



WEEK 37 **Sunday, 7 September 2025** **Saturday, 13 September 2025**

Date	Start Time	Genre	Title
2025-09-07	0500	Cooking	Marcus In The Med: Mallorca
2025-09-07	0530	Travel	Rick Stein's India
2025-09-07	0640	Travel	Cheese: Searching For A Taste Of Place
2025-09-07	0740	Travel	Rick Stein's Cornwall
2025-09-07	0810	Travel	Rick Stein's Cornwall
2025-09-07	0840	Travel	Ainsley's Taste Of Malta
2025-09-07	0935	Travel	Bobby & Giada In Italy
2025-09-07	1030	Cooking	Be My Guest With Ina Garten
2025-09-07	1100	Cooking	Be My Guest With Ina Garten
2025-09-07	1130	Travel	Rick Stein's India
2025-09-07	1240	Travel	Cheese: Searching For A Taste Of Place
2025-09-07	1340	Travel	Rick Stein's Cornwall
2025-09-07	1410	Travel	The Cook Up With Adam Liaw
2025-09-07	1440	Travel	The Cook Up With Adam Liaw
2025-09-07	1510	Travel	The Cook Up With Adam Liaw
2025-09-07	1540	Cooking	The Cook Up With Adam Liaw
2025-09-07	1610	Cooking	The Cook Up With Adam Liaw
2025-09-07	1640	Travel	Masters Of Taste With Gary Mehigan

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
Fiesta Food	01	6	Marcus is discovering what Mallorcans like to feast on for a special occasion. He discovers some amazing cakes at a traditional bakery in Palma, then makes his own version of the local favourite, almond cake.	UNITED KINGDOM	English-100	2024	RPT	G				
Rahasthan And Himachal Pradesh	01	5	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas, a perfect combination of meat, chillies, and spices. Mostly desert, this region is very different from Rick's next destination, the state of Himachal Pradesh, nestled on the foothills of the Western Himalayas.	UNITED KINGDOM	English-100	2013	RPT	G		Y		
Milk And It's Microbes	01	3	Like beer and wine, cheese is a fermented product. This is the revealing story of the battle between good and evil microbes in the making of some of the world's most desirable cheeses.	AUSTRALIA	English-100	2024	RPT	PG	I		Y	
Rick Stein's Cornwall Series 2 Ep 12	02	12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100	2022	RPT	PG	a w			
Rick Stein's Cornwall Series 2 Ep 13	02	13	On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story.	UNITED KINGDOM	English-100	2022	RPT	PG	a w			
South	01	2	Ainsley explores South Malta, starting in the picturesque fishing harbour of Marsaxlokk where, with a local fisherman Joe, he ventures around the weekly fish market to check out the catch of the day.	UNITED KINGDOM	English-100	2023	RPT	PG				
When In Rome	1	1	Bobby Flay and Giada De Laurentiis arrive in Rome and immediately seek out their favorite foods. For Giada, it's the Pizza Bianca she grew up eating, while for Bobby, it's a most-frequented gelato shop.	USA	English-100	2021	RPT	G			Y	
Jennifer Garner	04	3	It's a perfect day for Ina when the incredible actress, producer, businesswoman and self-confessed foodie Jennifer Garner is joining her for a fantastic day of cooking and conversation at the barn. Jennifer loves Cornbread but has trouble nailing her Grandma's recipe, so Ina is going to trouble shoot and serve her incredible Brown Butter Cornbread to welcome her guest.	USA	English-100	2023	RPT	G				
Danny Meyer	04	4	Ina's dear friend, culinary entrepreneur, pioneering restaurateur and author Danny Meyer is joining her at the barn for good food and great conversation.	USA	English-100	2023	RPT	G				
Rahasthan And Himachal Pradesh	01	5	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas, a perfect combination of meat, chillies, and spices. Mostly desert, this region is very different from Rick's next destination, the state of Himachal Pradesh, nestled on the foothills of the Western Himalayas.	UNITED KINGDOM	English-100	2013	RPT	G		Y		
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Rick Stein's Cornwall Series 2 Ep 12	02	12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100	2022	RPT	PG	a w			
Garden Greens	08	75	Tonight, it's a green light for garden greens, as Adam and his guests award-winning journalist Marc Fennell and bestselling food writer Matthew Evans.	AUSTRALIA	English-100	2025	RPT	G		Y		
Signature Supper	08	76	Discover how Adam, chef Jason Barratt and comedian Anisa Nandaula impress without the stress, as they share their signature supper recipes.	AUSTRALIA	English-100	2025	RPT	G		Y		
Simple & Scrumptious	08	77	It's a night of simple and scrumptious food, as Adam is joined by two sensational chefs, Zoe Birch from Greasy Zoe's and Chung Jae Lee from Seoul Sisters.	AUSTRALIA	English-100	2025	RPT	G		Y		
Straight To The Sauce	06	46	It's a saucy night on The Cook Up as Adam and his guests, chef Victor Liong and broadcaster Yumi Styne, go straight to the sauce.	AUSTRALIA	English-100	2023	RPT	G		Y		
Limes	06	47	It's time to get with the limes! Adam and his guests, musician Clare Bowditch and chef Jerry Mai make zingy, zesty magic.	AUSTRALIA	English-100	2023	RPT	PG		Y		
Kolkata - Marwari Food	02	8	Gary Mehigan gets a taste of opulence from a Marwari kitchen; what will Gary cook for a host of women who love their food?	USA	English-100	2019	RPT	PG				

2025-09-07	1705	Travel	Sophie Grigson: Slice Of Italy	Devils And Angels	02	2	Italy is a place full of contrasts and the food can either be very pale or full of chillies. Learn how to make the mildest ricotta cheese and visit Bari to experience Korean food Puglian-style.	UNITED KINGDOM	English-100	2023	RPT	G		Y
2025-09-07	1730	Reality	Great Chocolate Showdown	Pie Society	04	3	Eight home bakers must become pastry Picasos as they make pies with a decorative crust.	CANADA	English-100	2023		PG		
2025-09-07	1830	Travel	James Martin's Spanish Adventure	Asturias	01	4	James meets a family who live off grid. He samples fabada stew, urbiees cheese and some famous sardines. Then he cooks a steak sandwich, pancetta and clams, rice pudding, and sardines with padron peppers.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y
2025-09-07	1930	Cooking	Marion Grasby's Flavours: Heart And Home	Asian Pantry Staples	01	5	Marion visits Inala, in Brisbane's south, where childhood grocery trips with her mum began. She explores noodle aisles, reflects on her mum's migrant story and meets family friends who share tips for the perfect bowl of pho.	AUSTRALIA	English-99; Thai-1	2024	RPT	G		Y
2025-09-07	2000	Travel	Field Trip With Curtis Stone: Hong Kong	Next Generation, The	01	2	Having spent a day and night in Hong Kong, Curtis wakes early to learn all about how a bean curd factory got the attention of the Michelin guide and how a daughter's vision led her father's business.	AUSTRALIA		2024	RPT	PG	a l	
2025-09-07	2030	Travel	Rick Stein's Long Weekends	Reykjavik	01	2	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer - succulent roast lamb, rye bread baked in volcanic sand, langoustine soup and, of course, his ongoing search for the perfect cod. Unforgettable dishes enjoyed alongside spectacular drives, memorable swims in volcanic pools, geysirs, waterfalls, and the odd winter storm thrown in for good measure.	UNITED KINGDOM	English-100	2016	RPT	G		Y
2025-09-07	2135	Travel	Anthony Bourdain: Parts Unknown	Parts Unknown Behind The Scenes	12	6	Bourdain's relationship with his crew - the team that travelled with him and slogged through the trenches - was like no other in his life. In this episode the people who made Parts Unknown select moments from their episodes and pull back the curtain, to talk about collaboration, creative freedom, moments when Bourdain had their back or called them out, and the times when he was caught off guard or forgot the cameras were even there.	USA	English-100	2018	RPT	PG	a l w	Y
2025-09-07	2230	Reality	Big Food Bucket List	Come Slurp Away	03	8	John checks in in Bloomfield, ON and checks mouth-watering flame-grilled meats off his bucket list with a jaw-dropping Sôu Cote de Boeuf.	CANADA	English-100	2022		PG		
2025-09-07	2300	Food Lifestyle	Big Appetite	La's Hometown Hero	01	1	Spin through Ben Huredred's hometown of LA with stops at Chifa, La Casita Mexicana and Evan Funke's Motherwell.	USA	English-100	2023	RPT	PG		
2025-09-07	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 3	02	3	Maeva O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, genuine Italian buffalo milk mozzarella cheese; mooncakes for the August Mooncake Festival; wood-fired bread Italian-style; Lebanese salad; and a feast with the Himong people in Tasmania.	AUSTRALIA	English-100	2000	RPT	G		Y
2025-09-07	2400	Travel	Masters Of Taste With Gary Mehigan	Kolkata - Marwari Food	02	8	Gary Mehigan gets a taste of opulence from a Marwari kitchen; what will Gary cook for a host of women who love their food?	USA	English-100	2019	RPT	PG		
2025-09-07	2430	Reality	Great Chocolate Showdown	Pie Society	04	3	Eight home bakers must become pastry Picasos as they make pies with a decorative crust.	CANADA	English-100	2023	RPT	PG		
2025-09-07	2530	Travel	James Martin's Spanish Adventure	Asturias	01	4	James meets a family who live off grid. He samples fabada stew, urbiees cheese and some famous sardines. Then he cooks a steak sandwich, pancetta and clams, rice pudding, and sardines with padron peppers.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y
2025-09-07	2625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	01	6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-09-07	2630	Cooking	Marion Grasby's Flavours: Heart And Home	Asian Pantry Staples	01	5	Marion visits Inala, in Brisbane's south, where childhood grocery trips with her mum began. She explores noodle aisles, reflects on her mum's migrant story and meets family friends who share tips for the perfect bowl of pho.	AUSTRALIA	English-99; Thai-1	2024	RPT	G		Y
2025-09-07	2700	Travel	Field Trip With Curtis Stone: Hong Kong	Next Generation, The	01	2	Having spent a day and night in Hong Kong, Curtis wakes early to learn all about how a bean curd factory got the attention of the Michelin guide and how a daughter's vision led her father's business.	AUSTRALIA		2024	RPT	PG	a l	
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2025-09-07	2825	Cooking	Bring A Plate	Nimi's Poori-Chole	01	5	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-09-07	2830	Reality	Big Food Bucket List	Come Slurp Away	03	8	John checks in in Bloomfield, ON and checks mouth-watering flame-grilled meats off his bucket list with a jaw-dropping Sôu Cote de Boeuf.	CANADA	English-100	2022	RPT	PG		
2025-09-08	0500	Travel	The Cook Up With Adam Liaw	Garden Greens	08	75	Tonight, it's a green light for garden greens, as Adam and his guests award-winning journalist Marc Fennell and bestselling food writer Matthew Evans.	AUSTRALIA	English-100	2025	RPT	G		Y

