



WEEK 40 Sunday, 28 September 2025 Saturday, 4 October 2025

Date	Start Time	Genre	Title
2025-09-28	0500	Cooking	Be My Guest With Ina Garten
2025-09-28	0530	Travel	Ainsley's Taste Of Malta
2025-09-28	0625	Fillers	Destination Flavour Scandinavia Bitesize
2025-09-28	0630	Travel	Bobby & Giada in Italy
2025-09-28	0725	Cooking	Destination Flavour Singapore Bitesize
2025-09-28	0730	Cooking	Marcus In The Med: Mallorca
2025-09-28	0800	Cooking	Lorraine Pascale: Baking Made Easy
2025-09-28	0830	Travel	Hairy Bikers Mediterranean
2025-09-28	0930	Travel	Cheese: Searching For A Taste Of Place
2025-09-28	1030	Travel	Rick Stein's Cornwall
2025-09-28	1100	Travel	Rick Stein's Cornwall
2025-09-28	1130	Cooking	Lidia's Kitchen
2025-09-28	1200	Cooking	Lidia's Kitchen
2025-09-28	1230	Reality	Great Chocolate Showdown
2025-09-28	1330	Cooking	Mark Moriarty: Off Duty Chef
2025-09-28	1400	Travel	The Cook Up With Adam Liaw
2025-09-28	1430	Travel	The Cook Up With Adam Liaw
2025-09-28	1500	Travel	The Cook Up With Adam Liaw

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
Emily Mortimer	05	3	It's a perfect day for Ina when the incredible actress and self confessed foodie Emily Mortimer joins her for a fantastic day of cooking and conversation at the barn.	USA	English-100	2024	RPT	G				
Gozo	01	5	Ainsley heads to the idyllic island of Gozo to finish his journey, starting with a picturesque picnic filled with the tastes of Malta courtesy of Ana.	UNITED KINGDOM	English-100	2023	RPT	G				
Destination Flavour Scandinavia Bitesize Series 1 Ep 1	01	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y		
Wine Country	1	4	For their final week in Italy, Bobby Flay and Giada De Laurentis are in wine country! It's a chef's dream as they source high-end local ingredients and visit an iconic winery in Montalcino, a medieval fortress town set in the Tuscan hills and made famous for its Brunello wine.	USA	English-100	2021	RPT	G			Y	
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		
Veggie Days	01	9	You don't have to go far in Mallorca to discover an abundance of locally grown fruit and veg, and Marcus is celebrating it all with a visit to local beach restaurant Patki, where chef Bocho makes his signature cauliflower dish with preserved lemon yoghurt and pickled chillies.	UNITED KINGDOM	English-100	2024	RPT	G				
Time To Bake	01	6	Macaroons may look unbelievably difficult to make, but really, they are just posh meringues and Lorraine has a recipe to make them with ease. Mini Tiramisu Cakes are a delicious and playful twist on the classic dinner party dessert.	UNITED KINGDOM	English-100	2011	RPT	G				
Sardinia	01	2	The bikers are in Sardinia where nose-to-tail eating is the norm, whether it's fresh-caught tuna or mountain lamb and where people are proud of their melting-pot heritage.	UNITED KINGDOM	English-100	2017	RPT	PG	a w		Y	
France	01	6	When it comes to cheese, the world has some catching up to do to match the French. Cheese in France is a national treasure, and, yes, they do have more cheese shops than McDonalds stores.	AUSTRALIA	English-100	2024	RPT	G			Y	
Rick Stein's Cornwall Series 3 Ep 3	3	3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote.	UNITED KINGDOM	English-100	2022	RPT	G				
Rick Stein's Cornwall Series 3 Ep 4	3	4	After soaking up the ambience at one of the UK's last live cattle markets in Truro, Rick's in the mood for steak and kidney pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100	2022	RPT	G				
Light Lunches	09	25	When your busy, a quick and easy lunch seems perfect! Lidia prepares a striped bass with broccolini, shrimp olive salad. In the Sharing Recipes segment, she talks about tomato tarts.	USA	English-100	2022	RPT	G				
Little Effort, Big Flavour	09	26	Some of Lidia's best recipes require little effort! She makes sausages with fennel and olives, seared lamb chops, and how about a light drink? She talks to her granddaughter about a fragoncello.	USA	English-100	2022	RPT	G				
Lights, Camera, Chocolate!	04	6	The remaining five bakers must rise to the occasion as they bake chocolate bread and use it to make a dessert deli sandwich. In the Elimination Challenge, the bakers look to the silver screen.	CANADA	English-100	2023		PG				
Change In The Season	04	7	When the weather starts to get that little bit warmer and brighter, Mark has a collection of recipes that are ideal for the changing season. To start, a quick pasta farfalle with fennel, inspired by his first job as a chef in the Chart House in Kerry.	UNITED KINGDOM	English-100	2024	RPT	G				
Strictly Bbq	08	84	With movie star Paul Mercurio in the kitchen, the cue is for strictly BBQ. His co-stars? Adam and chef Rosy Scalligna!	AUSTRALIA	English-100	2025	RPT	G			Y	
Have A Go	08	85	Eco-entrepreneur Lottie Dalziel and Chef of the Year Jo Barrett join Adam to demonstrate how to have a go at their favourite food fundamentals.	AUSTRALIA	English-100	2025	RPT	G			Y	
Gather Around	08	86	It's time to gather around, as urban gardener Connie Cao and chef Alastair McLeod join Adam to make food that's best for sharing.	AUSTRALIA	English-100	2025	RPT	G			Y	

2025-09-28	1530	Cooking	The Cook Up With Adam Liaw	Whole Fish, The	06	52	There's plenty of fish in the sea, and three on The Cook Up, as chefs Minoli De Silva and Narin 'Jack' Kulasei join Adam to make dishes with the whole fish. Delish!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-09-28	1600	Cooking	The Cook Up With Adam Liaw	Bowl Me Over	06	53	Prepare to be bowled over by fast bowl food, made fantastically by Adam and Chefs Jung Eun Chae and Alex Wong.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-09-28	1630	Travel	Masters Of Taste With Gary Mehigan	Hyderabad - Andhra Food	02	11	When in Andhra, eat like the locals do, but will Gary Mehigan cook like the locals too?	USA	English-100	2019	RPT	G			
2025-09-28	1700	Travel	Sophie Grigson: Slice Of Italy	Smell And Taste Of Sunshine	02	5	The area around Sophie's home provides rich pastures for foraging. Sophie joins experts in search of summer herbs. She makes a simple grain salad with parsley and mint topped with asparagus.	UNITED KINGDOM	English-100	2023	RPT	PG		Y	
2025-09-28	1730	Travel	Beyond Bali With Lara Lee	Real Bali: Beaches & Beyond, The	01	1	Lara Lee travels beyond Bali to uncover the rich, untold stories of Indonesia's unique islands, cultures, and cuisines.	AUSTRALIA	English-100	2025	RPT	G		Y	Y
2025-09-28	1830	Travel	James Martin's Spanish Adventure	Castile & Leon	01	7	In Castile and Leon, James is introduced to Torrijas, he is shown how to cook traditional Maragato, we meet an asparagus producer and he visits a cattle farm producing amazing steak.	UNITED KINGDOM	English-100	2022	RPT	PG	a w		Y
2025-09-28	1930	Cooking	Marion Grasby's Flavours: Heart And Home	Weekend Feasting	01	8	Marion prepares a weekend feast by the Noosa River with her family, blending Aussie favourites with Thai heritage through her recipes for fishcakes, grilled chicken with chimichurri and mango sticky rice pavlova.	AUSTRALIA	English-100	2024	RPT	G		Y	Y
2025-09-28	2000	Travel	Malaysia Gourmet With Justine Schofield	Ep 3	01	3	Justine travels from Kuching to Penang, savouring the diverse local flavours at street markets. She showcases her culinary skills with sticky wings and uncovers Chef Raphael Jay Peter Lee's risotto.	AUSTRALIA	English-100	2023	RPT	G			
2025-09-28	2030	Travel	Rick Stein's Long Weekends	Bologna	01	5	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini, tagliatelle, ravioli and lasagne. There's stuffed rabbit, filled with Parma ham and Parmesan frittata for dinner. At the market he finds a fish stall and cafe where he enjoys squid stuffed with mashed potato and capers.	UNITED KINGDOM	English-100	2016	RPT	G		Y	
2025-09-28	2135	Travel	Anthony Bourdain: The Layover	Miami	01	5	Welcome to Grand Theft Auto: Vice City. After flying into the center of the world, otherwise known as Miami International, Tony heads for The Raleigh, where he is greeted by concierge and friend, Crispy. She suits him up with a hot red corvette convertible, and Tony takes to the streets. He makes his way out of South Beach and heads to La Perrada de Edgar in North Miami Beach in search of his favourite food - a hot dog.	USA	English-100	2011	RPT	PG	a		
2025-09-28	2230	Reality	Big Food Bucket List	When Devil'd Pigs Fly	03	14	John gets to work in Mississauga, ON learning to make the famous butter chicken samosa that has people lining up around the block.	CANADA	English-100	2022		PG			
2025-09-28	2300	Travel	Big Zuu's 12 Dishes in 12 Hours	Nicosia	01	2	Rapper Big Zuu takes famous faces on culinary tours of European cities, teaching them everything that they need to know about the place through a dozen dishes. Big Zuu is joined by comedy legend Eddie Kadi in Nicosia - the capital of Cyprus, an island best known for its sun, sea and party scene - to taste it in 12 dishes.	UNITED KINGDOM	English-100	2024	RPT	G			Y
2025-09-28	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 11	03	11	Maewie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Queensland's jam and pickle ladies; bush food and native berries; Thai and Malaysian cuisines; and Hamakahi, the eight day Jewish feast.	AUSTRALIA	English-100	2002	RPT	G		Y	
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2025-09-28	2525	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	01	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G			
2025-09-28	2530	Cooking	Marion Grasby's Flavours: Heart And Home	Weekend Feasting	01	8	Marion prepares a weekend feast by the Noosa River with her family, blending Aussie favourites with Thai heritage through her recipes for fishcakes, grilled chicken with chimichurri and mango sticky rice pavlova.	AUSTRALIA	English-100	2024	RPT	G		Y	Y
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2025-09-28	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 11	03	11	Maewie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Queensland's jam and pickle ladies; bush food and native berries; Thai and Malaysian cuisines; and Hanukkah, the eight day Jewish feast.	AUSTRALIA	English-100	2002	RPT	G		Y
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2025-09-29	1235	Travel	Billy And Dom Eat The World	Texas	01	4	Billy and Dom travel to Texas to experience southern hospitality at its best.	UNITED KINGDOM	English-100	2024	RPT	PG	I	Y
2025-09-29	1330	Cooking	Nico Reynolds: All Fired Up	Nico Twist, A	02	1	Nico Reynolds is back at the grill and in the first episode of the brand new series he is putting his own mouth watering Nico Twist on some BBQ classics.	IRELAND	English-100	2023	RPT	G		
2025-09-29	1400	Cooking	Donal's Real Time Recipes	End Of Week Wizardry	01	8	By the time Friday rolls around there is often a fridge full of odds and ends you want to use up before getting the big shop done. Learn how to make the most of them!	IRELAND	English-100	2024	RPT	G		
2025-09-29	1430	Cooking	On Country Kitchen	On Country Kitchen	02	5	Painted up in beautiful traditional markings, Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. Overlooking the vineyards in the late afternoon, Derek helps Liam with the brewing process and Mark taste-tests his craft for the two of them. In Berry, Raj takes the boys through his vineyard, explaining the different types of varietals on the property and the way they are able to run the property with no carbon impact.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
2025-09-29	1500	Cooking	Rachael Ray's Meals In Minutes	Reintroduction To Top Tonkatsu	01	1	You may not know that you've been eating Tonkatsu for years. Let Rachel reintroduce you to her version of the dish also known as, fried pork chops, served with an umami rich sauce that will awaken your palate.	USA	English-100	2022	RPT	G		
2025-09-29	1530	Cooking	My Market Kitchen	Episode 26	05	26	Ben O'Donoghue whips up a crowd favourite, sticky date puddings, then is joined by Georgia Barnes to make guilt-free carrot cake.	AUSTRALIA	English-100	2021	RPT	G		

