



WEEK 42 Sunday, 12 October 2025 Saturday, 18 October 2025

Date	Start Time	Genre	Title
2025-10-12	0500	Cooking	Be My Guest With Ina Garten
2025-10-12	0530	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-12	0625	Cooking	Bring A Plate
2025-10-12	0630	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-12	0725	Travel	Destination Flavour China Bitesize
2025-10-12	0730	Cooking	Lorraine Pascale: Home Cooking Made Easy
2025-10-12	0800	Cooking	Lorraine Pascale: Home Cooking Made Easy
2025-10-12	0830	Travel	Hairy Bikers Mediterranean
2025-10-12	0930	Travel	Paul Hollywood Eats Japan
2025-10-12	1025	Fillers	Destination Flavour Scandinavia Bitesize Series 1 Ep 5
2025-10-12	1030	Travel	Rick Stein's Cornwall
2025-10-12	1100	Travel	Rick Stein's Cornwall
2025-10-12	1130	Cooking	Be My Guest With Ina Garten
2025-10-12	1200	Food Lifestyle	Kitchen Glow Up
2025-10-12	1230	Reality	Great Chocolate Showdown
2025-10-12	1330	Travel	Eater's Guide To The World
2025-10-12	1400	Cooking	Lorraine Pascale: Home Cooking Made Easy
2025-10-12	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
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				
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				
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		
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				
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	
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				
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				
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	
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	
Destination Flavour Scandinavia Bitesize Series 1 Ep 5	01	5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y		
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				
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 Pudd, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100	2022	RPT	G				
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				
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	RPT	PG				
Tale Of Three Bakers, A	04	8	In the season finale, the home bakers take on the most challenging and personal bake of the entire competition- telling their baking story through four delectable dessert chapters.	CANADA	English-100	2023		G				
Taking Off In America	01	7	You eat at an airport because you have to, not because you want to. But just beyond the departure terminals you'll find smoky BBQ, sweet fluffy pancakes and a bowl of warm borb'-all worth it.	USA	English-100	2020	RPT	PG	a l n			
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				
Middlesbrough A	02	7	Tonight we're in the North East and kicking off the competition is Darlington-based Indian and Bangladeshi restaurant, Babul's, owned by brothers Zak and Shuhel.	UNITED KINGDOM	English-100	2022	RPT	PG				

