn	New England	6	1	Hayden is in the New England Highlands with a visit to the biggest glasshouse we've ever seen, learning some Celtic culture in Glen Innes, and a campfire cook up on a stunning lamb farm hosted by a 5th generation farming family! What a way to start the season.	AUSTRALIA	English-100	2022	RPT	G			
5/08/2025	530	Reality	Bbq Brawl	Seafood Showdown	2	7	The competitors face a challenge full of unexpected twists - and proteins! The teams go fishing and attempt to prove they can handle delicate seafood just as well as meat. Team captains Bobby Flay, Michael Symon and Eddie Jackson feel the pressure to perform and mentor their teams to claim the winning spot.	USA	English-100	2020	RPT	PG			
5/08/2025	625	Cooking	Bring A Plate	Jc's Chicken And Pork Adobo With Eggs	1	1	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	2024	RPT	G		Y	
5/08/2025	630	Cooking	Freshly Picked	Ep 21	3	21	Today on Freshly Picked, Simon creates a sweet and spicy Thai tofu cake before heading to The Truffle Farm in Tasmania in search of truffles for a cheesy toastie. Yummy chocolate freckles and Luke Hines's delicious breakfast cookies are also on the menu today.	AUSTRALIA	English-100	2022	RPT	G			
5/08/2025	700	Cooking	Giada At Home	Recipes On Repeat	9	2	Giada De Laurentiis shares summertime recipes that play on repeat in her home: her Insalata Di Riso, Mixed 'Caprese,' and Chocolate Peanut Butter Cookie Sandwiches are a home run every time.	USA	English-100	2020	RPT	G			Y
5/08/2025	730	Food Lifestyle	Field To Feast	Persimmons	1	2	Drying persimmons is a Korean culinary method that takes months. Thanh follows the epic journey the persimmon takes from the farm, into a Korean kitchen and onto his plate.	AUSTRALIA	English-100	2023	RPT	PG			
5/08/2025	800	Cooking	Lidia's Kitchen	Cooking With The Nuns	8	9	Lidia went to school near Trieste and picked up many essential kitchen skills. Inspired by the soups in school lunches, she makes cannellini bean and lentil soup, and a one pot of sausages and apples.	USA	English-100	2021	RPT	G			
5/08/2025	830	Cooking	Fun'q With Spencer Watts	Bib Worthy Bbq	1	1	Spencer chars some sweet lobster tails and dunks them into a bath of curried butter and then brings on a big ol' bowl of yum with his grilled tropical fruit Eton mess. Bibs on.	CANADA	English-100	2023	RPT	G			

5/08/2025	900	Cooking	Rachael Ray's Meals In Minutes	Pork Chops With Twice-Cooked Potatoes	1	3	Rachel is cooking up pork loin chops with sweet onions and apples and serving it with twice-baked potatoes topped with sour cream and chives, all in minutes.	USA	English-100	2022	RPT	G	
5/08/2025	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 61	7	61	Another great recipe from Justine's Queensland trip is in stall today, with Prawns in an XO Sauce. Later on, Adam Swanson is back with a Pappardelle with Pork Ragu.	AUSTRALIA	English-100	2017	RPT	PG	a w
5/08/2025	1000	Cooking	Food Safari	Food Safari Series 4 Ep 1	4	1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's large Greek population, the numerous Asian fares represented in the area as well as classics from local Indigenous cooks. From Chinese inspired fresh mud crab steamed with rice wine, to barramundi cooked in paperbark on a perfect beach, and from a Greek Sunday lunch to a Thai feast, this is a celebration of Australia's diverse culinary landscape.	AUSTRALIA	English-100	2013	RPT	G	Y
5/08/2025	1030	Cooking	Nigella Feasts	Spiced Up	1	11	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu are Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM		2006	RPT	G	Y
5/08/2025	1100	Travel	The Cook Up With Adam Liaw	Signature Chicken	8	63	You'll want to sign your name to all three signature chicken recipes made by Adam and his guests, comedian Becky Lucas and food sensation Marion Grasby.	AUSTRALIA	English-100	2025	RPT	G	Y
5/08/2025	1130	Food Lifestyle	Girls Guide:Hunting Fishing Wild Cooking	Episode 7	2	7	Analise dives into spearfishing for the first time, preparing a Fijian-inspired kokoda dish with her catch.	AUSTRALIA	English-100	2025	RPT	PG	Y
5/08/2025	1200	Cooking	Plat Du Tour	Episode 2	6	2	Chef Guillaume Brahimi celebrates the vibrant flavours of Southern France by recreating its most iconic dishes right here in Australia. Simmering with culinary tradition, Guillaume's menu includes rich and rustic Duck Breast with Tarbais Beans, the bold flavours of a Basque-style Shakshuka, and the hearty classic La Tielle Setoise.	AUSTRALIA	English-100	2025	RPT	G	
5/08/2025	1230	Reality	Bbq Brawl	Bbq Around The World	2	8	The boundaries of BBQ are pushed even further - literally across the ocean - to explore BBQ traditions around the world! The remaining competitors need to put their own spin on an international BBQ style, and the challenge pushes some contenders far out of their comfort zone as team captains Bobby Flay, Michael Symon and Eddie Jackson watch on.	USA	English-100	2020	RPT	PG	
5/08/2025	1325	Cooking	Bring A Plate	Rachel's Bossam	1	2	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	2024	RPT	G	Y
5/08/2025	1330	Travel	The Italian Vegan Chef	Romagna Mia	1	4	Nadia walks around Ravenna explaining the history of the town and then visiting the local market. There, she makes fresh pasta, and then takes a break with a piadina, a traditional street-food.	ISRAEL	English-50; Italian-50	2021	RPT	G	Y
5/08/2025	1400	Travel	Taste Of Australia With Hayden Quinn	Armidale	6	2	Hayden is truffle hunting at dawn with a highly trained truffle hunting dog, then it's time to sample some brews at a great small town brewery, before visiting an award-winning cattle farm, followed by a perfect sunset campfire cook.	AUSTRALIA	English-100	2022	RPT	G	
5/08/2025	1430	Cooking	Freshly Picked	Ep 22	3	22	On today's episode, Simon roasts cabbages for a delicious salad, brings flavourful tofu to the table, ventures to Minter Magic and makes fresh, tart, and savoury cold soba noodles. Jet Tranter returns to show how to make a delicious chocolate mousse with avocado.	AUSTRALIA	English-100	2022	RPT	PG	
5/08/2025	1500	Cooking	Giada At Home	Special Delivery	9	3	Giada prepares chicken with chickpea and tomato ragu and chocolate hazelnut banana bread for her aunt and her new baby.	USA	English-100	2020	RPT	G	
5/08/2025	1530	Food Lifestyle	Field To Feast	Mushrooms	1	3	Thanh visits the biggest mushroom farm in Australia and compares their produce to wild foraged pine mushrooms, all to be enjoyed using an unconventional cooking approach.	AUSTRALIA	English-100	2023	RPT	G	
5/08/2025	1600	Cooking	Lidia's Kitchen	Winter Vegetable Patch, The	8	10	Winter is always a tough time for the garden but makes cold weather crops more valuable. Some recipes include - orecchiette with breadcrumbs, pancetta, and a cabbage salad with dressing.	USA	English-100	2021	RPT	G	
5/08/2025	1630	Cooking	Fun'q With Spencer Watts	Big Big Bbq	1	2	Spencer Watts is inspired to embrace big, big food for a big big barbecue feast. He makes jumbo turkey legs with sticky molasses and sweet brown sugar mop. Then monster broccoli heads covered in a fresh chimichurri butter. He brings a little char and smoke to a twist on grilled bruschetta with soft Burrata cheese.	CANADA	English-100	2023	RPT	G	
5/08/2025	1700	Cooking	Rachael Ray's Meals In Minutes	Hella Mega Suiza Rock Mex Burgers	1	4	In honour of Rachel's rock star friends, she's making Hella Mexa Suiza Burgers, or hamburgers and fries cooked with Mexican spices and topped with Swiss and Mexican soft cheese.	USA	English-100	2022	RPT	G	