2025-09-29	1600	Cooking	Lidia's Kitchen	Timing Is Everything	10	1	Lidia reminds everyone to make the kitchen and recipe work for you. Lidia starts with a one-sheet wonder of Spicy Pork Chops & Broccoli.	USA	English-100	2023		G			
2025-09-29	1630	Cooking	Freshly Picked	Episode 1	04	1	Join Simon Toomey in Freshly Picked, back for an exciting fourth season packed with bold flavours, creative plant-based dishes, and a celebration of sustainable cooking.	AUSTRALIA	English-100	2024					
2025-09-29	1700	Cooking	Mary Makes It Easy	Fast Flavor	2	21	Tonight Mary's recipes are all about getting maximum flavour in 30 minutes or less! To start, Mary swaps out traditional veal for a quick-cooking chicken saltimbocca, and the fanciest beans on toast ever!	CANADA	English-100	2022	RPT	G			
2025-09-29	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 11	08	11	Author Kathy Tsaples shares her passion for Greek desserts with Ek Mek. Justine prepares a Tuscan favourite- Pappa al Pomodoro Soup.	AUSTRALIA	English-100	2018		G			
2025-09-29	1800	Cooking	Food Safari Fire	Smoking	01	9	Maew O'Meara explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon and kingfish, West African condiments, flavoursome smoked lamb, Irish cold smoked bacon, and Kansas City style ribs.	AUSTRALIA	English-100	2015	RPT	G	Y		
2025-09-29	1830	Travel	Marcus Wareing: Simply Provence	Bread	01	6	There's one essential in France that simply can't be ignored. It's cheap as chips, eaten daily with every meal and is in almost every household: the French baguette.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-09-29	1900	Cooking	The Cook Up With Adam Liaw	Flash In The Pan	06	54	Every dish is a flash in the pan as two flash guests, actor and cook Yuri Chuchenko, and tech leader and novelist Zaheda Ghani, joins Adam in the kitchen.	AUSTRALIA	English-100	2023	RPT	PG	Y		
2025-09-29	1930	Travel	Donal's Irish Adventure	Kerry	01	7	Join Donal Skehan and his dog Max on an unforgettable adventure around the picturesque town of Dingle, County Kerry.	UNITED KINGDOM	English-100	2022		PG			
2025-09-29	2000	Travel	Rick Stein's Food Stories	Suffolk	01	8	Halfway through his UK food tour, Rick visits a Suffolk bakery making artisan sourdough. He meets an old friend who sells fish on the beach and back at home he has a go at sushi!	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
2025-09-29	2030	Culture & Society	Stanley Tucci: Searching For Italy	Venice	02	1	Stanley Tucci visits the Veneto, home to the 'Floating City' of Venice. Once the centre of a world-trading empire, Tucci explores the ingenuity of the Venetians, who have embraced the unexpected delights and challenges of the lagoon, reaping the benefits of Veneto's fertile land.	USA	English-90; Italian-10	2022	RPT	PG	a l w	Y	Y
2025-09-29	2125	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G	Y		
2025-09-29	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 2 Ep 6	02	6	Matthew and Ross have a stall at a new farmer's market where you can only sell what you grow or source from providers who don't have the means to sell their own product. They see this as an opportunity to expand and try out a few new products. First is B'stilla, a Moroccan pigeon pie that they source from Phil Newton. Next, they go hunting for wallaby and rabbit - produce which is growing in plague proportions and which they can acquire at little cost. While Ross prepares wallaby pie, Matthew goes in search of a rabbit recipe from opera singer, Maria Lungu.	AUSTRALIA	English-100	2013	RPT	PG	Y		
2025-09-29	2200	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 1	02	1	Celebrated chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke's trip begins in Vientiane, the laid-back capital of Laos. Exploring the morning market, he finds everything from the unusual to the bizarre. Here Luke cooks a traditional steamed fish in front of local traders, before heading to Vientiane's most famous noodle restaurant to prepare one of Lao's staple dishes, Laap Moo.	AUSTRALIA	English-100	2013	RPT	G	Y	Y	
2025-09-29	2230	Cooking	The Cook Up With Adam Liaw	Flash In The Pan	06	54	Every dish is a flash in the pan as two flash guests, actor and cook Yuri Chuchenko, and tech leader and novelist Zaheda Ghani, joins Adam in the kitchen.	AUSTRALIA	English-100	2023	RPT	PG	Y		
2025-09-29	2300	Food Lifestyle	Cheese Slices	Shepherd's Cheeses Of The Pyrenees	08	3	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making in Western Europe. Beginning his journey in the Basque region of Spain, Will introduces his daughter Ellie to cheese maker Peio Etxelku of Agour dairy. Peio shows off his new cheese facility in the Iraty Valley and discusses the many challenges now facing the regions traditional cheesemakers.	AUSTRALIA	English-100	2016	RPT	G			
2025-09-29	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 12	03	12	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney; oxtail soup in Perth's Swan Valley; figs in regional NSW; and traditional Lithuanian food.	AUSTRALIA	English-100	2002	RPT	G	Y		
2025-09-29	2400	Cooking	Nico Reynolds: All Fired Up	Nico Twist, A	02	1	Nico Reynolds is back at the grill and in the first episode of the brand new series he is putting his own mouth watering Nico Twist on some BBQ classics.	IRELAND	English-100	2023	RPT	G			
2025-09-29	2430	Travel	Donal's Irish Adventure	Kerry	01	7	Join Donal Skehan and his dog Max on an unforgettable adventure around the picturesque town of Dingle, County Kerry.	UNITED KINGDOM	English-100	2022	RPT	PG			

2025-09-29	2500	Travel	Rick Stein's Food Stories	Suffolk	01	8	Haffway through his UK food tour, Rick visits a Suffolk bakery making artisan sourdough. He meets an old friend who sells fish on the beach and back at home he has a go at sushi!	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
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2025-09-29	2700	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 1	02	1	Celebrated chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke's trip begins in Vientiane, the laid-back capital of Laos. Exploring the morning market, he finds everything from the unusual to the bizarre. Here Luke cooks a traditional steamed fish in front of local traders, before heading to Vientiane's most famous noodle restaurant to prepare one of Lao's staple dishes, Laap Moo.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-09-29	2730	Cooking	The Cook Up With Adam Liaw	Flash In The Pan	06	54	Every dish is a flash in the pan as two flash guests, actor and cook Yuri Chuchenko, and tech leader and novelist Zaheda Ghani, joins Adam in the kitchen.	AUSTRALIA	English-100	2023	RPT	PG		Y	
2025-09-29	2800	Food Lifestyle	Cheese Slices	Shepherds Cheeses Of The Pyrenees	08	3	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making in Western Europe. Beginning his journey in the Basque region of Spain, Will introduces his daughter Ellie to cheese maker Peio Etxebarri of Agor dairy. Peio shows off his new cheese facility in the Iraty Valley and discusses the many challenges now facing the regions traditional Cheesemakers.	AUSTRALIA	English-100	2016	RPT	G			
2025-09-29	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 12	03	12	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney; oxtail soup in Perth's Swan Valley; figs in regional NSW; and traditional Lithuanian food.	AUSTRALIA	English-100	2002	RPT	G		Y	
2025-09-30	0500	Cooking	Nico Reynolds: All Fired Up	Nico Twist, A	02	1	Nico Reynolds is back at the grill and in the first episode of the brand new series he is putting his own mouth watering Nico Twist on some BBQ classics.	IRELAND	English-100	2023	RPT	G			
2025-09-30	0530	Travel	Billy And Dom Eat The World	Texas	01	4	Billy and Dom travel to Texas to experience southern hospitality at its best.	UNITED KINGDOM	English-100	2024	RPT	PG	I		Y
2025-09-30	0630	Cooking	On Country Kitchen	On Country Kitchen	02	5	Painted up in beautiful traditional markings, Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. Overlooking the vineyards in the late afternoon, Derek helps Liam with the brewing process and Mark taste-tests his craft for the two of them. In Berry, Raj takes the boys through his vineyard, explaining the different types of varietals on the property and the way they are able to run the property with no carbon impact.	AUSTRALIA	English-100	2019	RPT	G		Y	Y
2025-09-30	0700	Cooking	Rachael Ray's Meals In Minutes	Reintroduction To Top Tonkatsu	01	1	You may not know that you've been eating Tonkatsu for years. Let Rachel reintroduce you to her version of the dish also known as, fried pork chops, served with an umami rich sauce that will awaken your palate.	USA	English-100	2022	RPT	G			
2025-09-30	0730	Cooking	My Market Kitchen	Episode 26	05	26	Ben O'Donoghue whips up a crowd favourite, sticky date puddings, then is joined by Georgia Barnes to make guilt-free carrot cake.	AUSTRALIA	English-100	2021	RPT	G			
2025-09-30	0800	Cooking	Lidia's Kitchen	Timing Is Everything	10	1	Lidia reminds everyone to make the kitchen and recipe work for you. Lidia starts with a one-sheet wonder of Spicy Pork Chops & Broccoli.	USA	English-100	2023	RPT	G			
2025-09-30	0830	Cooking	Freshly Picked	Episode 1	04	1	Join Simon Toohy in Freshly Picked, back for an exciting fourth season packed with bold flavours, creative plant-based dishes, and a celebration of sustainable cooking.	AUSTRALIA	English-100	2024	RPT				
2025-09-30	0900	Cooking	Mary Makes It Easy	Fast Flavor	2	21	Tonight Mary's recipes are all about getting maximum flavour in 30 minutes or less! To start, Mary swaps out traditional veal for a quick-cooking chicken saltimbocca, and the fanciest beans on toast ever!	CANADA	English-100	2022	RPT	G			
2025-09-30	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 11	08	11	Author Kathy Tapples shares her passion for Greek desserts with Ek Mek. Justine prepares a Tuscan favourite- Pappa al Pomodoro Soup.	AUSTRALIA	English-100	2018	RPT	G			
2025-09-30	1000	Cooking	Food Safari Fire	Smoking	01	9	Maew O'Meara explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon and kingfish, West African condiments, flavourome smoked lamb, Irish cold smoked bacon, and Kansas City style ribs.	AUSTRALIA	English-100	2015	RPT	G		Y	

