



WEEK 38 Sunday, 14 September 2025 Saturday, 20 September 2025

| Date       | Start Time | Genre          | Title                                  |
|------------|------------|----------------|----------------------------------------|
| 2025-09-14 | 0500       | Food Lifestyle | Big Appetite                           |
| 2025-09-14 | 0530       | Travel         | Rick Stein's India                     |
| 2025-09-14 | 0640       | Travel         | Cheese: Searching For A Taste Of Place |
| 2025-09-14 | 0740       | Travel         | Rick Stein's Cornwall                  |
| 2025-09-14 | 0810       | Travel         | Rick Stein's Cornwall                  |
| 2025-09-14 | 0840       | Travel         | Ainsley's Taste Of Malta               |
| 2025-09-14 | 0935       | Travel         | Bobby & Giada In Italy                 |
| 2025-09-14 | 1030       | Cooking        | Be My Guest With Ina Garten            |
| 2025-09-14 | 1100       | Food Lifestyle | Kitchen Glow Up                        |
| 2025-09-14 | 1130       | Cooking        | Marcus In The Med: Mallorca            |
| 2025-09-14 | 1200       | Cooking        | Lorraine Pascale: Baking Made Easy     |
| 2025-09-14 | 1230       | Travel         | Rick Stein's India                     |
| 2025-09-14 | 1335       | Cooking        | Strait To The Plate                    |
| 2025-09-14 | 1405       | Travel         | The Cook Up With Adam Liaw             |
| 2025-09-14 | 1435       | Travel         | The Cook Up With Adam Liaw             |
| 2025-09-14 | 1505       | Travel         | The Cook Up With Adam Liaw             |
| 2025-09-14 | 1535       | Cooking        | The Cook Up With Adam Liaw             |

ALL MARKETS

| Episode Title                        | Series | Episode | TV Guide Text                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Country of Origin | Language    | Year | Repeat | Classification | Consumer Advice | Closed Captions | Subtitles | Audio Description |
|--------------------------------------|--------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-------------|------|--------|----------------|-----------------|-----------------|-----------|-------------------|
| 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             |                 |                 |           |                   |
| 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         |                   |
| 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             |                 |           |                   |
| 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             |                 |           |                   |
| 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             |                 |           |                   |
| 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              |                 |                 |           |                   |
| 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         |                   |
| 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              |                 |                 |           |                   |
| 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    |                |                 |                 | Y         |                   |
| 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              |                 |                 |           |                   |
| 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              |                 |                 |           |                   |
| 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         |                   |
| 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                 |
| 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               |           |                   |
| 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               |           |                   |
| Powered Powders                      | 08     | 80      | Adam is joined by cook Lily Wright and comedian Sashi Perera to unleash the power of spice powders.                                                                                                                                                                                                                                                                                                                                                                | AUSTRALIA         | English-100 | 2025 | RPT    | G              |                 | Y               |           |                   |
| 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               |           |                   |

|            |      |                |                                          |                                                       |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                |                    |      |     |    |     |     |
|------------|------|----------------|------------------------------------------|-------------------------------------------------------|----|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------|-----|----|-----|-----|
| 2025-09-14 | 1605 | 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   |
| 2025-09-14 | 1635 | Travel         | Masters Of Taste With Gary Mehigan       | Kolkata - Chinese Food                                | 02 | 9  | Gary Mehigan explores the taste of Chinese food in the heart of Kolkata and stirs up a wonder himself.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | USA            | English-100        | 2019 | RPT | PG |     |     |
| 2025-09-14 | 1700 | Travel         | Sophie Grigson: Slice Of Italy           | Greedy For Good Food                                  | 02 | 3  | Sophie visits a canteen serving regional dishes at her local petrol station - a most unlikely location. Later she cooks a hearty dish for some old friends from Oxford and makes a roast chicken.                                                                                                                                                                                                                                                                                                                                                                                                         | UNITED KINGDOM | English-100        | 2023 | RPT | G  |     | Y   |
| 2025-09-14 | 1730 | Reality        | Great Chocolate Showdown                 | Best Fruit Forward                                    | 04 | 4  | The home bakers delve into fruit jellies and bejewel a chocolate sculpture in pate de fruits.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | CANADA         | English-100        | 2023 |     | PG |     |     |
| 2025-09-14 | 1830 | Travel         | James Martin's Spanish Adventure         | Santiago De Compostela                                | 01 | 5  | James visits Santiago De Compostela, where he explores the local market and visits a bakery to try Tarta de Santiago. He cooks a seafood stew, t-bone steak, empanadas and rice with mussels.                                                                                                                                                                                                                                                                                                                                                                                                             | UNITED KINGDOM | English-100        | 2022 | RPT | PG | a w | Y   |
| 2025-09-14 | 1930 | Cooking        | Marion Grasby's Flavours: Heart And Home | Thai Street Food At Home                              | 01 | 6  | Marion returns to Bangkok to share the street food favourites she craves when away - pork dumplings, chicken rice, and noodle soup - then shows how to recreate these comforting dishes.                                                                                                                                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-99; Thai-1 | 2024 | RPT | G  |     | Y Y |
| 2025-09-14 | 2000 | Travel         | Malaysia Gourmet With Justine Schofield  | Ep 1                                                  | 01 | 1  | Step into the Malaysian cuisine as Justine kicks off her journey in Penang's bustling markets, guided by Pearly Kee. She also offers her creative spin on beloved Malaysian dishes.                                                                                                                                                                                                                                                                                                                                                                                                                       | AUSTRALIA      | English-100        | 2023 | RPT | G  |     |     |
| 2025-09-14 | 2030 | Travel         | Rick Stein's Long Weekends               | Berlin                                                | 01 | 3  | Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side. A city that once made history with its divisive wall and Checkpoint Charlie teems today with an overwhelming array of innovative chefs offering delicious seasonal creations like pureed sunflower seeds, Jerusalem artichoke flans and crushed frozen pine nuts. Loved by the likes of Garbo, Charlie Chaplin and Escoffier there's still a cornucopia of choice for those with a more traditional temperament with Eisbein, meatballs and sausages topping every menu in town. | UNITED KINGDOM | English-100        | 2016 | RPT | G  |     | Y   |
| 2025-09-14 | 2135 | Travel         | Anthony Bourdain: The Layover            | New York                                              | 01 | 1  | Tony takes on his hometown of NYC. Having lived and explored the city for years, Tony's better equipped than anybody to show even the most novice traveler, how to explore this diverse and fast paced city.                                                                                                                                                                                                                                                                                                                                                                                              | USA            | English-100        | 2011 | RPT | PG | a s | Y   |
| 2025-09-14 | 2230 | Reality        | Big Food Bucket List                     | Halva Nice Day                                        | 03 | 10 | John jets to sunny San Diego, CA for a crash course in Chicano cooking and wraps up a big ol' burrito stuffed with the Mexi-Cal special. French fries!                                                                                                                                                                                                                                                                                                                                                                                                                                                    | CANADA         | English-100        | 2022 |     | PG |     |     |
| 2025-09-14 | 2300 | Food Lifestyle | Big Appetite                             | Taking A Big Bite Out Of Boston                       | 01 | 3  | Ben Hunderts explores heritage-inspired spots in Boston including La Royal, Bronwyn and Wusong Road.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | USA            | English-100        | 2023 | RPT | G  |     |     |
| 2025-09-14 | 2330 | Cooking        | Food Lovers' Guide To Australia          | Food Lovers Guide To Australia Ep 10                  | 02 | 10 | Maeva O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes northern Chinese style; Aussie truffles; Lebanese breakfast pizza in Punchbowl, NSW; and a German style Yuletide banquet in Queensland.                                                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100        | 2000 | RPT | G  |     | Y   |
| 2025-09-14 | 2400 | Cooking        | Marion Grasby's Flavours: Heart And Home | Thai Street Food At Home                              | 01 | 6  | Marion returns to Bangkok to share the street food favourites she craves when away - pork dumplings, chicken rice, and noodle soup - then shows how to recreate these comforting dishes.                                                                                                                                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-99; Thai-1 | 2024 | RPT | G  |     | Y Y |
| 2025-09-14 | 2430 | Travel         | Masters Of Taste With Gary Mehigan       | Kolkata - Chinese Food                                | 02 | 9  | Gary Mehigan explores the taste of Chinese food in the heart of Kolkata and stirs up a wonder himself.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | USA            | English-100        | 2019 | RPT | PG |     |     |
| 2025-09-14 | 2500 | Travel         | Sophie Grigson: Slice Of Italy           | Greedy For Good Food                                  | 02 | 3  | Sophie visits a canteen serving regional dishes at her local petrol station - a most unlikely location. Later she cooks a hearty dish for some old friends from Oxford and makes a roast chicken.                                                                                                                                                                                                                                                                                                                                                                                                         | UNITED KINGDOM | English-100        | 2023 | RPT | G  |     | Y   |
| 2025-09-14 | 2530 | Reality        | Great Chocolate Showdown                 | Best Fruit Forward                                    | 04 | 4  | The home bakers delve into fruit jellies and bejewel a chocolate sculpture in pate de fruits.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | CANADA         | English-100        | 2023 | RPT | PG |     |     |
| 2025-09-14 | 2630 | Travel         | James Martin's Spanish Adventure         | Santiago De Compostela                                | 01 | 5  | James visits Santiago De Compostela, where he explores the local market and visits a bakery to try Tarta de Santiago. He cooks a seafood stew, t-bone steak, empanadas and rice with mussels.                                                                                                                                                                                                                                                                                                                                                                                                             | UNITED KINGDOM | English-100        | 2022 | RPT | PG | a w | Y   |
| 2025-09-14 | 2725 | Cooking        | Please Eat Slowly Bitesize               | Dumplings                                             | 01 | 1  | There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!                                                                                                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100        | 2022 | RPT | G  |     |     |
| 2025-09-14 | 2730 | Travel         | Anthony Bourdain: The Layover            | New York                                              | 01 | 1  | Tony takes on his hometown of NYC. Having lived and explored the city for years, Tony's better equipped than anybody to show even the most novice traveler, how to explore this diverse and fast paced city.                                                                                                                                                                                                                                                                                                                                                                                              | USA            | English-100        | 2011 | RPT | PG | a s | Y   |
| 2025-09-14 | 2825 | 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   |

|            |      |         |                                          |                                        |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                |                    |      |     |    |     |     |
|------------|------|---------|------------------------------------------|----------------------------------------|----|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|------|-----|----|-----|-----|
| 2025-09-14 | 2830 | Reality | Big Food Bucket List                     | Halva Nice Day                         | 03 | 10 | John jets to sunny San Diego, CA for a crash course in Chicano cooking and wraps up a big ol' burrito stuffed with the Mexi-Cali special. French fries!                                                                                                                                                                                                                                                                                                                                                                                                                                                   | CANADA         | English-100        | 2022 | RPT | PG |     |     |
| 2025-09-15 | 0500 | 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   |
| 2025-09-15 | 0530 | 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   |
| 2025-09-15 | 0600 | 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   |
| 2025-09-15 | 0630 | 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   |
| 2025-09-15 | 0700 | 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   |
| 2025-09-15 | 0730 | Travel  | Masters Of Taste With Gary Mehigan       | Kolkata - Chinese Food                 | 02 | 9  | Gary Mehigan explores the taste of Chinese food in the heart of Kolkata and stirs up a wonder himself.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | USA            | English-100        | 2019 | RPT | PG |     |     |
| 2025-09-15 | 0800 | Travel  | Sophie Grigson: Slice Of Italy           | Greed For Good Food                    | 02 | 3  | Sophie visits a canteen serving regional dishes at her local petrol station - a most unlikely location. Later she cooks a hearty dish for some old friends from Oxford and makes a roast chicken.                                                                                                                                                                                                                                                                                                                                                                                                         | UNITED KINGDOM | English-100        | 2023 | RPT | G  |     | Y   |
| 2025-09-15 | 0830 | Reality | Great Chocolate Showdown                 | Best Fruit Forward                     | 04 | 4  | The home bakers delve into fruit jellies and bejewel a chocolate sculpture in pate de fruits.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | CANADA         | English-100        | 2023 | RPT | PG |     |     |
| 2025-09-15 | 0930 | Travel  | James Martin's Spanish Adventure         | Santiago De Compostela                 | 01 | 5  | James visits Santiago De Compostela, where he explores the local market and visits a bakery to try Tarta de Santiago. He cooks a seafood stew, t-bone steak, empanadas and rice with mussels.                                                                                                                                                                                                                                                                                                                                                                                                             | UNITED KINGDOM | English-100        | 2022 | RPT | PG | a w | Y   |
| 2025-09-15 | 1025 | Cooking | Please Eat Slowly Bitesize               | Dumplings                              | 01 | 1  | There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!                                                                                                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100        | 2022 | RPT | G  |     |     |
| 2025-09-15 | 1030 | Cooking | Marion Grasby's Flavours: Heart And Home | Thai Street Food At Home               | 01 | 6  | Marion returns to Bangkok to share the street food favourites she craves when away - pork dumplings, chicken rice, and noodle soup - then shows how to recreate these comforting dishes.                                                                                                                                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-99; Thai-1 | 2024 | RPT | G  |     | Y Y |
| 2025-09-15 | 1100 | Travel  | Malaysia Gourmet With Justine Schofield  | Ep 1                                   | 01 | 1  | Step into the Malaysian cuisine as Justine kicks off her journey in Penang's bustling markets, guided by Pearly Kee. She also offers her creative spin on beloved Malaysian dishes.                                                                                                                                                                                                                                                                                                                                                                                                                       | AUSTRALIA      | English-100        | 2023 | RPT | G  |     |     |
| 2025-09-15 | 1130 | Travel  | Rick Stein's Long Weekends               | Berlin                                 | 01 | 3  | Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side. A city that once made history with its divisive wall and Checkpoint Charlie teems today with an overwhelming array of innovative chefs offering delicious seasonal creations like pureed sunflower seeds, Jerusalem artichoke flans and crushed frozen pine nuts. Loved by the likes of Garbo, Charlie Chaplin and Escoffier there's still a cornucopia of choice for those with a more traditional temperament with Eisbein, meatballs and sausages topping every menu in town. | UNITED KINGDOM | English-100        | 2016 | RPT | G  |     | Y   |
| 2025-09-15 | 1235 | Travel  | Eating Inn                               | Ritz Carlton Millenia, Singapore Pt 1  | 02 | 16 | Chef Phil mixes and shakes it at the retro Republic bar with award winners Rudi and JJ showing us how.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | SINGAPORE      | English-100        | 2023 | RPT | PG | a w |     |
| 2025-09-15 | 1335 | Cooking | Project Fire                             | Cured And Smoked                       | 03 | 10 | Texans brag about brisket and Carolinians praise pulled pork shoulder. For the rest of us, the ultimate symbol of barbecues is ribs. The rack you relish depends on where you fire up your grill.                                                                                                                                                                                                                                                                                                                                                                                                         | USA            | English-100        | 2023 | RPT | G  |     |     |
| 2025-09-15 | 1400 | Cooking | Barefoot Contessa: Back To Basics        | Modern Comfort Food: Bake It Delicious | 19 | 6  | Ina puts a new spin on a decadent, elegant bittersweet chocolate cake that everyone adores, and kick-starts the day with a dramatic apple cinnamon Dutch Baby.                                                                                                                                                                                                                                                                                                                                                                                                                                            | USA            | English-100        | 2021 | RPT | G  |     |     |
| 2025-09-15 | 1430 | Cooking | On Country Kitchen                       | Duck, Tapenade & Abalone               | 01 | 1  | Derek begins his journey with a blessing for his future travels from local Warden women, something very important to Indigenous peoples across Australia.                                                                                                                                                                                                                                                                                                                                                                                                                                                 | AUSTRALIA      | English-100        | 2017 | RPT |    |     |     |
| 2025-09-15 | 1500 | Cooking | Toast The Host: How To Entertain At Home | Keep It Simple Simon                   | 01 | 1  | Toast the Host is an amusing and educational television program designed to break down the daunting task of entertaining at home into bite-size pieces.                                                                                                                                                                                                                                                                                                                                                                                                                                                   | AUSTRALIA      | English-100        | 2024 | RPT | PG | I   |     |