5/08/2025	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 62	7	62	Crayfish Yakisoba is another delicious recipe Justine brings us from Japan. Also on the show today is an easy Gozleme to make the perfect addition to any meal.	AUSTRALIA	English-100	2017		G	
5/08/2025	1800	Cooking	Food Safari	Food Safari Series 4 Ep 2	4	2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture. She meets chef Alejandro Saravia who shows her some of the key ingredients of Peruvian cuisine, including chillies, corn, potato and the high protein grain of the Andes - quinoa. Maeve then gets together with a group of Peruvian women making humitas, known as the 'bread of the Incas', before joining an Andean outdoor feast that is dedicated to the Earth Mother.	AUSTRALIA	English-100	2013	RPT	G	Y
5/08/2025	1830	Cooking	Nigella Feasts	Feel-Good Food	1	12	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a Smoked Salmon, Avocado and Pumpkin Seed Salad, a Vietnamese Prawn and Glass Noodle Salad, a colourful Antioxidant Fruit Salad, and a great twist on a classic recipe, a Syllabubbed Yoghurt.	UNITED KINGDOM		2006	RPT	G	Y
5/08/2025	1900	Travel	The Cook Up With Adam Liaw	Natsukashii - Nostalgic Japanese	8	64	Natsukashii-Nostalgic Japanese. Follow Adam and his guests, chef and entrepreneur Yumi Nagaya and comedian Takashi Wakasugi, down memory lane as they make natsukashii-nostalgic Japanese food!	AUSTRALIA	English-100	2025		G	Y
5/08/2025	1930	Cooking	Mary Berry's Love To Cook	For Family And Friends	1	4	Mary steps out with daughter, Annabel who shares her joy of foraging and cooking in the open, whilst rustling up her best recipes that offer the perfect comfort for family and friends.	UNITED KINGDOM	English-100	2021	RPT	PG	
5/08/2025	2000	Cooking	The Big Irish Food Tour	County Clare With Liz Bonnin	1	12	Wildlife broadcaster Liz Bonnin has travelled from the Amazon to the Arctic, seeing some of the most amazing places on our planet.	UNITED KINGDOM	English-100	2024		PG	
5/08/2025	2030	Food Lifestyle	The Hidden World Of Hospitality	Open Season	1	6	The changeable UK weather can bring sharp peaks and troughs in revenue for hospitality businesses.	USA	English-100	2023		PG	Y
5/08/2025	2130	Food Lifestyle	Come Dine With Me UK	Cardiff: Angharad	21	15	This week's competition is in Cardiff, where first up is 41 year old, camper van loving, Angharad. Hoping to impress her guests with a true taste of Wales, featuring traditional soup, lamb and a cake.	UNITED KINGDOM	English-100	2024	RPT	PG	
5/08/2025	2200	Food Lifestyle	Legends Of The Fork	Legendary Women	1	14	Buddy travels coast to coast to visit two legendary ladies who built their empires from the ground up. First, Buddy's in Harlem New York to visit the 'Queen of Soul Food's' famous restaurant, Sylvia's.	USA	English-100	2023		G	
5/08/2025	2230	Travel	The Cook Up With Adam Liaw	Natsukashii - Nostalgic Japanese	8	64	Natsukashii-Nostalgic Japanese. Follow Adam and his guests, chef and entrepreneur Yumi Nagaya and comedian Takashi Wakasugi, down memory lane as they make natsukashii-nostalgic Japanese food!	AUSTRALIA	English-100	2025	RPT	G	Y
5/08/2025	2300	Food Lifestyle	Cheese Slices	Washed Rind Cheeses Of France	3	4	There is nothing like the strong seductive smell of washed rind cheeses to bring back evocative memories of a visit to France. Will travels to the misty Vosges Mountains of Alsace, the green undulating countryside of Normandy and the pretty village of Epoisse in Burgundy to look at four benchmark monastic cheeses. These are Munster, Pont L'evèque, Livarot and Epoisse. These luscious stinky cheeses have a long history but until recently were threatened with extinction and their growing popularity today is largely due to the vision and hard work of a few very passionate family owned dairies.	AUSTRALIA	English-100	2007	RPT	G	
5/08/2025	2330	Travel	The Zimmern List	Louisville, Ky	2	5	Andrew travels to Louisville, KY, which boasts one of the most eclectic food scenes in the country. He digs into Southern favourites with an Asian twist, fried chicken served with a fiery sauce and comfort foods for the modern era.	USA	English-100	2018	RPT	G	Y
5/08/2025	2400	Travel	The Italian Vegan Chef	Romagna Mia	1	4	Nadia walks around Ravenna explaining the history of the town and then visiting the local market. There, she makes fresh pasta, and then takes a break with a piadina, a traditional street-food.	ISRAEL	English-50; Italian-50	2021	RPT	G	Y
5/08/2025	2430	Cooking	Mary Berry's Love To Cook	For Family And Friends	1	4	Mary steps out with daughter, Annabel who shares her joy of foraging and cooking in the open, whilst rustling up her best recipes that offer the perfect comfort for family and friends.	UNITED KINGDOM	English-100	2021	RPT	PG	
5/08/2025	2500	Cooking	The Big Irish Food Tour	County Clare With Liz Bonnin	1	12	Wildlife broadcaster Liz Bonnin has travelled from the Amazon to the Arctic, seeing some of the most amazing places on our planet.	UNITED KINGDOM	English-100	2024	RPT	PG	
5/08/2025	2530	Food Lifestyle	The Hidden World Of Hospitality	Open Season	1	6	The changeable UK weather can bring sharp peaks and troughs in revenue for hospitality businesses.	USA	English-100	2023	RPT	PG	Y

5/08/2025	2630	Food Lifestyle	Come Dine With Me UK	Cardiff: Angharad	21	15	This week's competition is in Cardiff, where first up is 41 year old, camper van loving, Angharad. Hoping to impress her guests with a true taste of Wales, featuring traditional soup, lamb and a cake.	UNITED KINGDOM	English-100	2024	RPT	PG	
5/08/2025	2700	Food Lifestyle	Legends Of The Fork	Legendary Women	1	14	Buddy travels coast to coast to visit two legendary ladies who built their empires from the ground up. First, Buddy's in Harlem New York to visit the 'Queen of Soul Food's' famous restaurant, Sylvia's.	USA	English-100	2023	RPT	G	
5/08/2025	2730	Travel	The Cook Up With Adam Liaw	Natsukashii - Nostalgic Japanese	8	64	Natsukashii-Nostalgic Japanese. Follow Adam and his guests, chef and entrepreneur Yumi Nagaya and comedian Takashi Wakasugi, down memory lane as they make natsukashii-nostalgic Japanese food!	AUSTRALIA	English-100	2025	RPT	G	Y
5/08/2025	2800	Food Lifestyle	Cheese Slices	Washed Rind Cheeses Of France	3	4	There is nothing like the strong seductive smell of washed rind cheeses to bring back evocative memories of a visit to France. Will travels to the misty Vosges Mountains of Alsace, the green undulating countryside of Normandy and the pretty village of Epoisse in Burgundy to look at four benchmark monastic cheeses. These are Munster, Pont L'evêque, Livarot and Epoisse. These luscious stinky cheeses have a long history but until recently were threatened with extinction and their growing popularity today is largely due to the vision and hard work of a few very passionate family owned dairies.	AUSTRALIA	English-100	2007	RPT	G	
5/08/2025	2830	Travel	The Zimmern List	Louisville, Ky	2	5	Andrew travels to Louisville, KY, which boasts one of the most eclectic food scenes in the country. He digs into Southern favourites with an Asian twist, fried chicken served with a fiery sauce and comfort foods for the modern era.	USA	English-100	2018	RPT	G	Y
6/08/2025	500	Travel	Taste Of Australia With Hayden Quinn	Armidale	6	2	Hayden is truffle hunting at dawn with a highly trained truffle hunting dog, then it's time to sample some brews at a great small town brewery, before visiting an award-winning cattle farm, followed by a perfect sunset campfire cook.	AUSTRALIA	English-100	2022	RPT	G	
6/08/2025	530	Reality	Bbq Brawl	Bbq Around The World	2	8	The boundaries of BBQ are pushed even further - literally across the ocean - to explore BBQ traditions around the world! The remaining competitors need to put their own spin on an international BBQ style, and the challenge pushes some contenders far out of their comfort zone as team captains Bobby Flay, Michael Symon and Eddie Jackson watch on.	USA	English-100	2020	RPT	PG	
6/08/2025	625	Cooking	Bring A Plate	Rachel's Bossam	1	2	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	2024	RPT	G	Y
6/08/2025	630	Cooking	Freshly Picked	Ep 22	3	22	On today's episode, Simon roasts cabbages for a delicious salad, brings flavourful tofu to the table, ventures to Minter Magic and makes fresh, tart, and savoury cold soba noodles. Jet Tranter returns to show how to make a delicious chocolate mousse with avocado.	AUSTRALIA	English-100	2022	RPT	PG	
6/08/2025	700	Cooking	Giada At Home	Special Delivery	9	3	Giada prepares chicken with chickpea and tomato ragu and chocolate hazelnut banana bread for her aunt and her new baby.	USA	English-100	2020	RPT	G	
6/08/2025	730	Food Lifestyle	Field To Feast	Mushrooms	1	3	Thanh visits the biggest mushroom farm in Australia and compares their produce to wild foraged pine mushrooms, all to be enjoyed using an unconventional cooking approach.	AUSTRALIA	English-100	2023	RPT	G	
6/08/2025	800	Cooking	Lidia's Kitchen	Winter Vegetable Patch, The	8	10	Winter is always a tough time for the garden but makes cold weather crops more valuable. Some recipes include - orecchiette with breadcrumbs, pancetta, and a cabbage salad with dressing.	USA	English-100	2021	RPT	G	
6/08/2025	830	Cooking	Fun'q With Spencer Watts	Big Big Bbq	1	2	Spencer Watts is inspired to embrace big, big food for a big big barbecue feast. He makes jumbo turkey legs with sticky molasses and sweet brown sugar mop. Then monster broccoli heads covered in a fresh chimichurri butter. He brings a little char and smoke to a twist on grilled bruschetta with soft Burrata cheese.	CANADA	English-100	2023	RPT	G	
6/08/2025	900	Cooking	Rachael Ray's Meals In Minutes	Hella Mega Suiza Rock Mex Burgers	1	4	In honour of Rachel's rock star friends, she's making Hella Mexa Suiza Burgers, or hamburgers and fries cooked with Mexican spices and topped with Swiss and Mexican soft cheese.	USA	English-100	2022	RPT	G	
6/08/2025	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 62	7	62	Crayfish Yakisoba is another delicious recipe Justine brings us from Japan. Also on the show today is an easy Gozleme to make the perfect addition to any meal.	AUSTRALIA	English-100	2017	RPT	G	

