



WEEK 41 Sunday, 5 October 2025 Saturday, 11 October 2025

Date	Start Time	Genre	Title
2025-10-05	0500	Cooking	Nico Reynolds: All Fired Up
2025-10-05	0530	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-05	0625	Cooking	Destination Flavour Singapore Bitesize
2025-10-05	0630	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-05	0725	Cooking	Bring A Plate
2025-10-05	0730	Cooking	Be My Guest With Ina Garten
2025-10-05	0800	Food Lifestyle	Kitchen Glow Up
2025-10-05	0830	Cooking	Marcus In The Med: Mallorca
2025-10-05	0900	Food Lifestyle	Taste Of The Tropics: Troppo Kitchen
2025-10-05	0930	Travel	Hairy Bikers Mediterranean
2025-10-05	1030	Travel	Paul Hollywood Eats Japan
2025-10-05	1125	Cooking	Destination Flavour Singapore Bitesize
2025-10-05	1130	Travel	Rick Stein's Cornwall
2025-10-05	1200	Travel	Rick Stein's Cornwall
2025-10-05	1230	Reality	Great Chocolate Showdown
2025-10-05	1330	Cooking	Be My Guest With Ina Garten
2025-10-05	1400	Food Lifestyle	Kitchen Glow Up
2025-10-05	1430	Food Lifestyle	Come Dine With Me: The Professionals

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
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				
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, Parsy and Jeremy of Plesters.	UNITED KINGDOM	English-100	2022	RPT	PG				
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		
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				
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	
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 Birds 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				
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	RPT	PG				
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 cuarto 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				
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	
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
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
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	
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				
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				
Sweet Suspensions	04	7	The final four home grow their chocolate and confectionary skills to create a delectable trifle terrarium. With one Elimination Challenge before the Finale, the home bakers' nerves are hanging by a thread, as they create a 3-tiered suspended cake.	CANADA	English-100	2023		G				
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 Birds 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				
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	RPT	PG				
Wolverhampton / Birmingham B	02	3	Today we're in and around Birmingham and Wolverhampton and first up is Adians Dining where chef Adrian and fiance and front of house manager Eloise are showcasing their Caribbean-Asian fusion menu.	UNITED KINGDOM	English-100	2022	RPT	PG				

2025-10-05	1525	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G		
2025-10-05	1530	Food Lifestyle	Come Dine With Me: The Professionals	Brighton B	02	4	Today we're in Brighton and Hove where Indian vegetarian restaurant Planet India kickstart the competition with chef Nees and front of house Ahmad cooking up some cosy vegan curries from special recipes.	UNITED KINGDOM	English-100	2022	RPT	PG	I	
2025-10-05	1625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	01	1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-10-05	1630	Travel	Masters Of Taste With Gary Mehigan	Hyderabad - Biryani Trail	02	12	Gary Mehigan unearths different biryanis in Hyderabad and creates his own without rice!	USA	English-100	2019	RPT	G		
2025-10-05	1700	Travel	Sophie Grigson: Slice Of Italy	As Salty As The Sea	02	6	Salt is crucial to good cooking. Sophie visits the incredible salt pans and meets a farmer growing sweet onions that grow in the sand near the beach. At the trullo she cooks salt cod with tomatoes.	UNITED KINGDOM	English-100	2023	RPT	G		Y
2025-10-05	1730	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-90; Indonesian-10	2025	RPT		Y	Y
2025-10-05	1830	Travel	James Martin's Spanish Adventure	Madrid	01	8	In Madrid, James tries a calamari sandwich, samples garlic prawns, tastes churros, meets a blind food critic, and tastes Vermouth.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y
2025-10-05	1930	Travel	Adam Richman Eats Britain	Yorkshire Pudding	01	1	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He begins his countryside taste tour with a family connection - his great-grandfather was from Leeds, so what better place to eat the best of Yorkshire?	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-05	2000	Travel	Malaysia Gourmet With Justine Schofield	Ep 4	01	4	Delve deeper into Malaysia's cultural heritage with Justine as she visits the Terengganu cultural village. She uncovers intriguing culinary and musical traditions then meets Chef Afiq Matkhir.	AUSTRALIA	English-100	2023	RPT	G		
2025-10-05	2030	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 1	01	1	Rick's journey begins in Galicia - famous for pilgrims, rain, fog, fresh seafood, empanadas and more rain. He eats 'tortillas de patata' in the King of Spain's favourite restaurant and meets up with a couple of cool dudes who run a little restaurant in the old market of Santiago de Compostela.	UNITED KINGDOM	English-100	2011	RPT	G	Y	
2025-10-05	2140	Travel	Anthony Bourdain: The Layover	Rome	01	7	What better city to get stuck in than one of the food capitals of the world, Rome? Tony indulges in an array of delectable Italian treats, from cappuccinos to pizza to his favourite, the nasty bits.	USA	English-100	2011	RPT	PG	a	Y
2025-10-05	2230	Reality	Big Food Bucket List	Bohemian Rib-Sody	03	16	John ventures down to Philadelphia, PA for a spot famed for their Guatemalan food, especially their pupusas stuffed with cheese and believe it or not-loroco flowers!	CANADA	English-100	2022		PG		
2025-10-05	2300	Travel	Big Zuu's 12 Dishes In 12 Hours	London	01	4	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 football legend Patrice Evra, as they taste London in 12 dishes. Often branded expensive and aloof, Zuu wants to show his version of the city he calls home.	UNITED KINGDOM	English-100	2024	RPT	PG		
2025-10-05	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 5	04	5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the last almond trees in the historic town of Willunga; four hundred herbs, all in one garden; Melbourne's meat for vegetarians; and meet the Bignells, a Tasmanian family who just loves food.	AUSTRALIA	English-100	2004	RPT	G		Y
2025-10-05	2400	Travel	Masters Of Taste With Gary Mehigan	Hyderabad - Biryani Trail	02	12	Gary Mehigan unearths different biryanis in Hyderabad and creates his own without rice!	USA	English-100	2019	RPT	G		
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2025-10-05	2525	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G		
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2025-10-05	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 5	04	5	Maeva O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the last almond trees in the historic town of Willunga; four hundred herbs, all in one garden; Melbourne's meat for vegetarians; and meet the Bignells, a Tasmanian family who just loves food.	AUSTRALIA	English-100	2004	RPT	G		Y	
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2025-10-06	0530	Reality	Great Chocolate Showdown	Sweet Suspensions	04	7	The final four home grow their chocolate and confectionary skills to create a delectable trifle terrarium. With one Elimination Challenge before the finale, the home bakers' nerves are hanging by a thread, as they create a 3-tiered suspended cake.	CANADA	English-100	2023	RPT	G			
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2025-10-06	1130	Reality	Great Chocolate Showdown	Sweet Suspensions	04	7	The final four home grow their chocolate and confectionary skills to create a delectable trifle terrarium. With one Elimination Challenge before the finale, the home bakers' nerves are hanging by a thread, as they create a 3-tiered suspended cake.	CANADA	English-100	2023	RPT	G			
2025-10-06	1230	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Dijon	05	1	The Halles de Dijon is a huge expanse hosting over 700 stalls in 4 pavilions. Its size matches the sheer variety of specialities coming from the Burgundy region.	FRANCE	English-60; French-40	2024	RPT	G		Y	Y
2025-10-06	1330	Travel	Eater's Guide To The World	Dining Alone In The Pacific Northwest	01	1	Join narrator Maya Rudolph in the Pacific Northwest and explore the best part of dining solo-not having to share any of the juicy pork steak, soba noodles, and piping hot fried chicken.	USA	English-100	2020	RPT	PG	I	Y	
2025-10-06	1400	Cooking	Donal Skehan: Home Cook	One Pot Wonders	01	5	In this episode, Donal is paring it back to the simplicity of one pot cooking, starting with Moroccan Spiced Meatballs inspired by his recent family trip to Marrakesh.	IRELAND	English-100	2023	RPT	PG	a w		
2025-10-06	1430	Cooking	Kriel Kitchen	Broome: Veronica Francis	01	1	Enjoy the culinary skills of Veronica Francis, who draws on her Malaysian influences from her father.	AUSTRALIA	English-100	2014	RPT	G		Y	
2025-10-06	1500	Cooking	Rachael Ray's Meals in Minutes	Make Your Own Pad Thai	01	6	Pad Thai is a crowd favourite and less intimidating than you might think to make. This recipe literally takes minutes to make, so much so that Rachael makes the recipe twice with shrimp and chicken.	USA	English-100	2022	RPT	G			