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2025-09-08	0600	Travel	The Cook Up With Adam Liaw	Simple & Scrumptious	08	77	It's a night of simple and scrumptious food, as Adam is joined by two sensational chefs, Zoe Birch from Greasy Zoe's and Chung Jae Lee from Seoul Sisters.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-09-08	0630	Cooking	The Cook Up With Adam Liaw	Straight To The Sauce	06	46	It's a saucy night on The Cook Up as Adam and his guests, chef Victor Liong and broadcaster Yumi Styner, go straight to the sauce.	AUSTRALIA	English-100	2023	RPT	G		Y
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2025-09-08	1235	Travel	Eating Inn	Mott 32: Marina Bay Sands, Singapore	02	11	Discover a feast for the eyes and the belly in Marina Bay Sands. As soon as you step inside, you realise you are in for something out of the ordinary.	SINGAPORE	English-100	2023	RPT	PG		Y
2025-09-08	1335	Cooking	Project Fire	Charm City Que	03	5	Baltimore may lack the barbecue bona fides of Houston or Kansas City. But the town boasts plenty of awesome foods for grilling - pit beef, sweet white-fleshed fish, jaw-stretching sandwiches.	USA	English-100	2023	RPT	PG		
2025-09-08	1400	Cooking	Barefoot Contessa: Back To Basics	Modern Comfort Food: Weeknight Dinners	19	1	Ina Garten is all about comforting weeknight dinners, starting with all-in-one skillet-roasted chicken and potatoes. She also makes shells with broccoli rabe and pancetta, seared salmon with spicy red pepper aioli and her ultimate tuna melts.	USA	English-100	2021	RPT	G		
2025-09-08	1430	Cooking	Strait To The Plate	Badu	01	1	Starting his journey in the Western Islands of the Torres Strait, Aaron Fa'asso meets an old friend. As well as warriors, sailors, and fishermen, the island of Badu is also home to some amazing cooks.	AUSTRALIA	English-100	2020	RPT	PG	a w	Y
2025-09-08	1500	Cooking	Strait To The Plate	Npa Homecoming	01	2	Aaron returns home to his old stomping ground, the Northern Peninsula Area at the tip of Cape York.	AUSTRALIA	English-100	2020	RPT	G		Y
2025-09-08	1530	Cooking	My Market Kitchen	Episode 11	05	11	Pastry Chef Kay-Lene Tan joins Ben to put a twist on cranberry scones. Then they create a Mapo Tofu dish, Turkish delight and a spice-filled Moroccan snapper tagine.	AUSTRALIA	English-100	2021	RPT	G		
2025-09-08	1600	Cooking	Lidia's Kitchen	Prepare The Harvest	09	8	Harvest time starts in late August in Italy, and it is one of the most important celebrations in the culture! Lidia celebrates with her oat risotto, makes olive-oil cake and red wine poached pears.	USA	English-100	2022	RPT	G		

2025-09-08	1630	Cooking	Mark Moriarty: Off Duty Chef	Menu Five	02	5	Mark creates three recipes inspired by holidays and the warmer months - ratatouille tart, a pineapple tipsy cake and his go-to one-pot fish stew with crunchy sourdough croutons.	UNITED KINGDOM	English-100	2022	RPT	G			
2025-09-08	1700	Cooking	Mary Makes It Easy	Fake It Until You Bake It	2	6	Mary shares recipes that will raise your baking game: chocolate chip cookie cupcakes, blondie pie with apricot jam, hummingbird cake, and peanut butter feuilletine-like toppings.	CANADA	English-100	2022	RPT	G			
2025-09-08	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 86	07	86	Adam Swanson is back in the kitchen with Justine, cooking up Casarecce with Green Tomatoes, Chili and Pecorino. Meanwhile, Justine whips up Shaking Beef Salad and Roasted Broccoli Steaks.	AUSTRALIA	English-100	2017		G			
2025-09-08	1800	Cooking	French Food Safari	Ep 3	1	3	Maew and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years. They spend time in the kitchen of St Germain bistro chef Yves Camdeborde who trained in the top restaurants but believed he would have more fun in a bistro. Guillaume then demonstrates how to make one of the classic bistro dishes - steak tartare which he serves with pommes gaufrette.	AUSTRALIA	English-100	2012	RPT	G	Y		Y
2025-09-08	1830	Cooking	Nigella Kitchen	Easy Does It	01	10	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans - it's the work of moments and makes a perfect after work supper.	UNITED KINGDOM	English-100	2010	RPT	G			
2025-09-08	1900	Travel	The Cook Up With Adam Liaw	Culinary Tour	08	78	Don't miss The Cook Up's culinary tour! Adam and his guests, TV presenter and maths whiz Lily Serna and acclaimed chef Guillaume Brahimi, are celebrating a world of flavour.	AUSTRALIA	English-100	2025		G			Y
2025-09-08	1930	Travel	Donal's Irish Adventure	River Shannon	01	4	Donal and Max set off for the midlands in this installment, to Ireland's hidden heartlands on the banks of the river Shannon.	UNITED KINGDOM	English-100	2022			PG		
2025-09-08	2000	Travel	Rick Stein's Food Stories	Manchester	01	5	Rick immerses himself in the northwest's food traditions at Britain's best market, enjoys memories of Manchester's music scene and cooks an old favourite: liver, bacon and onions.	UNITED KINGDOM	English-100	2023	RPT	G			
2025-09-08	2030	Culture & Society	Stanley Tucci: Searching For Italy	Milan	01	4	Milan is the capital of Lombardy, it's Italy's second biggest city and the business powerhouse. Stanley's first stop is the Duomo, the largest cathedral in Italy where he meets Italian journalist Beppe Severgnini. Beppe explains the Milanese eat food for work. But in recent years Milan has become a culinary mecca. Stanley heads to Ratanor, a buzzy restaurant led by chef Cesare Battisti. Cesare shows Stanley how to ace a schirotzel, which he contends is Milanese, not Austrian despite the Germanic sounding name.	USA	English-90, Italian-10	2021	RPT	PG	a w	Y	Y
2025-09-08	2125	Cooking	Please Eat Slowly Bitesize	Yee Sang	01	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G			
2025-09-08	2130	Food Lifestyle	Gourmet Farmer	Goats Milk Ice Cream	01	1	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania. In this first episode, the transformation from big city living begins as Matthew, a novice yet determined farmer, settles into his rural haven. His visit to local Swiss goat cheese producers inspires him to make goats' milk ice cream for the upcoming Taste of Tasmania. It's a sell-out success and he's encouraged to start his own line of artisan foods.	AUSTRALIA	English-100	2011	RPT	G		Y	
2025-09-08	2200	Travel	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 6	02	6	Luke leaves the hustle and bustle of Hanoi behind for the mystical mountains of Sapa. There he prepares some black chicken amongst the local streets. Then he cooks Buffalo for a salad in the busy Sapa markets, and prepares a tofu and tomato dish high up in the rice paddy fields with the most spectacular backdrop.	AUSTRALIA	English-100	2011	RPT	PG	a	Y	Y
2025-09-08	2230	Travel	The Cook Up With Adam Liaw	Culinary Tour	08	78	Don't miss The Cook Up's culinary tour! Adam and his guests, TV presenter and maths whiz Lily Serna and acclaimed chef Guillaume Brahimi, are celebrating a world of flavour.	AUSTRALIA	English-100	2025	RPT	G			Y
2025-09-08	2300	Food Lifestyle	Cheese Slices	Israel: Israeli Artisan Cheese	06	2	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA	English-100	2012	RPT	G			
2025-09-08	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 4	02	4	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake; Lebanese pastry; indigenous native quandongs; a spicy Korean cabbage pickle; and a South African braai feast.	AUSTRALIA	English-100	2000	RPT	G		Y	Y
2025-09-08	2400	Cooking	Project Fire	Charm City Que	03	5	Baltimore may lack the barbecue bona fides of Houston or Kansas City. But the town boasts plenty of awesome foods for grilling - pit beef, sweet white-fleshed fish, jaw-stretching sandwiches.	USA	English-100	2023	RPT		PG		
2025-09-08	2430	Travel	Donal's Irish Adventure	River Shannon	01	4	Donal and Max set off for the midlands in this installment, to Ireland's hidden heartlands on the banks of the river Shannon.	UNITED KINGDOM	English-100	2022	RPT		PG		
2025-09-08	2500	Travel	Rick Stein's Food Stories	Manchester	01	5	Rick immerses himself in the northwest's food traditions at Britain's best market, enjoys memories of Manchester's music scene and cooks an old favourite: liver, bacon and onions.	UNITED KINGDOM	English-100	2023	RPT	G			