6/08/2025	1000	Cooking	Food Safari	Food Safari Series 4 Ep 2	4	2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture. She meets chef Alejandro Saravia who shows her some of the key ingredients of Peruvian cuisine, including chillies, corn, potato and the high protein grain of the Andes - quinoa. Maeve then gets together with a group of Peruvian women making humitas, known as the 'bread of the Incas', before joining an Andean outdoor feast that is dedicated to the Earth Mother.	AUSTRALIA	English-100	2013	RPT	G	Y
6/08/2025	1030	Cooking	Nigella Feasts	Feel-Good Food	1	12	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a Smoked Salmon, Avocado and Pumpkin Seed Salad, a Vietnamese Prawn and Glass Noodle Salad, a colourful Antioxidant Fruit Salad, and a great twist on a classic recipe, a Syllabubbed Yoghurt.	UNITED KINGDOM		2006	RPT	G	Y
6/08/2025	1100	Travel	The Cook Up With Adam Liaw	Natsukashii - Nostalgic Japanese	8	64	Natsukashii-Nostalgic Japanese. Follow Adam and his guests, chef and entrepreneur Yumi Nagaya and comedian Takashi Wakasugi, down memory lane as they make natsukashii-nostalgic Japanese food!	AUSTRALIA	English-100	2025	RPT	G	Y
6/08/2025	1130	Cooking	Mary Berry's Love To Cook	For Family And Friends	1	4	Mary steps out with daughter, Annabel who shares her joy of foraging and cooking in the open, whilst rustling up her best recipes that offer the perfect comfort for family and friends.	UNITED KINGDOM	English-100	2021	RPT	PG	
6/08/2025	1200	Cooking	The Big Irish Food Tour	County Clare With Liz Bonnin	1	12	Wildlife broadcaster Liz Bonnin has travelled from the Amazon to the Arctic, seeing some of the most amazing places on our planet.	UNITED KINGDOM	English-100	2024	RPT	PG	
6/08/2025	1230	Reality	Bbq Brawl	Future Cue	2	9	The competitors are challenged to stretch their imaginations and make the BBQ of the future. They explore the possibilities under the watchful eyes of team captains Flay, Michael and Eddie.	USA	English-100	2020	RPT	PG	
6/08/2025	1325	Cooking	Bring A Plate	Keyma's Empanadas	1	3	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	2024	RPT	G	Y
6/08/2025	1330	Travel	The Italian Vegan Chef	Game Of Drones - The Baron's Wines	1	5	Incredible landscapes, vineyards, wine, an ancient castle and a true Baron. Nadia discovers the unbelievable history and nature of Tuscany at the Castello di Brolio, in the area of Chianti Classico.	ISRAEL	English-50; Italian-50	2021	RPT	G	Y
6/08/2025	1400	Travel	Taste Of Australia With Hayden Quinn	Coffs Harbour	6	3	The trawler's just coming in at Coffs and Hayden helps unload the prawns before heading off on a stand-up-paddle board tour with local Indigenous guide Jamie, then Hayden grabs some fresh produce from organic farmer Alice, and heads up the range to Dorrigo to cook up a feast.	AUSTRALIA	English-100	2022	RPT	G	
6/08/2025	1430	Cooking	Freshly Picked	Ep 23	3	23	Hot and spicy is all the rage in today's episode. Rebecca Veale is back in the kitchen for crispy chilli stir fry, and Simon brings a spicy salad loaded with mouthwatering roasted radishes. To warm things up, Simon serves a comforting soup, then he explores fresh wasabi at Shima Wasabi.	AUSTRALIA	English-100	2022	RPT	G	
6/08/2025	1500	Cooking	Giada At Home	Family Potluck	9	4	Giada De Laurentis invites her siblings, cousins, aunts and uncles to a Sunday potluck, and the menu stars kale caesar salad and bacon and mushroom lasagna.	USA	English-100	2020	RPT	G	
6/08/2025	1530	Food Lifestyle	Field To Feast	White Asparagus	1	4	You've heard of green asparagus but have you have ever tried white asparagus? Thanh heads to a local farm to learn more about this fascinating variety.	AUSTRALIA	English-100	2023	RPT	G	
6/08/2025	1600	Cooking	Lidia's Kitchen	Flavors Of Northern Italy, The	8	11	After the introduction of the southern Italian classics to American cuisine, the northern flavours began to arrive as well - layered casserole, herbed frittata rollup, and cavatappi with beef guazetto.	USA	English-100	2021	RPT	G	
6/08/2025	1630	Cooking	Fun'q With Spencer Watts	Brunch Is Lit	1	3	Let's brunch. Spencer makes sinfully good grilled brioche French toast kebabs drizzled in bourbon maple icing and flame seared, coffee rubbed steak tacos with grilled pepper scrambled eggs.	CANADA	English-100	2023	RPT	G	
6/08/2025	1700	Cooking	Rachael Ray's Meals In Minutes	Pork Chops Pizzaiola	1	5	In this episode, Rachel is coming in strong with this flavorful Pork Chop Pizzaiola recipe made with blistered tomatoes, onions and garlic cooked a la plancha style.	USA	English-100	2022	RPT	G	
6/08/2025	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 63	7	63	Like mother like daughter. Justine's Mum is in the kitchen to make her famous Schofield Strawberry Tart, a recipe that is sure to find a place on any dinner table.	AUSTRALIA	English-100	2017		G	
6/08/2025	1800	Cooking	Food Safari	Food Safari Series 4 Ep 3	4	3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients. In Adelaide, Maeve joins Miroula Kastrappi, who has made haloumi cheese for her family and friends for decades, and then meets a family preparing for Greek Easter. Melbourne chef Ismail Tosun demonstrates how to make bulgur kofta, which are zeppelin-shaped parcels made of cracked wheat made into a dough and stuffed with spiced minced meat.	AUSTRALIA	English-100	2013	RPT	G	Y