2025-09-30	1030	Travel	Marcus Wareing: Simply Provence	Bread	01	6	There's one essential in France that simply can't be ignored. It's cheap as chips, eaten daily with every meal and is in almost every household: the French baguette.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-09-30	1100	Cooking	The Cook Up With Adam Liaw	Flash In The Pan	06	54	Every dish is a flash in the pan as two flash guests, actor and cook Yuri Chuchenko, and tech leader and novelist Zaheda Ghani, joins Adam in the kitchen.	AUSTRALIA	English-100	2023	RPT	PG		Y
2025-09-30	1130	Travel	Donal's Irish Adventure	Kerry	01	7	Join Donal Skehan and his dog Max on an unforgettable adventure around the picturesque town of Dingle, County Kerry.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-09-30	1200	Travel	Rick Stein's Food Stories	Suffolk	01	8	Halfway through his UK food tour, Rick visits a Suffolk bakery making artisan sourdough. He meets an old friend who sells fish on the beach and back at home he has a go at sushi!	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
2025-09-30	1230	Travel	Billy And Dom Eat The World	Japan	01	5	Japanese knives are the most sought-after knives in the world. In Kyushu, Japan's southwestern-most island, Billy and Dom learn the art of sush knife making from one of Japan's leading blacksmiths.	UNITED KINGDOM	English-100	2024	RPT	PG		Y
2025-09-30	1330	Cooking	Nico Reynolds: All Fired Up	Gas Man	02	2	Nico believes that everything tastes better when you cook it over fire, whether that's charcoal or gas! In this episode, he's got great tips for gas grillers and can even show you how to make cooking on your gas BBQ feel and taste like cooking over charcoal.	IRELAND	English-100	2023	RPT	PG		
2025-09-30	1400	Cooking	Donal Skehan: Home Cook	Weekday Rush	01	1	Donal shares his quick fix weekday recipes that come to the rescue time and time again, starting with his chicken salay served family style with rice and greens.	IRELAND	English-100	2023	RPT	G		
2025-09-30	1430	Cooking	On Country Kitchen	On Country Kitchen	02	6	Arriving in Berriina, Brigid takes the boys through the kitchen garden attached to her restaurant, The Loch. At Maple Ridge Farm, Derek and Mark help in milking the goats at the dairy and back in Jervis bay, Joel and Adrian catch and cook up some abalone burgers for a beach fire and feed with the little ones. Atop Camberwarra mountain, Joel tells the story in language of the black cockatoo overlooking the picturesque NSW landscape.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
2025-09-30	1500	Cooking	Rachael Ray's Meals In Minutes	Thai Chicken With Sweet And Hot Peppers	01	2	It's Make Your Own Take-Out Time. On the menu tonight is Thai Chicken. Made with both sweet and hot peppers, topped with basil and mint, it's sure to become your new takeout favourite.	USA	English-100	2022	RPT	G		
2025-09-30	1530	Cooking	My Market Kitchen	Episode 27	05	27	Nutritionist Jemma takes us to Queensland to learn about pineapple farming, and then whips up an unbelievable morning mood booster smoothie	AUSTRALIA	English-100	2021	RPT	G		
2025-09-30	1600	Cooking	Lidia's Kitchen	Carry On Tradition	10	2	Lidia shares recipes that will be recreated for generations. Growing up, Lidia loved foraging for dandelions, and her Dandelion & Chickpea Salad is a great way to try them!	USA	English-100	2023		G		
2025-09-30	1630	Cooking	Freshly Picked	Episode 2	04	2	Simon dives into Mexican-inspired plant-based cuisine with his garlic mushroom tostada and spices up the menu with Hasselback celeriac. He also prepares dill pickles and ends on a sweet note with soft serve. Georgia Irwin joins him to bake a delicious tea cake.	AUSTRALIA	English-100	2024				
2025-09-30	1700	Cooking	Mary Makes It Easy	Low And Slow	2	22	Take advantage of time with Mary's low effort recipes: slow-cooked pork, porchetta sandwiches and roasted squash.	CANADA	English-100	2022	RPT	G		
2025-09-30	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 12	08	12	Justine prepares a Scandinavian Slow Cooked Pork before being joined by Everyday Gourmet favourite Kirsten Tibballs who shares her Raspberry Coconut Tart, sure to impress any sweet tooth!	AUSTRALIA	English-100	2018		G		
2025-09-30	1800	Cooking	Food Safari Fire	Barbecue Safari	01	10	In the series finale, Maerve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi and in Jamaica to cook jerk chicken and pork, as well as various parts of fridges, wheelie bins and lawnmowers welded into cooking devices.	AUSTRALIA	English-100	2015	RPT	G		Y
2025-09-30	1830	Travel	Marcus Wareing: Simply Provence	Melon	01	7	In Provence, the markets and shops are awash with an extraordinary array of fresh fruit, all locally produced, and it's got Marcus thinking.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-09-30	1900	Cooking	The Cook Up With Adam Liaw	Speedy & Spiced	06	56	It's a speedy and spiced night on The Cook Up as top-notch chef Annie Smithers and top-notch garden designer Jamie Durie join Adam to make quick and tasty food.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-09-30	1930	Cooking	Mary Berry Makes It Easy	Adventurous Cooking	01	6	Mary teaches Michael Ball delicious recipes. Perfect for an adventurous cook.	UNITED KINGDOM	English-100	2023		G		
2025-09-30	2000	Cooking	Eva Pau's Asian Kitchen	Episode 5	01	5	Who doesn't love a good takeaway? Eva is recreating classic takeaway favorites at home, with big flavours and a personal twist.	UNITED KINGDOM	English-100	2025		PG		

2025-09-30	2030	Travel	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	01	0	Rick Stein travels to one of the biggest cities in the world as he finds out whether Shanghai, having almost doubled in size over the last 20 years, has managed to hang on to its culinary roots. Proving there's more to Chinese food than the tried and tested takeaway favourites, Rick shares new recipes for the delicious Shanghaiese dishes he discovers during his exploration of the city and coast.	UNITED KINGDOM	English-100	2016	RPT	G		Y	Y
2025-09-30	2140	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 2 Ep 7	02	7	Matthew, Nick, and Ross take their Long Table Lunches business to a new level when they host a lunch on Flinders Island. This time they take nothing but salt, pepper and a bit of olive oil to an island which has got to have more protein running around it than any other piece of land in Australia. It's a real logistical challenge, but they pull off a multi-course meal showcasing island produce such as mutton bird, Cape Barren goose and wallaby.	AUSTRALIA	English-100	2013	RPT	PG	a w	Y	
2025-09-30	2210	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 2	02	2	Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke heads north to Laos' 'food capital', Luang Prabang, where he explores the city's fresh produce markets and unique cottage industries, trying his hand at making buffalo patties in the rain. At the Nam Khan River, a tributary of the Mekong, Luke learns to fish the river with a father and son team before cooking them lunch on the river's bank.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-09-30	2240	Cooking	The Cook Up With Adam Liaw	Speedy & Spiced	06	56	It's a speedy and spiced night on The Cook Up as top-notch chef Annie Smithers and top-notch garden designer Jamie Durie join Adam to make quick and tasty food.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-09-30	2310	Food Lifestyle	Cheese Slices	Cheeses Of La Mancha And Cabrales	08	4	The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods. From the high plains of La Mancha, Will and Ellie head north west into the spectacular Pico's de Europa mountains to find Cabrales, the most famous Spanish Blue cheese. The way this distinctive blue cheese is made and matured has hardly changed in thousands of years and there are now only about forty artisan and farmhouse producers remaining. Will and Ellie visit a local home dairy to see how the cheese is made and then tour one of the rustic maturation caves hidden in the mountains surrounding the village.	AUSTRALIA	English-100	2016	RPT	G			Y
2025-09-30	2335	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 13	03	13	Maevie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil; the Melbourne restaurant scene; a third generation native Australian bee keeper; and a look at Sydney's Portuguese community.	AUSTRALIA	English-100	2002	RPT	G		Y	
2025-09-30	2405	Cooking	Nico Reynolds: All Fired Up	Gas Man	02	2	Nico believes that everything tastes better when you cook it over fire, whether that's charcoal or gas! In this episode, he's got great tips for gas grillers and can even show you how to make cooking on your gas BBQ feel and taste like cooking over charcoal.	IRELAND	English-100	2023	RPT	PG			
2025-09-30	2430	Cooking	Mary Berry Makes It Easy	Adventurous Cooking	01	6	Mary teaches Michael Ball delicious recipes. Perfect for an adventurous cook.	UNITED KINGDOM	English-100	2023	RPT	G			
2025-09-30	2500	Cooking	Eva Pau's Asian Kitchen	Episode 5	01	5	Who doesn't love a good takeaway? Eva is recreating classic takeaway favorites at home, with big flavours and a personal twist.	UNITED KINGDOM	English-100	2025	RPT	PG			
2025-09-30	2530	Travel	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	01	0	Rick Stein travels to one of the biggest cities in the world as he finds out whether Shanghai, having almost doubled in size over the last 20 years, has managed to hang on to its culinary roots. Proving there's more to Chinese food than the tried and tested takeaway favourites, Rick shares new recipes for the delicious Shanghaiese dishes he discovers during his exploration of the city and coast.	UNITED KINGDOM	English-100	2016	RPT	G		Y	Y
2025-09-30	2635	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 2 Ep 7	02	7	Matthew, Nick, and Ross take their Long Table Lunches business to a new level when they host a lunch on Flinders Island. This time they take nothing but salt, pepper and a bit of olive oil to an island which has got to have more protein running around it than any other piece of land in Australia. It's a real logistical challenge, but they pull off a multi-course meal showcasing island produce such as mutton bird, Cape Barren goose and wallaby.	AUSTRALIA	English-100	2013	RPT	PG	a w	Y	
2025-09-30	2705	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 2	02	2	Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke heads north to Laos' 'food capital', Luang Prabang, where he explores the city's fresh produce markets and unique cottage industries, trying his hand at making buffalo patties in the rain. At the Nam Khan River, a tributary of the Mekong, Luke learns to fish the river with a father and son team before cooking them lunch on the river's bank.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-09-30	2735	Cooking	The Cook Up With Adam Liaw	Speedy & Spiced	06	56	It's a speedy and spiced night on The Cook Up as top-notch chef Annie Smithers and top-notch garden designer Jamie Durie join Adam to make quick and tasty food.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-09-30	2805	Food Lifestyle	Cheese Slices	Cheeses Of La Mancha And Cabrales	08	4	The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods. From the high plains of La Mancha, Will and Ellie head north west into the spectacular Pico's de Europa mountains to find Cabrales, the most famous Spanish Blue cheese. The way this distinctive blue cheese is made and matured has hardly changed in thousands of years and there are now only about forty artisan and farmhouse producers remaining. Will and Ellie visit a local home dairy to see how the cheese is made and then tour one of the rustic maturation caves hidden in the mountains surrounding the village.	AUSTRALIA	English-100	2016	RPT	G			Y
2025-09-30	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 13	03	13	Maevie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil; the Melbourne restaurant scene; a third generation native Australian bee keeper; and a look at Sydney's Portuguese community.	AUSTRALIA	English-100	2002	RPT	G		Y	
2025-10-01	0500	Cooking	Nico Reynolds: All Fired Up	Gas Man	02	2	Nico believes that everything tastes better when you cook it over fire, whether that's charcoal or gas! In this episode, he's got great tips for gas grillers and can even show you how to make cooking on your gas BBQ feel and taste like cooking over charcoal.	IRELAND	English-100	2023	RPT	PG			
2025-10-01	0530	Travel	Billy And Dom Eat The World	Japan	01	5	Japanese knives are the most sought-after knives in the world. In Kyushu, Japan's southwestern-most island, Billy and Dom learn the art of sushi knife making from one of Japan's leading blacksmiths.	UNITED KINGDOM	English-100	2024	RPT	PG			Y