2025-09-08	2530	Culture & Society	Stanley Tucci: Searching For Italy	Milan	01	4	Milan is the capital of Lombardy. It's Italy's second biggest city and the business powerhouse. Stanley's first stop is the Duomo, the largest cathedral in Italy where he meets Italian journalist Beppe Severgnini. Beppe explains the Milanese eat food for work. But in recent years Milan has become a culinary mecca. Stanley heads to Ratana', a buzzy restaurant led by chef Cesare Battisti. Cesare shows Stanley how to ace a schnitzel, which he contends is Milanese, not Austrian despite the Germanic sounding name.	USA	English-90; Italian-10	2021	RPT	PG	a w	Y	Y
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2025-09-08	2730	Travel	The Cook Up With Adam Liaw	Culinary Tour	08	78	Don't miss The Cook Up's culinary tour! Adam and his guests, TV presenter and maths whiz Lily Serina and acclaimed chef Guillaume Brahimi, are celebrating a world of flavour.	AUSTRALIA	English-100	2025	RPT	G		Y	
2025-09-08	2800	Food Lifestyle	Cheese Slices	Israel: Israeli Artisan Cheese	06	2	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA	English-100	2012	RPT	G			
2025-09-08	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 4	02	4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake; Lebanese pastry; Indigenous native quandongs; a spicy Korean cabbage pickle; and a South African braai feast.	AUSTRALIA	English-100	2000	RPT	G		Y	Y
2025-09-09	0500	Cooking	Barefoot Contessa: Back To Basics	Modern Comfort Food: Weeknight Dinners	19	1	Ina Garten is all about comforting weeknight dinners, starting with all-in-one skillet-roasted chicken and potatoes. She also makes shells with broccoli rabe and pancetta, seared salmon with spicy red pepper aioli and her ultimate tuna melts.	USA	English-100	2021	RPT	G			
2025-09-09	0530	Travel	Eating Inn	Mott 32: Marina Bay Sands, Singapore	02	11	Discover a feast for the eyes and the belly in Marina Bay Sands. As soon as you step inside, you realise you are in for something out of the ordinary.	SINGAPORE	English-100	2023	RPT	PG			Y
2025-09-09	0630	Cooking	Project Fire	Charm City Que	03	5	Baltimore may lack the barbecue bona fides of Houston or Kansas City. But the town boasts plenty of awesome foods for grilling - pit beef, sweet white-fleshed fish, jaw-stretching sandwiches.	USA	English-100	2023	RPT	PG			
2025-09-09	0700	Cooking	Strait To The Plate	Badu	01	1	Starting his journey in the Western Islands of the Torres Strait, Aaron Fa'aoso meets an old friend. As well as warriors, sailors, and fishermen, the island of Badu is also home to some amazing cooks.	AUSTRALIA	English-100	2020	RPT	PG	a w	Y	Y
2025-09-09	0730	Cooking	Strait To The Plate	Npa Homecoming	01	2	Aaron returns home to his old stomping ground, the Northern Peninsula Area at the tip of Cape York.	AUSTRALIA	English-100	2020	RPT	G		Y	Y
2025-09-09	0800	Cooking	My Market Kitchen	Episode 11	05	11	Pastry Chef Kay-Lene Tan joins Ben to put a twist on cranberry scones. Then they create a Mapo Tofu dish, Turkish delight and a spice-filled Moroccan snapper tagine.	AUSTRALIA	English-100	2021	RPT	G			
2025-09-09	0830	Cooking	Lidia's Kitchen	Prepare The Harvest	09	8	Harvest time starts in late August in Italy, and it is one of the most important celebrations in the culture! Lidia celebrates with her oat risotto, makes olive-oil cake and red wine poached pears.	USA	English-100	2022	RPT	G			
2025-09-09	0900	Cooking	Mark Moriarty: Off Duty Chef	Menu Five	02	5	Mark creates three recipes inspired by holidays and the warmer months - ratatouille tart, a pineapple tipsy cake and his go-to one-pot fish stew with crunchy sourdough croutons.	UNITED KINGDOM	English-100	2022	RPT	G			
2025-09-09	0930	Cooking	Mary Makes It Easy	Fake It Until You Bake It	2	6	Mary shares recipes that will raise your baking game: chocolate chip cookie cupcakes, blondie pie with apricot jam, hummingbird cake, and peanut butter feuilletine-like toppings.	CANADA	English-100	2022	RPT	G			
2025-09-09	1000	Cooking	Everyday Gourmet With Justine Schofield	Episode 86	07	86	Adam Swanson is back in the kitchen with Justine, cooking up Casarecce with Green Tomatoes, Chili and Pecorino. Meanwhile, Justine whips up Shaking Beef Salad and Roasted Broccoli Steaks.	AUSTRALIA	English-100	2017	RPT	G			
2025-09-09	1030	Cooking	French Food Safari	Ep 3	1	3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years. They spend time in the kitchen of St Germain bistro chef Yves Camdeborde who trained in the top restaurants but believed he would have more fun in a bistro. Guillaume then demonstrates how to make one of the classic bistro dishes - steak tartare which he serves with pommes gaufrette.	AUSTRALIA	English-100	2012	RPT	G		Y	Y

2025-09-09	1100	Travel	The Cook Up With Adam Liaw	Culinary Tour	08	78	Don't miss The Cook Up's culinary tour! Adam and his guests, TV presenter and maths whiz Lily Serna and acclaimed chef Guillaume Brahini, are celebrating a world of flavour.	AUSTRALIA	English-100	2025	RPT	G			Y
2025-09-09	1130	Travel	Donal's Irish Adventure	River Shannon	01	4	Donal and Max set off for the midlands in this installment, to Ireland's hidden heartlands on the banks of the river Shannon.	UNITED KINGDOM	English-100	2022	RPT	PG			
2025-09-09	1200	Travel	Rick Stein's Food Stories	Manchester	01	5	Rick immerses himself in the northwest's food traditions at Britain's best market, enjoys memories of Manchester's music scene and cooks an old favourite: liver, bacon and onions.	UNITED KINGDOM	English-100	2023	RPT	G			
2025-09-09	1230	Travel	Eating Inn	Cave: The Edge, Bali, The	02	12	This venue is never short of a surprise. The brilliantly designed resort teeters on the cliffs at Uluwatu with the terrifying swimming pool experience with its glass bottom hanging over a 200 foot drop into the sea. No less spectacular, the restaurant "Cave" is in a limestone cave some 15 metres underground.	SINGAPORE	English-100	2023	RPT	PG			
2025-09-09	1330	Cooking	Project Fire	Barbeque On A Budget	03	6	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	USA	English-100	2023	RPT	G			
2025-09-09	1400	Cooking	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simple Pleasures	19	2	It's all about simple pleasures and dishes that bring Ina Garten pure joy. She starts with giant crinkled chocolate chip cookies, kielbasa with mustard dip and cheddar and chutney grilled cheese.	USA	English-100	2021	RPT	G			
2025-09-09	1430	Cooking	Strait To The Plate	Poruma	01	3	Aaron explores the island paradise of Poruma, a jewel at the heart of the Torres Strait where he explores the versatility of the coconut and learns how climate change is affecting the community.	AUSTRALIA	English-100	2020	RPT	PG	a w	Y	Y
2025-09-09	1500	Cooking	Strait To The Plate	Npa Tombstone	01	4	Aaron is invited back to the community of New Mapoon to celebrate a Tombstone opening. With 1500 guests coming for dinner, it's all hands on deck!	AUSTRALIA	English-100	2020	RPT	PG	a w	Y	Y
2025-09-09	1530	Cooking	My Market Kitchen	Episode 12	05	12	Ben returns to his English roots with Toad In The Hole, then shares a stress-free midweek dinner: tray bake chicken maryland.	AUSTRALIA	English-100	2021	RPT	G			
2025-09-09	1600	Cooking	Lidia's Kitchen	Salt Your Pasta Water!	09	9	It's pasta time again, so don't forget to salt the pasta water, and sauce your pasta the way the Italians do! Lidia prepares a pasta primavera, then a cavatappi with asparagus and spinach pesto.	USA	English-100	2022	RPT	G			
2025-09-09	1630	Cooking	Mark Moriarty: Off Duty Chef	Menu Six	02	6	Mark compiled his ultimate dinner party recipes. To begin, a mushroom gorgonzola spaghetti, then a classic tiramisu. In Mark's 'How To Perfect' features, he demonstrates on how to cook the perfect steak.	UNITED KINGDOM	English-100	2022	RPT	G			
2025-09-09	1700	Cooking	Mary Makes It Easy	Living In The Past-A	2	7	Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettuccine alfredo.	CANADA	English-100	2022	RPT	G			
2025-09-09	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 87	07	87	Guillaume Brahini of Bistro Guillaume conceives Steamed Salmon with Confit Leek and Smoked Salmon. Later Justine brings a favourite from Japan with a Chicken Katzu Sandwich.	AUSTRALIA	English-100	2017		G			
2025-09-09	1800	Cooking	French Food Safari	Ep 4	1	4	Maeve and Guillaume travel to the mountainous region of the Ardèche in France to meet artisan goat cheese maker Jerome Hershelin. Then it is back into the cellar below the Parisian streets to see how beautiful cheeses like Jerome's are carefully tended by an affineur to be at their best for customers. Back in Australia, Will Studd shows Maeve the art of putting together a cheese plate.	AUSTRALIA	English-100	2012	RPT	G		Y	Y
2025-09-09	1830	Cooking	Nigella Kitchen	I Did It My Way	01	11	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, a luscious Italian dessert, tiramisu, made even more incredible with hazelnut liqueur. Then it's her home-style version of Jamaica's classic jerk chicken with coconutty rice and peas.	UNITED KINGDOM	English-100	2010	RPT	G			
2025-09-09	1900	Travel	The Cook Up With Adam Liaw	Sunset Supper	08	79	Join journalist Janice Petersen, chef Matt Golinski and Adam for a night of superb sunset suppers.	AUSTRALIA	English-100	2025		G			Y
2025-09-09	1930	Cooking	Mary Berry Makes It Easy	Starting From Scratch	01	3	Mary teaches Anton Du Beke mouth-watering recipes, perfect for a total beginner.	UNITED KINGDOM	English-100	2023		G			
2025-09-09	2000	Cooking	Eva Pau's Asian Kitchen	Episode 2	01	2	Asian noodles- from rice and wheat to egg and starch, noodles come in endless shapes, textures, and flavours, making them the perfect match for almost any dish.	UNITED KINGDOM	English-100	2025		PG			
2025-09-09	2030	Cooking	Dermot's Taste Of Ireland	Kinsale	01	3	Dermot travels south to the coastal enclave of Kinsale, known as the gourmet capital of Ireland, to find a vibrant and exciting food scene.	UNITED KINGDOM	English-100	2024	RPT	G			