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| 2025-09-15 | 1530 | Cooking           | My Market Kitchen                       | Episode 16                                 | 05 | 16 | Ben and Chef Leslie Chan make vegetable spring rolls, honey baked soy chicken wings, and a chocolate mousse with berries.                                                                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100            | 2021 | RPT | G  |     |   |  |
| 2025-09-15 | 1600 | Cooking           | Lidia's Kitchen                         | Fruits Of The Sea                          | 09 | 13 | Lidia loves to prepare simple recipes with the freshest of seafood. She creates halibut with saffron fregola, tuna chickpea salad, and shares a recipe moment with her grandson, Miles.                                                                                                                                                                                                                                                                                    | USA            | English-100            | 2022 | RPT | G  |     |   |  |
| 2025-09-15 | 1630 | Cooking           | Mark Moriarty: Off Duty Chef            | Ep 4                                       | 03 | 4  | This week, Mark brings the flavours of the restaurant to the home kitchen with some classic dishes and a chocolate chip cookie masterclass.                                                                                                                                                                                                                                                                                                                                | UNITED KINGDOM | English-100            | 2023 | RPT | G  |     |   |  |
| 2025-09-15 | 1700 | Cooking           | Mary Makes It Easy                      | Short List, The                            | 2  | 11 | Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, and cooks peach bourbon chicken, red pepper roast salmon and zucchini cappelini.                                                                                                                                                                                                                                                                                  | CANADA         | English-100            | 2022 | RPT | G  |     |   |  |
| 2025-09-15 | 1730 | Cooking           | Everyday Gourmet With Justine Schofield | Episode 1                                  | 08 | 1  | Justine is back to share some wonderful new recipes including a simple Pita Breakfast Pita and delicious recipe for Mixed Berry Gyozas.                                                                                                                                                                                                                                                                                                                                    | AUSTRALIA      | English-100            | 2018 |     | G  |     |   |  |
| 2025-09-15 | 1800 | Cooking           | French Food Safari                      | Ep 8                                       | 1  | 8  | Maëve and Guillaume get the lowdown on how a top-class kitchen works as they join Guillaume Brahimi at his restaurant to see how hundreds of exquisite meals are created and served. They also show why butchers are awarded France's highest culinary awards for their work, and in Melbourne, chef Gerard Fabre shows how to cook a perfect steak with French fries. The pair then spend a delightful and decadent day tasting some of the best chocolates in the world. | AUSTRALIA      | English-100            | 2012 | RPT | G  | Y   | Y |  |
| 2025-09-15 | 1830 | Travel            | Nigellissima                            | Ep 2                                       | 01 | 2  | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory, yet simple, Italian roast chicken, served alongside a sunny saffron orzotto. Dessert comes courtesy of Nigella's surprisingly easy coffee ice cream, inspired by lazy days spent in the ice cream parlours of Florence, and an extra treat is presented in the form of a chocolate olive oil cake.                   | UNITED KINGDOM | English-100            | 2012 | RPT | G  | Y   |   |  |
| 2025-09-15 | 1900 | Travel            | The Cook Up With Adam Liaw              | Tastes Like Happiness                      | 08 | 81 | Adam, award-winning food historian Dr. Lauren Samuelsson and the founder of London's iconic ice cream shop Happy Endings, Terri Mercierca, share a few recipes that taste like happiness.                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100            | 2025 |     | G  | Y   |   |  |
| 2025-09-15 | 1930 | Travel            | Donal's Irish Adventure                 | Antrim                                     | 01 | 5  | The only way is up in this episode as Donal and his trusty sheepdog Max head northbound to county Antrim.                                                                                                                                                                                                                                                                                                                                                                  | UNITED KINGDOM | English-100            | 2022 |     | PG |     |   |  |
| 2025-09-15 | 2000 | Travel            | Rick Stein's Food Stories               | Wales                                      | 01 | 6  | In Wales, Rick meets the farmer dodging old WW2 bombs to raise salt marsh lamb, goes night fishing on the river Tywi, tries rhubarb pizza and shows us how to home smoke sea trout.                                                                                                                                                                                                                                                                                        | UNITED KINGDOM | English-100            | 2023 | RPT | PG | a w |   |  |
| 2025-09-15 | 2030 | Culture & Society | Stanley Tucci: Searching For Italy      | Tuscany                                    | 01 | 5  | Tuscany is the birthplace of the Renaissance and world-class art, architecture and culture. It's also produced some of the finest wines and dishes in the history of Italian cuisine, like the magnificent T-bone steak, bistecca alla fiorentina. But Tuscany is also home to the cuisine of the poor 'Tuscan peasantry, known as 'cucina povera'. Stanley Tucci starts his exploration of Tuscany with his parents, Stan and Joan.                                       | USA            | English-90; Italian-10 | 2021 | RPT | G  | Y   | Y |  |
| 2025-09-15 | 2125 | Cooking           | Please Eat Slowly Bitesize              | Claypot Rice                               | 01 | 5  | What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.                                                                                                                                                                                            | AUSTRALIA      | English-100            | 2022 | RPT | G  |     |   |  |
| 2025-09-15 | 2130 | Food Lifestyle    | Gourmet Farmer                          | Cheese And Dairy                           | 01 | 6  | Matthew Evan's farm is not yet a land of milk and honey, but in this episode he does his best for the milk component, introducing Maggie the cow and learning how to milk and make cheese. However, Matthew is concerned that he's not providing the right care for his cow and visits an organic dairy farmer, renowned for his healthy cows, which haven't seen a vet for years.                                                                                         | AUSTRALIA      | English-100            | 2011 | RPT | G  | Y   |   |  |
| 2025-09-15 | 2200 | Travel            | Luke Nguyen's Greater Mekong            | Luke Nguyen's Greater Mekong Series 1 Ep 1 | 01 | 1  | Chef Luke Nguyen takes a culinary journey across the Greater Mekong region of Southeast Asia as he travels to three of the six countries that make up this region: Yunnan Province in China, Myanmar and Thailand. Beginning in south-west China, Luke explores the food cultures and centuries-old traditions of Yunnan Province, from the Naxi people of Lijiang to the Dai communities of Xishuangbanna.                                                                | AUSTRALIA      | English-100            | 2012 | RPT | G  | Y   | Y |  |
| 2025-09-15 | 2230 | Travel            | The Cook Up With Adam Liaw              | Tastes Like Happiness                      | 08 | 81 | Adam, award-winning food historian Dr. Lauren Samuelsson and the founder of London's iconic ice cream shop Happy Endings, Terri Mercierca, share a few recipes that taste like happiness.                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100            | 2025 | RPT | G  | Y   |   |  |
| 2025-09-15 | 2300 | Food Lifestyle    | Cheese Slices                           | Brazil - Clandestine Cheeses Of Brazil     | 07 | 1  | The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese and Pain de Queijo before heading further south to the remote Campos Altos region to discover a unique cheese made from the milk long horn cattle, and enjoys a traditional BBQ before returning to Sao Paulo for a lesson in grilling Coalho cheese.                     | AUSTRALIA      | English-100            | 2014 | RPT | PG | a w |   |  |
| 2025-09-15 | 2330 | Cooking           | Food Lovers' Guide To Australia         | Food Lovers Guide To Australia Ep 11       | 02 | 11 | Maëve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah; south Indian masala dosa in Crows Nest; Indian-style pickles and chutneys in Queensland; and Chinese and Aboriginal cuisine fused in Darwin.                                                                                                                                                                                                   | AUSTRALIA      | English-100            | 2000 | RPT | G  | Y   |   |  |
| 2025-09-15 | 2400 | Cooking           | Project Fire                            | Cured And Smoked                           | 03 | 10 | Texans brag about brisket and Carolinians praise pulled pork shoulder. For the rest of us, the ultimate symbol of barbecues is ribs. The rack you relish depends on where you fire up your grill.                                                                                                                                                                                                                                                                          | USA            | English-100            | 2023 | RPT | G  |     |   |  |

|            |      |                   |                                          |                                            |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                |                        |      |     |    |     |   |
|------------|------|-------------------|------------------------------------------|--------------------------------------------|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------------|------|-----|----|-----|---|
| 2025-09-15 | 2430 | Travel            | Donal's Irish Adventure                  | Antrim                                     | 01 | 5  | The only way it is up in this episode as Donal and his trusty sheepdog Max head northbound to county Antrim.                                                                                                                                                                                                                                                                                                                                           | UNITED KINGDOM | English-100            | 2022 | RPT | PG |     |   |
| 2025-09-15 | 2500 | Travel            | Rick Stein's Food Stories                | Wales                                      | 01 | 6  | In Wales, Rick meets the farmer dodging old WW2 bombs to raise salt marsh lamb, goes night fishing on the river Tywi, tries rhubarb pizza and shows us how to home smoke sea trout.                                                                                                                                                                                                                                                                    | UNITED KINGDOM | English-100            | 2023 | RPT | PG | a w |   |
| 2025-09-15 | 2530 | Culture & Society | Stanley Tucci: Searching For Italy       | Tuscany                                    | 01 | 5  | Tuscany is the birthplace of the Renaissance and world-class art, architecture and culture. It's also produced some of the finest wines and dishes in the history of Italian cuisine, like the magnificent T-bone steak, bistecca alla fiorentina. But Tuscany is also home to the cuisine of the poor 'Tuscan peasantry, known as 'cucina povera'. Stanley Tucci starts his exploration of Tuscany with his parents, Stan and Joan.                   | USA            | English-90; Italian-10 | 2021 | RPT | G  | Y   | Y |
| 2025-09-15 | 2625 | Cooking           | Please Eat Slowly Bitesize               | Claypot Rice                               | 01 | 5  | What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.                                                                                                                                                                        | AUSTRALIA      | English-100            | 2022 | RPT | G  |     |   |
| 2025-09-15 | 2630 | Food Lifestyle    | Gourmet Farmer                           | Cheese And Dairy                           | 01 | 6  | Matthew Evan's farm is not yet a land of milk and honey, but in this episode he does his best for the milk component, introducing Maggie the cow and learning how to milk and make cheese. However, Matthew is concerned that he's not providing the right care for his cow and visits an organic dairy farmer, renowned for his healthy cows, which haven't seen a vet for years.                                                                     | AUSTRALIA      | English-100            | 2011 | RPT | G  | Y   |   |
| 2025-09-15 | 2700 | Travel            | Luke Nguyen's Greater Mekong             | Luke Nguyen's Greater Mekong Series 1 Ep 1 | 01 | 1  | Chef Luke Nguyen takes a culinary journey across the Greater Mekong region of Southeast Asia as he travels to three of the six countries that make up this region: Yunnan Province in China, Myanmar and Thailand. Beginning in south-west China, Luke explores the food cultures and centuries-old traditions of Yunnan Province, from the Naxi people of Lijiang to the Dai communities of Xishuangbana.                                             | AUSTRALIA      | English-100            | 2012 | RPT | G  | Y   | Y |
| 2025-09-15 | 2730 | Travel            | The Cook Up With Adam Liaw               | Tastes Like Happiness                      | 08 | 81 | Adam, award-winning food historian Dr. Lauren Samuelsson and the founder of London's iconic ice cream shop Happy Endings, Terri Mercieca, share a few recipes that taste like happiness.                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100            | 2025 | RPT | G  | Y   |   |
| 2025-09-15 | 2800 | Food Lifestyle    | Cheese Slices                            | Brazil - Clandestine Cheeses Of Brazil     | 07 | 1  | The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese and Pain de Queijo before heading further south to the remote Campos Altos region to discover a unique cheese made from the milk long horn cattle, and enjoys a traditional BBQ before returning to Sao Paulo for a lesson in grilling Coalho cheese. | AUSTRALIA      | English-100            | 2014 | RPT | PG | a w |   |
| 2025-09-15 | 2830 | Cooking           | Food Lovers' Guide To Australia          | Food Lovers Guide To Australia Ep 11       | 02 | 11 | Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah; south Indian masala dosa! in Crows Nest; Indian-style pickles and chutneys in Queensland; and Chinese and Aboriginal cuisine fused in Darwin.                                                                                                                                                                               | AUSTRALIA      | English-100            | 2000 | RPT | G  | Y   |   |
| 2025-09-16 | 0500 | Cooking           | Project Fire                             | Cured And Smoked                           | 03 | 10 | Texans brag about brisket and Carolinians praise pulled pork shoulder. For the rest of us, the ultimate symbol of barbecues is ribs. The rack you relish depends on where you fire up your grill.                                                                                                                                                                                                                                                      | USA            | English-100            | 2023 | RPT | G  |     |   |
| 2025-09-16 | 0530 | Travel            | Eating Inn                               | Ritz Carlton Millenia, Singapore Pt 1      | 02 | 16 | Chef Phil mixes and shakes it at the retro Republic bar with award winners Rudi and JJ showing us how.                                                                                                                                                                                                                                                                                                                                                 | SINGAPORE      | English-100            | 2023 | RPT | PG | a w |   |
| 2025-09-16 | 0630 | Cooking           | On Country Kitchen                       | Duck, Tapenade & Abalone                   | 01 | 1  | Derek begins his journey with a blessing for his future travels from local Warden women, something very important to indigenous peoples across Australia.                                                                                                                                                                                                                                                                                              | AUSTRALIA      | English-100            | 2017 | RPT |    |     |   |
| 2025-09-16 | 0700 | Cooking           | Toast The Host: How To Entertain At Home | Keep It Simple Simon                       | 01 | 1  | Toast the Host is an amusing and educational television program designed to break down the daunting task of entertaining at home into bite-size pieces.                                                                                                                                                                                                                                                                                                | AUSTRALIA      | English-100            | 2024 | RPT | PG | I   |   |
| 2025-09-16 | 0730 | Cooking           | My Market Kitchen                        | Episode 16                                 | 05 | 16 | Ben and Chef Leslie Chan make vegetable spring rolls, honey baked soy chicken wings, and a chocolate mousse with berries.                                                                                                                                                                                                                                                                                                                              | AUSTRALIA      | English-100            | 2021 | RPT | G  |     |   |
| 2025-09-16 | 0800 | Cooking           | Lidia's Kitchen                          | Fruits Of The Sea                          | 09 | 13 | Lidia loves to prepare simple recipes with the freshest of seafood. She creates halibut with saffron fregola, tuna chickpea salad, and shares a recipe moment with her grandson, Miles.                                                                                                                                                                                                                                                                | USA            | English-100            | 2022 | RPT | G  |     |   |
| 2025-09-16 | 0830 | Cooking           | Mark Moriarty: Off Duty Chef             | Ep 4                                       | 03 | 4  | This week, Mark brings the flavours of the restaurant to the home kitchen with some classic dishes and a chocolate chip cookie masterclass.                                                                                                                                                                                                                                                                                                            | UNITED KINGDOM | English-100            | 2023 | RPT | G  |     |   |
| 2025-09-16 | 0900 | Cooking           | Mary Makes It Easy                       | Short List, The                            | 2  | 11 | Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, and cooks peach bourbon chicken, red pepper roast salmon and zucchini cappelini.                                                                                                                                                                                                                                                              | CANADA         | English-100            | 2022 | RPT | G  |     |   |
| 2025-09-16 | 0930 | Cooking           | Everyday Gourmet With Justine Schofield  | Episode 1                                  | 08 | 1  | Justine is back to share some wonderful new recipes including a simple Pita Breakfast Pita and delicious recipe for Mixed Berry Gyozas.                                                                                                                                                                                                                                                                                                                | AUSTRALIA      | English-100            | 2018 | RPT | G  |     |   |