6/08/2025	1830	Cooking	Nigella Feasts	Comfort Foods	1	13	Nigella Lawson shares her favourite comfort foods: simple, delicious recipes where each mouthful is as reassuring as the last. There's a soothing beef casserole served with double potato mash shared with a friend, warm sticky toffee sauce poured over cold vanilla ice cream, anytime winners chocolate chip muffins, and her mother's very own favourite, a steaming bowl of sweet bread and milk.	UNITED KINGDOM		2006	RPT	G		Y
6/08/2025	1900	Travel	The Cook Up With Adam Liaw	Salty & Sour	8	65	Salty & Sour. Chef Tom Hitchcock and comedian Urvi Majumdar join Adam to unleash the power of salty and sour food.	AUSTRALIA	English-100	2025		G		Y
6/08/2025	1930	Cooking	Nadiya's Everyday Baking	Afternoon Tea	1	1	Nadiya Hussain shares her take on British afternoon tea: a traditional coffee cake with dalгона coffee cream, meringue lollipops, butterscotch cheesecake bars, and cardamom infused scones.	UNITED KINGDOM	English-100	2022	RPT	G		
6/08/2025	2000	Travel	Rachael Ray In Tuscany	Pollo Al Mattone	1	12	Rachael prepares a traditional pollo al mattone, an Italian roast chicken, by generously seasoning spatchcock chickens, cooking them in a pan with a brick wrapped in tin foil and serving them with sauteed greens.	USA	English-100	2022		G		
6/08/2025	2030	Travel	Guillaume's French Atlantic	Episode 10	1	10	In the unforgettable final episode, Guillaume Brahimi delves into the vibrant Basque culture and cuisine, experiencing Pelota, discovering underwater-aged wine, exploring the markets of Espelette.	AUSTRALIA	English-70; French-30	2023	RPT	G	Y	Y
6/08/2025	2100	Travel	Street Food Nomad: Kolkata	Episode 5	1	5	In a vibrant exploration of textures and tastes, Will dives into the world of Indian street food chats and snacks, some of the most loved and sought after dishes in all of India.	AUSTRALIA	English-100	2024	RPT	G		
6/08/2025	2130	Food Lifestyle	Come Dine With Me UK	Cardiff: Claire	21	16	Tonight's host is 49 year police officer Claire and she's going all out with a cruise themed menu with stop offs in Italy and China. But will a maiden voyage into vegan cooking dash her hopes to win?	UNITED KINGDOM	English-100	2024	RPT	PG		
6/08/2025	2200	Food Lifestyle	Legends Of The Fork	Neighbourhood Joints	1	15	Buddy visits two neighborhood joints that have been thriving since the 1940s. First, Buddy tries the famous Bisteca Fiorentina and homemade pasta at Gene and Georgetti-one of Chicago's oldest steakhouses.	USA	English-100	2023		G		
6/08/2025	2230	Travel	The Cook Up With Adam Liaw	Salty & Sour	8	65	Salty & Sour. Chef Tom Hitchcock and comedian Urvi Majumdar join Adam to unleash the power of salty and sour food.	AUSTRALIA	English-100	2025	RPT	G		Y
6/08/2025	2300	Food Lifestyle	Cheese Slices	Seasonal Cheeses Of The Alps	3	5	The Alps and Savoie are covered by snow for at least 4 months of the year and cheese making here has always been a strictly seasonal affair. Will learns how the local spruce forests play an essential role in ripening the soft and unctuous Mont D'Or before heading to the high summer pastures where he visits a farm making the deliciously creamy Reblochon and learns how to grill it under hot coals. Then it's on to visit one of the few remaining cheese makers still making Beaufort, the 'Prince of Gruyere' and its smaller cousin Abondance in the high alpage.	AUSTRALIA	English-100	2007	RPT	G		
6/08/2025	2330	Travel	The Zimmern List	Memphis	2	6	Andrew visits Memphis and stops at some of the city's most beloved barbecue joints. Then he drops by one of America's most iconic soul food restaurants and visits a joint where Italian and Southern comfort food are combined.	USA	English-100	2018	RPT	G		Y
6/08/2025	2400	Travel	The Italian Vegan Chef	Game Of Drones - The Baron's Wines	1	5	Incredible landscapes, vineyards, wine, an ancient castle and a true Baron. Nadia discovers the unbelievable history and nature of Tuscany at the Castello di Brolio, in the area of Chianti Classico.	ISRAEL	English-50; Italian-50	2021	RPT	G		Y
6/08/2025	2430	Cooking	Nadiya's Everyday Baking	Afternoon Tea	1	1	Nadiya Hussain shares her take on British afternoon tea: a traditional coffee cake with dalгона coffee cream, meringue lollipops, butterscotch cheesecake bars, and cardamom infused scones.	UNITED KINGDOM	English-100	2022	RPT	G		
6/08/2025	2500	Travel	Rachael Ray In Tuscany	Pollo Al Mattone	1	12	Rachael prepares a traditional pollo al mattone, an Italian roast chicken, by generously seasoning spatchcock chickens, cooking them in a pan with a brick wrapped in tin foil and serving them with sauteed greens.	USA	English-100	2022	RPT	G		
6/08/2025	2530	Travel	Guillaume's French Atlantic	Episode 10	1	10	In the unforgettable final episode, Guillaume Brahimi delves into the vibrant Basque culture and cuisine, experiencing Pelota, discovering underwater-aged wine, exploring the markets of Espelette.	AUSTRALIA	English-70; French-30	2023	RPT	G	Y	Y
6/08/2025	2600	Travel	Street Food Nomad: Kolkata	Episode 5	1	5	In a vibrant exploration of textures and tastes, Will dives into the world of Indian street food chats and snacks, some of the most loved and sought after dishes in all of India.	AUSTRALIA	English-100	2024	RPT	G		
6/08/2025	2630	Food Lifestyle	Come Dine With Me UK	Cardiff: Claire	21	16	Tonight's host is 49 year police officer Claire and she's going all out with a cruise themed menu with stop offs in Italy and China. But will a maiden voyage into vegan cooking dash her hopes to win?	UNITED KINGDOM	English-100	2024	RPT	PG		
6/08/2025	2700	Food Lifestyle	Legends Of The Fork	Neighbourhood Joints	1	15	Buddy visits two neighborhood joints that have been thriving since the 1940s. First, Buddy tries the famous Bisteca Fiorentina and homemade pasta at Gene and Georgetti-one of Chicago's oldest steakhouses.	USA	English-100	2023	RPT	G		

6/08/2025	2730	Travel	The Cook Up With Adam Liaw	Salty & Sour	8	65	Salty & Sour. Chef Tom Hitchcock and comedian Urvi Majumdar join Adam to unleash the power of salty and sour food.	AUSTRALIA	English-100	2025	RPT	G	Y
6/08/2025	2800	Food Lifestyle	Cheese Slices	Seasonal Cheeses Of The Alps	3	5	The Alps and Savoie are covered by snow for at least 4 months of the year and cheese making here has always been a strictly seasonal affair. Will learns how the local spruce forests play an essential role in ripening the soft and unctuous Mont D'Or before heading to the high summer pastures where he visits a farm making the deliciously creamy Reblochon and learns how to grill it under hot coals. Then it's on to visit one of the few remaining cheese makers still making Beaufort, the 'Prince of Gruyere' and its smaller cousin Abondance in the high alpage.	AUSTRALIA	English-100	2007	RPT	G	
6/08/2025	2830	Travel	The Zimmern List	Memphis	2	6	Andrew visits Memphis and stops at some of the city's most beloved barbecue joints. Then he drops by one of America's most iconic soul food restaurants and visits a joint where Italian and Southern comfort food are combined.	USA	English-100	2018	RPT	G	Y
7/08/2025	500	Travel	Taste Of Australia With Hayden Quinn	Coffs Harbour	6	3	The trawler's just coming in at Coffs and Hayden helps unload the prawns before heading off on a stand-up-paddle board tour with local Indigenous guide Jamie, then Hayden grabs some fresh produce from organic farmer Alice, and heads up the range to Dorrigo to cook up a feast.	AUSTRALIA	English-100	2022	RPT	G	
7/08/2025	530	Reality	Bbq Brawl	Future Cue	2	9	The competitors are challenged to stretch their imaginations and make the BBQ of the future. They explore the possibilities under the watchful eyes of team captains Flay, Michael and Eddie.	USA	English-100	2020	RPT	PG	
7/08/2025	625	Cooking	Bring A Plate	Keyma's Empanadas	1	3	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	2024	RPT	G	Y
7/08/2025	630	Cooking	Freshly Picked	Ep 23	3	23	Hot and spicy is all the rage in today's episode. Rebecca Veale is back in the kitchen for crispy chilli stir fry, and Simon brings a spicy salad loaded with mouthwatering roasted radishes. To warm things up, Simon serves a comforting soup, then he explores fresh wasabi at Shima Wasabi.	AUSTRALIA	English-100	2022	RPT	G	
7/08/2025	700	Cooking	Giada At Home	Family Potluck	9	4	Giada De Laurentis invites her siblings, cousins, aunts and uncles to a Sunday potluck, and the menu stars kale caesar salad and bacon and mushroom lasagna.	USA	English-100	2020	RPT	G	
7/08/2025	730	Food Lifestyle	Field To Feast	White Asparagus	1	4	You've heard of green asparagus but have you have ever tried white asparagus? Thanh heads to a local farm to learn more about this fascinating variety.	AUSTRALIA	English-100	2023	RPT	G	
7/08/2025	800	Cooking	Lidia's Kitchen	Flavors Of Northern Italy, The	8	11	After the introduction of the southern Italian classics to American cuisine, the northern flavours began to arrive as well - layered casserole, herbed frittata rollup, and cavatappi with beef guazetto.	USA	English-100	2021	RPT	G	
7/08/2025	830	Cooking	Fun'q With Spencer Watts	Brunch Is Lit	1	3	Let's brunch. Spencer makes sinfully good grilled brioche French toast kebabs drizzled in bourbon maple icing and flame seared, coffee rubbed steak tacos with grilled pepper scrambled eggs.	CANADA	English-100	2023	RPT	G	
7/08/2025	900	Cooking	Rachael Ray's Meals In Minutes	Pork Chops Pizzaiola	1	5	In this episode, Rachel is coming in strong with this flavorful Pork Chop Pizzaiola recipe made with blistered tomatoes, onions and garlic cooked a la plancha style.	USA	English-100	2022	RPT	G	
7/08/2025	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 63	7	63	Like mother like daughter. Justine's Mum is in the kitchen to make her famous Schofield Strawberry Tart, a recipe that is sure to find a place on any dinner table.	AUSTRALIA	English-100	2017	RPT	G	
7/08/2025	1000	Cooking	Food Safari	Food Safari Series 4 Ep 3	4	3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients. In Adelaide, Maeve joins Miroula Kastrappi, who has made haloumi cheese for her family and friends for decades, and then meets a family preparing for Greek Easter. Melbourne chef Ismail Tosun demonstrates how to make bulgur kofta, which are zeppelin-shaped parcels made of cracked wheat made into a dough and stuffed with spiced minced meat.	AUSTRALIA	English-100	2013	RPT	G	Y
7/08/2025	1030	Cooking	Nigella Feasts	Comfort Foods	1	13	Nigella Lawson shares her favourite comfort foods: simple, delicious recipes where each mouthful is as reassuring as the last. There's a soothing beef casserole served with double potato mash shared with a friend, warm sticky toffee sauce poured over cold vanilla ice cream, anytime winners chocolate chip muffins, and her mother's very own favourite, a steaming bowl of sweet bread and milk.	UNITED KINGDOM		2006	RPT	G	Y
7/08/2025	1100	Travel	The Cook Up With Adam Liaw	Salty & Sour	8	65	Salty & Sour. Chef Tom Hitchcock and comedian Urvi Majumdar join Adam to unleash the power of salty and sour food.	AUSTRALIA	English-100	2025	RPT	G	Y
7/08/2025	1130	Cooking	Nadiya's Everyday Baking	Afternoon Tea	1	1	Nadiya Hussain shares her take on British afternoon tea: a traditional coffee cake with dalgona coffee cream, meringue lollipops, butterscotch cheesecake bars, and cardamom infused scones.	UNITED KINGDOM	English-100	2022	RPT	G	