2025-10-01	0630	Cooking	On Country Kitchen	On Country Kitchen	02	6	Arriving in Berrima, Brigid takes the boys through the kitchen garden attached to her restaurant, The Loch. At Maple Ridge Farm, Derek and Mark help in milking the goats at the dairy and back in Jervis bay, Joel and Adrian catch and cook up some abalone burgers for a beach fire and feed with the little ones. Atop Cambewarra mountain, Joel tells the story in language of the black cockatoo overlooking the picturesque NSW landscape.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
2025-10-01	0700	Cooking	Rachael Ray's Meals In Minutes	Thai Chicken With Sweet And Hot Peppers	01	2	It's Make Your Own Take-Out Time. On the menu tonight is Thai Chicken. Made with both sweet and hot peppers, topped with basil and mint, it's sure to become your new takeout favourite.	USA	English-100	2022	RPT	G		
2025-10-01	0730	Cooking	My Market Kitchen	Episode 27	05	27	Nutritionist Jemma takes us to Queensland to learn about pineapple farming, and then whips up an unbelievable morning mood booster smoothie	AUSTRALIA	English-100	2021	RPT	G		
2025-10-01	0800	Cooking	Lidia's Kitchen	Carry On Tradition	10	2	Lidia shares recipes that will be recreated for generations. Growing up, Lidia loved foraging for dandelions, and her Dandelion & Chickpea Salad is a great way to try them!	USA	English-100	2023	RPT	G		
2025-10-01	0830	Cooking	Freshly Picked	Episode 2	04	2	Simon dives into Mexican-inspired plant-based cuisine with his garlic mushroom tostada and spices up the menu with Hasselback celeriac. He also prepares dill pickles and ends on a sweet note with soft serve. Georgia Irwin joins him to bake a delicious tea cake.	AUSTRALIA	English-100	2024	RPT			
2025-10-01	0900	Cooking	Mary Makes It Easy	Low And Slow	2	22	Take advantage of time with Mary's low effort recipes: slow-cooked pork, porchetta sandwiches and roasted squash.	CANADA	English-100	2022	RPT	G		
2025-10-01	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 12	08	12	Justine prepares a Scandinavian Slow Cooked Pork before being joined by Everyday Gourmet favourite Kirsten Tibballs who shares her Raspberry Coconut Tart, sure to impress any sweet tooth!	AUSTRALIA	English-100	2018	RPT	G		
2025-10-01	1000	Cooking	Food Safari Fire	Barbecue Safari	01	10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi and in Jamaica to cook jerk chicken and pork, as well as various parts of fridges, wheelie bins and lawnmowers welded into cooking devices.	AUSTRALIA	English-100	2015	RPT	G	Y	
2025-10-01	1030	Travel	Marcus Wareing: Simply Provence	Melon	01	7	In Provence, the markets and shops are awash with an extraordinary array of fresh fruit, all locally produced, and it's got Marcus thinking.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-01	1100	Cooking	The Cook Up With Adam Liaw	Speedy & Spiced	06	56	It's a speedy and spiced night on The Cook Up as top-notch chef Annie Smithers and top-notch garden designer Jamie Durie join Adam to make quick and tasty food.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-10-01	1130	Cooking	Mary Berry Makes It Easy	Adventurous Cooking	01	6	Mary teaches Michael Ball delicious recipes. Perfect for an adventurous cook.	UNITED KINGDOM	English-100	2023	RPT	G		
2025-10-01	1200	Cooking	Eva Pau's Asian Kitchen	Episode 5	01	5	Who doesn't love a good takeaway? Eva is recreating classic takeaway favorites at home, with big flavours and a personal twist.	UNITED KINGDOM	English-100	2025	RPT	PG		
2025-10-01	1230	Travel	Billy And Dom Eat The World	Switzerland	01	6	Billy and Dom are back in Europe and heading straight for the beautiful Alps and Verbier, one of Switzerland's most popular skiing resorts.	UNITED KINGDOM	English-100	2024	RPT	PG	I	Y
2025-10-01	1330	Cooking	Nico Reynolds: All Fired Up	Bbq On A Budget	02	3	Barbecue doesn't have to be expensive, even if you have a gang to feed! Learn top tips for BBQ on a budget.	IRELAND	English-100	2023	RPT	PG		
2025-10-01	1400	Cooking	Donal Skehan: Home Cook	Slow Weekend Cooking	01	2	Donal shares three of his favourite lazy weekend dishes: a tasty Saturday Fakeaway, his Slow Cooker Butter Chicken, and the perfect Slow Sunday Pork Shoulder Roast.	IRELAND	English-100	2023	RPT	G		
2025-10-01	1430	Cooking	On Country Kitchen	On Country Kitchen	02	7	Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing.	AUSTRALIA	English-100	2019	RPT	PG	Y	Y
2025-10-01	1500	Cooking	Rachael Ray's Meals In Minutes	Pork Chops With Twice-Cooked Potatoes	01	3	Rachel is cooking up pork loin chops with sweet onions and apples and serving it with twice-baked potatoes topped with sour cream and chives, all in minutes.	USA	English-100	2022	RPT	G		
2025-10-01	1530	Cooking	My Market Kitchen	Episode 28	05	28	Kathy Tsaples from Sweet Greek shares her recipe for fasolokia (Greek green beans), and Ben and Chef Kinsan make Temaki sushi.	AUSTRALIA	English-100	2021	RPT	G		