|            |      |         |                                          |                                                      |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                |             |      |     |    |     |   |   |
|------------|------|---------|------------------------------------------|------------------------------------------------------|----|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|---|---|
| 2025-09-16 | 1000 | Cooking | French Food Safari                       | Ep 8                                                 | 1  | 8  | Maëve and Guillaume get the lowdown on how a top-class kitchen works as they join Guillaume Brühni at his restaurant to see how hundreds of exquisite meals are created and served. They also show why butchers are awarded France's highest culinary awards for their work, and in Melbourne, chef Gerard Fabre shows how to cook a perfect steak with French fries. The pair then spend a delightful and decadent day tasting some of the best chocolates in the world. | AUSTRALIA      | English-100 | 2012 | RPT | G  |     | Y | Y |
| 2025-09-16 | 1030 | Travel  | Nigellissima                             | Ep 2                                                 | 01 | 2  | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory, yet simple, Italian roast chicken, served alongside a sunny saffron orzotto. Dessert comes courtesy of Nigella's surprisingly easy coffee ice cream, inspired by lazy days spent in the ice cream parlours of Florence, and an extra treat is presented in the form of a chocolate olive oil cake.                  | UNITED KINGDOM | English-100 | 2012 | RPT | G  |     | Y |   |
| 2025-09-16 | 1100 | Travel  | The Cook Up With Adam Liaw               | Tastes Like Happiness                                | 08 | 81 | Adam, award-winning food historian Dr. Lauren Samuelson and the founder of London's iconic ice cream shop Happy Endings, Terri Mericcia, share a few recipes that taste like happiness.                                                                                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2025 | RPT | G  |     | Y |   |
| 2025-09-16 | 1130 | Travel  | Donal's Irish Adventure                  | Antrim                                               | 01 | 5  | The only way is up in this episode as Donal and his trusty sheepdog Max head northbound to county Antrim.                                                                                                                                                                                                                                                                                                                                                                 | UNITED KINGDOM | English-100 | 2022 | RPT | PG |     |   |   |
| 2025-09-16 | 1200 | Travel  | Rick Stein's Food Stories                | Wales                                                | 01 | 6  | In Wales, Rick meets the farmer dodging old WW2 bombs to raise salt marsh lamb, goes night fishing on the river Tywi, tries rhubarb pizza and shows us how to home smoke sea trout.                                                                                                                                                                                                                                                                                       | UNITED KINGDOM | English-100 | 2023 | RPT | PG | a w |   |   |
| 2025-09-16 | 1230 | Travel  | Eating Inn                               | R&Z Carlton Millenia, Singapore Pt 2 Summer Pavilion | 02 | 17 | One of the few Michelin starred Cantonese Restaurants in the region is Summer Pavilion. Chef Phil takes us through what it takes to present some of the region's most outstanding modern Cantonese cuisine. Chef Cheung Sui Kong shows us the way while providing some intriguing insights into an authentic but contemporary Cantonese kitchen.                                                                                                                          | SINGAPORE      | English-100 | 2023 | RPT | PG | a w |   | Y |
| 2025-09-16 | 1325 | Cooking | Destination Flavour Singapore Bitesize   | Hainanese Chicken                                    | 01 | 1  | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.                                                                                                                                                                                                                                                                                                                                                                                 | AUSTRALIA      | English-100 | 2017 | RPT | G  |     | Y |   |
| 2025-09-16 | 1330 | Cooking | Project Fire                             | Improbable Grill, The                                | 03 | 11 | Ever since our prehistoric ancestors first put food to fire, cooks have contrived ingenious and not always conventional ways to harness the flames. We explore three unexpected techniques for grilling.                                                                                                                                                                                                                                                                  | USA            | English-100 | 2023 | RPT | PG |     |   |   |
| 2025-09-16 | 1400 | Cooking | Barefoot Contessa: Back To Basics        | Modern Comfort Food: Classics Made Over              | 19 | 7  | Ina gets fresh with spring green spaghetti carbonara, and chocolate-dipped brown sugar shortbread livens up an old favourite sweet treat.                                                                                                                                                                                                                                                                                                                                 | USA            | English-100 | 2021 | RPT | G  |     |   |   |
| 2025-09-16 | 1430 | Cooking | On Country Kitchen                       | Sheep Cheese, Black Garlic & Marron                  | 01 | 2  | Derek heads to Cambray Cheese in what he says is a town named after him-Nannup! He tries black garlic in Osmington, teaches a couple of local kids some busking tips before watching a local dive.                                                                                                                                                                                                                                                                        | AUSTRALIA      | English-100 | 2017 | RPT | G  |     |   |   |
| 2025-09-16 | 1500 | Cooking | Toast The Host: How To Entertain At Home | Champers And Nibbly Things                           | 01 | 2  | Hosting a celebration at home is easy if you are prepared. This episode, party guru Simon James Bailey hosts a poolside engagement party with an 80's theme.                                                                                                                                                                                                                                                                                                              | AUSTRALIA      | English-100 | 2024 | RPT | G  |     |   |   |
| 2025-09-16 | 1535 | Cooking | My Market Kitchen                        | Episode 17                                           | 05 | 17 | Kathy Tsaples returns to the kitchen with another fabulous Greek recipe, but can this incredibly moist Greek semolina cake survive an encounter with John Pino?                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |   |   |
| 2025-09-16 | 1600 | Cooking | Lidia's Kitchen                          | Elegant Eats                                         | 09 | 14 | Lidia teaches us how to add elegant touches to weeknight meals, while keeping them simple - fennel and Asian pear salad, cheesy veal chops with cabbage, she also prepares a delightful lentil crostini.                                                                                                                                                                                                                                                                  | USA            | English-100 | 2022 | RPT | G  |     |   |   |
| 2025-09-16 | 1630 | Cooking | Mark Moriarty: Off Duty Chef             | Ep 5                                                 | 03 | 5  | Mark Moriarty is back this week with some exciting dishes inspired by top restaurant quality food and some baking tips and tricks.                                                                                                                                                                                                                                                                                                                                        | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |   |   |
| 2025-09-16 | 1700 | Cooking | Mary Makes It Easy                       | Livein' On The Veg                                   | 2  | 12 | Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.                                                                                                                                                                                                                                                                                                                                                                           | CANADA         | English-100 | 2022 | RPT | G  |     |   |   |
| 2025-09-16 | 1730 | Cooking | Everyday Gourmet With Justine Schofield  | Episode 2                                            | 08 | 2  | Ben Ungermann joins Justine and puts a twist on a classic with his Poached Pear with Chocolate and Blue Cheese Sauce.                                                                                                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2018 |     | G  |     |   |   |
| 2025-09-16 | 1800 | Cooking | French Food Safari                       | Ep 9                                                 | 1  | 9  | Maëve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three-star chef Guy Savoy, who cooks up some of his signature dishes. Then it's a visit to one of Paris' most famous wood-fired bread makers, Polane, whose oven has been creating great sourdough for decades. Finally, there is breakfast in the markets of Lyon with legendary chef Paul Bocuse, who shares his thoughts on the future of French food.                              | AUSTRALIA      | English-100 | 2012 | RPT | G  |     | Y | Y |
| 2025-09-16 | 1830 | Travel  | Nigellissima                             | Ep 3                                                 | 01 | 3  | Nigella shares the secrets of delicious Italian-inspired food. She treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash and lazy person's vignanola - a recipe based on the traditional Roman spring stew of broad beans, peas and artichokes.                                                                                                                                            | UNITED KINGDOM | English-100 | 2012 | RPT | G  |     | Y |   |
| 2025-09-16 | 1900 | Travel  | The Cook Up With Adam Liaw               | Tomato Party                                         | 08 | 82 | You say tomato, Adam says tomato party. On the guest list: chef Shane Delia, Paralympic gold and silver medalist Vanessa Low OAM, and you!                                                                                                                                                                                                                                                                                                                                | AUSTRALIA      | English-100 | 2025 |     | G  |     | Y |   |

|            |      |                |                                         |                                                       |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                |             |      |     |    |     |   |
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| 2025-09-16 | 1930 | Cooking        | Mary Berry Makes It Easy                | Simple Time-Savers                                    | 01 | 4  | Mary surprises Lorraine Kelly and daughter Rosie with some delicious time-saving recipes.                                                                                                                                                                                                                                                                                                                                                                           | UNITED KINGDOM | English-100 | 2023 |     | G  |     |   |
| 2025-09-16 | 2000 | Cooking        | Eva Pau's Asian Kitchen                 | Episode 3                                             | 01 | 3  | With a dazzling array of Asian vinegars to choose from, just a splash of the right one can transform a dish and unlock authentic flavours.                                                                                                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2025 |     | PG |     |   |
| 2025-09-16 | 2030 | Cooking        | Dermot's Taste Of Ireland               | Cork                                                  | 01 | 4  | Dermot heads to the cosmopolitan Cork, a port city renowned for its food and produce.                                                                                                                                                                                                                                                                                                                                                                               | UNITED KINGDOM | English-100 | 2024 | RPT | G  |     |   |
| 2025-09-16 | 2130 | Food Lifestyle | Gourmet Farmer                          | Highland Deer                                         | 01 | 7  | It's the deep heart of winter and Matthew, along with his mates Nick and Ross, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer in the central highlands. On the way they forage for aromatic black truffles, dig for peat with a whiskey distiller and then defrost themselves with a drink or two. The following day, they head off for a spot of trout fishing on a nearby lake.                                       | AUSTRALIA      | English-100 | 2011 | RPT | PG | Y   |   |
| 2025-09-16 | 2200 | Travel         | Luke Nguyen's Greater Mekong            | Luke Nguyen's Greater Mekong Series 1 Ep 2            | 01 | 2  | On this leg of his culinary journey across Southeast Asia, Luke discovers the unique flavours and food traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life with the help of specially trained Cormorant birds. Travelling further north, Shaxi locals charm Luke at their bustling town market and a village elder proffers tips on how to cook his best-loved banquet dish. | AUSTRALIA      | English-100 | 2012 | RPT | G  | Y   | Y |
| 2025-09-16 | 2230 | Travel         | The Cook Up With Adam Liaw              | Tomato Party                                          | 08 | 82 | You say tomato, Adam says tomato party. On the guest list: chef Shane Delia, Paralympic gold and silver medalist Vanessa Low OAM, and you!                                                                                                                                                                                                                                                                                                                          | AUSTRALIA      | English-100 | 2025 | RPT | G  | Y   |   |
| 2025-09-16 | 2300 | Food Lifestyle | Cheese Slices                           | Spain - Traditional Galician Cheese                   | 07 | 2  | Galicia is known as 'Green Spain' and its high rainfall and mild maritime are perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past and the pilgrim city of Santiago de Compostela. Will learn about the origins of its AOP breast shaped cheeses Queso Tetilla.                                                                                                                               | AUSTRALIA      | English-100 | 2014 | RPT | G  |     |   |
| 2025-09-16 | 2330 | Cooking        | Food Lovers' Guide To Australia         | Food Lovers Guide To Australia Ep 12                  | 02 | 12 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, Marjorie High, popular author of cooking books in Tasmania; sushi making in Ulirno; Byron Bay Native Produce; and spit roast in Adelaide.                                                                                                                                                                                                    | AUSTRALIA      | English-100 | 2000 | RPT | G  | Y   |   |
| 2025-09-16 | 2400 | Cooking        | Project Fire                            | Improbable Grill, The                                 | 03 | 11 | Ever since our prehistoric ancestors first put food to fire, cooks have contrived ingenious and not always conventional ways to harness the flames. We explore three unexpected techniques for grilling.                                                                                                                                                                                                                                                            | USA            | English-100 | 2023 | RPT | PG |     |   |
| 2025-09-16 | 2430 | Cooking        | Mary Berry Makes It Easy                | Simple Time-Savers                                    | 01 | 4  | Mary surprises Lorraine Kelly and daughter Rosie with some delicious time-saving recipes.                                                                                                                                                                                                                                                                                                                                                                           | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |   |
| 2025-09-16 | 2500 | Cooking        | Eva Pau's Asian Kitchen                 | Episode 3                                             | 01 | 3  | With a dazzling array of Asian vinegars to choose from, just a splash of the right one can transform a dish and unlock authentic flavours.                                                                                                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2025 | RPT | PG |     |   |
| 2025-09-16 | 2530 | Cooking        | Dermot's Taste Of Ireland               | Cork                                                  | 01 | 4  | Dermot heads to the cosmopolitan Cork, a port city renowned for its food and produce.                                                                                                                                                                                                                                                                                                                                                                               | UNITED KINGDOM | English-100 | 2024 | RPT | G  |     |   |
| 2025-09-16 | 2625 | Cooking        | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 2 | 01 | 2  | 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   |   |
| 2025-09-16 | 2630 | Food Lifestyle | Gourmet Farmer                          | Highland Deer                                         | 01 | 7  | It's the deep heart of winter and Matthew, along with his mates Nick and Ross, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer in the central highlands. On the way they forage for aromatic black truffles, dig for peat with a whiskey distiller and then defrost themselves with a drink or two. The following day, they head off for a spot of trout fishing on a nearby lake.                                       | AUSTRALIA      | English-100 | 2011 | RPT | PG | Y   |   |
| 2025-09-16 | 2700 | Travel         | Luke Nguyen's Greater Mekong            | Luke Nguyen's Greater Mekong Series 1 Ep 2            | 01 | 2  | On this leg of his culinary journey across Southeast Asia, Luke discovers the unique flavours and food traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life with the help of specially trained Cormorant birds. Travelling further north, Shaxi locals charm Luke at their bustling town market and a village elder proffers tips on how to cook his best-loved banquet dish. | AUSTRALIA      | English-100 | 2012 | RPT | G  | Y   | Y |
| 2025-09-16 | 2730 | Travel         | The Cook Up With Adam Liaw              | Tomato Party                                          | 08 | 82 | You say tomato, Adam says tomato party. On the guest list: chef Shane Delia, Paralympic gold and silver medalist Vanessa Low OAM, and you!                                                                                                                                                                                                                                                                                                                          | AUSTRALIA      | English-100 | 2025 | RPT | G  | Y   |   |
| 2025-09-16 | 2800 | Food Lifestyle | Cheese Slices                           | Spain - Traditional Galician Cheese                   | 07 | 2  | Galicia is known as 'Green Spain' and its high rainfall and mild maritime are perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past and the pilgrim city of Santiago de Compostela. Will learn about the origins of its AOP breast shaped cheeses Queso Tetilla.                                                                                                                               | AUSTRALIA      | English-100 | 2014 | RPT | G  |     |   |
| 2025-09-16 | 2830 | Cooking        | Food Lovers' Guide To Australia         | Food Lovers Guide To Australia Ep 12                  | 02 | 12 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, Marjorie High, popular author of cooking books in Tasmania; sushi making in Ulirno; Byron Bay Native Produce; and spit roast in Adelaide.                                                                                                                                                                                                    | AUSTRALIA      | English-100 | 2000 | RPT | G  | Y   |   |
| 2025-09-17 | 0500 | Cooking        | Project Fire                            | Improbable Grill, The                                 | 03 | 11 | Ever since our prehistoric ancestors first put food to fire, cooks have contrived ingenious and not always conventional ways to harness the flames. We explore three unexpected techniques for grilling.                                                                                                                                                                                                                                                            | USA            | English-100 | 2023 | RPT | PG |     |   |
| 2025-09-17 | 0530 | Travel         | Eating Inn                              | Ritz Carlton Millenia, Singapore Pt 2 Summer Pavilion | 02 | 17 | One of the few Michelin starred Cantonese Restaurants in the region is Summer Pavilion. Chef Phil takes us through what it takes to present some of the region's most outstanding modern Cantonese cuisine. Chef Cheung Sui Kong shows us the way while providing some intriguing insights into an authentic but contemporary Cantonese kitchen.                                                                                                                    | SINGAPORE      | English-100 | 2023 | RPT | PG | a w | Y |
| 2025-09-17 | 0625 | Cooking        | Destination Flavour Singapore Bitesize  | Hainanese Chicken                                     | 01 | 1  | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.                                                                                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2017 | RPT | G  | Y   |   |