7/08/2025	1200	Travel	Rachael Ray In Tuscany	Pollo Al Mattone	1	12	Rachael prepares a traditional pollo al mattone, an Italian roast chicken, by generously seasoning spatchcock chickens, cooking them in a pan with a brick wrapped in tin foil and serving them with sauteed greens.	USA	English-100	2022	RPT	G	
7/08/2025	1230	Reality	Bbq Brawl	Master Of Cue	2	10	To decide who deserves the grand prize and supreme BBQ bragging rights, Bobby, Michael and Eddie watch on as the judges lay down the ultimate BBQ gauntlet: a super-sized, all-day competition filled with high stakes and surprises.	USA	English-100	2020	RPT	PG	
7/08/2025	1325	Cooking	Bring A Plate	Rayan's Koosa Mahshi	1	4	Rayan shares his Syrian favourite, Kousa Mahshi, or stuffed zucchini, and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	2024	RPT	G	Y
7/08/2025	1330	Travel	The Italian Vegan Chef	Land Of Treasures, The	1	6	Nadia continues her journey around Tuscany and visits Florence. She enters the old historical Synagogue and then heads to Ruth's Restaurant to enjoy a traditional Tuscan Jewish meal.	ISRAEL	English-50; Italian-50	2021	RPT	G	Y
7/08/2025	1400	Travel	Taste Of Australia With Hayden Quinn	Port Macquarie	6	4	The Sunrise Swimmers take Hayden out before dawn to get the perfect fresh start for his day, then we're in for a treat as we head out whale watching. Keeping the day going, Hayden samples some local wine before heading to a picture perfect sustainable estate for horse riding, veggies and a sunset BBQ.	AUSTRALIA	English-100	2022	RPT	G	
7/08/2025	1430	Cooking	Freshly Picked	Ep 24	3	24	This episode of Freshly Picked is filled with delicious sweet treats. Monica Mignone returns with her carrot cake slice. Simon makes yummy biscuits with maple and tahini, stuffs jujubes with peanut butter and covers them in chocolate, coconut, and nuts.	AUSTRALIA	English-100	2022	RPT	G	
7/08/2025	1500	Cooking	Giada At Home	Al Fresco	9	5	Giada De Laurentis heads to Palm Springs with her daughter and boyfriend, where she creates a poolside al fresco feast with pasta, make-your-own flank steak hoagies and almond butter brownies.	USA	English-100	2020	RPT	G	
7/08/2025	1530	Food Lifestyle	Field To Feast	Sour Cherries	1	5	Not all of Thanh's adventures focus on large varieties and in this episode, he visits one of the few producers of Australian-grown sour cherries. We get to see how the fruit is traditionally used as part of a Persian cultural dish.	AUSTRALIA	English-100	2023	RPT	G	
7/08/2025	1600	Cooking	Lidia's Kitchen	Here I Come New York!	8	12	As a teenager, Lidia took charge of most dinners at home, soups being a popular choice. In this episode, she makes potato and pasta soup, polenta with honey and berries, and uses leftover polenta.	USA	English-100	2021	RPT	G	
7/08/2025	1630	Cooking	Fun'q With Spencer Watts	Spice Is Nice	1	4	Spencer's feeling spicy! He makes a chickpea salad with charred halloumi and a cumin vinaigrette. He dresses humble cauliflower in a buttery sumac spice rub, and whips up with two dipping sauces.	CANADA	English-100	2023	RPT	G	
7/08/2025	1700	Cooking	Rachael Ray's Meals In Minutes	Make Your Own Pad Thai	1	6	Pad Thai is a crowd favourite and less intimidating than you might think to make. This recipe literally takes minutes to make, so much so that Rachael makes the recipe twice with shrimp and chicken.	USA	English-100	2022	RPT	G	
7/08/2025	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 64	7	64	A delicious recipe Justine brings from Queensland, with a Seared Pepperberry Kangaroo with Cous Cous Salad. Later, Justine brings us Pasta Spirals in a Vodka Sauce.	AUSTRALIA	English-100	2017		PG	a w
7/08/2025	1800	Cooking	Food Safari	Food Safari Series 4 Ep 4	4	4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie describes the melting pot of influences he grew up with in the Philippines, and introduces Maeve to one of his favourite noodle dishes: pancit palabok, a mixed seafood dressed with crunchy pork crackling. Trissa Lopez then hosts a morning breakfast for her family and friends to highlight Filipino food, while chef Joel Ignacio demonstrates a very tasty twice cooked pork hock called crispy pata.	AUSTRALIA	English-100	2013	RPT	G	Y
7/08/2025	1830	Cooking	Nigella Express	Everyday Easy	1	1	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast. There's a family roast dinner for her father Lord Lawson and children Mimi and Bruno of Poussin with Sweet Potatoes and a Sugar Snap Pea and Watercress salad with a Wasabi Dressing. For a quick after work supper with a friend, Nigella's ever ready standby Crispy Squid with Garlic Mayo.	UNITED KINGDOM	English-100	2007	RPT	G	Y
7/08/2025	1900	Cooking	The Cook Up With Adam Liaw	Fast Frypan Favourites	6	38	You won't believe how fast chef Rodney Dunn, actor Bert LaBonte and Adam can make their fast frypan favourites. Spoiler alert: it's very fast.	AUSTRALIA	English-100	2023	RPT	PG	Y
7/08/2025	1930	Cooking	Jeremy Pang's Hong Kong Kitchen	Grace Dent	1	5	Join Jeremy Pang & Grace Dent for a Michelin-style pit stop of Hong Kong.	UNITED KINGDOM	English-100	2024		PG	

7/08/2025	2030	Food Lifestyle	Air Fryers: Are They Worth It?	Air Fryers: Are They Worth It?	1	0	A revealing look at the latest must-have gadget. It's said they can cook, bake and even fry food three times cheaper, 20% faster and with 80% less oil. No wonder sales of air fryers have rocketed by 3000% over the last two years-it's the biggest revolution to hit our kitchens since the microwave!	UNITED KINGDOM	English-100	2023	RPT	PG	
7/08/2025	2130	Food Lifestyle	Come Dine With Me UK	Cardiff: Charlotte	21	17	It's the third night in Cardiff and the turn of spiritual vegan Charlotte to welcome her guests with a homely hug of a dinner including a cutch - that's Welsh for cuddle - in a bowl.	UNITED KINGDOM	English-100	2024	RPT	PG	
7/08/2025	2200	Food Lifestyle	Legends Of The Fork	Legends In The Making	1	16	Buddy visits two restaurants that, despite recent openings, are on their way to becoming legends.Frontier in Chicago, Illinois which invites you to eat like the pioneers with protiens like Alligator.	USA	English-100	2023		G	
7/08/2025	2230	Cooking	The Cook Up With Adam Liaw	Fast Frypan Favourites	6	38	You won't believe how fast chef Rodney Dunn, actor Bert LaBonte and Adam can make their fast frypan favourites. Spoiler alert: it's very fast.	AUSTRALIA	English-100	2023	RPT	PG	Y
7/08/2025	2300	Food Lifestyle	Cheese Slices	Aoc Of Cheeses Of Switzerland	3	6	Switzerland has a reputation for producing the finest mountain cheeses in the world, and more than three quarters of these are still made the traditional way from raw milk. Will samples raclette and learns how it's made, the old fashioned traditional way over a wood fire. His journey takes him on to the pretty town of Gruyere to look at the origins of a cheese whose name literally means 'head of a monk'. Then it's time to meet the king of Swiss cheese, Emmenthaler and find out just how it gets its holes.	AUSTRALIA	English-100	2007	RPT	G	
7/08/2025	2330	Travel	The Zimmern List	Houston	2	7	Andrew travels to Houston, TX, one of the most dynamic and underrated food scenes in the United States. He digs into some classic Tex-Mex fare and loads up on the best brisket in town.	USA	English-100	2018	RPT	G	Y
7/08/2025	2400	Travel	The Italian Vegan Chef	Land Of Treasures, The	1	6	Nadia continues her journey around Tuscany and visits Florence. She enters the old historical Synagogue and then heads to Ruth's Restaurant to enjoy a traditional Tuscan Jewish meal.	ISRAEL	English-50; Italian-50	2021	RPT	G	Y
7/08/2025	2430	Cooking	Jeremy Pang's Hong Kong Kitchen	Grace Dent	1	5	Join Jeremy Pang & Grace Dent for a Michelin-style pit stop of Hong Kong.	UNITED KINGDOM	English-100	2024	RPT	PG	
7/08/2025	2530	Food Lifestyle	Air Fryers: Are They Worth It?	Air Fryers: Are They Worth It?	1	0	A revealing look at the latest must-have gadget. It's said they can cook, bake and even fry food three times cheaper, 20% faster and with 80% less oil. No wonder sales of air fryers have rocketed by 3000% over the last two years-it's the biggest revolution to hit our kitchens since the microwave!	UNITED KINGDOM	English-100	2023	RPT	PG	
7/08/2025	2625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G	Y
7/08/2025	2630	Food Lifestyle	Come Dine With Me UK	Cardiff: Charlotte	21	17	It's the third night in Cardiff and the turn of spiritual vegan Charlotte to welcome her guests with a homely hug of a dinner including a cutch - that's Welsh for cuddle - in a bowl.	UNITED KINGDOM	English-100	2024	RPT	PG	
7/08/2025	2700	Food Lifestyle	Legends Of The Fork	Legends In The Making	1	16	Buddy visits two restaurants that, despite recent openings, are on their way to becoming legends.Frontier in Chicago, Illinois which invites you to eat like the pioneers with protiens like Alligator.	USA	English-100	2023	RPT	G	
7/08/2025	2730	Cooking	The Cook Up With Adam Liaw	Fast Frypan Favourites	6	38	You won't believe how fast chef Rodney Dunn, actor Bert LaBonte and Adam can make their fast frypan favourites. Spoiler alert: it's very fast.	AUSTRALIA	English-100	2023	RPT	PG	Y
7/08/2025	2800	Food Lifestyle	Cheese Slices	Aoc Of Cheeses Of Switzerland	3	6	Switzerland has a reputation for producing the finest mountain cheeses in the world, and more than three quarters of these are still made the traditional way from raw milk. Will samples raclette and learns how it's made, the old fashioned traditional way over a wood fire. His journey takes him on to the pretty town of Gruyere to look at the origins of a cheese whose name literally means 'head of a monk'. Then it's time to meet the king of Swiss cheese, Emmenthaler and find out just how it gets its holes.	AUSTRALIA	English-100	2007	RPT	G	
7/08/2025	2830	Travel	The Zimmern List	Houston	2	7	Andrew travels to Houston, TX, one of the most dynamic and underrated food scenes in the United States. He digs into some classic Tex-Mex fare and loads up on the best brisket in town.	USA	English-100	2018	RPT	G	Y
8/08/2025	500	Travel	Taste Of Australia With Hayden Quinn	Port Macquarie	6	4	The Sunrise Swimmers take Hayden out before dawn to get the perfect fresh start for his day, then we're in for a treat as we head out whale watching. Keeping the day going, Hayden samples some local wine before heading to a picture perfect sustainable estate for horse riding, veggies and a sunset BBQ.	AUSTRALIA	English-100	2022	RPT	G	
8/08/2025	530	Reality	Bbq Brawl	Master Of Cue	2	10	To decide who deserves the grand prize and supreme BBQ bragging rights, Bobby, Michael and Eddie watch on as the judges lay down the ultimate BBQ gauntlet: a super-sized, all-day competition filled with high stakes and surprises.	USA	English-100	2020	RPT	PG	