2025-10-01	1600	Cooking	Lidia's Kitchen	An Easy Effort	10	3	Lidia shares tips to pull together a spread for friends with ease. Lidia shows us how to make a cheese board with an easy homemade plum mostarda and freshly fried gnocco.	USA	English-100	2023		G	
2025-10-01	1630	Cooking	Freshly Picked	Episode 3	04	3	Chef Jack Brown joins Simon in the kitchen to prepare a delicate baked eggplant. Simon follows with a plant-based cheesy topping, crispy fried patra, and two creamy dishes that will leave you craving more.	AUSTRALIA	English-100	2024			
2025-10-01	1700	Cooking	Mary Makes It Easy	Picnic And Choose	2	23	Jazz up your outdoor parties with Mary's recipes that are simple to make and easy to take: chicken pot pies, salmon rislette, and vanilla panna cotta.	CANADA	English-100	2022	RPT	G	
2025-10-01	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 13	08	13	Justine prepares a Quick Laksa with out compromising on flavour and Ben Ungermann returns to the Everyday Gourmet kitchen to prepare a Japanese Crepe Cone with Vanilla Ice Cream.	AUSTRALIA	English-100	2018		G	
2025-10-01	1800	Cooking	Food Safari Earth	New Green, The	1	1	Maevie O'Meara returns with Food Safari Earth, exploring how multicultural Australia cooks with the delicious variety of fresh vegetables, fruits, herbs, grains, pulses and flowers cultivated by Mother Nature. Maevie meets Sydney chef Peter Gilmore, Thai chef Amy Chanta, Middle Eastern chef Joseph Abboud, and one of Australia's most acclaimed chefs, Martin Benn as they celebrate the awesome power of the humble vegetable across the world's cuisines.	AUSTRALIA	English-100	2017	RPT	G	Y
2025-10-01	1830	Travel	Marcus Wareing: Simply Provence	Chicken	01	8	Marcus creates a twist on a classic Sunday roast using a meat beloved by the French and Brits alike: chicken.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-10-01	1900	Cooking	The Cook Up With Adam Liaw	Tasty Greens Or Grains	06	57	There are no tastier greens or grains than the ones made by Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-10-01	1930	Cooking	Nadiya's Cook Once, Eat Twice	Wonderful Weekends	01	3	In the third of this new six-part crafty cooking series, Nadiya shares comforting Cook Once Eat Twice recipes that not only spread joy at the weekend, but also ease the strain during the coming week.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-10-01	2000	Travel	Rachael Ray In Tuscany	Pantry Meal With Sarah Moulton	01	20	Author and chef Sarah Moulton joins Rachael in her Tuscan kitchen for a cooking challenge. Both Rachael and Sarah create 'mystery meals' using ingredients from Rachael's Tuscan pantry.	USA	English-100	2022		G	
2025-10-01	2030	Travel	Guillaume's Paris	Ep 8	01	8	Guillaume visits Nature Urbaine, the largest rooftop garden in Europe, and uses some of their fresh produce to make a healthy spring salad. To finish his journey, Guillaume goes shopping at Hugo Desnoyer, one of the best butchers in Paris.	AUSTRALIA	English-100	2022	RPT	G	Y
2025-10-01	2100	Travel	Adam Richman Eats Football	Manchester United	2024	7	Adam heads to Manchester to watch Manchester United in the Europa League and to explore the best matchday eats in this fast-changing global city. He takes on an epic seafood boil-filled with the biggest prawns he's ever seen.	UNITED KINGDOM	English-100	2024		PG	
2025-10-01	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 2 Ep 8	02	8	On a bushwalk with a park ranger, Matthew samples some native produce which gets his mind to thinking about what else is growing wild closer to home on his farm and around Hobart. He goes mushrooming with Tom Samek and wild food expert Anita Wild and he finds wild greens growing literally at the front gate. But Matthew is a protein man and after several failed attempts at catching fish, he sets out with Plinio Taurian, who claims to be able to catch trout by the minute in a river just outside the city of Hobart.	AUSTRALIA	English-100	2013	RPT	G	Y
2025-10-01	2200	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 3	02	3	In this episode, Luke stays in Luang Prabang to join the biggest New Year's celebrations in the country. To get in the festive spirit, he helps out at a local street stall selling coconut cakes. Luke then heads to Quang Si waterfalls, where he makes a refreshing Luang Prabang salad. Traveling further into the countryside, he meets a third generation watercress farmer, and listens to her story before cooking her favourite steak dish with lashings of rice wine.	AUSTRALIA	English-100	2013	RPT	G	Y
2025-10-01	2230	Cooking	The Cook Up With Adam Liaw	Tasty Greens Or Grains	06	57	There are no tastier greens or grains than the ones made by Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-10-01	2300	Food Lifestyle	Cheese Slices	Cheesemakers Of Vermont	08	5	When it comes to innovative American cheese makers, the state of Vermont has more than it's fair share. The foundations of the dairy industry began here in beautiful New England almost three centuries ago and by a strange coincidence the region has become the center of an exciting new revolution in artisan cheese making. Will and Ellie sample the famous cheddar and also the dairy's delicious Baylee Hazen Blue cheese and discuss the many government challenges the dairy has faced in recent years and their close bond with the local economy.	AUSTRALIA	English-100	2016	RPT	G	
2025-10-01	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 1	04	1	Maevie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a pair of young Indigenous women travel the outback to cook at a huge bush carnival: the making of syrupy Lebanese baklava from Abila's Pastry; and a samphire (sea-asparagus) dish from Kangaroo Island.	AUSTRALIA	English-100	2004	RPT	G	Y
2025-10-01	2400	Cooking	Nico Reynolds: All Fired Up	Bbq On A Budget	02	3	Barbecue doesn't have to be expensive, even if you have a gang to feed! Learn top tips for BBQ on a budget.	IRELAND	English-100	2023	RPT	PG	
2025-10-01	2430	Cooking	Nadiya's Cook Once, Eat Twice	Wonderful Weekends	01	3	In the third of this new six-part crafty cooking series, Nadiya shares comforting Cook Once Eat Twice recipes that not only spread joy at the weekend, but also ease the strain during the coming week.	UNITED KINGDOM	English-100	2024	RPT	G	

2025-10-01	2500	Travel	Rachael Ray In Tuscany	Pantry Meal With Sarah Moulton	01	20	Author and chef Sarah Moulton joins Rachael in her Tuscan kitchen for a cooking challenge. Both Rachael and Sarah create 'mystery meals' using ingredients from Rachael's Tuscan pantry.	USA	English-100	2022	RPT	G		
2025-10-01	2530	Travel	Guillaume's Paris	Ep 8	01	8	Guillaume visits Nature Urbaine, the largest rooftop garden in Europe, and uses some of their fresh produce to make a healthy spring salad. To finish his journey, Guillaume goes shopping at Hugo Desnoyer, one of the best butchers in Paris.	AUSTRALIA	English-100	2022	RPT	G	Y	Y
2025-10-01	2600	Travel	Adam Richman Eats Football	Manchester United	2024	7	Adam heads to Manchester to watch Manchester United in the Europa League and to explore the best matchday eats in this fast-changing global city. He takes on an epic seafood boil-filled with the biggest prawns he's ever seen.	UNITED KINGDOM	English-100	2024	RPT	PG		
2025-10-01	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 2 Ep 8	02	8	On a bushwalk with a park ranger, Matthew samples some native produce which gets his mind to thinking about what else is growing wild closer to home on his farm and around Hobart. He goes mushrooming with Tom Samek and wild food expert Anita Wild and he finds wild greens growing literally at the front gate. But Matthew is a protein man and after several failed attempts at catching fish, he sets out with Pinio Taurian, who claims to be able to catch trout by the minute in a river just outside the city of Hobart.	AUSTRALIA	English-100	2013	RPT	G	Y	
2025-10-01	2700	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 3	02	3	In this episode, Luke stays in Luang Prabang to join the biggest New Year's celebrations in the country. To get in the festive spirit, he helps out at a local street stall selling coconut cakes. Luke then heads to Quang Si waterfalls, where he makes a refreshing Luang Prabang salad. Traveling further into the countryside, he meets a third generation watercress farmer, and listens to her story before cooking her favourite steak dish with lashings of rice wine.	AUSTRALIA	English-100	2013	RPT	G	Y	Y
2025-10-01	2730	Cooking	The Cook Up With Adam Liew	Tasty Greens Or Grains	06	57	There are no tastier greens or grains than the ones made by Adam and his guests, Justin James from Restaurant Botanica and Ashley Vole from Viola Foods.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-10-01	2800	Food Lifestyle	Cheese Slices	Cheesemakers Of Vermont	08	5	When it comes to innovative American cheese makers, the state of Vermont has more than it's fair share. The foundations of the dairy industry began here in beautiful New England almost three centuries ago and by a strange coincidence the region has become the center of an exciting new revolution in artisan cheese making. Will and Ellie sample the famous cheddar and also the dairy's delicious Baylee Hazen Blue cheese and discuss the many government challenges the dairy has faced in recent years and their close bond with the local economy.	AUSTRALIA	English-100	2016	RPT	G		
2025-10-01	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 1	04	1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a pair of young Indigenous women travel the outback to cook at a huge bush carnival; the making of syrupy Lebanese baklava from Abba's Pastry, and a samphire (sea-asparagus) dish from Kangaroo Island.	AUSTRALIA	English-100	2004	RPT	G	Y	
2025-10-02	0500	Cooking	Nico Reynolds: All Fired Up	Bbq On A Budget	02	3	Barbecue doesn't have to be expensive, even if you have a gang to feed! Learn top tips for BBQ on a budget.	IRELAND	English-100	2023	RPT	PG		
2025-10-02	0530	Travel	Billy And Dom Eat The World	Switzerland	01	6	Billy and Dom are back in Europe and heading straight for the beautiful Alps and Verbier, one of Switzerland's most popular skiing resorts.	UNITED KINGDOM	English-100	2024	RPT	PG	I	Y
2025-10-02	0630	Cooking	On Country Kitchen	On Country Kitchen	02	7	Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing.	AUSTRALIA	English-100	2019	RPT	PG	Y	Y
2025-10-02	0700	Cooking	Rachael Ray's Meals In Minutes	Pork Chops With Twice-Cooked Potatoes	01	3	Rachel is cooking up pork loin chops with sweet onions and apples and serving it with twice-baked potatoes topped with sour cream and chives, all in minutes.	USA	English-100	2022	RPT	G		
2025-10-02	0730	Cooking	My Market Kitchen	Episode 28	05	28	Kathy Tsaples from Sweet Greek shares her recipe for fasolikia (Greek green beans), and Ben and Chef Kinsan make Temaki sushi.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-02	0800	Cooking	Lidia's Kitchen	An Easy Effort	10	3	Lidia shares tips to pull together a spread for friends with ease. Lidia shows us how to make a cheese board with an easy homemade plum mostarda and freshly fried gnocco.	USA	English-100	2023	RPT	G		
2025-10-02	0830	Cooking	Freshly Picked	Episode 3	04	3	Chef Jack Brown joins Simon in the kitchen to prepare a delicate baked eggplant. Simon follows with a plant-based cheesy topping, crispy fried patra, and two creamy dishes that will leave you craving more.	AUSTRALIA	English-100	2024	RPT			
2025-10-02	0900	Cooking	Mary Makes It Easy	Picnic And Choose	2	23	Jazz up your outdoor parties with Mary's recipes that are simple to make and easy to take: chicken pot pies, salmon rillette, and vanilla panna cotta.	CANADA	English-100	2022	RPT	G		
2025-10-02	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 13	08	13	Justine prepares a Quick Laksa with out compromising on flavour and Ben Ungermann returns to the Everyday Gourmet kitchen to prepare a Japanese Crepe Cone with Vanilla Ice Cream.	AUSTRALIA	English-100	2018	RPT	G		
2025-10-02	1000	Cooking	Food Safari Earth	New Green, The	1	1	Maeve O'Meara returns with Food Safari Earth, exploring how multicultural Australia cooks with the delicious variety of fresh vegetables, fruits, herbs, grains, pulses and flowers cultivated by Mother Nature. Maeve meets Sydney chef Peter Gilmore, Thai chef Amy Chanta, Middle Eastern chef Joseph Abboud, and one of Australia's most acclaimed chefs, Martin Bern as they celebrate the awesome power of the humble vegetable across the world's cuisines.	AUSTRALIA	English-100	2017	RPT	G	Y	
2025-10-02	1030	Travel	Marcus Wareing: Simply Provence	Chicken	01	8	Marcus creates a twist on a classic Sunday roast using a meat beloved by the French and Brits alike: chicken.	UNITED KINGDOM	English-100	2024	RPT	G		