|            |      |         |                                          |                                     |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                               |                |             |      |     |    |     |   |
|------------|------|---------|------------------------------------------|-------------------------------------|----|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|---|
| 2025-09-17 | 0630 | Cooking | On Country Kitchen                       | Sheep Cheese, Black Garlic & Marron | 01 | 2  | Derek heads to Cambray Cheese in what he says is a town named after him-Nannup! He tries black garlic in Osmington, teaches a couple of local kids some busking tips before watching a local dive.                                                                                                                                                                                                                                            | AUSTRALIA      | English-100 | 2017 | RPT | G  |     |   |
| 2025-09-17 | 0700 | Cooking | Toast The Host: How To Entertain At Home | Champers And Nibbly Things          | 01 | 2  | Hosting a celebration at home is easy if you are prepared. This episode, party guru Simon James Bailey hosts a poolside engagement party with an 80's theme.                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2024 | RPT | G  |     |   |
| 2025-09-17 | 0735 | Cooking | My Market Kitchen                        | Episode 17                          | 05 | 17 | Kathy Tsaples returns to the kitchen with another fabulous Greek recipe, but can this incredibly moist Greek semolina cake survive an encounter with John Pino?                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |   |
| 2025-09-17 | 0800 | Cooking | Lidia's Kitchen                          | Elegant Eats                        | 09 | 14 | Lidia teaches us how to add elegant touches to weeknight meals, while keeping them simple - fennel and Asian pear salad, cheesy veal chops with cabbage, she also prepares a delightful lentil crostini.                                                                                                                                                                                                                                      | USA            | English-100 | 2022 | RPT | G  |     |   |
| 2025-09-17 | 0830 | Cooking | Mark Moriarty: Off Duty Chef             | Ep 5                                | 03 | 5  | Mark Moriarty is back this week with some exciting dishes inspired by top restaurant quality food and some baking tips and tricks.                                                                                                                                                                                                                                                                                                            | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |   |
| 2025-09-17 | 0900 | Cooking | Mary Makes It Easy                       | Livein' On The Veg                  | 2  | 12 | Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.                                                                                                                                                                                                                                                                                                                                               | CANADA         | English-100 | 2022 | RPT | G  |     |   |
| 2025-09-17 | 0930 | Cooking | Everyday Gourmet With Justine Schofield  | Episode 2                           | 08 | 2  | Ben Ungermann joins Justine and puts a twist on a classic with his Poached Pear with Chocolate and Blue Cheese Sauce.                                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2018 | RPT | G  |     |   |
| 2025-09-17 | 1000 | Cooking | French Food Safari                       | Ep 9                                | 1  | 9  | Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three-star chef Guy Savoy, who cooks up some of his signature dishes. Then it's a visit to one of Paris' most famous wood-fired bread makers, Polaine, whose oven has been creating great sourdough for decades. Finally, there is breakfast in the markets of Lyon with legendary chef Paul Bocuse, who shares his thoughts on the future of French food. | AUSTRALIA      | English-100 | 2012 | RPT | G  | Y   | Y |
| 2025-09-17 | 1030 | Travel  | Nigellissima                             | Ep 3                                | 01 | 3  | Nigella shares the secrets of delicious Italian-inspired food. She treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash and lazy person's vignarola - a recipe based on the traditional Roman spring stew of broad beans, peas and artichokes.                                                                                                                | UNITED KINGDOM | English-100 | 2012 | RPT | G  | Y   |   |
| 2025-09-17 | 1100 | Travel  | The Cook Up With Adam Liaw               | Tomato Party                        | 08 | 82 | You say tomato, Adam says tomato party. On the guest list: chef Shane Delia, Paralympic gold and silver medalist Vanessa Low OAM, and you!                                                                                                                                                                                                                                                                                                    | AUSTRALIA      | English-100 | 2025 | RPT | G  | Y   |   |
| 2025-09-17 | 1130 | Cooking | Mary Berry Makes It Easy                 | Simple Time-Savers                  | 01 | 4  | Mary surprises Lorraine Kelly and daughter Rosie with some delicious time-saving recipes.                                                                                                                                                                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |   |
| 2025-09-17 | 1200 | Cooking | Evo Pau's Asian Kitchen                  | Episode 3                           | 01 | 3  | With a dazzling array of Asian vinegars to choose from, just a splash of the right one can transform a dish and unlock authentic flavours.                                                                                                                                                                                                                                                                                                    | UNITED KINGDOM | English-100 | 2025 | RPT | PG |     |   |
| 2025-09-17 | 1230 | Travel  | Judi Lowe's Culinary Cruise              | Kotor                               | 01 | 1  | Judi Lowe embarks on a food exploration and travel adventure in this inspirational series.                                                                                                                                                                                                                                                                                                                                                    | UNITED KINGDOM | English-100 | 2024 | RPT | PG |     |   |
| 2025-09-17 | 1325 | Cooking | Destination Flavour Singapore Bitesize   | Hari Kaya                           | 01 | 2  | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.                                                                                                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2017 | RPT | G  | Y   |   |
| 2025-09-17 | 1330 | Cooking | Project Fire                             | Maryland Crab Feast                 | 03 | 12 | This show focuses on my favourite food growing up. This Project Fire version starts with a blazing wood fire. In this show a native son returns home to grill and eat crab!                                                                                                                                                                                                                                                                   | USA            | English-100 | 2023 | RPT | PG | a w |   |
| 2025-09-17 | 1400 | Cooking | Barefoot Contessa: Back To Basics        | Modern Comfort Food: Good Cheese    | 19 | 8  | Ina Garten indulges in incredible recipes starring some of her favourite cheeses, featuring a panko-crustied rack of lamb for a fast and fancy dinner.                                                                                                                                                                                                                                                                                        | USA            | English-100 | 2021 | RPT | G  |     |   |
| 2025-09-17 | 1430 | Cooking | On Country Kitchen                       | Beetroot Pasta, Beef & Bloodroot    | 01 | 3  | Derek learns how to make beetroot pasta, goes cattle herding on a 4 wheeler and even heads on country on a real hunt in the bush for indigenous bloodroot with a father and son.                                                                                                                                                                                                                                                              | AUSTRALIA      | English-100 | 2017 | RPT | G  |     |   |
| 2025-09-17 | 1500 | Cooking | Toast The Host: How To Entertain At Home | Bestie Brunch                       | 01 | 3  | When it's the morning after the night before, you need good company, sugar and carbs.                                                                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2024 | RPT | G  |     |   |
| 2025-09-17 | 1530 | Cooking | My Market Kitchen                        | Episode 18                          | 05 | 18 | Ben cooks two recipes that go hand-in-hand: his coconut caramel sauce, and his ricotta and buttermilk pancakes.                                                                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |   |
| 2025-09-17 | 1600 | Cooking | Lidia's Kitchen                          | Familiar Flavours                   | 09 | 15 | Lidia loves adding her touches to classic dishes. She prepares a roasted chicken with pomegranate and a chocolate ricotta cheesecake. Then she talks with her grandson about her famous baked beans.                                                                                                                                                                                                                                          | USA            | English-100 | 2022 | RPT | G  |     |   |
| 2025-09-17 | 1630 | Cooking | Mark Moriarty: Off Duty Chef             | Ep 6                                | 03 | 6  | It's the last episode in the series of Off Duty Chef so Mark is pulling out the stops with some of his top-shelf recipes.                                                                                                                                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |   |