2025-10-06	1530	Cooking	My Market Kitchen	Episode 31	05	31	Ben makes Carolina Reaper chilli sauce, and resident nutritionist Jemma makes a healthy fish and chips dish for a great dinner alternative.	AUSTRALIA	English-100	2021	RPT	G					
2025-10-06	1600	Cooking	Lidia's Kitchen	Kind Gesture, A	10	6	Lidia reminds us that the simple kind gesture of cooking for others can make a big impact.	USA	English-100	2023		G					
2025-10-06	1630	Cooking	Freshly Picked	Episode 6	04	6	Back for more tasty plant-based Italian wonders, Nadia Fragnito returns with a delicious Braciolo Napoletano. Simon adds his own creations, including a quick curry, charred zucchini, and a creamy lasagne, while demonstrating how to turn aquafaba into homemade mayo.	AUSTRALIA	English-100	2024		PG					
2025-10-06	1700	Cooking	The Chef's Garden	Ep 1	01	1	Discover Tasmania's fresh local produce along with Massimo's beloved recipes, from Italian homely gnocchi made from scratch to exquisite abalone caught fresh from the sea.	AUSTRALIA	English-100	2023	RPT	PG					
2025-10-06	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 16	08	16	Justine shares her Caramelised Onion Dip, the perfect accompaniment to any party. Ronnit Hoppe is back to share one of her favourite healthy snacks.	AUSTRALIA	English-100	2018		G					
2025-10-06	1800	Cooking	Food Safari Earth	Legumes	1	4	Maew O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world. Maew discovers the secrets of a classic falafel with founder of a Middle Eastern food empire Faysal El-Abd (Al Aseel) and tastes a falafel roll made with fresh herbs, pickles and tarator sauce.	AUSTRALIA	English-100	2017	RPT	G				Y	
2025-10-06	1830	Travel	Marcus Wareing: Simply Provence	Beef	01	11	There's so much amazing food in Provence, but one special ingredient in particular garners a lot of excitement when seen on the menu, beef.	UNITED KINGDOM	English-100	2024	RPT	G					Y
2025-10-06	1900	Cooking	The Cook Up With Adam Liaw	High Tea, The	06	60	It's Easy Entertaining with The Cook Up, and Adam is hosting a high tea with tennis player Priscilla Hon and Australia's queen of baking, Ann Reardon. Put the kettle on!	AUSTRALIA	English-100	2023	RPT	G				Y	
2025-10-06	1930	Travel	Donal's Irish Adventure	Galway	01	8	Donal Skehan and his trusty canine companion Max are headed west in search of the scenery, tranquility, and of course, the delicious food that Galway has to offer.	UNITED KINGDOM	English-100	2022		PG					
2025-10-06	2000	Travel	Rick Stein's Food Stories	London: Part One	01	9	London epitomises our international UK food scene. Here Rick discovers how Chinese dim sum and Italian mozzarella are made, before tucking into a Full English with Stuart Macdonie.	UNITED KINGDOM	English-100	2023	RPT	PG			a w		
2025-10-06	2030	Culture & Society	Stanley Tucci: Searching For Italy	Piedmont	02	2	Stanley Tucci visits the region that made the dream of unified Italy a reality. Piedmont boasts refined French heritage and peasant traditions of the Middle Ages. Once the engine room of Italian industrialisation, Piedmont is now spearheading a slow food revolution.	USA	English-90; Italian-10	2022	RPT	PG		I		Y	Y
2025-10-06	2125	Cooking	Destination Flavour China Bitesize	Li Hongzhang's Chop Suey	01	4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G			Y		Y
2025-10-06	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 1	03	1	Matthew Evans, the former food critic turned farmer, returns in a new season of Gourmet Farmer. Over the last few years, Matthew has discovered his small farm is too shady and too wet for most of the year, which has hindered his farming aspirations. Now Matthew is up-scaling. He has bought a new farm, 70 acres and 30 minutes away. There is a lot of work to be done; roads to build, fences to repair, and a poly-tunnel and smoker to build. All of this is part of Matthew's grand dream to produce and direct sell his own produce.	AUSTRALIA	English-100	2013	RPT	G			Y		
2025-10-06	2200	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 6	02	6	Luke travels to Cambodia's capital city, Phnom Penh, where he finds some unusual treats to eat, including a local delicacy, deep-fried tarantulas. In Phnom Penh's bustling marketplace, Luke cooks a street food classic with the help of one of Cambodia's most respected chefs. He then heads to the outskirts of the city, where he prepares a simple but tasty morning glory dish. Lastly, Luke ventures to a village whose entire existence is sustained by catching, cooking and eating shrimp.	AUSTRALIA	English-100	2013	RPT	G			Y		Y
2025-10-06	2230	Cooking	The Cook Up With Adam Liaw	High Tea, The	06	60	It's Easy Entertaining with The Cook Up, and Adam is hosting a high tea with tennis player Priscilla Hon and Australia's queen of baking, Ann Reardon. Put the kettle on!	AUSTRALIA	English-100	2023	RPT	G				Y	
2025-10-06	2300	Cooking	The Cook And The Chef	Best In Season	01	1	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100	2006	RPT	G					
2025-10-06	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 6	04	6	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, we meet local baking legend Dorothy Press at the Condobolin annual show; Afghan bread with Ahmed Sultan; chefs tell why the Japanese want our wagyu beef; and a visit to Perth's Italian food pioneers.	AUSTRALIA	English-100	2004	RPT	G				Y	
2025-10-06	2400	Travel	Eater's Guide To The World	Dining Alone In The Pacific Northwest	01	1	Join narrator Maya Rudolph in the Pacific Northwest and explore the best part of dining solo-not having to share any of the juicy pork steak, soba noodles, and piping hot fried chicken.	USA	English-100	2020	RPT	PG		I			Y

2025-10-06	2430	Travel	Donal's Irish Adventure	Galway	01	8	Donal Skehan and his trusty canine companion Max are headed west in search of the scenery, tranquility, and of course, the delicious food that Galway has to offer.	UNITED KINGDOM	English-100	2022	RPT	PG			
2025-10-06	2500	Travel	Rick Stein's Food Stories	London: Part One	01	9	London epitomises our international UK food scene. Here Rick discovers how Chinese dim sum and Italian mozzarella are made, before tucking into a Full English with Stuart Macdonie.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
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2025-10-06	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 1	03	1	Matthew Evans, the former food critic turned farmer, returns in a new season of Gourmet Farmer. Over the last few years, Matthew has discovered his small farm is too shady and too wet for most of the year, which has hindered his farming aspirations. Now Matthew is up-scaling. He has bought a new farm, 70 acres and 10 minutes away. There is a lot of work to be done; roads to build, fences to repair, and a poly-tunnel and smoker to build. All of this is part of Matthew's grand dream to produce and direct sell his own produce.	AUSTRALIA	English-100	2013	RPT	G		Y	
2025-10-06	2700	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 6	02	6	Luke travels to Cambodia's capital city, Phnom Penh, where he finds some unusual treats to eat, including a local delicacy, deep-fried tarantulas. In Phnom Penh's bustling marketplace, Luke cooks a street food classic with the help of one of Cambodia's most respected chefs. He then heads to the outskirts of the city, where he prepares a simple but tasty morning glory dish. Lastly, Luke ventures to a village whose entire existence is sustained by catching, cooking and eating shrimp.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-06	2730	Cooking	The Cook Up With Adam Liaw	High Tea, The	06	60	It's Easy Entertaining with The Cook Up, and Adam is hosting a high tea with tennis player Priscilla Hon and Australia's queen of baking, Ann Reardon. Put the settle on!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-06	2800	Cooking	The Cook And The Chef	Best In Season	01	1	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100	2006	RPT	G			
2025-10-06	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 6	04	6	Maevie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, we meet local baking legend Dorothy Press at the CondoSolino annual show; Afghan bread with Ahmed Sultan; chefs tell why the Japanese want our wagyu beef; and a visit to Perth's Italian food pioneers.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-07	0500	Cooking	Donal Skehan: Home Cook	One Pot Wonders	01	5	In this episode, Donal is paring it back to the simplicity of one pot cooking, starting with Moroccan Spiced Meatballs inspired by his recent family trip to Marrakesh.	IRELAND	English-100	2023	RPT	PG	a w		
2025-10-07	0530	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Dijon	05	1	The Mallet de Dijon is a huge expanse hosting over 700 stalls in 4 pavilions. Its size matches the sheer variety of specialities coming from the Burgundy region.	FRANCE	English-60; French-40	2024	RPT	G		Y	Y
2025-10-07	0630	Cooking	Kriol Kitchen	Broome: Veronica Francis	01	1	Enjoy the culinary skills of Veronica Francis, who draws on her Malaysian influences from her father.	AUSTRALIA	English-100	2014	RPT	G		Y	
2025-10-07	0700	Cooking	Rachael Ray's Meals In Minutes	Make Your Own Pad Thai	01	6	Pad Thai is a crowd favourite and less intimidating than you might think to make. This recipe literally takes minutes to make, so much so that Rachael makes the recipe twice with shrimp and chicken.	USA	English-100	2022	RPT	G			
2025-10-07	0730	Cooking	My Market Kitchen	Episode 31	05	31	Ben makes Carolina Reaper chilli sauce, and resident nutritionist Jemma makes a healthy fish and chips dish for a great dinner alternative.	AUSTRALIA	English-100	2021	RPT	G			
2025-10-07	0800	Cooking	Lidia's Kitchen	Kind Gesture, A	10	6	Lidia reminds us that the simple kind gesture of cooking for others can make a big impact.	USA	English-100	2023	RPT	G			
2025-10-07	0830	Cooking	Freshly Picked	Episode 6	04	6	Back for more tasty plant-based Italian wonders, Nadia Fragnito returns with a delicious Braciolo Napoletano. Simon adds his own creations, including a quick curry, charred zucchini, and a creamy lasagne, while demonstrating how to turn aquafaba into homemade mayo.	AUSTRALIA	English-100	2024	RPT	PG			
2025-10-07	0900	Cooking	The Chef's Garden	Ep 1	01	1	Discover Tasmania's fresh local produce along with Massimo's beloved recipes, from Italian homely gnocchi made from scratch to exquisite abalone caught fresh from the sea.	AUSTRALIA	English-100	2023	RPT	PG			
2025-10-07	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 16	08	16	Justine shares her Caramelised Onion Dip, the perfect accompaniment to any party. Ronnit Hoppe is back to share one of her favourite healthy snacks.	AUSTRALIA	English-100	2018	RPT	G			