2025-10-12	1525	Cooking	Please Eat Slowly Bitesize	Dumplings	01	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G			
2025-10-12	1530	Food Lifestyle	Come Dine With Me: The Professionals	Exeter B	02	8	Exeter chicken joint, Eat the Bird, begin today's competition with owner Dan and head chef Luke risking it all with their fried chicken fare.	UNITED KINGDOM	English-100	2022	RPT	PG			
2025-10-12	1625	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	01	1	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
2025-10-12	1630	Travel	Masters Of Taste With Gary Mehigan	Best Of Delhi	02	13	Gary tries a hearty Punjabi brunch and the delicacy of Kashmiri mutts.	USA	English-100	2019	RPT	G			
2025-10-12	1700	Travel	Sophie Grigson: Slice Of Italy	Tales From The Land	02	7	Sophie explores the countryside outside her town and visits previously abandoned land that is now pursuing regenerative farming. She makes a jam with apricots, saffron and honey - perfect with cheese.	UNITED KINGDOM	English-100	2023	RPT	PG			Y
2025-10-12	1730	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	PG		Y	Y
2025-10-12	1830	Travel	James Martin's Spanish Adventure	Castilla-La Mancha	01	9	In Castilla-La Mancha James is introduced to carcamusa, tries local marzipan, and we meet a honey producer. Then James cooks partridge, brioche with marzipan, honey and pears, beef shin stew and croquetas.	UNITED KINGDOM	English-100	2022	RPT	PG	a l w		Y
2025-10-12	1930	Travel	Adam Richman Eats Britain	Sandwich	01	2	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 travels to Kent, where he pays homage to the Earl of Sandwich, eating his namesake sandwich in Sandwich.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-12	2000	Travel	Malaysia Gourmet With Justine Schofield	Ep 5	01	5	Discover the flora of Penang at the serene Tropical Spice Garden before indulging in the oyster omelette. Along the Salak River and Tegudon Tourism Village, Justine immerses herself in local culture.	AUSTRALIA	English-100	2023	RPT	G			
2025-10-12	2030	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	01	2	One of the great delights of Basque food are 'pimientos'; huge tapas portions. In this two-part episode, Rick learns all about them in a crowded bar in San Sebastian. In Ordizia, he marvels at how the toddlers from local schools all come to the market to see the various wares on display, while the teacher explains what things are.	UNITED KINGDOM	English-100	2011	RPT	G		Y	
2025-10-12	2140	Travel	Anthony Bourdain: The Layover	Los Angeles	01	9	Tony used to love mocking Los Angelese, but after numerous visits, he has learned that there is much more to it, and he's going to help you find the hidden gems.	USA	English-100	2011	RPT	PG	a d s		Y
2025-10-12	2230	Reality	Big Food Bucket List	Hip Hip Churr-ry!	03	18	In Montreal, QC, John gets a lesson in tapas, from perfect octopus to freshly fried churros.	CANADA	English-100	2022		PG			
2025-10-12	2300	Travel	Big Zuu's 12 Dishes In 12 Hours	Valencia	01	6	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. The rapper takes comedian Sinthua Vee on a culinary tour of the Spanish city, teaching her everything she needs to know through a dozen dishes.	UNITED KINGDOM	English-100	2024	RPT	G			Y
2025-10-12	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 12	04	12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the fishermen of Ceduna; cake decorating with Amanda Way; the dancing ginger growers of Sunshine Beach; two country chefs in Cowra; and some of our newest citizens - Africans in Alice Springs.	AUSTRALIA	English-100	2004	RPT	G		Y	
2025-10-12	2400	Travel	Eater's Guide To The World	Taking Off In America	01	7	You eat at an airport because you have to, not because you want to. But just beyond the departure terminals you'll find smoky BBQ, sweet fluffy pancakes and a bowl of warm borbor-all worth it.	USA	English-100	2020	RPT	PG	a l n		
2025-10-12	2430	Travel	James Martin's Spanish Adventure	Castilla-La Mancha	01	9	In Castilla-La Mancha James is introduced to carcamusa, tries local marzipan, and we meet a honey producer. Then James cooks partridge, brioche with marzipan, honey and pears, beef shin stew and croquetas.	UNITED KINGDOM	English-100	2022	RPT	PG	a l w		Y
2025-10-12	2525	Cooking	Please Eat Slowly Bitesize	Dumplings	01	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G			
2025-10-12	2530	Travel	Adam Richman Eats Britain	Sandwich	01	2	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 travels to Kent, where he pays homage to the Earl of Sandwich, eating his namesake sandwich in Sandwich.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-12	2600	Travel	Malaysia Gourmet With Justine Schofield	Ep 5	01	5	Discover the flora of Penang at the serene Tropical Spice Garden before indulging in the oyster omelette. Along the Salak River and Tegudon Tourism Village, Justine immerses herself in local culture.	AUSTRALIA	English-100	2023	RPT	G			
2025-10-12	2630	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	01	2	One of the great delights of Basque food are 'pimientos'; huge tapas portions. In this two-part episode, Rick learns all about them in a crowded bar in San Sebastian. In Ordizia, he marvels at how the toddlers from local schools all come to the market to see the various wares on display, while the teacher explains what things are.	UNITED KINGDOM	English-100	2011	RPT	G		Y	