|            |      |                |                                         |                                              |      |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                |             |      |     |    |     |   |   |
|------------|------|----------------|-----------------------------------------|----------------------------------------------|------|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|---|---|
| 2025-09-17 | 1700 | Cooking        | Mary Makes It Easy                      | Holiday Hang                                 | 2    | 13 | Mary shares all the recipes you need to host a fantastic holiday hang: baked camembert, peppercorn beef, mashed potatoes and onion gravy.                                                                                                                                                                                                                                                                                                          | CANADA         | English-100 | 2022 | RPT | G  |     |   |   |
| 2025-09-17 | 1730 | Cooking        | Everyday Gourmet With Justine Schofield | Episode 3                                    | 08   | 3  | Spring Salmon and Risori Salad and a simple Split Pea Hummus are just some of the incredible recipes on today's episode.                                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2018 |     | G  |     |   |   |
| 2025-09-17 | 1800 | Cooking        | Food Safari Fire                        | Cooking With Fire                            | 01   | 1  | Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Hosted by Maeve O'Meara, Food Safari Fire is an inspired ten-part series that is a feast for the senses and a must-see for barbecue-lovers and devotees of the wood-fired oven.                                                                                                                                                           | AUSTRALIA      | English-100 | 2015 | RPT | G  |     | Y |   |
| 2025-09-17 | 1830 | Travel         | Nigellissima                            | Ep 4                                         | 01   | 4  | Nigella shares her culinary talent as she presents delicious Italian-inspired food. In this episode, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding, before introducing us to the joys of fregola - the Sardinian sun-dried and toasted couscous - in a light, tomato-hued recipe of couscous with clams.                                                                             | UNITED KINGDOM | English-100 | 2012 | RPT | G  |     | Y |   |
| 2025-09-17 | 1900 | Travel         | The Cook Up With Adam Liaw              | Bang For Your Buck                           | 08   | 83 | Prepare to taste the savings as Adam, musician Sarah McLeod and chef Grant King give you bang for your buck!                                                                                                                                                                                                                                                                                                                                       | AUSTRALIA      | English-100 | 2025 |     | G  |     | Y |   |
| 2025-09-17 | 1930 | Cooking        | Nadiya's Cook Once, Eat Twice           | Everyday Heroes                              | 01   | 1  | Nadiya Hussain kicks off this new six-part crafty cooking series encouraging us to make overlooked, everyday ingredients the star of the show.                                                                                                                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2024 | RPT | G  |     |   |   |
| 2025-09-17 | 2000 | Travel         | Rachael Ray In Tuscany                  | Crostata And Risotto With Sarah Moulton      | 01   | 18 | Author and chef Sarah Moulton joins Rachael in her Tuscan kitchen to team up and create a meal using ingredients from Rachael's pantry.                                                                                                                                                                                                                                                                                                            | USA            | English-100 | 2022 |     | PG |     |   |   |
| 2025-09-17 | 2030 | Travel         | Guillaume's Paris                       | Ep 6                                         | 01   | 6  | Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse, a legend of French gastronomy making his mark on this popular delicacy.                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2022 | RPT | G  |     | Y | Y |
| 2025-09-17 | 2100 | Travel         | Adam Richman Eats Football              | Brighton And Hove Albion                     | 2024 | 5  | Adam is on the south coast to see Brighton & Hove Albion play. Before the match he plans to explore the best of the food scene Brighton & Hove has to offer.                                                                                                                                                                                                                                                                                       | UNITED KINGDOM | English-100 | 2024 |     | PG |     |   |   |
| 2025-09-17 | 2130 | Food Lifestyle | Gourmet Farmer                          | Illegal Dinner                               | 01   | 8  | Hosting a Bastille Day lunch to showcase a range of delicacies to loyal stall patrons seems like a good idea to Matthew - but it's illegal without a licence. An alternative is to host a free dinner party where he can serve his own or locally sourced produce to favourite customers. But for now, more practical matters need his attention: a sheep's escaped and possums are decimating his vegetable garden.                               | AUSTRALIA      | English-100 | 2011 | RPT | PG | a w | Y |   |
| 2025-09-17 | 2200 | Travel         | Luke Nguyen's Greater Mekong            | Luke Nguyen's Greater Mekong Series 1 Ep 3   | 01   | 3  | Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Travelling in China's Yunnan Province, Luke reaches the fabled town of Lijiang where the nightlife reigns and a Nai 'aunty' teaches him how to cook a local speciality. Amid curious marketplace spectators, Luke catches a fish with his bare hands and puts his skills to the test, cooking a local-style barbequed carp for the first time. | AUSTRALIA      | English-100 | 2012 | RPT | G  |     | Y | Y |
| 2025-09-17 | 2230 | Travel         | The Cook Up With Adam Liaw              | Bang For Your Buck                           | 08   | 83 | Prepare to taste the savings as Adam, musician Sarah McLeod and chef Grant King give you bang for your buck!                                                                                                                                                                                                                                                                                                                                       | AUSTRALIA      | English-100 | 2025 | RPT | G  |     | Y |   |
| 2025-09-17 | 2300 | Food Lifestyle | Cheese Slices                           | Canada - Artisan Cheeses Of British Columbia | 07   | 3  | The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia. Will visits Vancouver before taking a sea plane to Salt Spring Island where he visits two fascinating small cheese dairies. Then he heads through the beautiful Rockies to meet a new farmstead producer making 'mountain' cheese Canadian style.                                                                    | AUSTRALIA      | English-100 | 2014 | RPT | G  |     |   |   |
| 2025-09-17 | 2330 | Cooking        | Food Lovers' Guide To Australia         | Food Lovers Guide To Australia Ep 13         | 02   | 13 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai; Sultan's Turkish delights in Melbourne; ladies fingers grown by a Vietnamese Australian farmer; and Cuban families get together to celebrate with food, rum and cigars.                                                                                                                       | AUSTRALIA      | English-100 | 2000 | RPT | G  |     | Y |   |
| 2025-09-17 | 2400 | Cooking        | Project Fire                            | Maryland Crab Feast                          | 03   | 12 | This show focuses on my favourite food growing up. This Project Fire version starts with a blazing wood fire. In this show a native son returns home to grill and eat crab!                                                                                                                                                                                                                                                                        | USA            | English-100 | 2023 | RPT | PG | a w |   |   |
| 2025-09-17 | 2430 | Cooking        | Nadiya's Cook Once, Eat Twice           | Everyday Heroes                              | 01   | 1  | Nadiya Hussain kicks off this new six-part crafty cooking series encouraging us to make overlooked, everyday ingredients the star of the show.                                                                                                                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2024 | RPT | G  |     |   |   |
| 2025-09-17 | 2500 | Travel         | Rachael Ray In Tuscany                  | Crostata And Risotto With Sarah Moulton      | 01   | 18 | Author and chef Sarah Moulton joins Rachael in her Tuscan kitchen to team up and create a meal using ingredients from Rachael's pantry.                                                                                                                                                                                                                                                                                                            | USA            | English-100 | 2022 | RPT | PG |     |   |   |
| 2025-09-17 | 2530 | Travel         | Guillaume's Paris                       | Ep 6                                         | 01   | 6  | Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse, a legend of French gastronomy making his mark on this popular delicacy.                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2022 | RPT | G  |     | Y | Y |
| 2025-09-17 | 2600 | Travel         | Adam Richman Eats Football              | Brighton And Hove Albion                     | 2024 | 5  | Adam is on the south coast to see Brighton & Hove Albion play. Before the match he plans to explore the best of the food scene Brighton & Hove has to offer.                                                                                                                                                                                                                                                                                       | UNITED KINGDOM | English-100 | 2024 | RPT | PG |     |   |   |
| 2025-09-17 | 2630 | Food Lifestyle | Gourmet Farmer                          | Illegal Dinner                               | 01   | 8  | Hosting a Bastille Day lunch to showcase a range of delicacies to loyal stall patrons seems like a good idea to Matthew - but it's illegal without a licence. An alternative is to host a free dinner party where he can serve his own or locally sourced produce to favourite customers. But for now, more practical matters need his attention: a sheep's escaped and possums are decimating his vegetable garden.                               | AUSTRALIA      | English-100 | 2011 | RPT | PG | a w | Y |   |

|            |      |                |                                          |                                              |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                |             |      |     |    |     |   |
|------------|------|----------------|------------------------------------------|----------------------------------------------|----|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|---|
| 2025-09-17 | 2700 | Travel         | Luke Nguyen's Greater Mekong             | Luke Nguyen's Greater Mekong Series 1 Ep 3   | 01 | 3  | Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Travelling in China's Yunnan Province, Luke reaches the fabled town of Lijiang where the nightlife reigns and a Nasu 'sunny' teaches him how to cook a local speciality. Amid curious marketplace spectators, Luke catches a fish with his bare hands and puts his skills to the test, cooking a local-style barbequed carp for the first time. | AUSTRALIA      | English-100 | 2012 | RPT | G  | Y   | Y |
| 2025-09-17 | 2730 | Travel         | The Cook Up With Adam Liaw               | Bang For Your Buck                           | 08 | 83 | Prepare to taste the savings as Adam, musician Sarah McLeod and chef Grant King give you bang for your buck!                                                                                                                                                                                                                                                                                                                                        | AUSTRALIA      | English-100 | 2025 | RPT | G  |     | Y |
| 2025-09-17 | 2800 | Food Lifestyle | Cheese Slices                            | Canada - Artisan Cheeses Of British Columbia | 07 | 3  | The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia. Will visits Vancouver before taking a sea plane to Salt Spring Island where he visits two fascinating small cheese dairies. Then he heads through the beautiful Rockies to meet a new farmstead producer making 'mountain' cheese Canadian style.                                                                     | AUSTRALIA      | English-100 | 2014 | RPT | G  |     |   |
| 2025-09-17 | 2830 | Cooking        | Food Lovers' Guide To Australia          | Food Lovers Guide To Australia Ep 13         | 02 | 13 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai; Sultan's Turkish delights in Melbourne; ladies fingers grown by a Vietnamese Australian farmer; and Cuban families get together to celebrate with food, rum and cigars.                                                                                                                        | AUSTRALIA      | English-100 | 2000 | RPT | G  |     | Y |
| 2025-09-18 | 0500 | Cooking        | Project Fire                             | Maryland Crab Feast                          | 03 | 12 | This show focuses on my favourite food growing up. This Project Fire version starts with a blazing wood fire. In this show a native son returns home to grill and eat crab!                                                                                                                                                                                                                                                                         | USA            | English-100 | 2023 | RPT | PG | a w |   |
| 2025-09-18 | 0530 | Travel         | Judi Love's Culinary Cruise              | Kotor                                        | 01 | 1  | Judi Love embarks on a food exploration and travel adventure in this inspirational series.                                                                                                                                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2024 | RPT | PG |     |   |
| 2025-09-18 | 0625 | Cooking        | Destination Flavour Singapore Bitesize   | Hari Kaya                                    | 01 | 2  | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.                                                                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2017 | RPT | G  |     | Y |
| 2025-09-18 | 0630 | Cooking        | On Country Kitchen                       | Beetroot Pasta, Beef & Bloodroot             | 01 | 3  | Derek learns how to make beetroot pasta, goes cattle herding on a 4 wheeler and even heads on country on a real hunt in the bush for Indigenous bloodroot with a father and son.                                                                                                                                                                                                                                                                    | AUSTRALIA      | English-100 | 2017 | RPT | G  |     |   |
| 2025-09-18 | 0700 | Cooking        | Toast The Host: How To Entertain At Home | Bestie Brunch                                | 01 | 3  | When it's the morning after the night before, you need good company, sugar and carbs.                                                                                                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2024 | RPT | G  |     |   |
| 2025-09-18 | 0730 | Cooking        | My Market Kitchen                        | Episode 18                                   | 05 | 18 | Ben cooks two recipes that go hand-in-hand: his coconut caramel sauce, and his ricotta and buttermilk pancakes.                                                                                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |   |
| 2025-09-18 | 0800 | Cooking        | Lidia's Kitchen                          | Familiar Flavours                            | 09 | 15 | Lidia loves adding her touches to classic dishes. She prepares a roasted chicken with pomegranate and a chocolate ricotta cheesecake. Then she talks with her grandson about her famous baked beans.                                                                                                                                                                                                                                                | USA            | English-100 | 2022 | RPT | G  |     |   |
| 2025-09-18 | 0830 | Cooking        | Mark Moriarty: Off Duty Chef             | Ep 6                                         | 03 | 6  | It's the last episode in the series of Off Duty Chef so Mark is pulling out the stops with some of his top-shelf recipes.                                                                                                                                                                                                                                                                                                                           | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |   |
| 2025-09-18 | 0900 | Cooking        | Mary Makes It Easy                       | Holiday Hang                                 | 2  | 13 | Mary shares all the recipes you need to host a fantastic holiday hang: baked camembert, peppercorn beef, mashed potatoes and onion gravy.                                                                                                                                                                                                                                                                                                           | CANADA         | English-100 | 2022 | RPT | G  |     |   |
| 2025-09-18 | 0930 | Cooking        | Everyday Gourmet With Justine Schofield  | Episode 3                                    | 08 | 3  | Spring Salmon and Risotti Salad and a simple Split Pea Hummus are just some of the incredible recipes on today's episode.                                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2018 | RPT | G  |     |   |
| 2025-09-18 | 1000 | Cooking        | Food Safari Fire                         | Cooking With Fire                            | 01 | 1  | Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Hosted by Maeve O'Meara, Food Safari Fire is an inspired ten-part series that is a feast for the senses and a must-see for barbecue-lovers and devotees of the wood-fired oven.                                                                                                                                                            | AUSTRALIA      | English-100 | 2015 | RPT | G  |     | Y |
| 2025-09-18 | 1030 | Travel         | Nigellissima                             | Ep 4                                         | 01 | 4  | Nigella shares her culinary talent as she presents delicious Italian-inspired food. In this episode, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding, before introducing us to the joys of fregola - the Sardinian sun-dried and toasted couscous - in a light, tomato-hued recipe of couscous with clams.                                                                              | UNITED KINGDOM | English-100 | 2012 | RPT | G  |     | Y |
| 2025-09-18 | 1100 | Travel         | The Cook Up With Adam Liaw               | Bang For Your Buck                           | 08 | 83 | Prepare to taste the savings as Adam, musician Sarah McLeod and chef Grant King give you bang for your buck!                                                                                                                                                                                                                                                                                                                                        | AUSTRALIA      | English-100 | 2025 | RPT | G  |     | Y |
| 2025-09-18 | 1130 | Cooking        | Nadiya's Cook Once, Eat Twice            | Everyday Heroes                              | 01 | 1  | Nadiya Hussain kicks off this new six-part crafty cooking series encouraging us to make overlooked, everyday ingredients the star of the show.                                                                                                                                                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2024 | RPT | G  |     |   |
| 2025-09-18 | 1200 | Travel         | Rachael Ray In Tuscany                   | Crostata And Risotto With Sarah Moulton      | 01 | 18 | Author and chef Sarah Moulton joins Rachael in her Tuscan kitchen to team up and create a meal using ingredients from Rachael's pantry.                                                                                                                                                                                                                                                                                                             | USA            | English-100 | 2022 | RPT | PG |     |   |