2025-10-02	1100	Cooking	The Cook Up With Adam Liaw	Tasty Greens Or Grains	06	57	There are no tastier greens or grains than the ones made by Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-02	1130	Cooking	Nadiya's Cook Once, Eat Twice	Wonderful Weekends	01	3	In the third of this new six-part crafty cooking series, Nadiya shares comforting Cook Once Eat Twice recipes that not only spread joy at the weekend, but also ease the strain during the coming week.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-02	1200	Travel	Rachael Ray In Tuscany	Pantry Meal With Sarah Moulton	01	20	Author and chef Sarah Moulton joins Rachael in her Tuscan kitchen for a cooking challenge. Both Rachael and Sarah create 'mystery meals' using ingredients from Rachael's Tuscan pantry.	USA	English-100	2022	RPT	G		
2025-10-02	1230	Travel	Billy And Dom Eat The World	Manchester	01	7	Billy and Dom visit Dom's hometown of Manchester, the world's first industrialised city and now a modern metropolis that's home to an eclectic mix of cuisines. Billy and Dom brunch at popular diner Gooney, learn how to make a delicious curry at one of Manchester's famous Rice & Three cafes, and explore the science of making ice cream cones. As a special treat they take a tour of the Manchester United stadium.	UNITED KINGDOM	English-100	2024	RPT	PG	I	
2025-10-02	1330	Cooking	Nico Reynolds: All Fired Up	Lazy Sunday	02	4	There's nothing quite like a lazy summer Sunday. And Nico is making the most of laid back garden grilling.	IRELAND	English-100	2023	RPT	PG		
2025-10-02	1400	Cooking	Donal Skehan: Home Cook	Great Outdoors, The	01	3	In this episode, Donal is headed outdoors to show us how to cook some of his favourite dishes that come to life over flame, zingy Korean Beef short ribs, and citrusy barbecued harissa lamb.	IRELAND	English-100	2023	RPT	PG		
2025-10-02	1430	Cooking	On Country Kitchen	On Country Kitchen	02	8	Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
2025-10-02	1500	Cooking	Rachael Ray's Meals In Minutes	Hella Mega Suiza Rock Mex Burgers	01	4	In honour of Rachel's rock star friends, she's making Hella Mexa Suiza Burgers, or hamburgers and fries cooked with Mexican spices and topped with Swiss and Mexican soft cheese.	USA	English-100	2022	RPT	G		
2025-10-02	1530	Cooking	My Market Kitchen	Episode 29	05	29	Ben and wine expert Belinda discuss pairing wine with spicy food while they serve up a Keralan fish curry together.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-02	1600	Cooking	Lidia's Kitchen	Finding The Balance	10	4	Life can be hard, so let Lidia's simple recipes provide some relief & inspiration to feel healthy.	USA	English-100	2023		G		
2025-10-02	1630	Cooking	Freshly Picked	Episode 4	04	4	Back in the Freshly Picked kitchen, Liu Mia gives sweet and sour a tofu twist. Simon follows with plant-based ricotta, Irish soda bread, and a fried eggplant schnitzel, along with a clever food waste.	AUSTRALIA	English-100	2024				
2025-10-02	1700	Cooking	Mary Makes It Easy	Back To The Bbq	2	24	Follow Mary's recipes to level up your grilling go-to's and you'll be calling yourself a grill master in no time.	CANADA	English-100	2022	RPT	G		
2025-10-02	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 14	08	14	Justine and guest Kathy Tsaples are putting a twist on some favourite recipes. Justine prepares a breakfast favourite-Bacon Cups with Whipped Scrambled Eggs and Kathy shares her recipe for a Baklava Cheesecake.	AUSTRALIA	English-100	2018		G		
2025-10-02	1800	Cooking	Food Safari Earth	Staples	1	2	Maevie seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-02	1830	Travel	Marcus Wareing: Simply Provence	Chocolate	01	9	There is one delicious food that is adored across the world. It may have started life in South America as the humble cocoa bean, but it's the Swiss, Belgians and French, who've turned it into an ingredient we all adore.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-10-02	1900	Cooking	The Cook Up With Adam Liaw	Surprisingly Simple	06	58	Adam is joined by chef Joel Bennetts and comedian Nikki Britton who'll show you how to impress your friends, family, and even your enemies, with surprisingly simple dishes!	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-02	1930	Travel	Beyond Bali With Lara Lee	Bali's Spiritual Heart: Ubud And The Mountains	01	2	Lara travels into Bali's spiritual heartland in the mountains, cooking exploring the harmony between nature, food, community and faith while revealing the sacred, living culture that sustains this extraordinary island today.	AUSTRALIA	English-100	2025			Y	Y
2025-10-02	2030	Travel	Gordon Ramsay: Uncharted	Cuba's Savory Secrets	04	5	In search of Cuba's most authentic and delicious ingredients, Gordon embraces local ingenuity as he fishes and forages his way across the island.	UNITED KINGDOM	English-100	2023		PG		Y
2025-10-02	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 2 Ep 9	02	9	Matthew has been invited to Italy as part of Slow Food's annual salon, where he learns to make salami the traditional way with local butchers. This gives him an idea for how to preserve pork when he has an excess supply back home in Tasmania.	AUSTRALIA	English-100	2013	RPT	G		Y

2025-10-02	2200	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 4	02	4	Luke heads to Laos' southern tip to the 4000 Islands, where fishing takes on a whole new meaning. On the island of Don Khon, Luke learns the art of making the acquired fermented fish staple dish, padhek. He cooks for some hungry fishermen at the Pa Soi rapids, and harvests red ants for a traditional red ant salad dish. Luke then rafts down the Mekong River to explore the other areas of the 4000 islands while he prepares a traditional fish dish, laap lao.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-02	2230	Cooking	The Cook Up With Adam Liaw	Surprisingly Simple	06	58	Adam is joined by chef Joel Bennetts and comedian Nikki Britton who'll show you how to impress your friends, family, and even your enemies, with surprisingly simple dishes!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-02	2300	Food Lifestyle	Cheese Slices	Roquefort, Revisiting King Of The Blues	08	6	Roquefort is the most significant of all blue cheeses, it's one of the world's oldest cheeses and one of the few blue cheeses still made from raw milk. To find out what's changed since his last visit to the famous village of Roquefort-sur-Soulzon, Will and Ellie catch up with the makers of Papillon Roquefort, one of the most respected and well-known export brands from the region. Another of the finest boutique Roquefort producers is Carles and Will takes Ellie into the companies iconic limestone caves to speak to Delphine Carles and sample some of her delectable blue cheeses.	AUSTRALIA	English-100	2016	RPT	G			Y
2025-10-02	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 2	04	2	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the cultivation of the boab tree of the Kimberley; croquemouche with Jean-Francois Perron at Choco Cannelle in Sydney; and Sunday lunch with the Basque community.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-02	2400	Cooking	Nico Reynolds: All Fired Up	Lazy Sunday	02	4	There's nothing quite like a lazy summer Sunday. And Nico is making the most of laid back garden grilling.	IRELAND	English-100	2023	RPT	PG			
2025-10-02	2430	Travel	Beyond Bali With Lara Lee	Bali's Spiritual Heart: Ubud And The Mountains	01	2	Lara travels into Bali's spiritual heartland in the mountains, cooking exploring the harmony between nature, food, community and faith while revealing the sacred, living culture that sustains this extraordinary island today.	AUSTRALIA	English-100	2025	RPT			Y	Y
2025-10-02	2530	Travel	Gordon Ramsay: Uncharted	Cuba's Savory Secrets	04	5	In search of Cuba's most authentic and delicious ingredients, Gordon embraces local ingenuity as he fishes and forages his way across the island.	UNITED KINGDOM	English-100	2023	RPT	PG			Y
2025-10-02	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 2 Ep 9	02	9	Matthew has been invited to Italy as part of Slow Food's annual salon, where he learns to make salami the traditional way with local butchers. This gives him an idea for how to preserve pork when he has an excess supply back home in Tasmania.	AUSTRALIA	English-100	2013	RPT	G		Y	
2025-10-02	2700	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 4	02	4	Luke heads to Laos' southern tip to the 4000 Islands, where fishing takes on a whole new meaning. On the island of Don Khon, Luke learns the art of making the acquired fermented fish staple dish, padhek. He cooks for some hungry fishermen at the Pa Soi rapids, and harvests red ants for a traditional red ant salad dish. Luke then rafts down the Mekong River to explore the other areas of the 4000 islands while he prepares a traditional fish dish, laap lao.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-02	2730	Cooking	The Cook Up With Adam Liaw	Surprisingly Simple	06	58	Adam is joined by chef Joel Bennetts and comedian Nikki Britton who'll show you how to impress your friends, family, and even your enemies, with surprisingly simple dishes!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-02	2800	Food Lifestyle	Cheese Slices	Roquefort, Revisiting King Of The Blues	08	6	Roquefort is the most significant of all blue cheeses, it's one of the world's oldest cheeses and one of the few blue cheeses still made from raw milk. To find out what's changed since his last visit to the famous village of Roquefort-sur-Soulzon, Will and Ellie catch up with the makers of Papillon Roquefort, one of the most respected and well-known export brands from the region. Another of the finest boutique Roquefort producers is Carles and Will takes Ellie into the companies iconic limestone caves to speak to Delphine Carles and sample some of her delectable blue cheeses.	AUSTRALIA	English-100	2016	RPT	G			Y
2025-10-02	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 2	04	2	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the cultivation of the boab tree of the Kimberley; croquemouche with Jean-Francois Perron at Choco Cannelle in Sydney; and Sunday lunch with the Basque community.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-03	0500	Cooking	Nico Reynolds: All Fired Up	Lazy Sunday	02	4	There's nothing quite like a lazy summer Sunday. And Nico is making the most of laid back garden grilling.	IRELAND	English-100	2023	RPT	PG			
2025-10-03	0530	Travel	Billy And Dom Eat The World	Manchester	01	7	Billy and Dom visit Dom's hometown of Manchester, the world's first industrialised city and now a modern metropolis that's home to an eclectic mix of cuisines. Billy and Dom brunch at popular diner Gooney, learn how to make a delicious curry at one of Manchester's famous Rice & Three cafes, and explore the science of making ice cream cones. As a special treat they take a tour of the Manchester United stadium.	UNITED KINGDOM	English-100	2024	RPT	PG	I		
2025-10-03	0630	Cooking	On Country Kitchen	On Country Kitchen	02	8	Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.	AUSTRALIA	English-100	2019	RPT	G		Y	Y
2025-10-03	0700	Cooking	Rachael Ray's Meals In Minutes	Hella Mega Suiza Rock Mex Burgers	01	4	In honour of Rachel's rock star friends, she's making Hella Mexa Suiza Burgers, or hamburgers and fries cooked with Mexican spices and topped with Swiss and Mexican soft cheese.	USA	English-100	2022	RPT	G			