2025-09-09	2130	Food Lifestyle	Gourmet Farmer	Pigs Prosciutto And Offal	01	2	Former Sydney Morning Herald food editor, Matthew Evans, transforms from Australia's most feared critic to small landholder in Tasmania. Tonight, Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer and former vegetarian. It will be months until they are fully grown, so in the interim he buys a leg of pork from Jen for his own prosciutto. Matthew also learns a traditional way to prepare offal from a Serbian friend, and enjoys full Serbian hospitality, if not the offal itself.	AUSTRALIA	English-100	2011	RPT	G	Y	
2025-09-09	2200	Travel	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 7	02	7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions. He prepares a dish in the clouds with local Su May in her village Ta Phin. Here they cook field mushrooms gathered in the early morning.	AUSTRALIA	English-100	2011	RPT	G	Y	Y
2025-09-09	2230	Travel	The Cook Up With Adam Liaw	Sunset Supper	08	79	Join journalist Janice Petersen, chef Matt Golinski and Adam for a night of superb sunset suppers.	AUSTRALIA	English-100	2025	RPT	G	Y	
2025-09-09	2300	Food Lifestyle	Cheese Slices	Bhutan: Yak's Cheese And Butter	06	3	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA	English-100	2012	RPT	G		
2025-09-09	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 5	02	5	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Nuevo Latino cuisine; a sticky South African sweet; Spanish chorizo; tips from a knife-sharpener; and an outback feast in the Northern Territory.	AUSTRALIA	English-100	2000	RPT	G	Y	
2025-09-09	2400	Cooking	Project Fire	Barbeque On A Budget	03	6	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	USA	English-100	2023	RPT	G		
2025-09-09	2430	Cooking	Mary Berry Makes It Easy	Starting From Scratch	01	3	Mary teaches Anton Du Beke mouth-watering recipes, perfect for a total beginner.	UNITED KINGDOM	English-100	2023	RPT	G		
2025-09-09	2500	Cooking	Eva Pau's Asian Kitchen	Episode 2	01	2	Asian noodles- from rice and wheat to egg and starch, noodles come in endless shapes, textures, and flavours, making them the perfect match for almost any dish.	UNITED KINGDOM	English-100	2025	RPT	PG		
2025-09-09	2530	Cooking	Dermot's Taste Of Ireland	Kinsale	01	3	Dermot travels south to the coastal enclave of Kinsale, known as the gourmet capital of Ireland, to find a vibrant and exciting food scene.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-09-09	2625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G	Y	
2025-09-09	2630	Food Lifestyle	Gourmet Farmer	Pigs Prosciutto And Offal	01	2	Former Sydney Morning Herald food editor, Matthew Evans, transforms from Australia's most feared critic to small landholder in Tasmania. Tonight, Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer and former vegetarian. It will be months until they are fully grown, so in the interim he buys a leg of pork from Jen for his own prosciutto. Matthew also learns a traditional way to prepare offal from a Serbian friend, and enjoys full Serbian hospitality, if not the offal itself.	AUSTRALIA	English-100	2011	RPT	G	Y	
2025-09-09	2700	Travel	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 7	02	7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions. He prepares a dish in the clouds with local Su May in her village Ta Phin. Here they cook field mushrooms gathered in the early morning.	AUSTRALIA	English-100	2011	RPT	G	Y	Y
2025-09-09	2730	Travel	The Cook Up With Adam Liaw	Sunset Supper	08	79	Join journalist Janice Petersen, chef Matt Golinski and Adam for a night of superb sunset suppers.	AUSTRALIA	English-100	2025	RPT	G	Y	
2025-09-09	2800	Food Lifestyle	Cheese Slices	Bhutan: Yak's Cheese And Butter	06	3	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA	English-100	2012	RPT	G		
2025-09-09	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 5	02	5	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Nuevo Latino cuisine; a sticky South African sweet; Spanish chorizo; tips from a knife-sharpener; and an outback feast in the Northern Territory.	AUSTRALIA	English-100	2000	RPT	G	Y	
2025-09-10	0500	Cooking	Barfoot Contessa: Back To Basics	Modern Comfort Food: Simple Pleasures	19	2	It's all about simple pleasures and dishes that bring Ina Garten pure joy. She starts with giant crinkled chocolate chip cookies, kielbasa with mustard dip and cheddar and chutney grilled cheese.	USA	English-100	2021	RPT	G		
2025-09-10	0530	Travel	Eating Inn	Cave: The Edge, Bali, The	02	12	This venue is never short of a surprise. The brilliantly designed resort teeters on the cliffs at Uluwatu with the terrifying swimming pool experience with its glass bottom hanging over a 200 foot drop into the sea. No less spectacular, the restaurant 'Cave' is in a limestone cave some 15 metres underground.	SINGAPORE	English-100	2023	RPT	PG		
2025-09-10	0630	Cooking	Project Fire	Barbeque On A Budget	03	6	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	USA	English-100	2023	RPT	G		
2025-09-10	0700	Cooking	Strait To The Plate	Poruma	01	3	Aaron explores the island paradise of Poruma, a jewel at the heart of the Torres Strait where he explores the versatility of the coconut and learns how climate change is affecting the community.	AUSTRALIA	English-100	2020	RPT	PG	a w	Y

2025-09-10	0730	Cooking	Strait To The Plate	Npa Tombstone	01	4	Aaron is invited back to the community of New Mapoon to celebrate a Tombstone opening. With 1500 guests coming for dinner, it's all hands on deck!	AUSTRALIA	English-100	2020	RPT	PG	a w	Y	Y	
2025-09-10	0800	Cooking	My Market Kitchen	Episode 12	05	12	Ben returns to his English roots with Toad In The Hole, then shares a stress-free midweek dinner: tray bake chicken maryland.	AUSTRALIA	English-100	2021	RPT	G				
2025-09-10	0830	Cooking	Lidia's Kitchen	Salt Your Pasta Water!	09	9	It's pasta time again, so don't forget to salt the pasta water, and sauce your pasta the way the Italians do! Lidia prepares a pasta primavera, then a cavatappi with asparagus and spinach pesto.	USA	English-100	2022	RPT	G				
2025-09-10	0900	Cooking	Mark Moriarty: Off Duty Chef	Menu Six	02	6	Mark compiles his ultimate dinner party recipes. To begin, a mushroom parmesan spaghetti, then a classic tiramisu. In Mark's 'How To Perfect' features, he demonstrates on how to cook the perfect steak.	UNITED KINGDOM	English-100	2022	RPT	G				
2025-09-10	0930	Cooking	Mary Makes It Easy	Living In The Past-A	2	7	Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettucine alfredo.	CANADA	English-100	2022	RPT	G				
2025-09-10	1000	Cooking	Everyday Gourmet With Justine Schofield	Episode 87	07	87	Guillaume Brahimi of Bistro Guillaume conceives Steamed Salmon with Confit Leek and Smoked Salmon. Later Justine brings a favourite from Japan with a Chicken Katsu Sandwich.	AUSTRALIA	English-100	2017	RPT	G				
2025-09-10	1030	Cooking	French Food Safari	Ep 4	1	4	Maeve and Guillaume travel to the mountainous region of the Ardèche in France to meet artisan goat cheese maker Jerome Hershelin. Then it is back into the cellars below the Parisian streets to see how beautiful cheeses like Jerome's are carefully tended by an affineur to be at their best for customers. Back in Australia, Will Studd shows Maeve the art of putting together a cheese plate.	AUSTRALIA	English-100	2012	RPT	G		Y	Y	
2025-09-10	1100	Travel	The Cook Up With Adam Liaw	Sunset Supper	08	79	Join journalist Janice Petersen, chef Matt Golinski and Adam for a night of superb sunset suppers.	AUSTRALIA	English-100	2025	RPT	G		Y		
2025-09-10	1130	Cooking	Mary Berry Makes It Easy	Starting From Scratch	01	3	Mary teaches Anton Du Beke mouth-watering recipes, perfect for a total beginner.	UNITED KINGDOM	English-100	2023	RPT	G				
2025-09-10	1200	Cooking	Eva Pau's Asian Kitchen	Episode 2	01	2	Asian noodles- from rice and wheat to egg and starch, noodles come in endless shapes, textures, and flavours, making them the perfect match for almost any dish.	UNITED KINGDOM	English-100	2025	RPT	PG				
2025-09-10	1230	Travel	Eating Inn	Nobu: Crown, Sydney	02	13	An episode of surprises. From Chef Nobu's Japanese/Peruvian fusion technique, to his long-time successful partnership with actor Robert De Niro, to his Exec Chef in Sydney, Filipino Harold Hurtada.	SINGAPORE	English-100	2023	RPT	G				
2025-09-10	1330	Cooking	Project Fire	Sustainable Seafood	03	7	Pollution. Overfishing. Abusive labour practices. There's been a lot of negative news coming out about the seafood industry. This show celebrates sustainable seafood that we can eat.	USA	English-100	2023	RPT	PG	a w			
2025-09-10	1400	Cooking	Barefoot Contessa: Back To Basics	Modern Comfort Food: Remembered Flavors	19	3	Ina Garten revisits flavours from her past and brings them up to date, starting with lamb stew with spring vegetables from her newlywed days.	USA	English-100	2021	RPT	G				
2025-09-10	1430	Cooking	Strait To The Plate	Kubin	01	5	The people of Moa Island have always been farmers and gardeners and Aaron meets up with an old friend to learn how these traditions are being continued today.	AUSTRALIA	English-100	2020	RPT	PG	a w	Y	Y	Y
2025-09-10	1500	Cooking	Strait To The Plate	Warraber	02	1	Aaron Fa'Aso kickstarts this season by visiting the Kulkalgal region and travelling to the Island of Warraber. Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus-inspired crayfish.	AUSTRALIA		2022	RPT	G		Y	Y	Y
2025-09-10	1530	Cooking	My Market Kitchen	Episode 13	05	13	Ben puts his spin on prawn and zucchini linguine, then teaches David Mann how to cook. They swap stories about camping, cooking disasters, and Her Majesty Queen Elizabeth as they put together a Knickerbocker Glory.	AUSTRALIA	English-100	2021	RPT	PG				
2025-09-10	1600	Cooking	Lidia's Kitchen	All In The Skillet	09	10	Weeknights are skillet nights! Lidia prepares dishes from the skillet or poured onto a family-style platter. Like: shrimp with asparagus, gratinate of pork, eggplant, and zucchini, and soft polenta.	USA	English-100	2022	RPT	G				
2025-09-10	1630	Cooking	Mark Moriarty: Off Duty Chef	Ep 1	03	1	Off Duty, Chef is back for a brand new series with Mark Moriarty as he brings the skills and techniques of the restaurant kitchen to elevate home cooking.	UNITED KINGDOM	English-100	2023	RPT	G				