|            |      |                              |                                          |                                            |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                |             |      |     |    |     |
|------------|------|------------------------------|------------------------------------------|--------------------------------------------|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|
| 2025-09-18 | 1230 | Travel                       | Judi Lowe's Culinary Cruise              | Corfu                                      | 01 | 2  | Judi's exploring Corfu - the island of spices - where she visits a dairy shop that was a firm favourite of Jackie Onassis and learns a bit of Greek dancing.                                                                                                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2024 | RPT | G  |     |
| 2025-09-18 | 1325 | Cooking                      | Destination Flavour Singapore Bitesize   | Lamb Kebabs                                | 01 | 3  | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.                                                                                                                                                                                                                                                                                                                                                        | AUSTRALIA      | English-100 | 2017 | RPT | G  | Y   |
| 2025-09-18 | 1330 | Cooking                      | Project Fire                             | Raichen's Rules Desserts                   | 03 | 13 | When I was growing up, dessert at a barbecue was an afterthought. Sliced watermelon or fruit salad, maybe pie from a local bakery. It never occurred to us to grill dessert. How times have changed!                                                                                                                                                                                                                                             | USA            | English-100 | 2023 | RPT | PG |     |
| 2025-09-18 | 1400 | Cooking                      | Donal's Real Time Recipes                | Pasta Is Life                              | 01 | 1  | To kick off the series, Donal shares his love for a real family favourite- pasta. Using simple tips and flavour hacks, Donal shows us four new ways to prepare this baseline ingredient that's always a hit. There's his one-pot chicken and mushroom pasta using an ingredient not commonly found in Italian kitchens- soy sauce.                                                                                                               | IRELAND        | English-100 | 2024 | RPT | PG |     |
| 2025-09-18 | 1430 | Cooking                      | On Country Kitchen                       | Pork, Lemon Myrtle & Egg                   | 01 | 4  | Today, Derek is on the hunt for pork, to find some orchard raised free-range eggs, and investigates a very special Lemon Myrtle herb. He also talks culture with Noongar man Joe Northover.                                                                                                                                                                                                                                                      | AUSTRALIA      | English-100 | 2017 | RPT | G  |     |
| 2025-09-18 | 1500 | Cooking                      | Toast The Host: How To Entertain At Home | Kitchen Supper                             | 01 | 4  | Breaking up the working week by hosting a dinner with friends is a lovely way to bring the weekend closer. Here's how to make it a casual but memorable affair.                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2024 | RPT | G  |     |
| 2025-09-18 | 1535 | Cooking                      | My Market Kitchen                        | Episode 19                                 | 05 | 19 | Ben and award-winning Pastry Chef Anna Polyviou share the secrets and squash the myths of making meringue, all while making a toasted marshmallow pavlova.                                                                                                                                                                                                                                                                                       | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |
| 2025-09-18 | 1600 | Cooking                      | Lidia's Kitchen                          | Southern Italian Favourites                | 09 | 16 | Lidia loves southern Italy, and some of the Mediterranean staples. She prepares a flavourful bruschetta, a tomato and tropes onion salad, her spicy Bloody Mary, then talks about panzerotti.                                                                                                                                                                                                                                                    | USA            | English-100 | 2022 | RPT | PG | a w |
| 2025-09-18 | 1630 | Cooking                      | Mark Moriarty: Off Duty Chef             | Ep 7                                       | 03 | 7  | This Christmas, join Mark Moriarty in the Off Duty Chef Kitchen as he brings us more invaluable tips and tricks from the restaurant kitchen to elevate your festive menu at home.                                                                                                                                                                                                                                                                | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |
| 2025-09-18 | 1700 | Cooking                      | Mary Makes It Easy                       | Wine And Dine                              | 2  | 14 | Alcohol is not just a fun meal pairing, it's also a super flavourful ingredient to cook with! Mary shakes things up with Wine Can Chicken. For another boozy meal, try Mary's Roast Pork with Red Wine Grape Sauce, using a dry red to complement the garlic and grainy mustard marinade.                                                                                                                                                        | CANADA         | English-100 | 2022 | RPT | G  |     |
| 2025-09-18 | 1730 | Cooking                      | Everyday Gourmet With Justine Schofield  | Episode 4                                  | 08 | 4  | Join Justine as she prepares a Butterflied Roast Chicken with Smoked Tomato Saka and decadent Chocolate, Espresso and Hazelnut Truffles.                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2018 |     | G  |     |
| 2025-09-18 | 1800 | Cooking                      | Food Safari Fire                         | Street Food                                | 01 | 2  | This episode explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay, Vietnamese beef in betel leaves and Mexican fish tacos.                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2015 | RPT | G  | Y   |
| 2025-09-18 | 1830 | Travel                       | Nigellissima                             | Ep 5                                       | 01 | 5  | Nigella Lawson continues to share her passion for creating mouth-watering Italian food. Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.                                                                                                                                                                                                     | UNITED KINGDOM | English-100 | 2012 | RPT | G  | Y   |
| 2025-09-18 | 1900 | Cooking                      | The Cook Up With Adam Liaw               | Dinner Party, The                          | 06 | 50 | Adam is joined by entertaining experts, chef Martin Benn and hospitality consultant Vicki Wild, who share tips and tricks on how to host a memorable dinner party.                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y   |
| 2025-09-18 | 1930 | Health, Science & Technology | Eat Smart Secrets Of The Glucose Goddess | Episode 2                                  | 01 | 2  | Biochemist Jessie Inchauspe helps volunteers improve health by controlling blood sugar. With recipes and science-backed hacks, she tackles diabetes, skin issues, and weight. Joined by Dr. Rupy Ajulia, Jessie aims for life-changing results in six weeks for Sophie, Arron, and Hannah.                                                                                                                                                       | USA            | English-100 | 2025 | RPT | PG | a Y |
| 2025-09-18 | 2030 | Travel                       | Gordon Ramsay's Uncharted                | Spain's Galician Coast                     | 04 | 3  | Gordon and his daughter Tilly explore centuries-old culinary traditions in Galicia, a largely overlooked, magnificent corner of Spain.                                                                                                                                                                                                                                                                                                           | UNITED KINGDOM | English-100 | 2023 |     | PG | Y   |
| 2025-09-18 | 2130 | Food Lifestyle               | Gourmet Farmer                           | Bread                                      | 01 | 9  | After nearly a year on the farm, Matthew now grows and makes most of what he needs - except for bread. He has sourced Tasmanian milled flour and locally grown olive oil and catches up with an artisan sourdough breadmaker for tips. On an outdoor wood fire, they test making bread using local flour and imported flour. Matthew also discovers that Tasmanian flour is low in gluten, and better for making cakes.                          | AUSTRALIA      | English-100 | 2011 | RPT | G  | Y Y |
| 2025-09-18 | 2200 | Travel                       | Luke Nguyen's Greater Mekong             | Luke Nguyen's Greater Mekong Series 1 Ep 4 | 01 | 4  | Continuing through China, Luke Nguyen journeys to Xishuangbanna, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the famous tea horse trail. Trekking through mist covered tea plantations where he is to cook sweet tea dumplings, Luke is invited to a nearby village where he learns the method for preserving tea, sampling some that has been buried in the ground for over a year. | AUSTRALIA      | English-100 | 2012 | RPT | G  | Y Y |
| 2025-09-18 | 2230 | Cooking                      | The Cook Up With Adam Liaw               | Dinner Party, The                          | 06 | 50 | Adam is joined by entertaining experts, chef Martin Benn and hospitality consultant Vicki Wild, who share tips and tricks on how to host a memorable dinner party.                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y   |
| 2025-09-18 | 2300 | Food Lifestyle               | Cheese Slices                            | France - The Lyonnais Cheese Revolution    | 07 | 4  | The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system. Will investigates Maconais and Charolais goat cheese and visits Guilloteau dairy in the Dauphine to learn about a very modern new cheese making technique.                                                                                        | AUSTRALIA      | English-100 | 2014 | RPT | G  |     |

|            |      |                              |                                          |                                              |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                     |                |             |      |     |    |     |   |   |
|------------|------|------------------------------|------------------------------------------|----------------------------------------------|----|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----|---|---|
| 2025-09-18 | 2330 | Cooking                      | Food Lovers' Guide To Australia          | Food Lovers Guide To Australia Series 3 Ep 1 | 03 | 1  | Maew O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria; Thai food in Kings Cross; Greek food in Adelaide; and a look at the Cocos Malay community in Geraldton, WA.                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2002 | RPT | G  |     | Y | Y |
| 2025-09-18 | 2400 | Cooking                      | Project Fire                             | Raichlen's Rules Desserts                    | 03 | 13 | When I was growing up, dessert at a barbecue was an afterthought. Sliced watermelon or fruit salad, maybe pie from a local bakery. It never occurred to us to grill dessert. How times have changed!                                                                                                                                                                                                                                | USA            | English-100 | 2023 | RPT | PG |     |   |   |
| 2025-09-18 | 2430 | Health, Science & Technology | Eat Smart Secrets Of The Glucose Goddess | Episode 2                                    | 01 | 2  | Biochemist Jessie Inchauspe helps volunteers improve health by controlling blood sugar. With recipes and science-backed hacks, she tackles diabetes, skin issues, and weight. Joined by Dr. Rupy Ajala, Jessie aims for life-changing results in six weeks for Sophie, Arron, and Hannah.                                                                                                                                           | USA            | English-100 | 2025 | RPT | PG | a   | Y |   |
| 2025-09-18 | 2530 | Travel                       | Gordon Ramsay: Uncharted                 | Spain's Galician Coast                       | 04 | 3  | Gordon and his daughter Tilly explore centuries-old culinary traditions in Galicia, a largely overlooked, magnificent corner of Spain.                                                                                                                                                                                                                                                                                              | UNITED KINGDOM | English-100 | 2023 | RPT | PG |     |   | Y |
| 2025-09-18 | 2630 | Food Lifestyle               | Gourmet Farmer                           | Bread                                        | 01 | 9  | After nearly a year on the farm, Matthew now grows and makes most of what he needs - except for bread. He has sourced Tasmanian milled flour and locally grown olive oil and catches up with an artisan sourdough breadmaker for tips. On an outdoor wood fire, they test making bread using local flour and imported flour. Matthew also discovers that Tasmanian flour is low in gluten, and better for making cakes.             | AUSTRALIA      | English-100 | 2011 | RPT | G  |     | Y | Y |
| 2025-09-18 | 2700 | Travel                       | Luke Nguyen's Greater Mekong             | Luke Nguyen's Greater Mekong Series 1 Ep 4   | 01 | 4  | Continuing through China, Luke Nguyen journeys to Xishuangbanna, where China meets Southeast Asia, to experience Dai culture and try the acquired tastes of the famous tea horse trail. Trekking through mist covered tea plantations where he is to cook sweet tea dumplings, Luke is invited to a nearby village where he learns the method for preserving tea, sampling some that has been buried in the ground for over a year. | AUSTRALIA      | English-100 | 2012 | RPT | G  |     | Y | Y |
| 2025-09-18 | 2730 | Cooking                      | The Cook Up With Adam Liaw               | Dinner Party, The                            | 06 | 50 | Adam is joined by entertaining experts, chef Martin Benn and hospitality consultant Vicki Wild, who share tips and tricks on how to host a memorable dinner party.                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2023 | RPT | G  |     | Y |   |
| 2025-09-18 | 2800 | Food Lifestyle               | Cheese Slices                            | France - The Lyonnais Cheese Revolution      | 07 | 4  | The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system. Will investigate Maconais and Charolais goat cheese and visits Gulloteau dairy in the Dauphine to learn about a very modern new cheese making technique.                                                                             | AUSTRALIA      | English-100 | 2014 | RPT | G  |     |   |   |
| 2025-09-18 | 2830 | Cooking                      | Food Lovers' Guide To Australia          | Food Lovers Guide To Australia Series 3 Ep 1 | 03 | 1  | Maew O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria; Thai food in Kings Cross; Greek food in Adelaide; and a look at the Cocos Malay community in Geraldton, WA.                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2002 | RPT | G  |     | Y | Y |
| 2025-09-19 | 0500 | Cooking                      | Project Fire                             | Raichlen's Rules Desserts                    | 03 | 13 | When I was growing up, dessert at a barbecue was an afterthought. Sliced watermelon or fruit salad, maybe pie from a local bakery. It never occurred to us to grill dessert. How times have changed!                                                                                                                                                                                                                                | USA            | English-100 | 2023 | RPT | PG |     |   |   |
| 2025-09-19 | 0530 | Travel                       | Judi Lowe's Culinary Cruise              | Corfu                                        | 01 | 2  | Judi's exploring Corfu - the island of spices - where she visits a dairy shop that was a firm favourite of Jackie Onassis and learns a bit of Greek dancing.                                                                                                                                                                                                                                                                        | UNITED KINGDOM | English-100 | 2024 | RPT | G  |     |   |   |
| 2025-09-19 | 0625 | Cooking                      | Destination Flavour Singapore Bitesize   | Lamb Kebabs                                  | 01 | 3  | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.                                                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2017 | RPT | G  |     | Y |   |
| 2025-09-19 | 0630 | Cooking                      | On Country Kitchen                       | Pork, Lemon Myrtle & Egg                     | 01 | 4  | Today, Derek is on the hunt for pork, to find some orchard raised free-range eggs, and investigates a very special Lemon Myrtle herb. He also talks culture with Noongar man Joe Northover.                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2017 | RPT | G  |     |   |   |
| 2025-09-19 | 0700 | Cooking                      | Toast The Host: How To Entertain At Home | Kitchen Supper                               | 01 | 4  | Breaking up the working week by hosting a dinner with friends is a lovely way to bring the weekend closer. Here's how to make it a casual but memorable affair.                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2024 | RPT | G  |     |   |   |
| 2025-09-19 | 0735 | Cooking                      | My Market Kitchen                        | Episode 19                                   | 05 | 19 | Ben and award-winning Pastry Chef Anna Polyviou share the secrets and squash the myths of making meringue, all while making a toasted marshmallow pavlova.                                                                                                                                                                                                                                                                          | AUSTRALIA      | English-100 | 2021 | RPT | G  |     |   |   |
| 2025-09-19 | 0800 | Cooking                      | Lidia's Kitchen                          | Southern Italian Favourites                  | 09 | 16 | Lidia loves southern Italy, and some of the Mediterranean staples. She prepares a flavourful bruschetta, a tomato and tropea onion salad, her spicy Bloody Mary, then talks about panzerotti.                                                                                                                                                                                                                                       | USA            | English-100 | 2022 | RPT | PG | a w |   |   |
| 2025-09-19 | 0830 | Cooking                      | Mark Moriarty: Off Duty Chef             | Ep 7                                         | 03 | 7  | This Christmas, join Mark Moriarty in the Off Duty Chef Kitchen as he brings us more invaluable tips and tricks from the restaurant kitchen to elevate your festive menu at home.                                                                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2023 | RPT | G  |     |   |   |
| 2025-09-19 | 0900 | Cooking                      | Mary Makes It Easy                       | Wine And Dine                                | 2  | 14 | Alcohol is not just a fun meal pairing. It's also a super flavourful ingredient to cook with! Mary shakes things up with Wine Can Chicken. For another boozy meal, try Mary's Roast Pork with Red Wine Grape Sauce, using a dry red to complement the garlic and grainy mustard marinade.                                                                                                                                           | CANADA         | English-100 | 2022 | RPT | G  |     |   |   |
| 2025-09-19 | 0930 | Cooking                      | Everyday Gourmet With Justine Schofield  | Episode 4                                    | 08 | 4  | Join Justine as she prepares a Butterflied Roast Chicken with Smoked Tomato Salsa and decadent Chocolate, Espresso and Hazelnut Truffles.                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2018 | RPT | G  |     |   |   |
| 2025-09-19 | 1000 | Cooking                      | Food Safari Fire                         | Street Food                                  | 01 | 2  | This episode explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay, Vietnamese beef in betel leaves and Mexican fish tacos.                                                                                                                                                                                                                        | AUSTRALIA      | English-100 | 2015 | RPT | G  |     | Y |   |