2025-10-03	0730	Cooking	My Market Kitchen	Episode 29	05	29	Ben and wine expert Belinda discuss pairing wine with spicy food while they serve up a Keralan fish curry together.	AUSTRALIA	English-100	2021	RPT	G			
2025-10-03	0800	Cooking	Lidia's Kitchen	Finding The Balance	10	4	Life can be hard, so let Lidia's simple recipes provide some relief & inspiration to feel healthy.	USA	English-100	2023	RPT	G			
2025-10-03	0830	Cooking	Freshly Picked	Episode 4	04	4	Back in the Freshly Picked kitchen, Liz Miu gives sweet and sour a tofu twist. Simon follows with plant-based ricotta, Irish soda bread, and a fried eggplant schnitzel, along with a clever food waste.	AUSTRALIA	English-100	2024	RPT				
2025-10-03	0900	Cooking	Mary Makes It Easy	Back To The Bbq	2	24	Follow Mary's recipes to level up your grilling go-tos and you'll be calling yourself a grill master in no time.	CANADA	English-100	2022	RPT	G			
2025-10-03	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 14	08	14	Justine and guest Kathy Tsaples are putting a twist on some favourite recipes. Justine prepares a breakfast favourite-Bacon Cups with Whipped Scrambled Eggs and Kathy shares her recipe for a Baklava Cheesecake.	AUSTRALIA	English-100	2018	RPT	G			
2025-10-03	1000	Cooking	Food Safari Earth	Staples	1	2	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	2017	RPT	G		Y	
2025-10-03	1030	Travel	Marcus Wareing: Simply Provence	Chocolate	01	9	There is one delicious food that is adored across the world. It may have started life in South America as the humble cocoa bean, but it's the Swiss, Belgians and French, who've turned it into an ingredient we all adore.	UNITED KINGDOM	English-100	2024	RPT	G		Y	
2025-10-03	1100	Cooking	The Cook Up With Adam Liaw	Surprisingly Simple	06	58	Adam is joined by chef Joel Bennetts and comedian Nikki Britton who'll show you how to impress your friends, family, and even your enemies, with surprisingly simple dishes!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-03	1130	Travel	Beyond Bali With Lara Lee	Bali's Spiritual Heart: Ubud And The Mountains	01	2	Lara travels into Bali's spiritual heartland in the mountains, cooking exploring the harmony between nature, food, community and faith while revealing the sacred, living culture that sustains this extraordinary island today.	AUSTRALIA	English-100	2025	RPT		Y	Y	
2025-10-03	1230	Travel	Billy And Dom Eat The World	Costa Rica	01	8	Billy and Dom cross Costa Rica from its Northern Pacific coast to the capital San Jose. They learn the culinary secrets of Nicoya, one of the world's five blues zones, where the diet is considered one of the reasons that people live very long and healthy lives. They head into the jungle where they are put to work on a coffee plantation and discover why Costa Rica is the largest exporter of the world's pineapples.	UNITED KINGDOM	English-100	2024	RPT	PG		Y	
2025-10-03	1330	Cooking	Nico Reynolds: All Fired Up	Light Bites	02	5	Among the many things Nico loves about grilling is that it's a brilliant way to create delicious dishes packed with healthy ingredients.	IRELAND	English-100	2023	RPT	PG			
2025-10-03	1400	Cooking	Donal Skehan: Home Cook	Everyday Dinners	01	4	In this episode, Donal is delving into his favourite weekday dinners that always resulted in a polished plate, starting with a speedy Teriyaki Salmon with fluffy rice and greens.	IRELAND	English-100	2023	RPT	G			
2025-10-03	1430	Cooking	On Country Kitchen	On Country Kitchen	02	9	Mark and Derek host a dinner party at Silos Estate to thank everyone. They visit a cattle farm and collect native berries and bimbalas with Noel Butler.	AUSTRALIA	English-100	2019	RPT	G		Y	Y
2025-10-03	1500	Cooking	Rachael Ray's Meals In Minutes	Pork Chops Pizzaiola	01	5	In this episode, Rachel is coming in strong with this flavorful Pork Chop Pizzaiola recipe made with blistered tomatoes, onions and garlic cooked a la plancha style.	USA	English-100	2022	RPT	G			
2025-10-03	1530	Cooking	My Market Kitchen	Episode 30	05	30	Ben is joined by Joe Varetto who gives a Sicilian pasta masterclass with his cavatelli with slow cooked rabbit.	AUSTRALIA	English-100	2021	RPT	PG			
2025-10-03	1600	Cooking	Lidia's Kitchen	Chicken For Dinner	10	5	Chicken is always a crowd-pleaser, so Lidia shares two easy stovetop recipes with two very different flavor profiles.	USA	English-100	2023		G			
2025-10-03	1630	Cooking	Freshly Picked	Episode 5	04	5	In this episode, Simon whips up mouthwatering cannelloni and burritos, along with his inventive smashed broccoli and easy fried rice. Joining him is special guest Bert LaBonte, who brings his irresistible gateaux piment to the table.	AUSTRALIA	English-100	2024					
2025-10-03	1700	Cooking	Mary Makes It Easy	Taco Tuesday	2	25	Mary celebrates the perfect fiesta with pork carritas, homemade pico de gallo, tacos dorados de papa with cotija cheese, and a bubbly bevvy of pineapple spritz.	CANADA	English-100	2022	RPT	G			
2025-10-03	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 15	08	15	Ronnit Hoppe joins Justine to prepare a nutrient packed Kale and Crunchy Corn Salad. Justine also prepares a Beef, Shiitake and Noodle Soup and Individual Apple Crumbles with Spiced Cream.	AUSTRALIA	English-100	2018		G			
2025-10-03	1800	Cooking	Food Safari Earth	Spring	1	3	Italian food legend, Stefano Manfredi (Pizzaperta) harvests the freshest produce of the season for a Roman Vignarola - a dish that is the very essence of spring. Zimbabwean-born home cook Dorothy Johnson shares her recipe for Mubooro Une Dovi using the new tender leaves of the pumpkin vine and served with a rich peanut sauce.	AUSTRALIA	English-100	2017	RPT	G		Y	
2025-10-03	1830	Travel	Marcus Wareing: Simply Provence	Fish	01	10	It's fair to say that when it comes to our national classic dishes, the French and the Brits like to do things differently.	UNITED KINGDOM	English-100	2024	RPT	G		Y	

2025-10-03	1900	Cooking	The Cook Up With Adam Liaw	Fast & Fragrant	06	59	If only smell-o-vision was a thing, because Adam and his guests, chef Sarah Todd and City of Sydney Councillor, Yvonne Weldon are making fast and fragrant food.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-03	1930	Travel	Jamie's American Road Trip	Wyoming	01	6	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	USA	English-100	2009	RPT	PG	a l w		Y
2025-10-03	2030	Cooking	Air Fryer Diet: Lose Weight, Cook Fast	Episode 2	01	2	Nutritionist Jenny Tschiesche will be counting the calories and making the most of what's already in your kitchen cupboards, while airfryer chef Dean Edwards will pack his food for the waistline.	UNITED KINGDOM	English-100	2025		G			
2025-10-03	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 2 Ep 10	02	10	Matthew continues his exploration of the possibilities of preserving pork by heading off to meet some French providers - experts at preserving high end product in cans. Matthew returns enthusiastic with his findings, only to discover Australian health laws make such a venture prohibitively expensive and uncertain. Luckily he's found a butcher with a cool room where he can create sausages to test out at his stall.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-03	2200	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 5	02	5	Luke crosses the Mekong River into Cambodia and the ancient city of Siem Reap. There he explores the revered temples of Angkor Wat and meets local chefs to learn traditional Khmer dishes that were all but forgotten during Poi Por's reign. Luke then hits the local market to buy ingredients for the famous Siem Reap sausage, which he learns how to make with a family of sausage making experts. Heading out of town, Luke sees how locals harvest palm sugar and he creates a tasty dessert with its fruit as local children watch on.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-03	2230	Cooking	The Cook Up With Adam Liaw	Fast & Fragrant	06	59	If only smell-o-vision was a thing, because Adam and his guests, chef Sarah Todd and City of Sydney Councillor, Yvonne Weldon are making fast and fragrant food.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-03	2300	Culture & Society	Hungry For More: Spain	Hungry For More	0	0	Tom Anlezark and Georgia Maher explore the country's deep relationship with food and how it influences the Spanish way of life. This series takes viewers from Barcelona to Costa Brava.	AUSTRALIA	English-90; Catalan-10	2021	RPT	PG		Y	Y
2025-10-03	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 3	04	3	Maeva O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a Haigh family tradition of chocolate making; Maltese pastizzi making at Gato's Pastizzi; the highest berry farm in Tasmania; and three generations gather to celebrate Saint Savvas Day.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-03	2400	Cooking	Nico Reynolds: All Fired Up	Light Bites	02	5	Among the many things Nico loves about grilling is that it's a brilliant way to create delicious dishes packed with healthy ingredients.	IRELAND	English-100	2023	RPT	PG			
2025-10-03	2430	Travel	Jamie's American Road Trip	Wyoming	01	6	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	USA	English-100	2009	RPT	PG	a l w		Y
2025-10-03	2525	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	01	5	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
2025-10-03	2530	Cooking	Air Fryer Diet: Lose Weight, Cook Fast	Episode 2	01	2	Nutritionist Jenny Tschiesche will be counting the calories and making the most of what's already in your kitchen cupboards, while airfryer chef Dean Edwards will pack his food for the waistline.	UNITED KINGDOM	English-100	2025	RPT	G			
2025-10-03	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 2 Ep 10	02	10	Matthew continues his exploration of the possibilities of preserving pork by heading off to meet some French providers - experts at preserving high end product in cans. Matthew returns enthusiastic with his findings, only to discover Australian health laws make such a venture prohibitively expensive and uncertain. Luckily he's found a butcher with a cool room where he can create sausages to test out at his stall.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-03	2700	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 5	02	5	Luke crosses the Mekong River into Cambodia and the ancient city of Siem Reap. There he explores the revered temples of Angkor Wat and meets local chefs to learn traditional Khmer dishes that were all but forgotten during Poi Por's reign. Luke then hits the local market to buy ingredients for the famous Siem Reap sausage, which he learns how to make with a family of sausage making experts. Heading out of town, Luke sees how locals harvest palm sugar and he creates a tasty dessert with its fruit as local children watch on.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-03	2730	Cooking	The Cook Up With Adam Liaw	Fast & Fragrant	06	59	If only smell-o-vision was a thing, because Adam and his guests, chef Sarah Todd and City of Sydney Councillor, Yvonne Weldon are making fast and fragrant food.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-03	2800	Culture & Society	Hungry For More: Spain	Hungry For More	0	0	Tom Anlezark and Georgia Maher explore the country's deep relationship with food and how it influences the Spanish way of life. This series takes viewers from Barcelona to Costa Brava.	AUSTRALIA	English-90; Catalan-10	2021	RPT	PG		Y	Y
2025-10-03	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 3	04	3	Maeva O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a Haigh family tradition of chocolate making; Maltese pastizzi making at Gato's Pastizzi; the highest berry farm in Tasmania; and three generations gather to celebrate Saint Savvas Day.	AUSTRALIA	English-100	2004	RPT	G		Y	