2025-09-10	1700	Cooking	Mary Makes It Easy	Cast Away	2	8	Mary channels her inner cowboy with a campfire-style vegetarian chili cobbler with cornbread dumplings, and one-pan breadcrumb chicken thighs with orzo and greens.	CANADA	English-100	2022	RPT	G		
2025-09-10	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 88	07	88	Justine brings a delicious Asian Greens Noodle Stir Fry from Queensland, before offering up a healthy Moroccan Chicken and Chickpea Salad.	AUSTRALIA	English-100	2017		G		
2025-09-10	1800	Cooking	French Food Safari	Ep 5	1	5	Maëve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market. The pair then journey to Champagne to visit the one of the great champagne makers at the House of Mumm. Back in Australia, the team meet with visionary French chef Jacques Raymond and one of Australia's pioneering French cooks, Dany Chouet.	AUSTRALIA	English-100	2012	RPT	G	Y	Y
2025-09-10	1830	Cooking	Nigella Kitchen	Devilishly Good	01	12	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips, washed down with a cool and classic Americano cocktail. If it's ease you need, she's got the answer - it's greed-gratifying roast duck and potatoes with a simple salad.	UNITED KINGDOM	English-100	2010	RPT	G		
2025-09-10	1900	Travel	The Cook Up With Adam Liaw	Powered Powders	08	80	Adam is joined by cook Lilly Wright and comedian Sashi Perera to unleash the power of spice powders.	AUSTRALIA	English-100	2025		G		Y
2025-09-10	1930	Cooking	Nadiya's Everyday Baking	Easy Celebrations	1	6	Nadiya goes all out and shares her effortless celebratory bakes! She gets the party started with Louisiana Seafood Boil, babka, and meringue cake.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
2025-09-10	2000	Travel	Rachael Ray In Tuscany	Skirt Steak With Salsa Verde	01	17	Rachael's friend, author Anna Gass, demonstrates how to make an Italian potato and horseradish frittata, a traditional snack from the Basilicata region of Italy.	USA	English-100	2022		PG		
2025-09-10	2030	Travel	Guillaume's Paris	Ep 5	01	5	Chef Guillaume Brahimi explores the 9th and 10th arrondissements of Paris to discover the locations for the best coffee and bread in the city, and he shows us how to make a decadent French classic - the onion soup. He also visits Opera Garnier, the most spectacular music venue in the city, which happened to inspire a famous Paris dessert.	AUSTRALIA	English-100	2022	RPT	PG	I	Y
2025-09-10	2100	Travel	Adam Richman Eats Football	Aston Villa	2024	4	Adam is in Birmingham to take in an Aston Villa home match. While in town he plans to explore the best of the food scene connected to the club and its fans.	UNITED KINGDOM	English-100	2024		PG		
2025-09-10	2130	Food Lifestyle	Gourmet Farmer	Passata And Fishing	01	3	Food critic Matthew Evans has thrown in his city life for small farm living in Tasmania. Swapping land for sea, Matthew and his mates embark on a fishing adventure where they brave the elements to catch squid, lobster and tuna out at sea. On his return, Matthew visits Greek market gardener George to source buckets of ripe tomatoes to make passata which he bottles with a group of friends.	AUSTRALIA	English-100	2011	RPT	G		Y
2025-09-10	2200	Travel	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 8	02	8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers. Venturing away from the market, Luke finds out how to make a local favourite, purple noodles and tea.	AUSTRALIA	English-100	2011	RPT	G	Y	Y
2025-09-10	2230	Travel	The Cook Up With Adam Liaw	Powered Powders	08	80	Adam is joined by cook Lilly Wright and comedian Sashi Perera to unleash the power of spice powders.	AUSTRALIA	English-100	2025	RPT	G		Y
2025-09-10	2300	Food Lifestyle	Cheese Slices	Turkey: Traditional Cheeses Of Turkey	06	4	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA	English-100	2012	RPT	G		
2025-09-10	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 6	02	6	Maëve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north; seafood at Watagos Beach in Byron Bay; oyster shucking on the Gold Coast; and an imperial Chinese banquet in Victoria.	AUSTRALIA	English-100	2000	RPT	G		Y
2025-09-10	2400	Cooking	Project Fire	Sustainable Seafood	03	7	Pollution. Overfishing. Abusive labour practices. There's been a lot of negative news coming out about the seafood industry. This show celebrates sustainable seafood that we can eat.	USA	English-100	2023	RPT	PG	a w	
2025-09-10	2430	Cooking	Nadiya's Everyday Baking	Easy Celebrations	1	6	Nadiya goes all out and shares her effortless celebratory bakes! She gets the party started with Louisiana Seafood Boil, babka, and meringue cake.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
2025-09-10	2500	Travel	Rachael Ray In Tuscany	Skirt Steak With Salsa Verde	01	17	Rachael's friend, author Anna Gass, demonstrates how to make an Italian potato and horseradish frittata, a traditional snack from the Basilicata region of Italy.	USA	English-100	2022	RPT	PG		
2025-09-10	2530	Travel	Guillaume's Paris	Ep 5	01	5	Chef Guillaume Brahimi explores the 9th and 10th arrondissements of Paris to discover the locations for the best coffee and bread in the city, and he shows us how to make a decadent French classic - the onion soup. He also visits Opera Garnier, the most spectacular music venue in the city, which happened to inspire a famous Paris dessert.	AUSTRALIA	English-100	2022	RPT	PG	I	Y
2025-09-10	2600	Travel	Adam Richman Eats Football	Aston Villa	2024	4	Adam is in Birmingham to take in an Aston Villa home match. While in town he plans to explore the best of the food scene connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	PG		
2025-09-10	2630	Food Lifestyle	Gourmet Farmer	Passata And Fishing	01	3	Food critic Matthew Evans has thrown in his city life for small farm living in Tasmania. Swapping land for sea, Matthew and his mates embark on a fishing adventure where they brave the elements to catch squid, lobster and tuna out at sea. On his return, Matthew visits Greek market gardener George to source buckets of ripe tomatoes to make passata which he bottles with a group of friends.	AUSTRALIA	English-100	2011	RPT	G		Y
2025-09-10	2700	Travel	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 8	02	8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers. Venturing away from the market, Luke finds out how to make a local favourite, purple noodles and tea.	AUSTRALIA	English-100	2011	RPT	G	Y	Y

2025-09-10	2730	Travel	The Cook Up With Adam Liaw	Powered Powders	08	80	Adam is joined by cook Lilly Wright and comedian Sashi Perera to unleash the power of spice powders.	AUSTRALIA	English-100	2025	RPT	G					Y
2025-09-10	2800	Food Lifestyle	Cheese Slices	Turkey: Traditional Cheeses Of Turkey	06	4	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA	English-100	2012	RPT	G					
2025-09-10	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 6	02	6	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, seafood at Wategos Beach in Byron Bay, oyster shucking on the Gold Coast, and an Imperial Chinese banquet in Victoria.	AUSTRALIA	English-100	2000	RPT	G					Y
2025-09-11	0500	Cooking	Barefoot Contessa: Back To Basics	Modern Comfort Food: Remembered Flavors	19	3	Ina Garten revisits flavours from her past and brings them up to date, starting with lamb stew with spring vegetables from her newlywed days.	USA	English-100	2021	RPT	G					
2025-09-11	0530	Travel	Eating Inn	Nobu: Crown, Sydney	02	13	An episode of surprises. From Chef Nobu's Japanese/Peruvian fusion technique, to his long-time successful partnership with actor Robert De Niro, to his Exec Chef in Sydney, Filipino Harold Hurtada.	SINGAPORE	English-100	2023	RPT	G					
2025-09-11	0630	Cooking	Project Fire	Sustainable Seafood	03	7	Pollution. Overfishing. Abusive labour practices. There's been a lot of negative news coming out about the seafood industry. This show celebrates sustainable seafood that we can eat.	USA	English-100	2023	RPT	PG		a w			
2025-09-11	0700	Cooking	Strait To The Plate	Kubin	01	5	The people of Moa Island have always been farmers and gardeners and Aaron meets up with an old friend to learn how these traditions are being continued today.	AUSTRALIA	English-100	2020	RPT	PG		a w		Y	Y
2025-09-11	0730	Cooking	Strait To The Plate	Warraber	02	1	Aaron Fa'Aoso kickstarts this season by visiting the Kulkalgil region and travelling to the island of Warraber. Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus-inspired crayfish.	AUSTRALIA		2022	RPT	G			Y	Y	Y
2025-09-11	0800	Cooking	My Market Kitchen	Episode 13	05	13	Ben puts his spin on prawn and zucchini linguine, then teaches David Mann how to cook. They swap stories about camping, cooking disasters, and Her Majesty Queen Elizabeth as they put together a Knickerbocker Glory.	AUSTRALIA	English-100	2021	RPT	PG					
2025-09-11	0830	Cooking	Lidia's Kitchen	All in The Skillet	09	10	Weeknights are skillet nights! Lidia prepares dishes from the skillet or poured onto a family-style platter. Like: shrimp with asparagus, gratinate of pork, eggplant, and zucchini, and soft polenta.	USA	English-100	2022	RPT	G					
2025-09-11	0900	Cooking	Mark Moriarty: Off Duty Chef	Ep 1	03	1	Off Duty, Chef is back for a brand new series with Mark Moriarty as he brings the skills and techniques of the restaurant kitchen to elevate home cooking.	UNITED KINGDOM	English-100	2023	RPT	G					
2025-09-11	0930	Cooking	Mary Makes It Easy	Cast Away	2	8	Mary channels her inner cowboy with a campfire-style vegetarian chili cobbler with cornbread dumplings, and one-pan breadcrumb chicken thighs with orzo and greens.	CANADA	English-100	2022	RPT	G					
2025-09-11	1000	Cooking	Everyday Gourmet With Justine Schofield	Episode 88	07	88	Justine brings a delicious Asian Greens Noodle Stir Fry from Queensland, before offering up a healthy Moroccan Chicken and Chickpea Salad.	AUSTRALIA	English-100	2017	RPT	G					
2025-09-11	1030	Cooking	French Food Safari	Ep 5	1	5	Maew and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market. The pair then journey to Champagne to visit the one of the great champagne makers at the House of Mumm. Back in Australia, the team meet with visionary French chef Jacques Reymond and one of Australia's pioneering French cooks, Dany Chouet.	AUSTRALIA	English-100	2012	RPT	G			Y		Y
2025-09-11	1100	Travel	The Cook Up With Adam Liaw	Powered Powders	08	80	Adam is joined by cook Lilly Wright and comedian Sashi Perera to unleash the power of spice powders.	AUSTRALIA	English-100	2025	RPT	G					Y
2025-09-11	1130	Cooking	Nadiya's Everyday Baking	Easy Celebrations	1	6	Nadiya goes all out and shares her effortless celebratory bakes! She gets the party started with Louisiana Seafood Boil, babka, and meringue cake.	UNITED KINGDOM	English-100	2022	RPT	PG		a w			
2025-09-11	1200	Travel	Rachael Ray In Tuscany	Skirt Steak With Salsa Verde	01	17	Rachael's friend, author Anna Gass, demonstrates how to make an Italian potato and horseradish frittata, a traditional snack from the Basilicata region of Italy.	USA	English-100	2022	RPT	PG					
2025-09-11	1230	Travel	Eating Inn	J.J.A: St. Regis, Jakarta	02	14	Chef Oscar Perez is a dear old friend of the Toque 12 series having starred in our very first episode of Toque 12 Indonesia some years ago. This Philippine born Danish trained master chef now rules the roost at the super luxurious St Regis Jakarta and we reap the benefits of what he has learnt over the years in a number of masterclasses.	SINGAPORE	English-100	2023	RPT	PG					
2025-09-11	1330	Cooking	Project Fire	Social Distance Tailgating	03	8	From its humble origins as a picnic served from the back of a buckboard wagon to today's high-tech, high-octane outdoor foodie extravaganzas, tailgating continues to enthrall American sports fans.	USA	English-100	2023	RPT	G					
2025-09-11	1400	Cooking	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simply Seafood	19	4	Ina Garten is serving up a seafood spread, starting with fresh crab and pea risotto for a comforting one-pot wonder.	USA	English-100	2021	RPT	G					
2025-09-11	1430	Cooking	Strait To The Plate	Masig	02	2	We meet Aunt Mary and Aunt Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA	English-100	2022	RPT	G					Y