|            |      |                              |                                          |                                     |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                |             |      |     |    |         |   |
|------------|------|------------------------------|------------------------------------------|-------------------------------------|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---------|---|
| 2025-09-19 | 1030 | Travel                       | Nigellissima                             | Ep 5                                | 01 | 5  | Nigella Lawson continues to share her passion for creating mouth-watering Italian food. Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.                                                                                                                                                                                                                                               | UNITED KINGDOM | English-100 | 2012 | RPT | G  |         | Y |
| 2025-09-19 | 1100 | Cooking                      | The Cook Up With Adam Liaw               | Dinner Party, The                   | 06 | 50 | Adam is joined by entertaining experts, chef Martin Benn and hospitality consultant Vicki Wild, who share tips and tricks on how to host a memorable dinner party.                                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2023 | RPT | G  |         | Y |
| 2025-09-19 | 1130 | Health, Science & Technology | Eat Smart Secrets Of The Glucose Goddess | Episode 2                           | 01 | 2  | Biochemist Jessie Inchauspae helps volunteers improve health by controlling blood sugar. With recipes and science-backed hacks, she tackles diabetes, skin issues, and weight. Joined by Dr. Rupy Ajla, Jessie aims for life-changing results in six weeks for Sophie, Arron, and Hannah.                                                                                                                                                                                                  | USA            | English-100 | 2025 | RPT | PG | a       | Y |
| 2025-09-19 | 1230 | Travel                       | Judi Love's Culinary Cruise              | Parga                               | 01 | 3  | Judi stops in the olive oil land of Parga as she tries traditional Greek coffee, learns everything to do with olive oil, and visits a hotel's historic gardens.                                                                                                                                                                                                                                                                                                                            | UNITED KINGDOM | English-100 | 2024 | RPT | G  |         |   |
| 2025-09-19 | 1325 | Cooking                      | Destination Flavour Singapore Bitesize   | Singapore Chili Crab                | 01 | 4  | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.                                                                                                                                                                                                                                                                                                                                                                                                  | AUSTRALIA      | English-100 | 2017 | RPT | PG | a w     | Y |
| 2025-09-19 | 1330 | Cooking                      | Nico Reynolds: All Fired Up              | Crowd Pleasers                      | 01 | 1  | Chef Nico Reynolds shares some of his signature BBQ dishes - a delicious Crushed Pork and Pineapple Burger with Shredded Slaw, a versatile Jerk Seasoning for meat or veggies and Grilled Steak Tacos with a Hot Sauce and Mild Salsa.                                                                                                                                                                                                                                                     | IRELAND        | English-100 | 2022 | RPT | G  |         |   |
| 2025-09-19 | 1400 | Cooking                      | Donal's Real Time Recipes                | Brilliant Bowls                     | 01 | 2  | Donal brings us four internationally inspired-bowls. Cozy and comforting, these are ideal for bringing warmth on darker days.                                                                                                                                                                                                                                                                                                                                                              | IRELAND        | English-100 | 2024 | RPT | PG |         |   |
| 2025-09-19 | 1430 | Cooking                      | On Country Kitchen                       | Kim Chi, Maple Smoked Bacon & Honey | 01 | 5  | Derek starts out with a fun way to harvest cabbages, he then helps prepare smoked meats, and helps a beekeeper put a queen bee into a new hive!                                                                                                                                                                                                                                                                                                                                            | AUSTRALIA      | English-100 | 2017 | RPT | G  |         |   |
| 2025-09-19 | 1500 | Cooking                      | Toast The Host: How To Entertain At Home | Boozy Book Club                     | 01 | 5  | Whether you're bringing friends together for a book club or you just need some down time and a debrief in good company, afternoon tea is a lovely way to spend the latter part of the day.                                                                                                                                                                                                                                                                                                 | AUSTRALIA      | English-100 | 2024 | RPT | G  |         |   |
| 2025-09-19 | 1535 | Cooking                      | My Market Kitchen                        | Episode 20                          | 05 | 20 | Ben puts his spin on an ANZAC biscuit ice cream sandwich while Kathy shares her unbelievably tasty greek chicken tray bake.                                                                                                                                                                                                                                                                                                                                                                | AUSTRALIA      | English-100 | 2021 | RPT | G  |         |   |
| 2025-09-19 | 1605 | Cooking                      | Lidia's Kitchen                          | Sweet & Savoury Fruit               | 09 | 17 | Fruit makes everything better, and it can be used in sweet and savory recipes! Lidia creates a beautiful cheese plate, sausage and apples one-pot, then chats about risotto with orange juice too!                                                                                                                                                                                                                                                                                         | USA            | English-100 | 2022 | RPT | G  |         |   |
| 2025-09-19 | 1630 | Cooking                      | Mark Moriarty: Off Duty Chef             | Food For Colder Days                | 04 | 1  | In the first episode of this series, Mark shares three delicious recipes that are designed for when the weather outside is a bit cooler and you need something to warm you up.                                                                                                                                                                                                                                                                                                             | UNITED KINGDOM | English-100 | 2024 | RPT | G  |         |   |
| 2025-09-19 | 1700 | Cooking                      | Mary Makes It Easy                       | Fave Missed Steak                   | 2  | 15 | Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.                                                                                                                                                                                                                                                                                                             | CANADA         | English-100 | 2022 | RPT | G  |         |   |
| 2025-09-19 | 1730 | Cooking                      | Everyday Gourmet With Justine Schofield  | Episode 5                           | 08 | 5  | Justine shares her Classic Potato Salad recipe and is joined by Laura Cassai who prepares a Gluten Free Fettuccine with Vorgole, Tomato and Basil.                                                                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2018 |     | G  |         |   |
| 2025-09-19 | 1800 | Cooking                      | Food Safari Fire                         | Woodfired Oven, The                 | 01 | 3  | Food Safari Fire host Maeve O'Meara explores the versatility and culinary delights of the Wood fired oven. One of the all-time classic dishes of the wood fired oven is the original Neapolitan Pizza.                                                                                                                                                                                                                                                                                     | AUSTRALIA      | English-100 | 2015 | RPT | G  |         | Y |
| 2025-09-19 | 1830 | Travel                       | Nigellissima                             | Ep 6                                | 01 | 6  | Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil. Dessert is a true Anglo-Italian affair with a ruby red plum and amaretto crumble. There is also Nigella's easy no-stir farro risotto with mushrooms, and chocolate pasta with a dark butterscotch sauce - a perfect supper for those nights when you can't decide if you're in the mood for savoury or sweet. | UNITED KINGDOM | English-100 | 2012 | RPT | G  |         | Y |
| 2025-09-19 | 1900 | Cooking                      | The Cook Up With Adam Liaw               | Kids in The Kitchen                 | 06 | 51 | Is it Adam's turn to get schooled? Spelling bee legend, Aditya Paul, and Kids Love to Cook cooking school grad, Anna Lim, are here to show what kids can achieve in the kitchen.                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2023 | RPT | G  |         | Y |
| 2025-09-19 | 1930 | Travel                       | Jamie's American Road Trip               | Arizona                             | 01 | 4  | With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with the Navajo Indians on the largest reservation in America. Staying with Mayor Elect Roy Kady, who also happens to be a sheep farmer, Jamie witnesses Navajo traditions up close - from butchery, to overnighing in a hogan, and cooking with elders. He also gets a crash course in Navajo spirituality.                        | USA            | English-100 | 2009 | RPT | PG | a l s w | Y |

|            |      |                |                                        |                                             |    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                |             |      |     |    |           |
|------------|------|----------------|----------------------------------------|---------------------------------------------|----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|-----------|
| 2025-09-19 | 2030 | Food Lifestyle | A Lake District Farmshop               | Marmalade                                   | 01 | 4  | The lady of a Cumbrian manor reveals a book filled with incredible marmalade recipes that could be used as the ingredient in a new cake to be sold at the services.                                                                                                                                                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2020 | RPT | G  |           |
| 2025-09-19 | 2130 | Food Lifestyle | Gourmet Farmer                         | Paddock Final Lunch                         | 01 | 10 | Matthew Evans is nearing the end of his first year on the farm and it's time to reflect on what's happened. His stall is breaking even, his vegetable garden is pathetic and he's not sure that he can call his new life a resounding success. But Matthew wants to celebrate the connections he's made during his journey. So for a finale, he cooks up a feast for old mates and new friends.                                                                          | AUSTRALIA      | English-100 | 2011 | RPT | PG | Y         |
| 2025-09-19 | 2200 | Travel         | Luke Nguyen's Greater Mekong           | Luke Nguyen's Greater Mekong Series 1 Ep 5  | 01 | 5  | Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making the famous Mohinga with one of the city's lively Mohinga experts. Luke also tries his hand at making rice paper sheets the traditional way at 17th street market, and cooks a traditional Burmese prawn curry that is described by locals as being oily, delicious and a little spicy. | AUSTRALIA      | English-100 | 2012 | RPT | G  | Y         |
| 2025-09-19 | 2230 | Cooking        | The Cook Up With Adam Liaw             | Kids in The Kitchen                         | 06 | 51 | Is it Adam's turn to get schooled? Spelling bee legend, Aditya Paul, and Kids Love to Cook cooking school grad, Anna Lim, are here to show what kids can achieve in the kitchen.                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y         |
| 2025-09-19 | 2300 | Food Lifestyle | Cheese Slices                          | Italy - Cheeses Of The Great Track          | 07 | 5  | Will follows the ancient shepherds trail known as the Traturro Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese, including a unique example coagulated with pig's rennet. After learning all about the local stretched curd cheeses of Molise he visits a traditional producer of Burrata cheese in the city of Andria.                                                            | AUSTRALIA      | English-100 | 2014 | RPT | G  |           |
| 2025-09-19 | 2330 | Cooking        | Food Lovers' Guide To Australia        | Food Lovers Guide To Australia Series 3 Ep2 | 03 | 2  | Maew O'Meara and Joanna Savill continue to explore the best food around. In this episode, Japanese seaweed from Tasmania; Mediterranean-Australian cuisine; an organic wheat farm and liquorice factory; and a feast for Chinese New Year.                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2002 | RPT | G  | Y         |
| 2025-09-19 | 2400 | Cooking        | Nico Reynolds: All Fired Up            | Crowd Pleasers                              | 01 | 1  | Chef Nico Reynolds shares some of his signature BBQ dishes - a delicious Crushed Pork and Pineapple Burger with Shredded Slaw, a versatile Jerk Seasoning for meat or veggies and Grilled Steak Tacos with a Hot Sauce and Mild Salsa.                                                                                                                                                                                                                                   | IRELAND        | English-100 | 2022 | RPT | G  |           |
| 2025-09-19 | 2430 | Travel         | Jamie's American Road Trip             | Arizona                                     | 01 | 4  | With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with the Navajo Indians on the largest reservation in America. Staying with Mavor Elect Rov Kadv, who also happens to be a sheeo farmer, Jamie witnesses Navajo traditions up close -                                                                                                                             | USA            | English-100 | 2009 | RPT | PG | a l s w Y |
| 2025-09-19 | 2530 | Food Lifestyle | A Lake District Farmshop               | Marmalade                                   | 01 | 4  | The lady of a Cumbrian manor reveals a book filled with incredible marmalade recipes that could be used as the ingredient in a new cake to be sold at the services.                                                                                                                                                                                                                                                                                                      | UNITED KINGDOM | English-100 | 2020 | RPT | G  |           |
| 2025-09-19 | 2625 | Cooking        | Bring A Plate                          | Lee's Magwinya                              | 01 | 6  | The cute, round balls in the African dessert called Magwinya 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         |
| 2025-09-19 | 2630 | Food Lifestyle | Gourmet Farmer                         | Paddock Final Lunch                         | 01 | 10 | Matthew Evans is nearing the end of his first year on the farm and it's time to reflect on what's happened. His stall is breaking even, his vegetable garden is pathetic and he's not sure that he can call his new life a resounding success. But Matthew wants to celebrate the connections he's made during his journey. So for a finale, he cooks up a feast for old mates and new friends.                                                                          | AUSTRALIA      | English-100 | 2011 | RPT | PG | Y         |
| 2025-09-19 | 2700 | Travel         | Luke Nguyen's Greater Mekong           | Luke Nguyen's Greater Mekong Series 1 Ep 5  | 01 | 5  | Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making the famous Mohinga with one of the city's lively Mohinga experts. Luke also tries his hand at making rice paper sheets the traditional way at 17th street market, and cooks a traditional Burmese prawn curry that is described by locals as being oily, delicious and a little spicy. | AUSTRALIA      | English-100 | 2012 | RPT | G  | Y         |
| 2025-09-19 | 2730 | Cooking        | The Cook Up With Adam Liaw             | Kids in The Kitchen                         | 06 | 51 | Is it Adam's turn to get schooled? Spelling bee legend, Aditya Paul, and Kids Love to Cook cooking school grad, Anna Lim, are here to show what kids can achieve in the kitchen.                                                                                                                                                                                                                                                                                         | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y         |
| 2025-09-19 | 2800 | Food Lifestyle | Cheese Slices                          | Italy - Cheeses Of The Great Track          | 07 | 5  | Will follows the ancient shepherds trail known as the Traturro Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese, including a unique example coagulated with pig's rennet. After learning all about the local stretched curd cheeses of Molise he visits a traditional producer of Burrata cheese in the city of Andria.                                                            | AUSTRALIA      | English-100 | 2014 | RPT | G  |           |
| 2025-09-19 | 2830 | Cooking        | Food Lovers' Guide To Australia        | Food Lovers Guide To Australia Series 3 Ep2 | 03 | 2  | Maew O'Meara and Joanna Savill continue to explore the best food around. In this episode, Japanese seaweed from Tasmania; Mediterranean-Australian cuisine; an organic wheat farm and liquorice factory; and a feast for Chinese New Year.                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2002 | RPT | G  | Y         |
| 2025-09-20 | 0500 | Cooking        | Nico Reynolds: All Fired Up            | Crowd Pleasers                              | 01 | 1  | Chef Nico Reynolds shares some of his signature BBQ dishes - a delicious Crushed Pork and Pineapple Burger with Shredded Slaw, a versatile Jerk Seasoning for meat or veggies and Grilled Steak Tacos with a Hot Sauce and Mild Salsa.                                                                                                                                                                                                                                   | IRELAND        | English-100 | 2022 | RPT | G  |           |
| 2025-09-20 | 0530 | Travel         | Judi Lowe's Culinary Cruise            | Parga                                       | 01 | 3  | Judi stops in the olive oil land of Parga as she tries traditional Greek coffee, learns everything to do with olive oil, and visits a hotel's historic gardens.                                                                                                                                                                                                                                                                                                          | UNITED KINGDOM | English-100 | 2024 | RPT | G  |           |
| 2025-09-20 | 0625 | Cooking        | Destination Flavour Singapore Bitesize | Singapore Chili Crab                        | 01 | 4  | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.                                                                                                                                                                                                                                                                                                                                                                                | AUSTRALIA      | English-100 | 2017 | RPT | PG | a w Y     |
| 2025-09-20 | 0630 | Cooking        | On Country Kitchen                     | Kim Chi, Maple Smoked Bacon & Honey         | 01 | 5  | Derek starts out with a fun way to harvest cabbages, he then helps prepare smoked meats, and helps a beekeeper put a queen bee into a new hive!                                                                                                                                                                                                                                                                                                                          | AUSTRALIA      | English-100 | 2017 | RPT | G  |           |