2025-10-07	1000	Cooking	Food Safari Earth	Legumes	1	4	Maevie O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world. Maevie discovers the secrets of a classic falafel with founder of a Middle Eastern food empire Fayal El-Abed (Al Aseel) and tastes a falafel roll made with fresh herbs, pickles and tarator sauce.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-07	1030	Travel	Marcus Wareing: Simply Provence	Beef	01	11	There's so much amazing food in Provence, but one special ingredient in particular garners a lot of excitement when seen on the menu, beef.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-10-07	1100	Cooking	The Cook Up With Adam Liaw	High Tea, The	06	60	It's Easy Entertaining with The Cook Up, and Adam is hosting a high tea with tennis player Priscilla Hon and Australia's queen of baking, Ann Reardon. Put the kettle on!	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-07	1130	Travel	Donal Skehan: Irish Adventure	Galway	01	8	Donal Skehan and his trusty canine companion Max are headed west in search of the scenery, tranquility, and of course, the delicious food that Galway has to offer.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-10-07	1200	Travel	Rick Stein's Food Stories	London: Part One	01	9	London epitomises our international UK food scene. Here Rick discovers how Chinese dim sum and Italian mozzarella are made, before tucking into a Full English with Stuart Macdonie.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
2025-10-07	1230	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Hamburg	05	2	Nearly a km long, the landmark in Hamburg is one of the most significant bi-weekly markets the city can boast. 200 stalls full of fruit, bread, vegetables, fish, baked products and the best bonbons in town can be found under the U-Bahn viaduct.	FRANCE	English-65; German-35	2024	RPT	G		Y Y
2025-10-07	1330	Travel	Eater's Guide To The World	Cultural Crossroads In Casablanca	01	2	No cool friend would let you skip Casablanca while on a trip to Morocco. This can't-miss port city boasts snails, traditional pastilla, and unreal tagine-you've gotta taste it all.	USA	English-100	2020	RPT	PG		Y
2025-10-07	1405	Cooking	Donal Skehan: Home Cook	Food Wins	01	6	In this episode, it's all about the little food wins. These are smart, no-fuss recipes that deliver big on flavour with some quick fix, hero ingredients that keep everyone in the house full and happy.	IRELAND	English-100	2023	RPT	G		
2025-10-07	1430	Cooking	Kriol Kitchen	Bindook: Brian Bin Saaban	01	2	Chilli Crab, Singapore noodles with turtle, bunjiman, lea and liji liji shell in a soya chilli sauce: Every kriol cook boasts about his or her 'Chilli Crab', and Brian Bin Saaban is no exception.	AUSTRALIA		2014	RPT	G		Y
2025-10-07	1500	Cooking	Rachael Ray's Meals In Minutes	Impossibly Delicious Brunch	01	7	Rachael shows us how to make an impossibly delicious brunch menu of Parm Frittata with tomato sauce, served with a side of sausage and a simple salad that you can serve all day.	USA	English-100	2022	RPT	G		
2025-10-07	1530	Cooking	My Market Kitchen	Episode 32	05	32	Ben kicks this episode off with a breakfast extravaganza, cooking up his twice baked souffle and silky smooth hollandaise sauce.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-07	1600	Cooking	Lidia's Kitchen	Simply Dining In	10	7	Lidia shows us that dishes we typically eat out, can easily be made at home, with some practice.	USA	English-100	2023		PG	a w	
2025-10-07	1630	Cooking	Freshly Picked	Episode 7	04	7	Georgia Irwin kicks off the episode with a plant-based dessert, while Simon prepares delicious gnocchi and a vibrant panzanella salad.	AUSTRALIA	English-100	2024		PG		
2025-10-07	1700	Cooking	The Chef's Garden	Ep 2	01	2	Venture from factories to farmlands as Massimo unravels the secrets behind delicious Tasmanian cheeses, olives and the freshest produce straight from his garden.	AUSTRALIA	English-100	2023	RPT	G		
2025-10-07	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 17	08	17	Justine prepares Char-Grilled Squid with Miso Mayonnaise and Raspberry Syllabub before being joined by Shanaka Fernando who shares his recipe for Traditional Jaffna Tamil Dhal with Coconut Roti.	AUSTRALIA	English-100	2018		G		
2025-10-07	1800	Cooking	Food Safari Earth	Herbs & Spices	1	5	Maevie explores the world of herbs and spices, the plant kingdom's biggest gift to mankind. She spends time in Andrew McConnell's treasured herb garden. He creates roast beetroot salad with pickled rhubarb and nasturtium vinegar. Maevie visits a carefully tended Lebanese home garden where wild thyme known as za'atar is grown, dried and used to make spice mix that is spread on home baked flat bread.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-07	1830	Travel	Marcus Wareing: Simply Provence	Herbs	01	12	There are simple ingredients we have in our cupboards and gardens that can economically transform a humdrum dish into a flavourful feast: herbs.	UNITED KINGDOM	English-100	2024	RPT	PG		Y
2025-10-07	1900	Cooking	The Cook Up With Adam Liaw	Pasta Pronto	06	61	There's no faster pasta than the food in The Cook Up kitchen tonight, as guests Julia Busuttil Nishimura and Giovanni Pilu join Adam to make pasta, pronto!	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-07	1930	Cooking	Silvia's Italian Masterclass	Fuss Free Dinners	02	1	Silvia has always loved cooking, never once would she have thought of it as a chore. Not until she became a mother to three children, that is!	AUSTRALIA	English-100	2024		G		

2025-10-07	2000	Cooking	Eva Pau's Asian Kitchen	Episode 6	01	6	The making of gyoza, wontons or bao buns are just as meaningful as eating them and Eva shares her favourite Asian Street Food classics to create with your loved ones.	UNITED KINGDOM	English-100	2025		G			
2025-10-07	2030	Cooking	Rachel Khoo's Chocolate	Perfectly Paired	01	1	Rachel Khoo discovers why chocolate works so well with other flavours and creates mouth-watering dishes from her own kitchen.	UNITED KINGDOM	English-100	2021		G			
2025-10-07	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 2	03	2	It's been a year of experimentation and Matthew Evans has kept chooks for eggs, but now he'd like to get heritage chickens for their meat. He is interested in the differences between heritage chickens and free-range chickens purchased from the supermarket and so he sets out to compare their size, colour and especially taste. Matthew is also challenged to have a regular supply of vegetables when his garden is up and running, so he is keen to build a poly-tunnel to ensure year round supply.	AUSTRALIA	English-100	2013	RPT	G		Y	
2025-10-07	2200	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 7	02	7	Luke travels to the seaside towns of Kep and Kampot to experience their delectable seafood and world-famous pepper. There he teams up with a local fisherwoman at the early morning seafood market to sample some of the freshest squid in Southeast Asia. They cook the squid using a home-style recipe aboard a traditional Khmer fishing boat. Later, Luke shares some Khmer culture and history, showing us how people used to cook in secret during the Khmer Rouge regime.	AUSTRALIA	English-100	2013	RPT	G		Y	
2025-10-07	2230	Cooking	The Cook Up With Adam Liaw	Pasta Pronto	06	61	There's no faster pasta than the food in The Cook Up kitchen tonight, as guests Julia Busuttl Nishimura and Giovanni Piu join Adam to make pasta, pronto!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-07	2300	Cooking	The Cook And The Chef	Summer Lunch, A	01	2	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie shows us how to make two different squid dishes - grilled or stuffed and baked in the oven.	AUSTRALIA	English-100	2006	RPT	G			
2025-10-07	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 7	04	7	Maewe O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Romano Rotelli of Pensiero Restaurant; the Danish horn of plenty at Bonjour Patisserie; mushrooms at Li-Sun Exotic Mushrooms; molecular gastronomy; and calphinnias with Brazilian soccer stars.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-07	2400	Travel	Eater's Guide To The World	Cultural Crossroads in Casablanca	01	2	No cool friend would let you skip Casablanca while on a trip to Morocco. This can't-miss port city boasts snails, traditional pastilla, and unreal tagine-you've gotta taste it all.	USA	English-100	2020	RPT	PG		Y	
2025-10-07	2435	Cooking	Silvia's Italian Masterclass	Fuss Free Dinners	02	1	Silvia has always loved cooking, never once would she have thought of it as a chore. Not until she became a mother to three children, that is!	AUSTRALIA	English-100	2024	RPT	G			
2025-10-07	2500	Cooking	Eva Pau's Asian Kitchen	Episode 6	01	6	The making of gyoza, wontons or bao buns are just as meaningful as eating them and Eva shares her favourite Asian Street Food classics to create with your loved ones.	UNITED KINGDOM	English-100	2025	RPT	G			
2025-10-07	2530	Cooking	Rachel Khoo's Chocolate	Perfectly Paired	01	1	Rachel Khoo discovers why chocolate works so well with other flavours and creates mouth-watering dishes from her own kitchen.	UNITED KINGDOM	English-100	2021	RPT	G			
2025-10-07	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 2	03	2	It's been a year of experimentation and Matthew Evans has kept chooks for eggs, but now he'd like to get heritage chickens for their meat. He is interested in the differences between heritage chickens and free-range chickens purchased from the supermarket and so he sets out to compare their size, colour and especially taste. Matthew is also challenged to have a regular supply of vegetables when his garden is up and running, so he is keen to build a poly-tunnel to ensure year round supply.	AUSTRALIA	English-100	2013	RPT	G		Y	
2025-10-07	2700	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 7	02	7	Luke travels to the seaside towns of Kep and Kampot to experience their delectable seafood and world-famous pepper. There he teams up with a local fisherwoman at the early morning seafood market to sample some of the freshest squid in Southeast Asia. They cook the squid using a home-style recipe aboard a traditional Khmer fishing boat. Later, Luke shares some Khmer culture and history, showing us how people used to cook in secret during the Khmer Rouge regime.	AUSTRALIA	English-100	2013	RPT	G		Y	
2025-10-07	2730	Cooking	The Cook Up With Adam Liaw	Pasta Pronto	06	61	There's no faster pasta than the food in The Cook Up kitchen tonight, as guests Julia Busuttl Nishimura and Giovanni Piu join Adam to make pasta, pronto!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-07	2800	Cooking	The Cook And The Chef	Summer Lunch, A	01	2	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie shows us how to make two different squid dishes - grilled or stuffed and baked in the oven.	AUSTRALIA	English-100	2006	RPT	G			
2025-10-07	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 7	04	7	Maewe O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Romano Rotelli of Pensiero Restaurant; the Danish horn of plenty at Bonjour Patisserie; mushrooms at Li-Sun Exotic Mushrooms; molecular gastronomy; and calphinnias with Brazilian soccer stars.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-08	0500	Cooking	Donal Skehan: Home Cook	Food Wins	01	6	In this episode, it's all about the little food wins. These are smart, no-fuss recipes that deliver big on flavour with some quick fix, hero ingredients that keep everyone in the house full and happy.	IRELAND	English-100	2023	RPT	G			
2025-10-08	0530	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Hamburg	05	2	Nearly a km long, the Isenmarkt in Hamburg is one of the most significant bi-weekly markets the city can boast. 200 stalls full of fruit, bread, vegetables, fish, baked products and the best bonbons in town can be found under the U-Bahn viaduct.	FRANCE	English-65; German-35	2024	RPT	G		Y	Y