2025-10-04	0500	Cooking	Nico Reynolds: All Fired Up	Light Bites	02	5	Among the many things Nico loves about grilling is that it's a brilliant way to create delicious dishes packed with healthy ingredients.	IRELAND	English-100	2023	RPT	PG		
2025-10-04	0530	Travel	Billy And Dom Eat The World	Costa Rica	01	8	Billy and Dom cross Costa Rica from its Northern Pacific coast to the capital San Jose. They learn the culinary secrets of Nicoya, one of the world's five blues zones, where the diet is considered one of the reasons that people live very long and healthy lives. They head into the jungle where they are put to work on a coffee plantation and discover why Costa Rica is the largest exporter of the world's pineapples.	UNITED KINGDOM	English-100	2024	RPT	PG		Y
2025-10-04	0630	Cooking	On Country Kitchen	On Country Kitchen	02	9	Mark and Derek host a dinner party at Silos Estate to thank everyone. They visit a cattle farm and collect native berries and bimbalas with Noel Butler.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
2025-10-04	0700	Cooking	Rachael Ray's Meals In Minutes	Pork Chops Pizzaiola	01	5	In this episode, Rachel is coming in strong with this flavorful Pork Chop Pizzaiola recipe made with blistered tomatoes, onions and garlic cooked a la plancha style.	USA	English-100	2022	RPT	G		
2025-10-04	0730	Cooking	My Market Kitchen	Episode 30	05	30	Ben is joined by Joe Vargetto who gives a Sicilian pasta masterclass with his cavatelli with slow cooked rabbit.	AUSTRALIA	English-100	2021	RPT	PG		
2025-10-04	0800	Cooking	Lidia's Kitchen	Chicken For Dinner	10	5	Chicken is always a crowd-pleaser, so Lidia shares two easy stovetop recipes with two very different flavor profiles.	USA	English-100	2023	RPT	G		
2025-10-04	0830	Cooking	Freshly Picked	Episode 5	04	5	In this episode, Simon whips up mouthwatering cannelloni and burritos, along with his inventive smashed broccoli and easy fried rice. Joining him is special guest Bert LaBonte, who brings his irresistible gateaux piment to the table.	AUSTRALIA	English-100	2024	RPT			
2025-10-04	0900	Cooking	Mary Makes It Easy	Taco Tuesday	2	25	Mary celebrates the perfect fiesta with pork carnitas, homemade pico de gallo, tacos dorados de papa with cotija cheese, and a bubbly levy of pineapple spritz.	CANADA	English-100	2022	RPT	G		
2025-10-04	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 15	08	15	Ronnit Hoppe joins Justine to prepare a nutrient packed Kale and Crunchy Corn Salad. Justine also prepares a Beef, Shiitake and Noodle Soup and Individual Apple Crumbles with Spiced Cream.	AUSTRALIA	English-100	2018	RPT	G		
2025-10-04	1000	Cooking	Food Safari Earth	Spring	1	3	Italian food legend, Stefano Manfredi (Pizzaperta) harvests the freshest produce of the season for a Roman Vignarola - a dish that is the very essence of spring. Zimbabwean-born home cook Dorothy Johnson shares her recipe for Mubooro Une Dovi using the new tender leaves of the pumpkin vine and served with a rich peanut sauce.	AUSTRALIA	English-100	2017	RPT	G	Y	
2025-10-04	1030	Travel	Marcus Wareing: Simply Provence	Fish	01	10	It's fair to say that when it comes to our national classic dishes, the French and the Brits like to do things differently.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-10-04	1100	Cooking	The Cook Up With Adam Liaw	Fast & Fragrant	06	59	If only smell-o-vision was a thing, because Adam and his guests, chef Sarah Todd and City of Sydney Councillor, Yvonne Weldon are making fast and fragrant food.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-10-04	1130	Travel	Jamie's American Road Trip	Wyoming	01	6	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	USA	English-100	2009	RPT	PG	a l w	Y
2025-10-04	1225	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	01	5	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
2025-10-04	1230	Cooking	Air Fryer Diet: Lose Weight, Cook Fast	Episode 2	01	2	Nutritionist Jenny Tschiesche will be counting the calories and making the most of what's already in your kitchen cupboards, while airfryer chef Dean Edwards will pack his food for the waistline.	UNITED KINGDOM	English-100	2025	RPT	G		
2025-10-04	1330	Cooking	Nico Reynolds: All Fired Up	Feasting With Friends	02	6	Nico is cooking up a storm, making dishes that will seriously up your grilling game and get the party started when you are catering for a crowd.	IRELAND	English-100	2023	RPT	PG		
2025-10-04	1400	Culture & Society	Hungry For More: Spain	Hungry For More	0	0	Tom Anlezark and Georgia Maher explore the country's deep relationship with food and how it influences the Spanish way of life. This series takes viewers from Barcelona to Costa Brava.	AUSTRALIA	English-90, Catalan-10	2021	RPT	PG	Y	Y
2025-10-04	1430	Food Lifestyle	Come Dine With Me: The Professionals	Sheffield A	02	1	Today's episode comes from in and around Sheffield where first to throw their hat in the ring are husband and wife duo, Pansy and Jeremy of Plesters.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-10-04	1525	Cooking	Destination Flavour Singapore Bitesize	Curry Puffs	01	6	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	

2025-10-04	1530	Food Lifestyle	Come Dine With Me: The Professionals	Swansea B	02	2	Today's Come Dine With Me Professionals heads to Swansea and first up are childhood mates Ash and Suj from Adelinas who are pitting their modern Indian cooking against their fellow pros.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-10-04	1625	Cooking	Bring A Plate	Nimi's Poori-Chole	01	5	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-10-04	1630	Cooking	Be My Guest With Ina Garten	Ann Patchett	05	4	The award winning novelist and book store owner Ann Patchett is joining Ina for a fun filled day at the barn. Ann's best selling book Tom Lake is set on a cherry orchard so Ina is welcoming her with a simple country dessert, Cherry Clafouti. Ann shares childhood revelations, her winning formula to writing 9 best-selling novels and why she decided to open a bookstore in Nashville. They both love Charlie Bird's Farro salad so it's on the menu for lunch along with Ina's Jammy Eggs and Ann's favorite Roasted cauliflower, one delicious grain salad two ways.	USA	English-100	2024	RPT	G		
2025-10-04	1700	Food Lifestyle	Kitchen Glow Up	Vlad & Olga's Culinary Clash	2025	4	Vlad & Olga's cramped condo kitchen is straining their marriage. He wants function, she wants minimalism & DIY fixes only cause fights.	USA	English-100	2025		PG		
2025-10-04	1730	Cooking	Marcus In The Med: Mallorca	Classics	01	10	Marcus has had an incredible time exploring the food of Mallorca and even though his journey is coming to an end there are still lots of classic dishes to discover, including queso and hot chocolate and Arroz Brut, a traditional rice dish which Marcus learns at a gathering of 4 generations of the same family.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-04	1800	Food Lifestyle	Taste Of The Tropics: Troppo Kitchen	Taste Of The Tropics: Troppo Kitchen		1	Chef Nick Holloway travels across Far North Queensland to source the best ingredients for a tropical feast. Along the way he'll meet and discover the people, places, and beautiful stories there.	AUSTRALIA	English-100	2023	RPT	PG		Y
2025-10-04	1830	Travel	Hairy Bikers Mediterranean	Corsica	01	3	The Corsican 'trinity' of meat, chestnuts and cheese forms the basis of the bikers' exploration but it's the independent spirit of the people that shines through.	UNITED KINGDOM	English-100	2017	RPT	PG	a w	Y
2025-10-04	1930	Travel	Paul Hollywood Eats Japan	Tokyo	01	1	Britain's favourite baker, Paul Hollywood, is setting out on a 3-week road trip across Japan to learn all he can about this extraordinary country through its food.	UNITED KINGDOM	English-100	2019	RPT	PG	a w	Y
2025-10-04	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 5	3	5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-10-04	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	3	6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison Wellington.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-10-04	2130	Travel	Anthony Bourdain: The Layover	London	01	6	London - city of the royal family, high tea, and bad food, right? Wrong. Tony sets out to show that there's more to the most popular tourist city in the world than footballers and fish and chips. Favorite dish? Tikka masala. Pubs? Great. Posh? Not as much as you might expect. Tony starts off his adventure by checking into the St. John Hotel, run by his good friend, Fergus Henderson.	USA	English-100	2011	RPT	PG	a	Y
2025-10-04	2225	Cooking	Destination Flavour Singapore Bitesize	Curry Puffs	01	6	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-04	2230	Reality	Big Food Bucket List	Holy Mole	03	15	John follows the magic down to Orlando, FL for the Walt Disney World Resort's 50th Anniversary and explores more than 150 sips and bites full of colour, whimsy, and flavour.	CANADA	English-100	2022		PG		
2025-10-04	2300	Travel	Big Zou's 12 Dishes in 12 Hours	Amsterdam	01	3	Big Zou is joined by actress Anna Maxwell Martin for a culinary tour of the Dutch capital, with the pair sampling local classics as well as Michelin-starred reinventions, Fufu and cake.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-10-04	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 4	04	4	Maeva O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, mud crabbing in the Gulf of Carpentaria; Colefax Chocolates shares the evolution of exquisite chocolate animals; the grain that makes the perfect pasta; and the secrets of Persian cuisine.	AUSTRALIA	English-100	2004	RPT	PG		Y
2025-10-04	2400	Cooking	Nico Reynolds: All Fired Up	Feasting With Friends	02	6	Nico is cooking up a storm, making dishes that will seriously up your grilling game and get the party started when you are catering for a crowd.	IRELAND	English-100	2023	RPT	PG		
2025-10-04	2430	Travel	Hairy Bikers Mediterranean	Corsica	01	3	The Corsican 'trinity' of meat, chestnuts and cheese forms the basis of the bikers' exploration but it's the independent spirit of the people that shines through.	UNITED KINGDOM	English-100	2017	RPT	PG	a w	Y

2025-10-04	2530	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 5	3	5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-10-04	2700	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	3	6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison Wellington.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-10-04	2730	Travel	Anthony Bourdain: The Layover	London	01	6	London - city of the royal family, high tea, and bad food, right? Wrong. Tony sets out to show that there's more to the most popular tourist city in the world than footballers and fish and chips. Favorite dish? Tikka masala. Pubs? Great. Posh? Not as much as you might expect. Tony starts off his adventure by checking into the St. John Hotel, run by his good friend, Fergus Henderson.	USA	English-100	2011	RPT	PG	a	Y
2025-10-04	2825	Cooking	Destination Flavour Singapore Bitesize	Curry Puffs	01	6	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-04	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 4	04	4	Maewie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, mud crabbing in the Gulf of Carpentaria; Colefax Chocolates shares the evolution of exquisite chocolate animals; the grain that makes the perfect pasta; and the secrets of Persian cuisine.	AUSTRALIA	English-100	2004	RPT	PG		Y