|            |      |                |                                          |                                            |      |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                |             |      |     |    |         |   |
|------------|------|----------------|------------------------------------------|--------------------------------------------|------|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---------|---|
| 2025-09-20 | 0700 | Cooking        | Toast The Host: How To Entertain At Home | Boozy Book Club                            | 01   | 5  | Whether you're bringing friends together for a book club or you just need some down time and a debrief in good company, afternoon tea is a lovely way to spend the latter part of the day.                                                                                                                                                                                                                                                                                                                                                       | AUSTRALIA      | English-100 | 2024 | RPT | G  |         |   |
| 2025-09-20 | 0735 | Cooking        | My Market Kitchen                        | Episode 20                                 | 05   | 20 | Ben puts his spin on an ANZAC biscuit ice cream sandwich while Kathy shares her unbelievably tasty greek chicken tray bake.                                                                                                                                                                                                                                                                                                                                                                                                                      | AUSTRALIA      | English-100 | 2021 | RPT | G  |         |   |
| 2025-09-20 | 0805 | Cooking        | Lidia's Kitchen                          | Sweet & Savoury Fruit                      | 09   | 17 | Fruit makes everything better, and it can be used in sweet and savory recipes! Lidia creates a beautiful cheese plate, sausage and apples one-pot, then chats about risotto with orange juice too!                                                                                                                                                                                                                                                                                                                                               | USA            | English-100 | 2022 | RPT | G  |         |   |
| 2025-09-20 | 0830 | Cooking        | Mark Moriarty: Off Duty Chef             | Food For Colder Days                       | 04   | 1  | In the first episode of this series, Mark shares three delicious recipes that are designed for when the weather outside is a bit cooler and you need something to warm you up.                                                                                                                                                                                                                                                                                                                                                                   | UNITED KINGDOM | English-100 | 2024 | RPT | G  |         |   |
| 2025-09-20 | 0900 | Cooking        | Mary Makes It Easy                       | Fave Missed Steak                          | 2    | 15 | Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.                                                                                                                                                                                                                                                                                                                                                                   | CANADA         | English-100 | 2022 | RPT | G  |         |   |
| 2025-09-20 | 0930 | Cooking        | Everyday Gourmet With Justine Schofield  | Episode 5                                  | 08   | 5  | Justine shares her Classic Potato Salad recipe and is joined by Laura Cassai who prepares a Gluten Free Fettuccine with Vongole, Tomato and Basil.                                                                                                                                                                                                                                                                                                                                                                                               | AUSTRALIA      | English-100 | 2018 | RPT | G  |         |   |
| 2025-09-20 | 1000 | Cooking        | Food Safari Fire                         | Woodfired Oven, The                        | 01   | 3  | Food Safari Fire host Maeve O'Meara explores the versatility and culinary delights of the Wood fired oven. One of the all-time classic dishes of the wood fired oven is the original Neapolitan Pizza.                                                                                                                                                                                                                                                                                                                                           | AUSTRALIA      | English-100 | 2015 | RPT | G  | Y       |   |
| 2025-09-20 | 1030 | Travel         | Nigellissima                             | Ep 6                                       | 01   | 6  | Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil. Dessert is a true Anglo-Italian affair with a ruby red plum and amaretto crumble. There is also Nigella's easy no-stir farro risotto with mushrooms, and chocolate pasta with a dark butterscotch sauce - a perfect supper for those nights when you can't decide if you're in the mood for savoury or sweet.                                                       | UNITED KINGDOM | English-100 | 2012 | RPT | G  | Y       |   |
| 2025-09-20 | 1100 | Cooking        | The Cook Up With Adam Liaw               | Kids In The Kitchen                        | 06   | 51 | Is it Adam's turn to get schooled? Spelling bee legend, Aditya Paul, and Kids Love to Cook cooking school grad, Anna Lim, are here to show what kids can achieve in the kitchen.                                                                                                                                                                                                                                                                                                                                                                 | AUSTRALIA      | English-100 | 2023 | RPT | G  | Y       |   |
| 2025-09-20 | 1130 | Travel         | Jamie's American Road Trip               | Arizona                                    | 01   | 4  | With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with the Navajo Indians on the largest reservation in America. Staying with Mayor Elect Roy Kady, who also happens to be a sheep farmer, Jamie witnesses Navajo traditions up close - from butchery, to overnighing in a hogan, and cooking with elders. He also gets a crash course in Navajo spirituality.                                                                              | USA            | English-100 | 2009 | RPT | PG | a l s w | Y |
| 2025-09-20 | 1230 | Food Lifestyle | A Lake District Farmshop                 | Marmalade                                  | 01   | 4  | The lady of a Cumbrian manor reveals a book filled with incredible marmalade recipes that could be used as the ingredient in a new cake to be sold at the services.                                                                                                                                                                                                                                                                                                                                                                              | UNITED KINGDOM | English-100 | 2020 | RPT | G  |         |   |
| 2025-09-20 | 1325 | Cooking        | Bring A Plate                            | Lee's Magwinya                             | 01   | 6  | The cute, round balls in the African dessert called Magwira 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       |   |
| 2025-09-20 | 1330 | Food Lifestyle | Gourmet Farmer                           | Paddock Final Lunch                        | 01   | 10 | Matthew Evans is nearing the end of his first year on the farm and it's time to reflect on what's happened. His stall is breaking even, his vegetable garden is pathetic and he's not sure that he can call his new life a resounding success. But Matthew wants to celebrate the connections he's made during his journey. So for a finale, he cooks up a feast for old mates and new friends.                                                                                                                                                  | AUSTRALIA      | English-100 | 2011 | RPT | PG | Y       |   |
| 2025-09-20 | 1400 | Travel         | Luke Nguyen's Greater Mekong             | Luke Nguyen's Greater Mekong Series 1 Ep 5 | 01   | 5  | Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making the famous Mohinga with one of the city's lively Mohinga experts. Luke also tries his hand at making rice paper sheets the traditional way at 17th street market, and cooks a traditional Burmese prawn curry that is described by locals as being oily, delicious and a little spicy.                                                                         | AUSTRALIA      | English-100 | 2012 | RPT | G  | Y       |   |
| 2025-09-20 | 1430 | Travel         | Ainsley's Taste Of Malta                 | North                                      | 01   | 4  | Heading to North Malta, Ainsley's adventure takes him to the Xewkija Heritage Trail, where he does some foraging. He visits an olive grove to learn how they revived the stock of indigenous olive trees.                                                                                                                                                                                                                                                                                                                                        | UNITED KINGDOM | English-100 | 2023 | RPT | G  |         |   |
| 2025-09-20 | 1525 | 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  |         |   |
| 2025-09-20 | 1530 | Travel         | Bobby & Giada In Italy                   | Medieval Hamlet, A                         | 1    | 3  | Bobby Flay and Giada De Laurentis drive to the countryside of Tuscany for the second leg of their Italian adventure. They begin in the Siena province, a medieval hamlet that's been converted into the beautiful Monteverdi resort. Here it's all about exploring the local food and traditions: organic farms, an ancient flour mill, and Tuscan-style burgers.                                                                                                                                                                                | USA            | English-100 | 2021 | RPT | G  | Y       |   |
| 2025-09-20 | 1625 | Cooking        | A Taste Of Island Dreams                 | Island Dreams Satay Skewers                | 1    | 3  | For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.                                                                                                                                                                                                                                                                                                                                                                   | AUSTRALIA      | English-100 | 2024 | RPT | G  |         |   |
| 2025-09-20 | 1630 | Cooking        | Be My Guest With Ina Garten              | David Remnick                              | 05   | 2  | It's a dream come true for Ina who is joined by her friend David Remnick the incredible Pulitzer prize winning author, journalist and editor, who is spending an amazing day at the barn. Ina's welcoming her fabulous guest Belgium waffles before digging deep and talking to him about his amazing career including adventures in Moscow. Then it's a Chicken Parmesan cooking class served with a simple salad and vinaigrette for David, Ina's favourite go-to meal, followed by dinner in the garden with David's wife Esther and Jeffrey. | USA            | English-100 | 2024 | RPT | G  |         |   |
| 2025-09-20 | 1700 | Food Lifestyle | Kitchen Glow Up                          | From Burnout To Cook-Off                   | 2025 | 2  | 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 fit for a chef without spending a fortune.                                                                                                                                                                                                                                                                                                | USA            | English-100 | 2025 |     |    |         |   |
| 2025-09-20 | 1730 | Cooking        | Marcus In The Med: Mallorca              | Lazy Breakfasts                            | 01   | 8  | Marcus wants to discover unique Mallorcan breakfasts and he begins his search at Mistràl, the first cafe on the island to roast their own coffee.                                                                                                                                                                                                                                                                                                                                                                                                | UNITED KINGDOM | English-100 | 2024 | RPT | G  |         |   |

|            |      |         |                                        |                   |    |   |                                                                                                                                                                                 |                |             |      |     |    |   |
|------------|------|---------|----------------------------------------|-------------------|----|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------------|------|-----|----|---|
| 2025-09-20 | 1800 | Cooking | Lorraine Pascale: Baking Made Easy     | Bake To Impress   | 01 | 5 | If you want to impress with baking, Lorraine's got it covered. First, a beautiful Tomato and Basil Tarte Tatin that is both simple and stunning.                                | UNITED KINGDOM | English-100 | 2011 | RPT | G  |   |
| 2025-09-20 | 1830 | Travel  | Hairy Bikers Mediterranean             | Mainland Italy    | 01 | 1 | The Hairy Bikers go off the beaten track in search of authentic flavours of Italy from simple, local ingredients to spicy n'duja paste and some of the best gelato to be found. | UNITED KINGDOM | English-100 | 2017 | RPT | PG | Y |
| 2025-09-20 | 1930 | Travel  | Cheese: Searching For A Taste Of Place | Greece And Cyprus | 01 | 5 | Feta and halloumi are the two great Mediterranean cheeses. Loved worldwide, they are also copied worldwide.                                                                     | AUSTRALIA      | English-100 | 2024 | RPT | PG | Y |

|            |      |                |                                    |                                              |      |    |                                                                                                                                                                                                                                                                                                                                                                   |                |             |      |     |    |   |     |
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| 2025-09-20 | 2030 | Travel         | Rick Stein's Cornwall              | Rick Stein's Cornwall Series 3 Ep 1          | 3    | 1  | Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof soufflé with artisan Cornish goat's cheese.                                                                                                                                                                                         | UNITED KINGDOM | English-100 | 2022 | RPT | PG |   |     |
| 2025-09-20 | 2105 | Travel         | Rick Stein's Cornwall              | Rick Stein's Cornwall Series 3 Ep 2          | 3    | 2  | Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.                                                                                                                                                                            | UNITED KINGDOM | English-100 | 2022 | RPT | G  |   |     |
| 2025-09-20 | 2135 | Travel         | Anthony Bourdain: The Layover      | Singapore                                    | 01   | 2  | Tony finds himself on a layover in one of his favourite cities in the world - Singapore. He goes on a journey through Singapore's melting pot of cultures and ethnicities and explores their national obsession, food.                                                                                                                                            | USA            | English-100 | 2011 | RPT | PG | a | Y   |
| 2025-09-20 | 2230 | Reality        | Big Food Bucket List               | Pasta La Vista Baby                          | 03   | 11 | John heads to Boston, MA's favourite Italian restaurant to try their signature ravioli filled with a whole egg yolk.                                                                                                                                                                                                                                              | CANADA         | English-100 | 2022 |     | PG |   | Y   |
| 2025-09-20 | 2300 | Food Lifestyle | Big Appetite                       | Leveling Up In New York City                 | 01   | 4  | Ben Hundreds hits cutting edge concepts in NYC like Contra, Wildair, Madame Vo and Dhamaka, an explosive Indian eatery. Plus shopping, art and best sandwiches.                                                                                                                                                                                                   | USA            | English-100 | 2023 | RPT | PG | I |     |
| 2025-09-20 | 2330 | Cooking        | Food Lovers' Guide To Australia    | Food Lovers Guide To Australia Series 3 Ep 3 | 03   | 3  | Maave O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, Malaysian sweet delights, Chinese fairy floss, and a trip to the Adelaide central markets with a Greek chef.                                                                                                                      | AUSTRALIA      | English-100 | 2002 | RPT | G  |   | Y   |
| 2025-09-20 | 2400 | Food Lifestyle | Kitchen Glow Up                    | From Burnout To Cook-Off                     | 2025 | 2  | 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 fit for a chef without spending a fortune.                                                                                                                 | USA            | English-100 | 2025 | RPT |    |   |     |
| 2025-09-20 | 2430 | Travel         | Ainsley's Taste Of Malta           | North                                        | 01   | 4  | Heading to North Malta, Ainsley's adventure takes him to the Xemxija Heritage Trail, where he does some foraging. He visits an olive grove to learn how they revived the stock of indigenous olive trees.                                                                                                                                                         | UNITED KINGDOM | English-100 | 2023 | RPT | G  |   |     |
| 2025-09-20 | 2525 | 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  |   |     |
| 2025-09-20 | 2530 | Travel         | Bobby & Giada in Italy             | Medieval Hamlet, A                           | 1    | 3  | Bobby Flay and Giada De Laurentis drive to the countryside of Tuscany for the second leg of their Italian adventure. They begin in the Siena province, a medieval hamlet that's been converted into the beautiful Monteverdi resort. Here it's all about exploring the local food and traditions: organic farms, an ancient flour mill, and Tuscan-style burgers. | USA            | English-100 | 2021 | RPT | G  |   | Y   |
| 2025-09-20 | 2625 | Cooking        | A Taste Of Island Dreams           | Island Dreams Satay Skewers                  | 1    | 3  | For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.                                                                                                                                                                                    | AUSTRALIA      | English-100 | 2024 | RPT | G  |   |     |
| 2025-09-20 | 2630 | Travel         | Hairy Bikers Mediterranean         | Maintain Italy                               | 01   | 1  | The Hairy Bikers go off the beaten track in search of authentic flavours of Italy from simple, local ingredients to spicy n'duja pate and some of the best gelato to be found.                                                                                                                                                                                    | UNITED KINGDOM | English-100 | 2017 | RPT | PG |   | Y   |
| 2025-09-20 | 2730 | Travel         | Anthony Bourdain: The Layover      | Singapore                                    | 01   | 2  | Tony finds himself on a layover in one of his favourite cities in the world - Singapore. He goes on a journey through Singapore's melting pot of cultures and ethnicities and explores their national obsession, food.                                                                                                                                            | USA            | English-100 | 2011 | RPT | PG | a | Y   |
| 2025-09-20 | 2825 | Travel         | Destination Flavour Japan Bitesize | Tokyo Part 2                                 | 01   | 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 |
| 2025-09-20 | 2830 | Cooking        | Food Lovers' Guide To Australia    | Food Lovers Guide To Australia Series 3 Ep 3 | 03   | 3  | Maave O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, Malaysian sweet delights, Chinese fairy floss, and a trip to the Adelaide central markets with a Greek chef.                                                                                                                      | AUSTRALIA      | English-100 | 2002 | RPT | G  |   | Y   |