2025-10-08	0630	Cooking	Kriol Kitchen	Bindook: Brian Bin Saaban	01	2	Chilli Crab, Singapore noodles with turtle, bunyjman, lea and liji liji shell in a soya chilli sauce: Every kriol cook boasts about his or her 'Chilli Crab', and Brian Bin Saaban is no exception.	AUSTRALIA	2014	RPT	G	Y	
2025-10-08	0700	Cooking	Rachael Ray's Meals In Minutes	Impossibly Delicious Brunch	01	7	Rachael shows us how to make an impossibly delicious brunch menu of Parm Frittata with tomato sauce, served with a side of sausage and a simple salad that you can serve all day.	USA	English-100	2022	RPT	G	
2025-10-08	0730	Cooking	My Market Kitchen	Episode 32	05	32	Ben kicks this episode off with a breakfast extravaganza, cooking up his twice baked soufflé and silky smooth hollandaise sauce.	AUSTRALIA	English-100	2021	RPT	G	
2025-10-08	0800	Cooking	Lidia's Kitchen	Simply Dining In	10	7	Lidia shows us that dishes we typically eat out, can easily be made at home, with some practice.	USA	English-100	2023	RPT	PG	a w
2025-10-08	0830	Cooking	Freshly Picked	Episode 7	04	7	Georgia Irwin kicks off the episode with a plant-based dessert, while Simon prepares delicious gnocchi and a vibrant panzanella salad.	AUSTRALIA	English-100	2024	RPT	PG	
2025-10-08	0900	Cooking	The Chef's Garden	Ep 2	01	2	Venture from factories to farmlands as Massimo unravels the secrets behind delicious Tasmanian cheeses, olives and the freshest produce straight from his garden.	AUSTRALIA	English-100	2023	RPT	G	
2025-10-08	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 17	08	17	Justine prepares Char-Grilled Squid with Miso Mayonnaise and Raspberry Syllabub before being joined by Shanaka Fernando who shares his recipe for Trditional Jaffna Tamil Dhal with Coconut Roti.	AUSTRALIA	English-100	2018	RPT	G	
2025-10-08	1000	Cooking	Food Safari Earth	Herbs & Spices	1	5	Maerve explores the world of herbs and spices, the plant kingdom's biggest gift to mankind. She spends time in Andrew McConnell's treasured herb garden. He creates roast beetroot salad with pickled rhubarb and nasturtium vinegar. Maerve visits a carefully tended Lebanese home garden where wild thyme known as za'atar is grown, dried and used to make spice mix that is spread on home baked flat bread.	AUSTRALIA	English-100	2017	RPT	G	Y
2025-10-08	1030	Travel	Marcus Wareing: Simply Provence	Herbs	01	12	There are simple ingredients we have in our cupboards and gardens that can economically transform a humdrum dish into a flavourful feast: herbs.	UNITED KINGDOM	English-100	2024	RPT	PG	
2025-10-08	1100	Cooking	The Cook Up With Adam Liaw	Pasta Pronto	06	61	There's no faster pasta than the food in The Cook Up kitchen tonight, as guests Julia Busuttil Nishimura and Giovanni Pilu join Adam to make pasta, pronto!	AUSTRALIA	English-100	2023	RPT	G	Y
2025-10-08	1130	Cooking	Silvia's Italian Masterclass	Fuss Free Dinners	02	1	Silvia has always loved cooking, never once would she have thought of it as a chore. Not until she became a mother to three children, that is!	AUSTRALIA	English-100	2024	RPT	G	
2025-10-08	1200	Cooking	Eva Pau's Asian Kitchen	Episode 6	01	6	The making of gyozas, wontons or bao buns are just as meaningful as eating them and Eva shares her favourite Asian Street Food classics to create with your loved ones.	UNITED KINGDOM	English-100	2025	RPT	G	
2025-10-08	1230	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Ljubljana	05	3	The diversity and richness of Slovenia is perfectly represented at the central market of Ljubljana. Here bakeries, family dairies and meat stalls offer the Carniola sausage or the Kraski prsut.	FRANCE	English-60; Slovene-40	2024	RPT	G	Y
2025-10-08	1330	Travel	Eater's Guide To The World	Ass Crack Of Dawn In New York City, The	01	3	It's last call and you're hungry. What do you do? Luckily, you're in New York City, where your crew can choose from mouth-watering options like Korean BBQ, empanadas, and birria.	USA	English-100	2020	RPT	PG	I s
2025-10-08	1400	Cooking	Donal Skehan: Home Cook	Entertaining	01	7	In this episode, Donal has got the gang coming around so will be making some of his favourite dishes for entertaining.	IRELAND	English-100	2023	RPT	G	
2025-10-08	1430	Cooking	Kriol Kitchen	Yellow River: Mark Bin Sali	01	3	Ali & Mitch travel with Mark north of Broome to a popular fishing spot. They make Spicy Joombood Patties with Chille & Raw Skippy (fish) with lemon, chilli, garlic, soya & vinegar Sashimi.	AUSTRALIA		2014	RPT	G	Y
2025-10-08	1500	Cooking	Rachael Ray's Meals In Minutes	Grown Up Tomato Soup And Grilled Cheese	01	8	This classic combo from your youth gets an adult makeover and will make your mouth water. Rachael shows us her version of a creamy tomato soup and a spicy grilled cheese.	USA	English-100	2022	RPT	G	
2025-10-08	1530	Cooking	My Market Kitchen	Episode 33	05	33	Ben is joined by wine expert Adam to cook up a perfect steak with potato gratin as they talk about the wine and produce of the Geopraphe region of Western Australia.	AUSTRALIA	English-100	2021	RPT	G	

2025-10-08	1600	Cooking	Lidia's Kitchen	Treat Yourself	10	8	Lidia takes a moment to remind the viewer how important it is to treat yourself to something nice.	USA	English-100	2023		G			
2025-10-08	1630	Cooking	Freshly Picked	Episode 8	04	8	Returning to the kitchen, Bert LaBonte treats us to a flavour-packed Mauritan Dholi Puri.	AUSTRALIA	English-100	2024		PG			
2025-10-08	1700	Cooking	The Chef's Garden	Ep 3	01	3	Chef Massimo Mele explores the true essence of Tassie's local produce. From prized free range pork sausages, to freshly picked mushrooms and other mouthwatering recipes along the way.	AUSTRALIA	English-100	2023	RPT	G			
2025-10-08	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 18	08	18	Justine shares her trick for perfect Fluffy Blueberry Pancakes and Kathy Tsaples is back with hre Polenta Pumpkin Cake.	AUSTRALIA	English-100	2018		G			
2025-10-08	1800	Cooking	Food Safari Earth	Summer	1	6	Maewe explores the marvellous abundance of summer vegetables and fruits in dishes from around the world. Tomato Day is the most special day in the Italian food calendar, and Maewe joins three generations of the Baggio Family in suburban Melbourne as they preserve the goodness of summer with a home-made passata. Later, Maewe explores the versatility of eggplant with iconic chef Tetsuya Wakuda.	AUSTRALIA	English-100	2017	RPT	G		Y	
2025-10-08	1830	Travel	Marcus Wareing: Simply Provence	Almonds	01	13	When in France, it's very easy to focus on the savoury food offerings. Not surprising with the incredible meat, fish, veg and cheese in such beautiful abundance.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-08	1900	Cooking	The Cook Up With Adam Liaw	Butterflied Roast Chicken	06	62	Adam and his guests, Bar Heather's Ollie Wong-Hee and actor Lincoln Younes, celebrate the wonders of butterflied roast chicken.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-08	1930	Cooking	Nadiya's Cook Once, Eat Twice	Impress For Less	01	4	In this episode, Nadiya Hussain teaches us her tricks for easy entertaining without breaking the bank, with her impressive but wallet friendly recipes to impress guests.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-08	2000	Travel	Rachael Ray In Tuscany	Italian Paninis	01	21	In honor of the legendary singer and Rachael's dear friend Tony Bennett, she prepares osso buco, a dish of succulent braised veal shanks served Florentine style in the oven with large slices of bread and creamy polenta.	USA	English-100	2022		G			
2025-10-08	2030	Travel	Guillaume's Paris	Ep 9	01	9	Chef Guillaume Brahimi explores the 17th and 18th arrondissements of Paris where some of the best kept culinary secrets can be found, including a mushroom farm in an underground carpark, and the last remaining vineyard producing Parisian wine.	AUSTRALIA	English-100	2022	RPT	PG	Y	Y	
2025-10-08	2100	Travel	Adam Richman Eats Football	Tottenham Hotspur	2024	8	Adam's in North London to watch his team, Tottenham Hotspur, play in the Europa League. While he's in town he plans to explore the best food the area has to offer.	UNITED KINGDOM	English-100	2024		PG			
2025-10-08	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 3	03	3	Matthew Evans has been planning to build a commercial kitchen but the cost is prohibitive. His friend Ross tells him about a caravan fitted out with a commercial kitchen that is for sale on Bruny Island. The mobile kitchen would also be great for Matthew's other venture; making and selling foods in markets and festivals around Tasmania. Festivals, Tasmania's biggest food fair, is looming and the caravan would be perfect.	AUSTRALIA	English-100	2013	RPT	G		Y	
2025-10-08	2200	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 8	02	8	Luke enjoys a weekend of food and sun in the seaside town of Kep before heading across the border to Chau Doc in Vietnam. Starting beachside, Luke cooks a tasty barbecued squid, pork and snake bean dish as local kids play in the nearby surf. He then heads out of Kep to some ancient caves to cook up a contemporary chicken dish. Crossing the border into Chau Doc, Vietnam, Luke feels right at home cooking 'mum', a classic Vietnamese terrine dish.	AUSTRALIA	English-100	2013	RPT	G	Y	Y	
2025-10-08	2230	Cooking	The Cook Up With Adam Liaw	Butterflied Roast Chicken	06	62	Adam and his guests, Bar Heather's Ollie Wong-Hee and actor Lincoln Younes, celebrate the wonders of butterflied roast chicken.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-08	2300	Cooking	The Cook And The Chef	Orchard, The	01	3	Maggie shows how to make a wonderful peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100	2006	RPT	G			
2025-10-08	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 8	04	8	Maewe O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to the Ord River to learn about a chickens called the macarema; the fine art of dessert with Ryopchi Shiratagi; Victoria's rich black asparagus fields at Koo Wee Rup; and wild Singapore girls at a bridal shower.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-08	2400	Travel	Eater's Guide To The World	Ass Crack Of Dawn In New York City, The	01	3	It's last call and you're hungry. What do you do? Luckily, you're in New York City, where your crew can choose from mouth-watering options like Korean BBQ, empanadas, and birria.	USA	English-100	2020	RPT	PG	1 s		Y
2025-10-08	2430	Cooking	Nadiya's Cook Once, Eat Twice	Impress For Less	01	4	In this episode, Nadiya Hussain teaches us her tricks for easy entertaining without breaking the bank, with her impressive but wallet friendly recipes to impress guests.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-08	2500	Travel	Rachael Ray In Tuscany	Italian Paninis	01	21	In honor of the legendary singer and Rachael's dear friend Tony Bennett, she prepares osso buco, a dish of succulent braised veal shanks served Florentine style in the oven with large slices of bread and creamy polenta.	USA	English-100	2022	RPT	G			
2025-10-08	2530	Travel	Guillaume's Paris	Ep 9	01	9	Chef Guillaume Brahimi explores the 17th and 18th arrondissements of Paris where some of the best kept culinary secrets can be found, including a mushroom farm in an underground carpark, and the last remaining vineyard producing Parisian wine.	AUSTRALIA	English-100	2022	RPT	PG	Y	Y	
2025-10-08	2600	Travel	Adam Richman Eats Football	Tottenham Hotspur	2024	8	Adam's in North London to watch his team, Tottenham Hotspur, play in the Europa League. While he's in town he plans to explore the best food the area has to offer.	UNITED KINGDOM	English-100	2024	RPT	PG			