2025-09-11	1500	Cooking	Strait To The Plate	Thursday Island	02	3	Aaron arrives in the Kaywalgal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA		2022	RPT	G	Y	Y
2025-09-11	1530	Cooking	My Market Kitchen	Episode 14	05	14	Ben serves up an exquisite pork chop with apple sauce, and a simple summer dish that is sure to impress at your next picnic, his fig carpaccio.	AUSTRALIA	English-100	2021	RPT	G		
2025-09-11	1600	Cooking	Lidia's Kitchen	Bread & Beans	09	11	Bread is a pillar of the Italian cuisine, but beans are the base in many of the Italian regions too. Lidia makes crostini two ways, monkfish brodetto with cannellini, and talks about garlic bread.	USA	English-100	2022	RPT	G		
2025-09-11	1630	Cooking	Mark Moriarty: Off Duty Chef	Ep 2	03	2	In this episode, Mark Moriarty brings us a collection of recipes inspired by his travels and childhood memories.	UNITED KINGDOM	English-100	2023	RPT	G		
2025-09-11	1700	Cooking	Mary Makes It Easy	Make And Take	2	9	Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.	CANADA	English-100	2022	RPT	G		
2025-09-11	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 89	07	89	Philip Vaios joins Justine in the kitchen to prepare Kataifi Cones. Later, Justine whips up a Paella from the beautiful Paronella Park in Queensland.	AUSTRALIA	English-100	2017		PG	a w	
2025-09-11	1800	Cooking	French Food Safari	Ep 6	1	6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud, and later join passionate Parisienne baker Fabrice le Bourdat in the pre-dawn hours to see the work behind the scenes of his busy bakery. Then it is into the precision of the commercial kitchen at Guillaume's restaurant for a lesson on how the perfect puff pastry is created.	AUSTRALIA	English-100	2012	RPT	G	Y	Y
2025-09-11	1830	Cooking	Nigella Kitchen	Safety In Numbers	01	13	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltily tender turkey meatballs in tomato sauce and a must-have party recipe, wholegrain mustard, and ginger cocktail sausages served in a scooped-out loaf. For something a little different, there is gorgeous grilled halloumi in radicchio leaves with a zingy beetroot and lime sauce. Then as festive a dessert as you could imagine, squares of black beer gingerbread with snow-white icing sugar. For a final flourish, a simple, seasonal cocktail, Filthy Fizz.	UNITED KINGDOM	English-100	2010	RPT	G		
2025-09-11	1900	Cooking	The Cook Up With Adam Liaw	Snazzy Snacks	06	48	Snacks are great, snazzy snacks are even better. Especially when the recipes come from Adam and his guests, Marcelo Munoz and Engku Putri Irna Mysara.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-09-11	1930	Health, Science & Technology	Eat Smart Secrets Of The Glucose Goddess	Episode 1	01	1	Jessie Inchauste leads a glucose revolution to improve Britain's health by changing how and when we eat. With expert chef Dr. Rupy Aujla, she creates tailored plans for volunteers battling acne, diabetes, and weight issues, aiming for life-changing results in just six weeks.	USA	English-100	2025	RPT	PG	Y	
2025-09-11	2030	Travel	Gordon Ramsay: Uncharted	Cliffs Of Ireland, The	04	2	Bathing sheep and scaling cliffs for crab, Gordon traverses land and sea in search of the culinary wonders of Ireland's stunning Connemara Coast.	UNITED KINGDOM	English-100	2023			Y	
2025-09-11	2130	Food Lifestyle	Gourmet Farmer	Apples And Cider	01	4	It's raining apples in Tasmania, and Matthew Evans is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake for his visiting mum. All very well, but Matthew sorely needs to find a way of earning a living. With his partner Ross, he prepares a range of pork products to sell at an artisan food stall at Hobart's premium marketplace, Salamanca markets.	AUSTRALIA	English-100	2011	RPT	G	Y	
2025-09-11	2200	Travel	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 9	02	9	Seafood is the main ingredient as we float around one of the world's natural wonders, Ha Long Bay. Blue swimmer crab and mussels are caught and cooked in and amongst the stunning floating villages and fisheries.	AUSTRALIA	English-100	2011	RPT	G	Y	Y
2025-09-11	2230	Cooking	The Cook Up With Adam Liaw	Snazzy Snacks	06	48	Snacks are great, snazzy snacks are even better. Especially when the recipes come from Adam and his guests, Marcelo Munoz and Engku Putri Irna Mysara.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-09-11	2300	Food Lifestyle	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	06	5	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA	English-100	2012	RPT	G		
2025-09-11	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 7	02	7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria; the Rattlesnake Grill in Neutral Bay; Mrs Smith's Pies of Hobart; and a Dutch-Indonesian feast prepared by the Arona Christian community in Kuranda.	AUSTRALIA	English-100	2000	RPT	G	Y	
2025-09-11	2400	Cooking	Project Fire	Social Distance Tailgating	03	8	From its humble origins as a picnic served from the back of a buckboard wagon to today's high-tech, high-octane outdoor foodie extravaganzas, tailgating continues to enthrall American sports fans.	USA	English-100	2023	RPT	G		
2025-09-11	2430	Health, Science & Technology	Eat Smart Secrets Of The Glucose Goddess	Episode 1	01	1	Jessie Inchauste leads a glucose revolution to improve Britain's health by changing how and when we eat. With expert chef Dr. Rupy Aujla, she creates tailored plans for volunteers battling acne, diabetes, and weight issues, aiming for life-changing results in just six weeks.	USA	English-100	2025	RPT	PG	Y	
2025-09-11	2530	Travel	Gordon Ramsay: Uncharted	Cliffs Of Ireland, The	04	2	Bathing sheep and scaling cliffs for crab, Gordon traverses land and sea in search of the culinary wonders of Ireland's stunning Connemara Coast.	UNITED KINGDOM	English-100	2023	RPT			Y

2025-09-11	2630	Food Lifestyle	Gourmet Farmer	Apples And Cider	01	4	It's raining apples in Tasmania, and Matthew Evans is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake for his visiting mum. All very well, but Matthew sorely needs to find a way of earning a living. With his partner Ross, he prepares a range of pork products to sell at an artisan food stall at Hobart's premium marketplace, Salamanca markets.	AUSTRALIA	English-100	2011	RPT	G		Y	
2025-09-11	2700	Travel	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 9	02	9	Seafood is the main ingredient as we float around one of the world's natural wonders, Ha Long Bay. Blue swimmer crab and mussels are caught and cooked in and amongst the stunning floating villages and fisheries.	AUSTRALIA	English-100	2011	RPT	G		Y	Y
2025-09-11	2730	Cooking	The Cook Up With Adam Liaw	Snazzy Snacks	06	48	Snacks are great, snazzy snacks are even better. Especially when the recipes come from Adam and his guests, Marcelo Munoz and Engku Putri Inna Mysara.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-09-11	2800	Food Lifestyle	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	06	5	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA	English-100	2012	RPT	G			
2025-09-11	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 7	02	7	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria; the Rattlesnake Grill in Neutral Bay; Mrs Smith's Pies of Hobart; and a Dutch-Indonesian feast prepared by the Arona Christian community in Kuranda.	AUSTRALIA	English-100	2000	RPT	G		Y	
2025-09-12	0500	Cooking	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simply Seafood	19	4	Ina Garten is serving up a seafood spread, starting with fresh crab and pea risotto for a comforting one-pot wonder.	USA	English-100	2021	RPT	G			
2025-09-12	0530	Travel	Eating Inn	J.J.A: St. Regis, Jakarta	02	14	Chef Oscar Perez is a dear old friend of the Toque 12 series having starred in our very first episode of Toque 12 Indonesia some years ago. This Philippine born Danish trained master chef now rules the roost at the super luxurious St Regis Jakarta and we reap the benefits of what he has learnt over the years in a number of masterclasses.	SINGAPORE	English-100	2023	RPT	PG			
2025-09-12	0630	Cooking	Project Fire	Social Distance Tailgating	03	8	From its humble origins as a picnic served from the back of a buckboard wagon to today's high-tech, high-octane outdoor foodie extravaganzas, tailgating continues to enthral American sports fans.	USA	English-100	2023	RPT	G			
2025-09-12	0700	Cooking	Strait To The Plate	Masig	02	2	We meet Aunt Mary and Aunt Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA	English-100	2022	RPT	G		Y	Y
2025-09-12	0730	Cooking	Strait To The Plate	Thursday Island	02	3	Aaron arrives in the Kayralgal region, home of the Kaurarang people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA		2022	RPT	G		Y	Y
2025-09-12	0800	Cooking	My Market Kitchen	Episode 14	05	14	Ben serves up an exquisite pork chop with apple sauce, and a simple summer dish that is sure to impress at your next picnic, his fig carpaccio.	AUSTRALIA	English-100	2021	RPT	G			
2025-09-12	0830	Cooking	Lidia's Kitchen	Bread & Beans	09	11	Bread is a pillar of the Italian cuisine, but beans are the base in many of the Italian regions too. Lidia makes crosini two ways, monkfish brodetto with cannellini, and talks about garlic bread.	USA	English-100	2022	RPT	G			
2025-09-12	0900	Cooking	Mark Moriarty: Off Duty Chef	Ep 2	03	2	In this episode, Mark Moriarty brings us a collection of recipes inspired by his travels and childhood memories.	UNITED KINGDOM	English-100	2023	RPT	G			
2025-09-12	0930	Cooking	Mary Makes It Easy	Make And Take	2	9	Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.	CANADA	English-100	2022	RPT	G			
2025-09-12	1000	Cooking	Everyday Gourmet With Justine Schofield	Episode 89	07	89	Philip Vokes joins Justine in the kitchen to prepare Kataifi Cones. Later, Justine whips up a Paella from the beautiful Paronella Park in Queensland.	AUSTRALIA	English-100	2017	RPT	PG		a w	
2025-09-12	1030	Cooking	French Food Safari	Ep 6	1	6	Maew and Guillaume spend a day in a small French village with top-selling cookbook author Stephanie Reynaud, and later join passionate Parisienne baker Fabrice le Bourdat in the pre-dawn hours to see the work behind the scenes of his busy bakery. Then it is into the precision of the commercial kitchen at Guillaume's restaurant for a lesson on how the perfect puff pastry is created.	AUSTRALIA	English-100	2012	RPT	G		Y	Y
2025-09-12	1100	Cooking	The Cook Up With Adam Liaw	Snazzy Snacks	06	48	Snacks are great, snazzy snacks are even better. Especially when the recipes come from Adam and his guests, Marcelo Munoz and Engku Putri Inna Mysara.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-09-12	1130	Health, Science & Technology	Eat Smart Secrets Of The Glucose Goddess	Episode 1	01	1	Jessie Inchauspe leads a glucose revolution to improve Britain's health by changing how and when we eat. With expert chef Dr. Rupy Aujla, she creates tailored plans for volunteers battling acne, diabetes, and weight issues, aiming for life-changing results in just six weeks.	USA	English-100	2025	RPT	PG		Y	
2025-09-12	1230	Travel	Eating Inn	Wakuda: Marina Bay Sands, Singapore	02	15	Back at Singapore's iconic MBS, Tetsuya shows off his latest creation, Wakuda, a more relaxed Japanese/Californian style affair. Already rocking the Las Vegas culinary scene, this is Japanese with a difference.	SINGAPORE	English-100	2023	RPT	PG		a w	