8/08/2025	625	Cooking	Bring A Plate	Rayan's Koosa Mahshi	1	4	Rayan shares his Syrian favourite, Kousa Mahshi, or stuffed zucchini, and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	2024	RPT	G	Y
8/08/2025	630	Cooking	Freshly Picked	Ep 24	3	24	This episode of Freshly Picked is filled with delicious sweet treats. Monica Mignone returns with her carrot cake slice. Simon makes yummy biscuits with maple and tahini, stuffs jujubes with peanut butter and covers them in chocolate, coconut, and nuts.	AUSTRALIA	English-100	2022	RPT	G	
8/08/2025	700	Cooking	Giada At Home	Al Fresco	9	5	Giada De Laurentiis heads to Palm Springs with her daughter and boyfriend, where she creates a poolside al fresco feast with pasta, make-your-own flank steak hoagies and almond butter brownies.	USA	English-100	2020	RPT	G	
8/08/2025	730	Food Lifestyle	Field To Feast	Sour Cherries	1	5	Not all of Thanh's adventures focus on large varieties and in this episode, he visits one of the few producers of Australian-grown sour cherries. We get to see how the fruit is traditionally used as part of a Persian cultural dish.	AUSTRALIA	English-100	2023	RPT	G	
8/08/2025	800	Cooking	Lidia's Kitchen	Here I Come New York!	8	12	As a teenager, Lidia took charge of most dinners at home, soups being a popular choice. In this episode, she makes potato and pasta soup, polenta with honey and berries, and uses leftover polenta.	USA	English-100	2021	RPT	G	
8/08/2025	830	Cooking	Fun'q With Spencer Watts	Spice Is Nice	1	4	Spencer's feeling spicy! He makes a chickpea salad with charred halloumi and a cumin vinaigrette. He dresses humble cauliflower in a buttery sumac spice rub, and whips up with two dipping sauces.	CANADA	English-100	2023	RPT	G	
8/08/2025	900	Cooking	Rachael Ray's Meals In Minutes	Make Your Own Pad Thai	1	6	Pad Thai is a crowd favourite and less intimidating than you might think to make. This recipe literally takes minutes to make, so much so that Rachael makes the recipe twice with shrimp and chicken.	USA	English-100	2022	RPT	G	
8/08/2025	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 64	7	64	A delicious recipe Justine brings from Queensland, with a Seared Pepperberry Kangaroo with Cous Cous Salad. Later, Justine brings us Pasta Spirals in a Vodka Sauce.	AUSTRALIA	English-100	2017	RPT	PG	a w
8/08/2025	1000	Cooking	Food Safari	Food Safari Series 4 Ep 4	4	4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie describes the melting pot of influences he grew up with in the Philippines, and introduces Maeve to one of his favourite noodle dishes: pancit palabok, a mixed seafood dressed with crunchy pork crackling. Trissa Lopez then hosts a morning breakfast for her family and friends to highlight Filipino food, while chef Joel Ignacio demonstrates a very tasty twice cooked pork hock called crispy pata.	AUSTRALIA	English-100	2013	RPT	G	Y
8/08/2025	1030	Cooking	Nigella Express	Everyday Easy	1	1	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast. There's a family roast dinner for her father Lord Lawson and children Mimi and Bruno of Poussin with Sweet Potatoes and a Sugar Snap Pea and Watercress salad with a Wasabi Dressing. For a quick after work supper with a friend, Nigella's ever ready standby Crispy Squid with Garlic Mayo.	UNITED KINGDOM	English-100	2007	RPT	G	Y
8/08/2025	1100	Cooking	The Cook Up With Adam Liaw	Fast Frypan Favourites	6	38	You won't believe how fast chef Rodney Dunn, actor Bert LaBonte and Adam can make their fast frypan favourites. Spoiler alert: it's very fast.	AUSTRALIA	English-100	2023	RPT	PG	Y
8/08/2025	1130	Cooking	Jeremy Pang's Hong Kong Kitchen	Grace Dent	1	5	Join Jeremy Pang & Grace Dent for a Michelin-style pit stop of Hong Kong.	UNITED KINGDOM	English-100	2024	RPT	PG	
8/08/2025	1230	Food Lifestyle	Andi Oliver's Fabulous Feasts	Cornwall	1	1	Andi goes to Cornwall to help a local chef put on a feast to thank NHS staff. Her idea of holding a feast for 80 on a long table, on a beach, is tricky, but will it be amazing?	UNITED KINGDOM	English-100	2024	RPT	G	
8/08/2025	1335	Travel	The Italian Vegan Chef	Triumphant Baroque	1	7	Nadia gets to Puglia, then sees Lecce where she meets Executive Chef Simone De Siato. Together they prepare some gourmet dishes. In Masseria Le Stanzie, she learns some of the best plant-based meals.	ISRAEL	English-50; Italian-50	2021	RPT	G	Y
8/08/2025	1405	Travel	Taste Of Australia With Hayden Quinn	Mornington Peninsula	6	5	Hayden is on the Mornington Peninsula in Victoria where he catches up with his good friend Dani Venn for some local tips and adventure. Things start on the water with mussel farmer Harry, then it's off for some tree surfing.	AUSTRALIA	English-100	2022	RPT	PG	I
8/08/2025	1430	Cooking	Freshly Picked	Ep 25	3	25	Renee Buckingham returns to share her delicious broccoli slaw recipe. Simon makes a hearty, warm salad that's packed with flavour. Following up, Simon spices things up with flavoursome sesame noodles, then heads back to Mildura to make an eggplant steak with caper dressing.	AUSTRALIA	English-100	2022	RPT	PG	I
8/08/2025	1500	Cooking	Giada At Home	Family Comfort	9	6	Giada De Laurentiis is making some of her favourite family recipes, from gnocchi with butter thyme sauce, to gorgeous stuffed tomatoes.	USA	English-100	2020	RPT	G	