2025-10-08	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 3	03	3	Matthew Evans has been planning to build a commercial kitchen but the cost is prohibitive. His friend Ross tells him about a caravan fitted out with a commercial kitchen that is for sale on Bruny Island. The mobile kitchen would also be great for Matthew's other venture, making and selling foods in markets and festivals around Tasmania. Festival, Tasmania's biggest food fair, is looming and the caravan would be perfect.	AUSTRALIA	English-100	2013	RPT	G	Y	
2025-10-08	2700	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 8	02	8	Luke enjoys a weekend of food and sun in the seaside town of Kep before heading across the border to Chau Doc in Vietnam. Starting beachside, Luke cooks a tasty barbequed squid, pork and snake bean dish as local kids play in the nearby surf. He then heads out of Kep to some ancient caves to cook up a contemporary chicken dish. Crossing the border into Chau Doc, Vietnam, Luke feels right at home cooking 'mum', a classic Vietnamese terrine dish.	AUSTRALIA	English-100	2013	RPT	G	Y	Y
2025-10-08	2730	Cooking	The Cook Up With Adam Liaw	Butterflied Roast Chicken	06	62	Adam and his guests, Bar Heather's Ollie Wong-Hee and actor Lincoln Younes, celebrate the wonders of butterflied roast chicken.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-08	2800	Cooking	The Cook And The Chef	Orchard, The	01	3	Maggie shows how to make a wonderful peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100	2006	RPT	G		
2025-10-08	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 8	04	8	Maevie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to the Ord River to learn about a chickpea called the macarena; the fine art of dessert with Ryoichi Shiratagi; Victoria's rich black asparagus fields at Koo Wee Rup; and wild Singapore girls at a bridal shower.	AUSTRALIA	English-100	2004	RPT	G		Y
2025-10-09	0500	Cooking	Donal Skehan: Home Cook	Entertaining	01	7	In this episode, Donal has got the gang coming around so will be making some of his favourite dishes for entertaining.	IRELAND	English-100	2023	RPT	G		
2025-10-09	0530	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Ljubljana	05	3	The diversity and richness of Slovenia is perfectly represented at the central market of Ljubljana. Here bakeries, family dairies and meat stalls offer the Carniola sausage or the Kraski prsut.	FRANCE	English-60; Slovene-40	2024	RPT	G	Y	Y
2025-10-09	0630	Cooking	Kiriol Kitchen	Yellow River: Mark Bin Sali	01	3	Ali & Mitch travel with Mark north of Broome to a popular fishing spot. They make Spicy Jumbood Patties with Chilli & Raw Skippy (fish) with lemon, chilli, garlic, soya & vinegar Sashimi.	AUSTRALIA		2014	RPT	G		Y
2025-10-09	0700	Cooking	Rachael Ray's Meals In Minutes	Grown Up Tomato Soup And Grilled Cheese	01	8	This classic combo from your youth gets an adult makeover and will make your mouth water. Rachael shows us her version of a creamy tomato soup and a spicy grilled cheese.	USA	English-100	2022	RPT	G		
2025-10-09	0730	Cooking	My Market Kitchen	Episode 33	05	33	Ben is joined by wine expert Adam to cook up a perfect steak with potato gratin as they talk about the wine and produce of the Geographie region of Western Australia.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-09	0800	Cooking	Lidia's Kitchen	Treat Yourself	10	8	Lidia takes a moment to remind the viewer how important it is to treat yourself to something nice.	USA	English-100	2023	RPT	G		
2025-10-09	0830	Cooking	Freshly Picked	Episode 8	04	8	Returning to the kitchen, Bert LaBonte treats us to a flavour-packed Mauritian Dhool Puri.	AUSTRALIA	English-100	2024	RPT	PG		
2025-10-09	0900	Cooking	The Chef's Garden	Ep 3	01	3	Chef Massimo Mele explores the true essence of Tassie's local produce. From prized free range pork sausages, to freshly picked mushrooms and other mouthwatering recipes along the way.	AUSTRALIA	English-100	2023	RPT	G		
2025-10-09	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 18	08	18	Justine shares her trick for perfect Fluffy Blueberry Pancakes and Kathy Tsaples is back with hre Polenta Pumpkin Cake.	AUSTRALIA	English-100	2018	RPT	G		
2025-10-09	1000	Cooking	Food Safari Earth	Summer	1	6	Maevie explores the marvellous abundance of summer vegetables and fruits in dishes from around the world. Tomato Day is the most special day in the Italian food calendar, and Maevie joins three generations of the Baggio Family in suburban Melbourne as they preserve the goodness of summer with a home-made passata. Later, Maevie explores the versatility of eggplant with iconic chef Tetsuya Wakuda.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-09	1030	Travel	Marcus Wareing: Simply Provence	Almonds	01	13	When in France, it's very easy to focus on the savoury food offerings. Not surprising with the incredible meat, fish, veg and cheese in such beautiful abundance.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-09	1100	Cooking	The Cook Up With Adam Liaw	Butterflied Roast Chicken	06	62	Adam and his guests, Bar Heather's Ollie Wong-Hee and actor Lincoln Younes, celebrate the wonders of butterflied roast chicken.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-09	1130	Cooking	Nadiya's Cook Once, Eat Twice	Impress For Less	01	4	In this episode, Nadiya Hussain teaches us her tricks for easy entertaining without breaking the bank, with her impressive but wallet friendly recipes to impress guests.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-09	1200	Travel	Rachael Ray In Tuscany	Italian Paninis	01	21	In honor of the legendary singer and Rachael's dear friend Tony Bennett, she prepares osso buco, a dish of succulent braised veal shanks served Florentine style in the oven with large slices of bread and creamy polenta.	USA	English-100	2022	RPT	G		

2025-10-09	1230	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Venice	05	4	At the Rialto market delicacies that are part of the Venetian culinary tradition are brought by boat directly from the islands of Sant Erasmo and Le Vignole. Artichokes, giant tomatoes, jujube fruits, and the radicchio chicory come from the wetlands north of Venice.	FRANCE	English-65; Italian-35	2024	RPT	PG	a w	Y	Y
2025-10-09	1330	Travel	Eater's Guide To The World	Jungle To Table In Costa Rica	01	4	The Costa Rican jungle is basically nature's candy store and we'd like to invite you in. It's bursting with delicious guanabana, carito, cas, pejobaye and cacao - known to some as the fruit of the Gods.	USA	English-100	2020	RPT	PG	I		Y
2025-10-09	1400	Cooking	Donal Skehan: Home Cook	Christmas Escape	01	8	Join Donal this Christmas as he packs up the family (and Max) to spend a few cosy days with friends for Christmas. Here, he'll be creating easy and delicious seasonal recipes that are ideal for sharing, feasting, gifting and wowing over the festive season.	IRELAND	English-100	2023	RPT	G			
2025-10-09	1430	Cooking	Kriel Kitchen	Broomer: Carol, Amy & Lexie Tang Wei	01	4	Family Chinese Long Soup: Under the guidance of Lexie Tang Wei, daughters Amy and Carol and granddaughters Lauren and Marli make their famous Chinese Long Soup from scratch.	AUSTRALIA		2014	RPT	G		Y	
2025-10-09	1500	Cooking	Rachael Ray's Meals In Minutes	Thai One On: Fish Salad With Salty Sweet Dressing	01	9	Rachael demonstrates how to make her version of a Thai whole fish and Fish Fillet Supper served with a corn and cherry tomato salad with fresh basil and mint.	USA	English-100	2022	RPT	G			
2025-10-09	1530	Cooking	My Market Kitchen	Episode 34	05	34	Resident nutritionist Jemma is back with another one of her fabulously healthy recipes: a chocolate avocado mousse using avocados straight from the farm.	AUSTRALIA	English-100	2021	RPT	PG			
2025-10-09	1600	Cooking	Lidia's Kitchen	Serving Up Pasta	10	9	Lidia reminds us that serving up pasta can open a world of possibilities. Lidia shares her recipe for two flavor-packed pasta dishes-Penne with Cauliflower & Green Olive Pesto and Fusilli with Salmi.	USA	English-100	2023		G			
2025-10-09	1630	Cooking	Freshly Picked	Episode 9	04	9	Special guest Jack Brown returns to prepare his unique saltbush falafels, while Simon adds Indian flair with onion bhaji and an Irish touch with minted potatoes.	AUSTRALIA	English-100	2024		PG			
2025-10-09	1700	Cooking	The Chef's Garden	Ep 4	01	4	Immerse yourself in the farm-to-table experience as Massimo pairs delicious Tongola goat curd with freshly-picked beetroot and vegetables. Then join Joshua and Tony from Tasmanian Oyster Co.	AUSTRALIA	English-100	2023	RPT	G			
2025-10-09	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 19	08	19	Butterflied Chicken with Puglia Chili, Churros with Espresso Chocolate Sauce and Laura Cassai's Cauliflower Pasta Bake are on the menu for today's episode.	AUSTRALIA	English-100	2018		G			
2025-10-09	1800	Cooking	Food Safari Earth	Flowers	1	7	Maeve celebrates the culinary power of flowers across a delicious range of traditional dishes from around the world. She visits pioneering saffron growers in Tasmania, and joins the harvest of the little mauve crocus flower and the careful drying and preserving of saffron. Italian-born chef Alessandro Pavoni, a master of saffron risotto, shares his secrets. And in Darwin she meets Top End food legend, Jimmy Shu.	AUSTRALIA	English-100	2017	RPT	G		Y	
2025-10-09	1830	Travel	Marcus Wareing: Simply Provence	Rice	01	14	Marcus has a VIP guest coming for dinner, the Mayor of St Remy's sister. As she is a bit of a history buff, he decides to do research into the origins of some local produce.	UNITED KINGDOM	English-100	2024	RPT	G			Y
2025-10-09	1900	Cooking	The Cook Up With Adam Liaw	Sizzling Suppers	06	63	Chefs Minoli De Silva and Narin 'Jack' Kulasai help Adam turn up the heat in The Cook Up kitchen as they all make their favourite sizzling suppers.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-09	1930	Travel	Beyond Bali With Lara Lee	North Lombok: Cultural Surprises	01	3	In Lombok, Lara Lee discovers fiery spices and an extraordinary culture that offers unexpected insights into her own Chinese-Indonesian heritage-from riverside harvests to scrumptious Peranakan curry.	AUSTRALIA	English-90; Indonesian-10	2025				Y	Y
2025-10-09	2030	Travel	Gordon Ramsay: Uncharted	Royal Taste Of Jordan, A	04	6	Gordon digs deep into the verdant north and arid south of Jordan to discover rich, fresh flavors as he prepares to impress royalty at Petra.	UNITED KINGDOM	English-100	2023		PG			Y
2025-10-09	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 4	03	4	Inspired by his recent trip to France, Matthew Evans decides to add a couple of geese to his menagerie. While picking the geese up from a local farmer, he is distracted by a home-built cold smoker. One of Matthew's visions for the new farm is to experiment with various food processes, and now, inspired by the cold smoker, he wants to test out new cured products then smoke them.	AUSTRALIA	English-100	2013	RPT	PG	a w	Y	
2025-10-09	2200	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 9	02	9	Luke visits the floating villages of Chau Doc and Cai Be to cook some intriguing local dishes. He starts his journey on the Huu River where he cooks a caramelised basa fish dish atop a floating fish farm. Luke then heads onto land to see, first hand, how the famous Chau Doc roast pork is done. After checking out the dragon boat races, he cooks his mum's roast pork dish before heading deeper into the Mekong Delta, to Cai Be.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-09	2230	Cooking	The Cook Up With Adam Liaw	Sizzling Suppers	06	63	Chefs Minoli De Silva and Narin 'Jack' Kulasai help Adam turn up the heat in The Cook Up kitchen as they all make their favourite sizzling suppers.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-09	2300	Cooking	The Cook And The Chef	Brunch	01	4	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chickens and free range eggs. Simon brings her a present to try, a white truffle and they both get to it and produce Scrambled Eggs- one with truffles one with orange zest, a recipe Maggie first used when she was newly married.	AUSTRALIA	English-100	2006	RPT	G			