2025-09-12	1330	Cooking	Project Fire	Little Italy	03	9	Celebrate Italian grilling and the food of Little Italy's around North America, honouring their reverence for simplicity and fresh seasonal ingredients, and the American passion for big flavours.	USA	English-100	2023	RPT	G				Y
2025-09-12	1400	Cooking	Barefoot Contessa: Back To Basics	Modern Comfort Food: All Italian	19	5	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100	2021	RPT	G				
2025-09-12	1430	Cooking	Strait To The Plate	Boigu	02	4	Aaron arrives on the island of Boigu, a place with a rich history of fierce warriors and dugong hunters, and the most western island in the Torres Strait.	AUSTRALIA		2022	RPT	G		Y	Y	Y
2025-09-12	1500	Cooking	Strait To The Plate	Dauan Island	02	5	To continue his journey in the Northwestern region, Aaron visits Dauan Island. Dauan is a rocky granite island, a complete contrast to low lying Saibai and Boigu that are made up of marshlands.	AUSTRALIA		2022	RPT	G		Y	Y	Y
2025-09-12	1530	Cooking	My Market Kitchen	Episode 15	05	15	Ben shows off his fusion skills with his breakfast dish Aussie Asian Eggs. Then Kathy Tsaples from Sweet Greek serves up a nourishing bowl of vegetable soup with chickpeas.	AUSTRALIA	English-100	2021	RPT	G				
2025-09-12	1600	Cooking	Lidia's Kitchen	One Dish, Two Meals	09	12	Weeknight dinners just got easier by Lidia simply serving one recipe two ways! Lidia prepares a zucchini, peas, and pancetta risotto, risotto cakes, and talks about capellini asparagus fritatas.	USA	English-100	2022	RPT	PG				
2025-09-12	1630	Cooking	Mark Moriarty: Off Duty Chef	Ep 3	03	3	On this week's menu, Chef Mark shows us some different ways to cook lamb.	UNITED KINGDOM	English-100	2023	RPT	G				
2025-09-12	1700	Cooking	Mary Makes It Easy	Bare Bones Baking	2	10	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100	2022	RPT	G				
2025-09-12	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 90	07	90	Butter Chicken as well as Leek and Blue Cheese Mini Scrolls are both on Justine's menu today. Trish McKenzie also joins Justine in the kitchen with a delicious Chocolate Coconut and Raspberry Slice.	AUSTRALIA	English-100	2017		G				
2025-09-12	1800	Cooking	French Food Safari	Ep 7	1	7	Maeve and Guillaume experience the thrill of the hunt amongst the oak trees of Perigord with France's truffle king Pierre-Jean Pebeysse and his dog Alfonso as they try to find the edible fungus referred to as the black diamond. Inspired by Paul Bocuse, Guillaume uses slivers of truffle under the skin of a plump chicken ready to roast and serves it with cauliflower puree and sautéed cauliflower with caramelised shallots.	AUSTRALIA	English-100	2012	RPT	PG		Y	Y	
2025-09-12	1830	Travel	Nigellissima	Ep 1	01	1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's a mid-week family feast of tagliata - a juicy steak cut into thin slices - served with crisp, fluffy Tuscan fries.	UNITED KINGDOM	English-100	2012	RPT	G		Y		
2025-09-12	1900	Cooking	The Cook Up With Adam Liaw	Family Food Secrets	06	49	Adam invites MKR Winners Monzir Hamdin and Janelle Hall into the kitchen to spill their family food secrets. Don't Miss It!	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-09-12	1930	Travel	Jamie's American Road Trip	Los Angeles	01	3	Jamie explores East Los Angeles where he discovers a community proud of its food, committed to family, and striving to make the American dream a reality.	USA	English-100	2009	RPT	PG	a d l v w			
2025-09-12	2030	Food Lifestyle	A Lake District Farmshop	Pies And Cheese	01	3	The service station's food and product buyers are on the hunt for new and exciting products to help renew and improve the farmshop shelves.	UNITED KINGDOM	English-100	2020	RPT	G				
2025-09-12	2130	Food Lifestyle	Gourmet Farmer	Chicken Dispatching And Abalone Diving	01	5	Matthew Evans is settling into the routine of life on the farm and, impulsively, he decides to add turkeys to his menagerie. Later, he and Nick visit Nene on Bruny Island where they go abalone diving and prepare a feast of abalone stir-fry and roast turkey. Back on the farm, another confronting challenge - he has an over-supply of roosters.	AUSTRALIA	English-100	2011	RPT	PG	a w	Y		
2025-09-12	2200	Travel	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 10	02	10	Mai Chau is the last stop for Luke on his journey through the northern regions of Vietnam. Here he prepares a young jackfruit salad, which he shares with a nearby family in their stilt house. In the searing heat, he cooks a fish in bamboo in the spectacular village grounds.	AUSTRALIA	English-100	2011	RPT	G		Y	Y	
2025-09-12	2230	Cooking	The Cook Up With Adam Liaw	Family Food Secrets	06	49	Adam invites MKR Winners Monzir Hamdin and Janelle Hall into the kitchen to spill their family food secrets. Don't Miss It!	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-09-12	2300	Food Lifestyle	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	06	6	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA	English-100	2012	RPT	G				
2025-09-12	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 8	02	8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, Czech summer fruit dumplings; ginger beer brewed the old fashioned way in Tasmania; and an Italian family lunch at Southbank.	AUSTRALIA	English-100	2000	RPT	G		Y		
2025-09-12	2400	Cooking	Project Fire	Little Italy	03	9	Celebrate Italian grilling and the food of Little Italy's around North America, honouring their reverence for simplicity and fresh seasonal ingredients, and the American passion for big flavours.	USA	English-100	2023	RPT	G				Y

2025-09-12	2430	Travel	Jamie's American Road Trip	Los Angeles	01	3	Jamie explores East Los Angeles where he discovers a community proud of its food, committed to family, and striving to make the American dream a reality.	USA	English-100	2009	RPT	PG	a d l v w					
2025-09-12	2530	Food Lifestyle	A Lake District Farmshop	Pies And Cheese	01	3	The service station's food and product buyers are on the hunt for new and exciting products to help renew and improve the farmshop shelves.	UNITED KINGDOM	English-100	2020	RPT	G						
2025-09-12	2630	Food Lifestyle	Gourmet Farmer	Chicken Dispatching And Abalone Diving	01	5	Matthew Evans is settling into the routine of life on the farm and, impulsively, he decides to add turkeys to his menagerie. Later, he and Nick visit Nene on Bruny Island where they go abalone diving and prepare a feast of abalone stir-fry and roast turkey. Back on the farm, another confronting challenge - he has an over-supply of roosters.	AUSTRALIA	English-100	2011	RPT	PG	a w			Y		
2025-09-12	2700	Travel	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 10	02	10	Mai Chau is the last stop for Luke on his journey through the northern regions of Vietnam. Here he prepares a young jackfruit salad, which he shares with a nearby family in their stilt house. In the searing heat, he cooks a fish in bamboo in the spectacular village grounds.	AUSTRALIA	English-100	2011	RPT	G		Y			Y	
2025-09-12	2730	Cooking	The Cook Up With Adam Liaw	Family Food Secrets	06	49	Adam invites M&R Winners Monzir Hamdin and Janelle Hall into the kitchen to spill their family food secrets. Don't Miss It!	AUSTRALIA	English-100	2023	RPT	G				Y		
2025-09-12	2800	Food Lifestyle	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	06	6	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA	English-100	2012	RPT	G						
2025-09-12	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 8	02	8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, Czech summer fruit dumplings, ginger beer brewed the old fashioned way in Tasmania, and an Italian family lunch at Southbank.	AUSTRALIA	English-100	2000	RPT	G		Y				
2025-09-13	0500	Cooking	Barefoot Contessa: Back To Basics	Modern Comfort Food: All Italian	19	5	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100	2021	RPT	G						
2025-09-13	0530	Travel	Eating Inn	Wakuda: Marina Bay Sands, Singapore	02	15	Back at Singapore's iconic MBS, Tetsuya shows off his latest creation, Wakuda, a more relaxed Japanese/Californian style affair. Already rocking the Las Vegas culinary scene, this is Japanese with a difference.	SINGAPORE	English-100	2023	RPT	PG	a w					
2025-09-13	0630	Cooking	Project Fire	Little Italy	03	9	Celebrate Italian grilling and the food of Little Italy's around North America, honouring their reverence for simplicity and fresh seasonal ingredients, and the American passion for big flavours.	USA	English-100	2023	RPT	G					Y	
2025-09-13	0700	Cooking	Strait To The Plate	Boigu	02	4	Aaron arrives on the island of Boigu, a place with a rich history of fierce warriors and dugong hunters, and the most western island in the Torres Strait.	AUSTRALIA		2022	RPT	G		Y		Y	Y	
2025-09-13	0730	Cooking	Strait To The Plate	Dauan Island	02	5	To continue his journey in the Northwestern region, Aaron visits Dauan Island. Dauan is a rocky granite island, a complete contrast to low lying Saibai and Boigu that are made up of marshlands.	AUSTRALIA		2022	RPT	G		Y		Y	Y	
2025-09-13	0800	Cooking	My Market Kitchen	Episode 15	05	15	Ben shows off his fusion skills with his breakfast dish Aussie Asian Eggs. Then Kathy Tsaples from Sweet Greek serves up a nourishing bowl of vegetable soup with chickpeas.	AUSTRALIA	English-100	2021	RPT	G						
2025-09-13	0830	Cooking	Lidia's Kitchen	One Dish, Two Meals	09	12	Weeknight dinners just got easier by Lidia simply serving one recipe two ways! Lidia prepares a zucchini, peas, and pancetta risotto, risotto cakes, and talks about capellini asparagus frittatas.	USA	English-100	2022	RPT	PG						
2025-09-13	0900	Cooking	Mark Moriarty: Off Duty Chef	Ep 3	03	3	On this week's menu, Chef Mark shows us some different ways to cook lamb.	UNITED KINGDOM	English-100	2023	RPT	G						
2025-09-13	0930	Cooking	Mary Makes It Easy	Bare Bones Baking	2	10	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100	2022	RPT	G						
2025-09-13	1000	Cooking	Everyday Gourmet With Justine Schofield	Episode 90	07	90	Butter Chicken as well as Leek and Blue Cheese Mini Scrolls are both on Justine's menu today. Trish McKenzie also joins Justine in the kitchen with a delicious Chocolate Coconut and Raspberry Slice.	AUSTRALIA	English-100	2017	RPT	G						