8/08/2025	1530	Food Lifestyle	Field To Feast	Artichokes	1	6	Continuing his journey of discovery, Thanh sets his focus on another classically Mediterranean vegetable-the artichoke. Along the way he follows the artichoke through Melbourne's largest wholesale produce market and into a local Italian kitchen.	AUSTRALIA	English-100	2023	RPT	G	
8/08/2025	1600	Cooking	Lidia's Kitchen	Cooking As A Kid In New York	8	13	Lidia starts off with lasagna with ricotta and mozzarella, then she makes a flavourful escarole olive oil mashed potatoes, and finishes with baked stuffed vegetables.	USA	English-100	2021	RPT	G	
8/08/2025	1630	Cooking	Fun'q With Spencer Watts	Sun's Out Buns Out	1	5	The sun is shining and Spencer is turning up the heat, cooking delicious grilled food perfect to be served on a bun. He shares his secrets to the perfect grilled veggie burger and sesame meatloaf.	CANADA	English-100	2023	RPT	G	
8/08/2025	1700	Cooking	Rachael Ray's Meals In Minutes	Impossibly Delicious Brunch	1	7	Rachael shows us how to make an impossibly delicious brunch menu of Parm Frittata with tomato sauce, served with a side of sausage and a simple salad that you can serve all day.	USA	English-100	2022	RPT	G	
8/08/2025	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 65	7	65	Guillaume Brahimi joins Justine to make a French classic of Coq Au Vin. Also on the show, Justine brings another delectable Japanese recipe with Steak and an Apple Sake Sauce.	AUSTRALIA	English-100	2017		G	
8/08/2025	1800	Cooking	Food Safari	Food Safari Series 4 Ep 5	4	5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local flavours.	AUSTRALIA	English-100	2013	RPT	G	Y
8/08/2025	1830	Cooking	Nigella Express	Against The Clock	1	2	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory. Nigella shows how an incredible flash fried steak with white bean mash for supper home alone can be on the table in just ten minutes. For an entire weekend lunch for the family in twenty minutes it has to be curry in a hurry, a simple and delicious crowd pleaser.	UNITED KINGDOM	English-100	2007	RPT	G	Y
8/08/2025	1900	Cooking	The Cook Up With Adam Liaw	Flavour Packed Leaves	6	39	NSW Good Food Guide Young Chef of the Year, Shashank Achuta. and The Good Farm Shop's Scott Gooding and Adam leave nothing to chance with their recipes full of flavour packed leaves.	AUSTRALIA	English-100	2023	RPT	G	Y
8/08/2025	1930	Cooking	Save With Jamie	Chilli	2	3	This week Jamie cooks a Mexican Chilli that's luxurious and low on price, reveals the secrets of his homemade chapatis, and shares two delicious new ideas for using up leftover roast chicken.	UNITED KINGDOM	English-100	2014	RPT	PG	I
8/08/2025	2030	Cooking	Hairy Bikers Go Local	Prashad, Bradford	1	6	The Bikers continue their adventure in Yorkshire, on the hunt for new, local ingredients for a high-end Indian vegetarian restaurant.	UNITED KINGDOM	English-100	2022	RPT	PG	
8/08/2025	2135	Food Lifestyle	Come Dine With Me UK	Cardiff: David	21	18	It's the fourth night of the competition in Cardiff and the turn of IT consultant and part time party boy Rave-id to welcome his guests with a fully vegan dining experience.	UNITED KINGDOM	English-100	2024	RPT	PG	
8/08/2025	2200	Food Lifestyle	Legends Of The Fork	Historic Buildings	1	17	Buddy heads to Chicago, Illinois to one of the oldest buildings in the city, the Berghoff, a German-style restaurant famous for their beer and schnitzel.	USA	English-100	2023		G	
8/08/2025	2230	Cooking	The Cook Up With Adam Liaw	Flavour Packed Leaves	6	39	NSW Good Food Guide Young Chef of the Year, Shashank Achuta. and The Good Farm Shop's Scott Gooding and Adam leave nothing to chance with their recipes full of flavour packed leaves.	AUSTRALIA	English-100	2023	RPT	G	Y
8/08/2025	2300	Food Lifestyle	Cheese Slices	Cheeses Of Netherlands	3	7	The Netherlands is the second largest exporter of cheese in Europe after France, yet it's famous for just two cheeses, Edam and Gouda. Will visits the town of Edam to see what it once looked like before it was covered in red wax, before visiting a slow food show in Rotterdam where he discovers a number of interesting traditional cheeses which the Dutch keep for themselves. After learning how real farmhouse Gouda and its cousins are made Will travels to the beautiful island of Texel to look at a cheese that was once coloured green with sheep droppings.	AUSTRALIA	English-100	2007	RPT	G	
8/08/2025	2330	Travel	The Zimmern List	Oakland	2	8	Andrew discovers the true soul of Oakland, CA, as he visits a cozy breakfast joint, samples some of the city's freshest fare at Swan's Market and makes his way to the Fruitvale neighborhood for a taste of Cambodia.	USA	English-100	2018	RPT	G	Y
8/08/2025	2400	Travel	The Italian Vegan Chef	Triumphant Baroque	1	7	Nadia gets to Puglia, then sees Lecce where she meets Executive Chef Simone De Siato. Together they prepare some gourmet dishes. In Masseria Le Stanzie, she learns some of the best plant-based meals.	ISRAEL	English-50; Italian-50	2021	RPT	G	Y

8/08/2025	2430	Cooking	Save With Jamie	Chilli	2	3	This week Jamie cooks a Mexican Chilli that's luxurious and low on price, reveals the secrets of his homemade chapatis, and shares two delicious new ideas for using up leftover roast chicken.	UNITED KINGDOM	English-100	2014	RPT	PG	I
8/08/2025	2530	Cooking	Hairy Bikers Go Local	Prashad, Bradford	1	6	The Bikers continue their adventure in Yorkshire, on the hunt for new, local ingredients for a high-end Indian vegetarian restaurant.	UNITED KINGDOM	English-100	2022	RPT	PG	
8/08/2025	2635	Food Lifestyle	Come Dine With Me UK	Cardiff: David	21	18	It's the fourth night of the competition in Cardiff and the turn of IT consultant and part time party boy Rave-id to welcome his guests with a fully vegan dining experience.	UNITED KINGDOM	English-100	2024	RPT	PG	
8/08/2025	2700	Food Lifestyle	Legends Of The Fork	Historic Buildings	1	17	Buddy heads to Chicago, Illinois to one of the oldest buildings in the city, the Berghoff, a German-style restaurant famous for their beer and schnitzel.	USA	English-100	2023	RPT	G	
8/08/2025	2730	Cooking	The Cook Up With Adam Liaw	Flavour Packed Leaves	6	39	NSW Good Food Guide Young Chef of the Year, Shashank Achuta. and The Good Farm Shop's Scott Gooding and Adam leave nothing to chance with their recipes full of flavour packed leaves.	AUSTRALIA	English-100	2023	RPT	G	Y
8/08/2025	2800	Food Lifestyle	Cheese Slices	Cheeses Of Netherlands	3	7	The Netherlands is the second largest exporter of cheese in Europe after France, yet it's famous for just two cheeses, Edam and Gouda. Will visits the town of Edam to see what it once looked like before it was covered in red wax, before visiting a slow food show in Rotterdam where he discovers a number of interesting traditional cheeses which the Dutch keep for themselves. After learning how real farmhouse Gouda and its cousins are made Will travels to the beautiful island of Texel to look at a cheese that was once coloured green with sheep droppings.	AUSTRALIA	English-100	2007	RPT	G	
8/08/2025	2830	Travel	The Zimmern List	Oakland	2	8	Andrew discovers the true soul of Oakland, CA, as he visits a cozy breakfast joint, samples some of the city's freshest fare at Swan's Market and makes his way to the Fruitvale neighborhood for a taste of Cambodia.	USA	English-100	2018	RPT	G	Y
9/08/2025	500	Travel	Taste Of Australia With Hayden Quinn	Mornington Peninsula	6	5	Hayden is on the Mornington Peninsula in Victoria where he catches up with his good friend Dani Venn for some local tips and adventure. Things start on the water with mussel farmer Harry, then it's off for some tree surfing.	AUSTRALIA	English-100	2022	RPT	PG	I
9/08/2025	530	Food Lifestyle	Andi Oliver's Fabulous Feasts	Cornwall	1	1	Andi goes to Cornwall to help a local chef put on a feast to thank NHS staff. Her idea of holding a feast for 80 on a long table, on a beach, is tricky, but will it be amazing?	UNITED KINGDOM	English-100	2024	RPT	G	
9/08/2025	635	Cooking	Freshly Picked	Ep 25	3	25	Renee Buckingham returns to share her delicious broccoli slaw recipe. Simon makes a hearty, warm salad that's packed with flavour. Following up, Simon spices things up with flavoursome sesame noodles, then heads back to Mildura to make an eggplant steak with caper dressing.	AUSTRALIA	English-100	2022	RPT	PG	I
9/08/2025	700	Cooking	Giada At Home	Family Comfort	9	6	Giada De Laurentiis is making some of her favourite family recipes, from gnocchi with butter thyme sauce, to gorgeous stuffed tomatoes.	USA	English-100	2020	RPT	G	
9/08/2025	730	Food Lifestyle	Field To Feast	Artichokes	1	6	Continuing his journey of discovery, Thanh sets his focus on another classically Mediterranean vegetable-the artichoke. Along the way he follows the artichoke through Melbourne's largest wholesale produce market and into a local Italian kitchen.	AUSTRALIA	English-100	2023	RPT	G	
9/08/2025	800	Cooking	Lidia's Kitchen	Cooking As A Kid In New York	8	13	Lidia starts off with lasagna with ricotta and mozzarella, then she makes a flavourful escarole olive oil mashed potatoes, and finishes with baked stuffed vegetables.	USA	English-100	2021	RPT	G	