2025-10-09	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 9	04	9	Maewie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, old fashioned fish and chips; fantastic fruit flavoured gels; soft slippery tofu made by Joo Pum Kim; chef Bethany Finn from Urban Bistro; and a country feast that's fit for a king.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-09	2400	Travel	Eater's Guide To The World	Jungle To Table In Costa Rica	01	4	The Costa Rican jungle is basically nature's candy store and we'd like to invite you in. It's bursting with delicious guanabana, carinto, cas, pejobaye and cacao - known to some as the fruit of the Gods.	USA	English-100	2020	RPT	PG	I		Y
2025-10-09	2430	Travel	Beyond Bali With Lara Lee	North Lombok: Cultural Surprises	01	3	In Lombok, Lara Lee discovers fiery spices and an extraordinary culture that offers unexpected insights into her own Chinese-Indonesian heritage-from riverside harvests to scrumptious Peranakan curry.	AUSTRALIA	English-90; Indonesian-10	2025	RPT			Y	Y
2025-10-09	2530	Travel	Gordon Ramsay: Uncharted	Royal Taste Of Jordan, A	04	6	Gordon digs deep into the verdant north and arid south of Jordan to discover rich, fresh flavors as he prepares to impress royalty at Petra.	UNITED KINGDOM	English-100	2023	RPT	PG			Y
2025-10-09	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 4	03	4	Inspired by his recent trip to France, Matthew Evans decides to add a couple of geese to his menagerie. While picking the geese up from a local farmer, he is distracted by a home-built cold smoker. One of Matthew's visions for the new farm is to experiment with various food processes, and now, inspired by the cold smoker, he wants to test out new cured products then smoke them.	AUSTRALIA	English-100	2013	RPT	PG	a w	Y	
2025-10-09	2700	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 9	02	9	Luke visits the floating villages of Chau Doc and Cai Be to cook some intriguing local dishes. He starts his journey on the Huu River where he cooks a caramelised basa fish dish atop a floating fish farm. Luke then heads onto land to see, first hand, how the famous Chau Doc roast pork is done. After checking out the dragon boat races, he cooks his mum's roast pork dish before heading deeper into the Mekong Delta, to Cai Be.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-09	2730	Cooking	The Cook Up With Adam Liaw	Sizzling Suppers	06	63	Chefs Minoli De Silva and Narin Jack Kulasai help Adam turn up the heat in The Cook Up kitchen as they all make their favourite sizzling suppers.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-09	2800	Cooking	The Cook And The Chef	Brunch	01	4	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try, a white truffle and they both get to it and produce Scrambled Eggs- one with truffles one with orange zest, a recipe Maggie first used when she was newly married.	AUSTRALIA	English-100	2006	RPT	G			
2025-10-09	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 9	04	9	Maewie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, old fashioned fish and chips; fantastic fruit flavoured gels; soft slippery tofu made by Joo Pum Kim; chef Bethany Finn from Urban Bistro; and a country feast that's fit for a king.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-10	0500	Cooking	Donal Skehan: Home Cook	Christmas Escape	01	8	Join Donal this Christmas as he packs up the family (and Mox) to spend a few cosy days with friends for Christmas. Here, he'll be creating easy and delicious seasonal recipes that are ideal for sharing, feasting, gifting and wowing over the festive season.	IRELAND	English-100	2023	RPT	G			
2025-10-10	0530	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Venice	05	4	At the Rialto market delicacies that are part of the Venetian culinary tradition are brought by boat directly from the islands of Sant Erasmo and Le Vignole. Artichokes, giant tomatoes, jujube fruits, and the radicchio chicory come from the wetlands north of Venice.	FRANCE	English-65; Italian-35	2024	RPT	PG	a w	Y	Y
2025-10-10	0630	Cooking	Kriol Kitchen	Broome: Carol, Amy & Lexie Tang Wei	01	4	Family Chinese Long Soup: Under the guidance of Lexie Tang Wei, daughters Amy and Carol and granddaughters Lauren and Marli make their famous Chinese Long Soup from scratch.	AUSTRALIA		2014	RPT	G		Y	
2025-10-10	0700	Cooking	Rachael Ray's Meals In Minutes	Thai One On: Fish Salad With Salty Sweet Dressing	01	9	Rachael demonstrates how to make her version of a Thai whole fish and Fish Fillet Supper served with a corn and cherry tomato salad with fresh basil and mint.	USA	English-100	2022	RPT	G			
2025-10-10	0730	Cooking	My Market Kitchen	Episode 34	05	34	Resident nutritionist Jemma is back with another one of her fabulously healthy recipes: a chocolate avocado mousse using avocados straight from the farm.	AUSTRALIA	English-100	2021	RPT	PG			
2025-10-10	0800	Cooking	Lidia's Kitchen	Serving Up Pasta		10	Lidia reminds us that serving up pasta can open a world of possibilities. Lidia shares her recipe for two flavor-packed pasta dishes-Penne with Cauliflower & Green Olive Pesto and Fusilli with Salmi.	USA	English-100	2023	RPT	G			
2025-10-10	0830	Cooking	Freshly Picked	Episode 9		04	Special guest Jack Brown returns to prepare his unique saltbush falafels, while Simon adds Indian flair with onion bhaj and an Irish touch with minted potatoes.	AUSTRALIA	English-100	2024	RPT	PG			
2025-10-10	0900	Cooking	The Chef's Garden	Ep 4		01	Immerse yourself in the farm-to-table experience as Massimo pairs delicious Tongola goat curd with freshly-picked beetroot and vegetables. Then join Joshua and Tony from Tasmanian Oyster Co.	AUSTRALIA	English-100	2023	RPT	G			
2025-10-10	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 19		08	Butterflied Chicken with Puffia Chili, Churros with Espresso Chocolate Sauce and Laura Cassa's Cauliflower Pasta Bake are on the menu for today's episode.	AUSTRALIA	English-100	2018	RPT	G			
2025-10-10	1000	Cooking	Food Safari Earth	Flowers		1	Maewie celebrates the culinary power of flowers across a delicious range of traditional dishes from around the world. She visits pioneering saffron growers in Tasmania, and joins the harvest of the little mauve crocus flower and the careful drying and preserving of saffron. Italian-born chef Alessandro Peconi, a master of saffron risotto, shares his secrets. And in Darwin she meets Top End food legend, Jimmy Shu.	AUSTRALIA	English-100	2017	RPT	G		Y	