2025-09-13	1030	Cooking	French Food Safari	Ep 7	1	7	Maeve and Guillaume experience the thrill of the hunt amongst the oak trees of Perigord with France's truffle king Pierre-Jean Pebevre and his dog Alfonso as they try to find the edible fungus referred to as the black diamond. Inspired by Paul Bocuse, Guillaume uses slivers of truffle under the skin of a plump chicken ready to roast and serves it with cauliflower puree and sautéed cauliflower with caramelised shallots.	AUSTRALIA	English-100	2012	RPT	PG	Y	Y	
2025-09-13	1100	Cooking	The Cook Up With Adam Liaw	Family Food Secrets	06	49	Adam invites MKR Winners Monzir Hamdin and Janelle Hall into the kitchen to spill their family food secrets. Don't Miss It!	AUSTRALIA	English-100	2023	RPT	G	Y		
2025-09-13	1130	Travel	Jamie's American Road Trip	Los Angeles	01	3	Jamie explores East Los Angeles where he discovers a community proud of its food, committed to family, and striving to make the American dream a reality.	USA	English-100	2009	RPT	PG	a d i v		
2025-09-13	1230	Food Lifestyle	A Lake District Farmshop	Pies And Cheese	01	3	The service station's food and product buyers are on the hunt for new and exciting products to help renew and improve the farmshop shelves.	UNITED KINGDOM	English-100	2020	RPT	G			
2025-09-13	1330	Cooking	My Market Kitchen	Episode 15	05	15	Ben shows off his fusion skills with his breakfast dish Aussie Asian Eggs. Then Kathy Tsaples from Sweet Greek serves up a nourishing bowl of vegetable soup with chickpeas.	AUSTRALIA	English-100	2021	RPT	G			
2025-09-13	1400	Cooking	Strait To The Plate	Saibai Island	02	6	Aaron completes his culinary expedition of the Top Western Cluster group by visiting Saibai Island, the most northern island in the Torres Strait.	AUSTRALIA		2022	RPT	G	Y	Y	Y
2025-09-13	1430	Travel	Ainsley's Taste Of Malta	Central	01	3	Ainsley is in central Malta where he starts his day exploring the beautiful ancient city of Mdina. After a tour of the city, Ainsley stops by a restaurant with an impressive history and a great view.	UNITED KINGDOM	English-100	2023	RPT	G			
2025-09-13	1530	Travel	Bobby & Giada In Italy	Old Vs New	1	2	While Rome is a city steeped in tradition, the food scene is being updated with modern techniques and new flavor combinations. From pizza pies inspired by famous pastas to a trendy food market, Bobby Flay and Giada De Laurentiis explore how the food culture is evolving while still honoring the classics.	USA	English-100	2021	RPT	G		Y	
2025-09-13	1625	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G			
2025-09-13	1630	Cooking	Be My Guest With Ina Garten	Nicole Mann	05	1	The incredible astronaut Nicole Mann, who has commanded a space station and walked in space twice, is joining Ina at the barn to cook and she is over the moon!	USA	English-100	2024	RPT	G			
2025-09-13	1700	Food Lifestyle	Kitchen Glow Up	Perfect Patio Pizza, Please	2025	1	Pro cook & designer Ellen Bennett works with homeowners to reimagine their kitchens through a chef's eyes. With an emphasis on function, each kitchen is transformed into a beautifully designed space.	USA	English-100	2025					
2025-09-13	1730	Cooking	Marcus In The Med: Mallorca	Med Light Bites	01	7	Marcus is in search of the ultimate light bites and heads to Port de Soller on Mallorca's west coast, to try their famous Soller prawns.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-09-13	1800	Cooking	Lorraine Pascale: Baking Made Easy	Very Entertaining	01	4	Want stress-free and easy ideas for entertaining? Lorraine's got the answer. Take her Whiskey and Chili Tiger Prawns, they're baked in the oven and ready in less than 30 minutes. Lorraine's top 3 flavour enhancers are revealed, these are a chef's secret to fabulous baking.	UNITED KINGDOM	English-100	2011	RPT	G			
2025-09-13	1830	Travel	Rick Stein's India	Madurai And Lucknow	01	6	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes. He samples chettinad chicken, a dish inspired by spices brought back from both East and West by merchants. In Lucknow, Uttar Pradesh, he meets India's first MasterChef winner, and Rick marks the end of his culinary journey with a small gathering of friends at his bungalow to reveal the outcome of his search for the perfect curry.	UNITED KINGDOM	English-100	2013	RPT	G	Y	Y	

2025-09-13	1940	Travel	Cheese: Searching For A Taste Of Place	Australia	01	4	This is the story of the battle to allow Australians to make and enjoy world-class cheese. There are just four raw-milk artisan cheese-makers in Australia.	AUSTRALIA	English-100	2024	RPT	PG	a w			
2025-09-13	2040	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 14	02	14	In the town of Looe, Rick discovers a time when the Cornish were taken as slaves by Barbary Pirates. He joins one of the last fishing boats in St Mawes and uses the catch of Lemon Sole to make a delicious warm salad. In Newlyn he meets with two entrepreneur chefs who are cooking mackerel to perfection.	UNITED KINGDOM	English-100	2022	RPT	PG	a w			
2025-09-13	2110	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 15	02	15	Rick takes us to the Rame Peninsula. Far from the traditional tourist track, this part of Cornwall is famed for its cliffs and beaches. It's also where he meets a beachcomber who has found some remarkable objects washed up on the shore. In mining country, Rick explores the history of the Cornish pasty and shows us how to cook them in the proper Cornish way.	UNITED KINGDOM	English-100	2022	RPT	PG	a w			
2025-09-13	2140	Travel	Anthony Bourdain: Parts Unknown	Bourdain's Impact	12	7	The people who made Parts Unknown select moments from their episodes and pull back the curtain, to talk about collaboration, creative freedom, moments when Bourdain had their back or called them out, the times when he was caught off guard or forgot the cameras were even there.	USA	English-100	2018	RPT	PG	a l		Y	
2025-09-13	2230	Reality	Big Food Bucket List	Meat Cute	03	9	John gets brunchy in Palm Springs, CA with a blackberry, custard stuffed French toast worth cheating on your diet for.	CANADA	English-100	2022		PG			Y	
2025-09-13	2300	Food Lifestyle	Big Appetite	No Sleep Til Brooklyn	01	2	Ben hundreds hits Bonnie's, Aunts Et Uncles, Gage and Tollner, and searches for the best pizza in Brooklyn.	USA	English-100	2023	RPT	PG				
2025-09-13	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 9	02	9	Maeva O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth; North African spices in Rozelle; organic meats at the Byron Bay Butchery; and African ladies day at Newtown.	AUSTRALIA	English-100	2000	RPT	G		Y		
2025-09-13	2400	Cooking	Strait To The Plate	Saibai Island	02	6	Aaron completes his culinary expedition of the Top Western Cluster group by visiting Saibai Island, the most northern island in the Torres Strait.	AUSTRALIA		2022	RPT	G		Y	Y	Y
2025-09-13	2430	Travel	Ainsley's Taste Of Malta	Central	01	3	Ainsley is in central Malta where he starts his day exploring the beautiful ancient city of Mdina. After a tour of the city, Ainsley stops by a restaurant with an impressive history and a great view.	UNITED KINGDOM	English-100	2023	RPT	G				
2025-09-13	2525	Cooking	Bring A Plate	Nimi's Poori-Chole	01	5	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	2024	RPT	G		Y		
2025-09-13	2530	Travel	Bobby & Giada In Italy	Old Vs New	1	2	While Rome is a city steeped in tradition, the food scene is being updated with modern techniques and new flavor combinations. From pizza pies inspired by famous pastas to a trendy food market, Bobby Flay and Giada De Laurentis explore how the food culture is evolving while still honoring the classics.	USA	English-100	2021	RPT	G			Y	
2025-09-13	2625	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	01	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	2013	RPT	G		Y	Y	
2025-09-13	2630	Cooking	Be My Guest With Ina Garten	Nicole Mann	05	1	The incredible astronaut Nicole Mann, who has commanded a space station and walked in space twice, is joining Ina at the barn to cook and she is over the moon!	USA	English-100	2024	RPT	G				

2025-09-13	2700	Food Lifestyle	Kitchen Glow Up	Perfect Patio Pizza, Please	2025	1	Pro cook & designer Ellen Bennett works with homeowners to reimagine their kitchens through a chef's eyes. With an emphasis on function, each kitchen is transformed into a beautifully designed space.	USA	English-100	2025	RPT				
2025-09-13	2730	Travel	Anthony Bourdain: Parts Unknown	Bourdain's Impact	12	7	The people who made Parts Unknown select moments from their episodes and pull back the curtain, to talk about collaboration, creative freedom, moments when Bourdain had their back or called them out, the times when he was caught off guard or forgot the cameras were even there.	USA	English-100	2018	RPT	PG	a l		Y
2025-09-13	2825	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G			
2025-09-13	2830	Reality	Big Food Bucket List	Meat Cute	03	9	John gets brunchy in Palm Springs, CA with a blackberry, custard stuffed French toast worth cheating on your diet for.	CANADA	English-100	2022	RPT	PG			Y