9/08/2025	830	Cooking	Fun'q With Spencer Watts	Sun's Out Buns Out	1	5	The sun is shining and Spencer is turning up the heat, cooking delicious grilled food perfect to be served on a bun. He shares his secrets to the perfect grilled veggie burger and sesame meatloaf.	CANADA	English-100	2023	RPT	G	
9/08/2025	900	Cooking	Rachael Ray's Meals In Minutes	Impossibly Delicious Brunch	1	7	Rachael shows us how to make an impossibly delicious brunch menu of Parm Frittata with tomato sauce, served with a side of sausage and a simple salad that you can serve all day.	USA	English-100	2022	RPT	G	
9/08/2025	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 65	7	65	Guillaume Brahimi joins Justine to make a French classic of Coq Au Vin. Also on the show, Justine brings another delectable Japanese recipe with Steak and an Apple Sake Sauce.	AUSTRALIA	English-100	2017	RPT	G	
9/08/2025	1000	Cooking	Food Safari	Food Safari Series 4 Ep 5	4	5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local flavours.	AUSTRALIA	English-100	2013	RPT	G	Y
9/08/2025	1030	Cooking	Nigella Express	Against The Clock	1	2	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory. Nigella shows how an incredible flash fried steak with white bean mash for supper home alone can be on the table in just ten minutes. For an entire weekend lunch for the family in twenty minutes it has to be curry in a hurry, a simple and delicious crowd pleaser.	UNITED KINGDOM	English-100	2007	RPT	G	Y
9/08/2025	1100	Cooking	The Cook Up With Adam Liaw	Flavour Packed Leaves	6	39	NSW Good Food Guide Young Chef of the Year, Shashank Achuta. and The Good Farm Shop's Scott Gooding and Adam leave nothing to chance with their recipes full of flavour packed leaves.	AUSTRALIA	English-100	2023	RPT	G	Y
9/08/2025	1130	Cooking	Save With Jamie	Chilli	2	3	This week Jamie cooks a Mexican Chilli that's luxurious and low on price, reveals the secrets of his homemade chapatis, and shares two delicious new ideas for using up leftover roast chicken.	UNITED KINGDOM	English-100	2014	RPT	PG	I
9/08/2025	1230	Cooking	Hairy Bikers Go Local	Prashad, Bradford	1	6	The Bikers continue their adventure in Yorkshire, on the hunt for new, local ingredients for a high-end Indian vegetarian restaurant.	UNITED KINGDOM	English-100	2022	RPT	PG	
9/08/2025	1335	Cooking	Freshly Picked	Ep 25	3	25	Renee Buckingham returns to share her delicious broccoli slaw recipe. Simon makes a hearty, warm salad that's packed with flavour. Following up, Simon spices things up with flavoursome sesame noodles, then heads back to Mildura to make an eggplant steak with caper dressing.	AUSTRALIA	English-100	2022	RPT	PG	I
9/08/2025	1400	Cooking	Giada At Home	Family Comfort	9	6	Giada De Laurentiis is making some of her favourite family recipes, from gnocchi with butter thyme sauce, to gorgeous stuffed tomatoes.	USA	English-100	2020	RPT	G	
9/08/2025	1430	Cooking	Ainsley's Great Garden Cook Off	Genevieve Taylor And Nico Reynolds	1	8	Ainsley is joined by chefs Genevieve Taylor and Nico Reynolds in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	PG	I
9/08/2025	1525	Cooking	Bring A Plate	Lee's Magwinya	1	6	The cute, round balls in the African dessert called Maginwa are proudly served by Lee. This simple dessert was a family favourite of hers in Zimbabwe and the perfect sweet end to this meal.	AUSTRALIA	English-100	2024	RPT	G	Y

9/08/2025	1530	Cooking	Raymond Blanc's Royal Kitchen Gardens	Hillsborough 2	1	9	Returning to the magnificent Hillsborough, Raymond is keen to see more of the remarkable gardens. He meets Head Gardener Claire and helps her with some harvesting whilst learning about the garden's extensive restoration.	UNITED KINGDOM	English-100	2023	RPT	PG					
9/08/2025	1625	Travel	Destination Flavour Japan Bitesize	Tokyo Part 2	1	6	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	
9/08/2025	1630	Cooking	Be My Guest With Ina Garten	Stanley Tucci	3	2	Ina's having a blast at the barn when Stanley Tucci, the amazing award-winning actor, director, TV presenter and author shares his remarkable life story and recipes.	USA	English-100	2023	RPT	PG	a				
9/08/2025	1725	Cooking	Please Eat Slowly Bitesize	Dumplings	1	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					
9/08/2025	1730	Cooking	Marcus In The Med: Mallorca	Cooking Over Fire	1	2	Marcus learns about Mallorca's obsession with cooking over fire. He visits a chef who flame grills steak and a bar cooking sausages over coals. Inspired, he fires up his BBQ to make pork chops with white beans and BBQ spice rubbed poussin.	UNITED KINGDOM	English-100	2024	RPT	G				Y	
9/08/2025	1800	Cooking	Island Echoes With Nornie Bero	Sunrise And Flavours Of Horn Island, The	1	7	This episode is a heartfelt tribute to Horn Island's charm, its people, and the deep connection between the community and the sea.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	PG		Y		Y	Y

9/08/2025	1830	Travel	Rick Stein's India	Kolkata And Chennai	1	1	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong to this day, and Rick enjoys the prominence of fish and seafood in so many of their dishes - dishes flavoured with mustard in Kolkata and tamarind in Chennai. Exploring the eating habits of these cities is the start of a fascinating trip for Rick who is inspired to cook dishes like prawns in coconut milk and his mum's version of British Raj curry.	UNITED KINGDOM	English-100	2013	RPT	PG		Y	Y	
9/08/2025	1940	Travel	Gary Barlow's Wine Tour: South Africa	Gary Barlow With Special Guest Jane McDonald	1	4	Gary leaves the Western Cape of South Africa and heads north on safari!	UNITED KINGDOM	English-100	2024	RPT	G				
9/08/2025	2035	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	2	4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100	2022	RPT	PG	a			
9/08/2025	2105	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	2	5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers, Thomas Hardy, and his little-known love affair with a Cornish woman.	UNITED KINGDOM	English-100	2022	RPT	PG	a			
9/08/2025	2135	Travel	Anthony Bourdain: Parts Unknown	Bhutan	11	5	Anthony Bourdain and film director Darren Aronofsky tour the remote South Asian Kingdom of Bhutan and travel on the winding East-West Highway known for its spectacular views of the Himalayan Mountains. The seasoned explorers share a meal with yak herders, visit the capitol city of Thimphu for traditional Bhutanese cuisine, and drive to Punakha to explore the village of legendary divine monk Drupka Kinley.	USA	English-100	2018	RPT	PG	I		Y	
9/08/2025	2230	Travel	Mind Of A Chef	Smoke	1	15	Chang profiles regional BBQ in North Carolina1 Texas and Kansas City, plus the other-worldly smoky bacon from Allen Benton in Tennessee, before taking a trip to the Louisville Slugger Factory.	USA	English-100	2012		PG				
9/08/2025	2300	Travel	Bizarre Foods: Delicious Destinations	Iowa State Fair	9	12	Andrew takes us on a gastronomic tour of the Iowa State Fair, with its fresh, locally grown sweet corn, baked sausage cavatelli, Dutch letter pastries and dizzying array of sandwiches.	USA	English-100	2020	RPT	G				
9/08/2025	2330	Travel	The Zimmern List	Reno	2	9	Andrew heads to Reno for a food scene that loves to entertain. He embraces Reno's small town pride as he savours homemade meatballs and ravioli, gets a taste of Basque culture and meets some forward-thinking chefs.	USA	English-100	2018	RPT	G				
9/08/2025	2400	Cooking	Island Echoes With Nornie Bero	Sunrise And Flavours Of Horn Island, The	1	7	This episode is a heartfelt tribute to Horn Island's charm, its people, and the deep connection between the community and the sea.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	PG		Y	Y	Y
9/08/2025	2430	Travel	Rick Stein's India	Kolkata And Chennai	1	1	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong to this day, and Rick enjoys the prominence of fish and seafood in so many of their dishes - dishes flavoured with mustard in Kolkata and tamarind in Chennai. Exploring the eating habits of these cities is the start of a fascinating trip for Rick who is inspired to cook dishes like prawns in coconut milk and his mum's version of British Raj curry.	UNITED KINGDOM	English-100	2013	RPT	PG		Y	Y	
9/08/2025	2535	Travel	Gary Barlow's Wine Tour: South Africa	Gary Barlow With Special Guest Jane McDonald	1	4	Gary leaves the Western Cape of South Africa and heads north on safari!	UNITED KINGDOM	English-100	2024	RPT	G				
9/08/2025	2630	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	2	4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100	2022	RPT	PG	a			

9/08/2025	2700	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	2	5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers, Thomas Hardy, and his little-known love affair with a Cornish woman.	UNITED KINGDOM	English-100	2022	RPT	PG	a		
9/08/2025	2730	Travel	Anthony Bourdain: Parts Unknown	Bhutan	11	5	Anthony Bourdain and film director Darren Aronofsky tour the remote South Asian Kingdom of Bhutan and travel on the winding East-West Highway known for its spectacular views of the Himalayan Mountains. The seasoned explorers share a meal with yak herders, visit the capitol city of Thimphu for traditional Bhutanese cuisine, and drive to Punakha to explore the village of legendary divine monk Drupka Kinley.	USA	English-100	2018	RPT	PG	I		Y
9/08/2025	2825	Travel	Destination Flavour Japan Bitesize	Tokyo Part 2	1	6	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
9/08/2025	2830	Travel	The Zimmern List	Reno	2	9	Andrew heads to Reno for a food scene that loves to entertain. He embraces Reno's small town pride as he savours homemade meatballs and ravioli, gets a taste of Basque culture and meets some forward-thinking chefs.	USA	English-100	2018	RPT	G			