2025-10-10	1030	Travel	Marcus Wareing: Simply Provence	Rice	01	14	Marcus has a VIP guest coming for dinner, the Mayor of St Remy's sister. As she is a bit of a history buff, he decides to do research into the origins of some local produce.	UNITED KINGDOM	English-100	2024	RPT	G		Y	
2025-10-10	1100	Cooking	The Cook Up With Adam Liaw	Sizzling Suppers	06	63	Chefs Minoli De Silva and Narin 'Jack' Kulasai help Adam turn up the heat in The Cook Up kitchen as they all make their favourite sizzling suppers.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-10	1130	Travel	Beyond Bali With Lara Lee	North Lombok: Cultural Surprises	01	3	In Lombok, Lara Lee discovers fiery spices and an extraordinary culture that offers unexpected insights into her own Chinese-Indonesian heritage-from riverside harvests to scrumptious Peranakan curry.	AUSTRALIA	English-90; Indonesian-10	2025	RPT		Y	Y	
2025-10-10	1230	Cooking	Sergio Perera's Destination Noosa	Sergio Perera's Destination Noosa	01	0	Michelin-trained chef and world traveller, Sergio Perera, takes to Noosa on the Sunshine coast where he explores the plentiful food scene of the region. Cooking fresh and locally sourced dishes, and venturing along the coastline and surrounding hinterlands, Sergio will be joined by friends and the pioneers of the Noosa food scene.	AUSTRALIA	English-100	2024	RPT	PG	a w	Y	
2025-10-10	1330	Travel	Eater's Guide To The World	Eating On The Hood Of Your Car In La	01	5	Buckle up! When you're in LA, your car's your sanctuary. Treat it with the respect it deserves and dig in to life-changing hot chicken, fresh bread drops and museum-worthy bento boxes in its presence.	USA	English-100	2020	RPT	PG	I		
2025-10-10	1400	Cooking	Donal's Real Time Recipes	Pasta Is Life	01	1	To kick off the series, Donal shares his love for a real family favourite- pasta. Using simple tips and flavour hacks, Donal shows us four new ways to prepare this baseline ingredient that's always a hit. There's his one-pot chicken and mushroom pasta using an ingredient not commonly found in Italian kitchens- soy sauce.	IRELAND	English-100	2024	RPT	PG			
2025-10-10	1430	Cooking	Kriel Kitchen	Broomie: Neil Hamaguchi	01	5	Steamed Barramundi with Ginger/shallots, soya, pickled Chinese cabbage drizzled with crunchy garlic oil & Pearl shell Sashimi: If there was ever a dish that took care of itself then this would be it.	AUSTRALIA		2014	RPT	G		Y	
2025-10-10	1500	Cooking	Rachael Ray's Meals In Minutes	Mega Mushroom Pasta	01	10	Rachael teaches us how to make the ultimate, mind-blowing, mushroom-lover pasta that features varieties like chicken of the woods, hen of the woods, rainbow oysters and more with taleggio cheese sauce and ribbonny egg pasta.	USA	English-100	2022	RPT	PG			
2025-10-10	1530	Cooking	My Market Kitchen	Episode 35	05	35	Ben makes Morton Bay bug skewers that have been given the tick of approval by multiple world leaders. Next up, Ben bumps into Charlie Carrington from Atlas Dining and hands him the keys to the kitchen.	AUSTRALIA	English-100	2021	RPT	PG			
2025-10-10	1600	Cooking	Lidia's Kitchen	Rethink Risotto	10	10	Risotto can be the base for so many flavors, and Lidia encourages viewers to get creative!	USA	English-100	2023		G			
2025-10-10	1630	Cooking	Freshly Picked	Episode 10	04	10	Wrapping up the season, Simon explores Portuguese flavours with a tomato and onion salad, adds spice with gunpowder rice, and prepares a classic spanakopita and a potato cake burger.	AUSTRALIA	English-100	2024		PG			
2025-10-10	1700	Cooking	The Chef's Garden	Ep 5	01	5	In the final episode, Massimo heads out to sea with fisherman Bryan Denny in search of the highly prized Southern Rock Lobster. Massimo ends on a sweet note with two family favourites.	AUSTRALIA	English-100	2023	RPT	PG	a w		
2025-10-10	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 20	08	20	Ben Ungermann is back to convince Justine that Pork and Ice Cream belong together with his Waffle with Candied Pork Belly, Cinnamon Apples and Smoked Vanilla Ice Cream.	AUSTRALIA	English-100	2018		G			
2025-10-10	1800	Cooking	Food Safari Earth	Stuffed, Wrapped And Rolled	1	8	Maeve O'Meara explores the concept of vegetable parcels - the delights of stuffing, wrapping, and rolling vegetables for taste, texture, and presentation. Exploring the amazing versatility of cuisines, simple ingredients are used to create incredibly delicious results using the technique of stuffing vegetables.	AUSTRALIA	English-100	2017	RPT	G		Y	
2025-10-10	1830	Travel	Marcus Wareing: Simply Provence	Vegetables	01	15	Marcus' time in Saint Remy is nearly at an end. During his trip, he's been a sous-chef, been run over by goats, searched for snails and steered a combine harvester.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-10	1900	Cooking	The Cook Up With Adam Liaw	Budget Braises	06	64	It's time to sing the praises of budget braises, with Adam, chef Sean Connolly and scholar Dr. Tyson Yunkaorta.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-10	1930	Travel	Two Greedy Italians	Family, The	01	1	Chefs Antonio Carluccio and Gennaro Contaldo tour Italy to discover how their home country's culture has changed since they left more than 40 years ago, and how this has affected the way the population eats. Beginning in Emilia Romagna, the home of prosciutto and parmesan cheese, the pair have Sunday lunch with a traditional family, before meeting a group of career women in Bologna who do not cook at home any more.	UNITED KINGDOM	English-100	2011	RPT	PG	Y	Y	
2025-10-10	2040	Culture & Society	Costco VS Supermarkets	Costco VS Supermarkets: Who Does Bulk Buy Better?	0	0	As an all-out cost-of-living price war kicks-off, Costco is under pressure from supermarkets keen to undercut them. Costco Vs Supermarkets: Who Does Bulk Buy Better? examines whether you really can save cash by going cash-and-carry.	UNITED KINGDOM	English-100	2024	RPT	G		Y	
2025-10-10	2145	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 5	03	5	Matthew and Nick's new shop venture, A Common Ground, provides many challenges - meeting demand with a variable supply of seasonal local produce, and maintaining commitment to ethically grown and prepared food whilst managing the bottom line. The shop is not in the ideal location and a couple of new ideas are needed to increase sales and foot traffic through the doors. They decide selling and shipping seasonal food hampers, along with diverse advertising, might just bolster profits.	AUSTRALIA	English-100	2013	RPT	G		Y	
2025-10-10	2210	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 10	02	10	In the final episode, Luke meets up with his parents on a houseboat in Cai Be, where they cook and talk about what it was like to travel to Australia as refugees. Luke then visits some local cottage industries to learn the art of making 'pop rice' and refined Mekong salt. Travelling to his final destination, Ben Tre, he explores the region's fascinating coconut industry. Then after a final test of his 'manhood', Luke reflects on his culinary journey through the Greater Mekong.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-10	2240	Cooking	The Cook Up With Adam Liaw	Budget Braises	06	64	It's time to sing the praises of budget braises, with Adam, chef Sean Connolly and scholar Dr. Tyson Yunkaorta.	AUSTRALIA	English-100	2023	RPT	G		Y	

2025-10-10	2310	Cooking	The Cook And The Chef	Late Summer Lunch, A	01	5	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100	2006	RPT	G			
2025-10-10	2340	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 10	04	10	Maevø O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, spell - the story of a grain that's been cultivated since ancient times; voluptuous nougat with Robert Rinaldi; mussels Belgian-style; and how to make the lightest gnocchi with chef Mirko Grillini.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-10	2410	Travel	Eater's Guide To The World	Eating On The Hood Of Your Car In La	01	5	Buckle up! When you're in LA, your car's your sanctuary. Treat it with the respect it deserves and dig in to life-changing hot chicken, fresh bread drops and museum-worthy bento boxes in its presence.	USA	English-100	2020	RPT	PG	I		
2025-10-10	2440	Travel	Two Greedy Italians	Family, The	01	1	Chefs Antonio Carluccio and Gennaro Contaldo tour Italy to discover how their home country's culture has changed since they left more than 40 years ago, and how this has affected the way the population eats. Beginning in Emilia Romagna, the home of prosciutto and parmesan cheese, the pair have Sunday lunch with a traditional family, before meeting a group of career women in Bologna who do not cook at home any more.	UNITED KINGDOM	English-100	2011	RPT	PG		Y	Y
2025-10-10	2550	Culture & Society	Costco VS Supermarkets	Costco VS Supermarkets: Who Does Bulk Buy Better?	0	0	As an all-out cost-of-living price war kicks-off, Costco is under pressure from supermarkets keen to undercut them. Costco VS Supermarkets: Who Does Bulk Buy Better? examines whether you really can save cash by going cash-and-carry.	UNITED KINGDOM	English-100	2024	RPT	G		Y	
2025-10-10	2655	Travel	Destination Flavour Japan Bitesize	Ishikawa	01	3	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-75; Japanese-25	2013	RPT	G		Y	Y
2025-10-10	2700	Travel	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 10	02	10	In the final episode, Luke meets up with his parents on a houseboat in Cai Be, where they cook and talk about what it was like to travel to Australia as refugees. Luke then visits some local cottage industries to learn the art of making 'yoop rice' and refined Mekong salt. Travelling to his final destination, Ben Tre, he explores the region's fascinating coconut industry. Then after a final test of his 'manhood', Luke reflects on his culinary journey through the Greater Mekong.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-10	2730	Cooking	The Cook Up With Adam Liaw	Budget Braises	06	64	It's time to sing the praises of budget braises, with Adam, chef Sean Connolly and scholar Dr. Tyson Yunkaporta.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-10	2800	Cooking	The Cook And The Chef	Late Summer Lunch, A	01	5	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100	2006	RPT	G			
2025-10-10	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 10	04	10	Maevø O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, spell - the story of a grain that's been cultivated since ancient times; voluptuous nougat with Robert Rinaldi; mussels Belgian-style; and how to make the lightest gnocchi with chef Mirko Grillini.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-11	0500	Cooking	Donal's Real Time Recipes	Pasta Is Life	01	1	To kick off the series, Donal shares his love for a real family favourite- pasta. Using simple tips and flavour hacks, Donal shows us four new ways to prepare this baseline ingredient that's always a hit. There's his one-pot chicken and mushroom pasta using an ingredient not commonly found in Italian kitchens- soy sauce.	IRELAND	English-100	2024	RPT	PG			
2025-10-11	0530	Cooking	Sergio Perera's Destination Noosa	Sergio Perera's Destination Noosa	01	0	Michelin-trained chef and world traveller, Sergio Perera, takes to Noosa on the Sunshine coast where he explores the plentiful food scene of the region. Cooking fresh and locally sourced dishes, and venturing along the coastline and surrounding hinterlands, Sergio will be joined by friends and the pioneers of the Noosa food scene.	AUSTRALIA	English-100	2024	RPT	PG	a w		Y
2025-10-11	0630	Cooking	Kriel Kitchen	Broome: Neil Hamaguchi	01	5	Steamed Barramundi with Ginger/shallots, soya, pickled Chinese cabbage drizzled with crunchy garlic oil & Pearl shell Sashimi: if there was ever a dish that took care of itself then this would be it.	AUSTRALIA		2014	RPT	G		Y	
2025-10-11	0700	Cooking	Rachael Ray's Meals In Minutes	Mega Mushroom Pasta	01	10	Rachael teaches us how to make the ultimate, mind-blowing, mushroom-lover pasta that features varieties like chicken of the woods, hen of the woods, rainbow oysters and more with taleggio cheese sauce and ribbon egg pasta.	USA	English-100	2022	RPT	PG			
2025-10-11	0730	Cooking	My Market Kitchen	Episode 35	05	35	Ben makes Morton Bay bug skewers that have been given the tick of approval by multiple world leaders. Next up, Ben bumps into Charlie Carrington from Atlas Dining and hands him the keys to the kitchen.	AUSTRALIA	English-100	2021	RPT	PG			
2025-10-11	0800	Cooking	Lidia's Kitchen	Rethink Risotto	10	10	Risotto can be the base for so many flavors, and Lidia encourages viewers to get creative!	USA	English-100	2023	RPT	G			
2025-10-11	0830	Cooking	Freshly Picked	Episode 10	04	10	Wrapping up the season, Simon explores Portuguese flavours with a tomato and onion salad, adds spice with gunpowder rice, and prepares a classic spanakopita and a potato cake burger.	AUSTRALIA	English-100	2024	RPT	PG			

2025-10-11	0900	Cooking	The Chef's Garden	Ep 5	01	5	In the final episode, Massimo heads out to sea with fisherman Bryan Denny in search of the highly prized Southern Rock Lobster. Massimo ends on a sweet note with two family favourites.	AUSTRALIA	English-100	2023	RPT	PG	a w	
2025-10-11	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 20	08	20	Ben Ungermaun is back to convince Justine that Pork and Ice Cream belong together with his Waffle with Candied Pork Belly, Cinnamon Apples and Smoked Vanilla Ice Cream.	AUSTRALIA	English-100	2018	RPT	G		
2025-10-11	1000	Cooking	Food Safari Earth	Stuffed, Wrapped And Rolled	1	8	Maew O'Meara explores the concept of vegetable parcels: the delights of stuffing, wrapping, and rolling vegetables for taste, texture, and presentation. Exploring the amazing versatility of cuisines, simple ingredients are used to create incredibly delicious results using the technique of stuffing vegetables.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-11	1030	Travel	Marcus Wareing: Simply Provence	Vegetables	01	15	Marcus' time in Saint Remy is nearly at an end. During his trip, he's been a sous-chef, been run over by goats, searched for snails and steered a combine harvester.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-11	1100	Cooking	The Cook Up With Adam Liaw	Budget Braises	06	64	It's time to sing the praises of budget braises, with Adam, chef Sean Connolly and scholar Dr. Tyson Yunkaporta.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-11	1130	Travel	Two Greedy Italians	Family, The	01	1	Chefs Antonio Carluccio and Gennaro Contaldo tour Italy to discover how their home country's culture has changed since they left more than 40 years ago, and how this has affected the way the population eats. Beginning in Emilia Romagna, the home of prosciutto and parmesan cheese, the pair have Sunday lunch with a traditional family, before meeting a group of career women in Bologna who do not cook at home any more.	UNITED KINGDOM	English-100	2011	RPT	PG	Y	Y
2025-10-11	1240	Cooking	Kriol Kitchen	Broome: Neil Hamaguchi	01	5	Steamed Barramundi with Ginger/shallots, soya, pickled Chinese cabbage drizzled with crunchy garlic oil & Pearl shell Sashimi: If there was ever a dish that took care of itself then this would be it.	AUSTRALIA		2014	RPT	G		Y
2025-10-11	1310	Cooking	Rachael Ray's Meals In Minutes	Mega Mushroom Pasta	01	10	Rachael teaches us how to make the ultimate, mind-blowing, mushroom-lover pasta that features varieties like chicken of the woods, hen of the woods, rainbow oysters and more with taleggio cheese sauce and ribbony egg pasta.	USA	English-100	2022	RPT	PG		
2025-10-11	1335	Travel	Eater's Guide To The World	Planting Roots in Tijuana Mexico	01	6	Local, regular, newcomer -- whoever you are, Tijuana has something delicious for you to eat. Grab a seat and try the craft beer, pork belly tacos, and Caesar salad. Trust us, you'll want to stay awhile.	USA	English-100	2020	RPT	PG	i v	Y
2025-10-11	1400	Cooking	Lidia's Kitchen	Rethink Risotto	10	10	Risotto can be the base for so many flavors, and Lidia encourages viewers to get creative!	USA	English-100	2023	RPT	G		
2025-10-11	1430	Food Lifestyle	Come Dine With Me: The Professionals	Belfast A	02	5	The Professionals travel to Northern Ireland and kicking off the competition are head Chef Ian and Front of House Eva of Mourne Seafood Bar in Belfast.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-10-11	1525	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
2025-10-11	1530	Food Lifestyle	Come Dine With Me: The Professionals	Oxfordshire B	02	6	The Professionals travel to Oxfordshire. Kicking off the competition is The Snooty Mehmaan in Faringdon with owner Asad and Executive chef Rehan hoping to bag the grand.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-10-11	1625	Travel	Destination Flavour China Bitesize	Longing Prawns	01	5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y Y

2025-10-11	1630	Cooking	Be My Guest With Ina Garten	Eric Ripert	06	1	The incredible chef and world class restaurateur behind the three Michelin star Le Bernardin restaurant in New York, Eric Ripert, is cooking at the barn and sharing career highs, childhood lows and life-changing stories.	USA	English-100	2024	RPT	G		
2025-10-11	1700	Food Lifestyle	Kitchen Glow Up	Meredith & Dan's Family Fix	2025	5	Meredith juggles two kids, gluten-free cooking & full-time mom life while Dan works 70+ hours for the LA Rams. With no space, scattered supplies & growing stress. She asks Ellen for a calm kitchen.	USA	English-100	2025		PG		
2025-10-11	1730	Cooking	Lorraine Pascale: Home Cooking Made Easy	Comfort	01	1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100	2011	RPT	G		
2025-10-11	1800	Cooking	Lorraine Pascale: Home Cooking Made Easy	Favourites	01	2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	2011	RPT	G		
2025-10-11	1830	Travel	Hairy Bikers Mediterranean	Mainland France	01	4	The bikers are in southern France, heading from Marseille to Catalan country. It's a journey rich in culinary delights, historical landmarks and heart-warming people.	UNITED KINGDOM	English-100	2017	RPT	PG		Y
2025-10-11	1930	Travel	Paul Hollywood Eats Japan	Okinawa, Kyoto And Hiroshima	01	2	First he visits Japan's ancient capital Kyoto where, as well as trying his hand at being a Ninja, meat lover Paul attempts to enjoy tofu in its many forms. Then he moves on to Hiroshima. Whilst most of the world only knows this city as the place they dropped the first atomic bomb, these days the city has a growing reputation across Japan for its food.	UNITED KINGDOM	English-100	2019	RPT	PG	a	Y
2025-10-11	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 7	3	7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-10-11	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	3	8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-10-11	2135	Travel	Anthony Bourdain: The Layover	Amsterdam	01	8	Tony returns to the capital of the Netherlands after 40 years with very little knowledge of the city, and only 36 hours to explore Amsterdam - otherwise known as the 'Venice of the North'.	USA	English-100	2011	RPT	PG	a d	Y
2025-10-11	2230	Reality	Big Food Bucket List	Dutch Dutch Baby	03	17	In Honolulu, HI, John tries out the hapa (Hawai'ian for half) restaurant of his wildest dreams, mixing American classics with Korean flavours and Hawaiian ingredients for a truly delicious experience.	CANADA	English-100	2022		PG		
2025-10-11	2300	Travel	Big Zou's 12 Dishes in 12 Hours	Marseille	01	5	Big Zou is joined by talent show judge and former 'Strictly Come Dancing' professional dancer Oti Mabuse as they eat their way around France's oldest city in Marseille.	UNITED KINGDOM	English-100	2024	RPT	PG		Y
2025-10-11	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 11	04	11	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, growing and preparing vegetables; a gingerbread house in the Blue Mountains; crunchy heritage apples; and cooking with Hungarian legend Edith Szabo.	AUSTRALIA	English-100	2004	RPT	G		Y
2025-10-11	2400	Travel	Eater's Guide To The World	Planting Roots In Tijuana Mexico	01	6	Local, regular, newcomer -- whoever you are, Tijuana has something delicious for you to eat. Grab a seat and try the craft beer, pork belly tacos, and Caesar salad. Trust us, you'll want to stay awhile.	USA	English-100	2020	RPT	PG	l v	Y
2025-10-11	2430	Travel	Hairy Bikers Mediterranean	Mainland France	01	4	The bikers are in southern France, heading from Marseille to Catalan country. It's a journey rich in culinary delights, historical landmarks and heart-warming people.	UNITED KINGDOM	English-100	2017	RPT	PG		Y

2025-10-11	2530	Travel	Paul Hollywood Eats Japan	Okinawa, Kyoto And Hiroshima	01	2	First he visits Japan's ancient capital Kyoto where, as well as trying his hand at being a Ninja, meat lover Paul attempts to enjoy tofu in its many forms. Then he moves on to Hiroshima. Whilst most of the world only knows this city as the place they dropped the first atomic bomb, these days the city has a growing reputation across Japan for its food.	UNITED KINGDOM	English-100	2019	RPT	PG	a	Y
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2025-10-11	2625	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	
2025-10-11	2630	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 7	3	7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-10-11	2700	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	3	8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-10-11	2735	Travel	Anthony Bourdain: The Layover	Amsterdam	01	8	Tony returns to the capital of the Netherlands after 40 years with very little knowledge of the city, and only 36 hours to explore Amsterdam - otherwise known as the 'Venice of the North'.	USA	English-100	2011	RPT	PG	a d	Y
2025-10-11	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 11	04	11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, growing and preparing vegetables; a gingerbread house in the Blue Mountains; crunchy heritage apples; and cooking with Hungarian legend Edith Szabo.	AUSTRALIA	English-100	2004	RPT	G	Y	