2025-10-12	2740	Travel	Anthony Bourdain: The Layover	Los Angeles	01	9	Tony used to love mocking Los Angeles, but after numerous visits, he has learned that there is much more to it, and he's going to help you find the hidden gems.	USA	English-100	2011	RPT	PG	a d s	Y
2025-10-12	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 12	04	12	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the fishermen of Ceduna; cake decorating with Amanda Way; the dancing ginger growers of Sunshine Beach; two country chefs in Cowra; and some of our newest citizens - Africans in Alice Springs.	AUSTRALIA	English-100	2004	RPT	G		Y
2025-10-13	0500	Travel	Masters Of Taste With Gary Mehigan	Best Of Delhi	02	13	Gary tries a hearty Punjabi brunch and the delicacy of Kashmiri mutts.	USA	English-100	2019	RPT	G		
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2025-10-13	0625	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
2025-10-13	0630	Food Lifestyle	Come Dine With Me: The Professionals	Exeter B	02	8	Exeter chicken joint, Eat the Bird, begin today's competition with owner Dan and head chef Luke risking it all with their fried chicken fare.	UNITED KINGDOM	English-100	2022	RPT	PG		
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2025-10-13	1000	Travel	Malaysia Gourmet With Justine Schofield	Ep 5	01	5	Discover the flora of Penang at the serene Tropical Spice Garden before indulging in the oyster omelette. Along the Salak River and Tegudon Tourism Village, Justine immerses herself in local culture.	AUSTRALIA	English-100	2023	RPT	G		
2025-10-13	1030	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	01	2	One of the great delights of Basque food are "pinchos"; huge tapas portions. In this two-part episode, Rick learns all about them in a crowded bar in San Sebastian. In Ordizia, he marvels at how the toddlers from local schools all come to the market to see the various wares on display, while the teacher explains what things are.	UNITED KINGDOM	English-100	2011	RPT	G		Y
2025-10-13	1135	Travel	Big Zuu's 12 Dishes In 12 Hours	Valencia	01	6	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. The rapper takes comedian Sindhu Vee on a culinary tour of the Spanish city, teaching her everything she needs to know through a dozen dishes.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-10-13	1205	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 12	04	12	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the fishermen of Ceduna; cake decorating with Amanda Way; the dancing ginger growers of Sunshine Beach; two country chefs in Cowra; and some of our newest citizens - Africans in Alice Springs.	AUSTRALIA	English-100	2004	RPT	G		Y
2025-10-13	1235	Travel	Jason Atherton's Dubai Dishes	Spices	01	1	Jason's Debut in Dubai is all things spice! He'll be exploring a traditional souk in the heart of the old town and will show you how to spice up your life - Dubai Style! He is joined by Dubai Chef Rahul Rana.	UNITED KINGDOM	English-100	2023	RPT	PG		
2025-10-13	1330	Travel	Tareq Taylor's Nordic Cookery	Lund, Sweden	01	1	In this episode, Tareq visits Lund, a thousand-year-old city in southern Sweden. Lund is surrounded by the richest farmland in the country, and we explore nearby islands.	SWEDEN	English-100	2013	RPT	G		Y
2025-10-13	1400	Cooking	Donal's Real Time Recipes	Brilliant Bowls	01	2	Donal brings us four internationally inspired-bowls. Cozy and comforting, these are ideal for bringing warmth on darker days.	IRELAND	English-100	2024	RPT	PG		
2025-10-13	1430	Cooking	Kriol Kitchen	Goobaragun: Kathleen Cox	01	6	Ali and Mitch travel two hours north of Broome to a tourist camping destination named Goobaragun and spend the day with Kathleen Cox. They make Blue Bone Soup & Chili Fish.	AUSTRALIA		2014	RPT	G		Y

2025-10-13	1500	Cooking	Rachael Ray's Meals In Minutes	Pork Chops With Fennel	01	11	Rachael is taking a traditional ballpark sausage sandwich to the next level and her recipe calls for seasoned bone-in pork chops cooked on a cast iron skillet with fennel, peppers, onions and red wine.	USA	English-100	2022	RPT	G				
2025-10-13	1530	Cooking	My Market Kitchen	Episode 36	05	36	Ben cooks peach clafoutis, then is joined by wine expert Belinda to talk all things Tasmanian wine and produce while plating up vanilla and vodka cured ocean trout.	AUSTRALIA	English-100	2021	RPT	PG				
2025-10-13	1600	Cooking	Lidia's Kitchen	Frugal Feast, A	10	11	Lidia reminds viewers that cooking doesn't have to be expensive, you just have to get creative in the kitchen.	USA	English-100	2023		G				
2025-10-13	1630	Cooking	Mary Makes It Easy	Tastes Of Tuscany	03	1	Mary commemorates her recent travels by creating tasty dishes inspired by Italy, like apple raspberry crostata and mushroom crespelle.	CANADA	English-100	2023	RPT	G				
2025-10-13	1700	Cooking	Food Safari Earth	Tropic And Exotic	1	9	Maew O'Meara explores the delicious world of tropical fruits and vegetables with recipes from Asia, the Pacific and South America. She explores Australia's enduring love for Asian flavours with a visit to the master of Thai cuisine, David Thompson, who shares his recipe for the most delicious, all-vegetarian Pad See Ew. Then Colombian-born chef, Oscar Espinosa showcases the power of the power of the plantain, transforming them into crunch chips, served with a guacamole.	AUSTRALIA	English-100	2017	RPT	G			Y	
2025-10-13	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 21	08	21	Masterchef winner Diana Chan shares her recipe for Silken Tofu with Caramelised Shallots. Justine also prepares Oat Milk Couscous with Stewed Fruit.	AUSTRALIA	English-100	2018		G				
2025-10-13	1800	Cooking	Maneet's Eats	Chicken Tikka Masala And Aloo Gobi	01	1	Chef Maneet Chauhan is cooking up her signature shortcut recipe for a classic Chicken Tikka Masala, which packs in all the flavor in half the time. Next, Maneet makes a vegetarian feast of Aloo Gobi filled with hearty warming spices.	USA	English-100	2025						
2025-10-13	1830	Cooking	Secrets Of The Curry Kitchen	Patient Cook, The	01	1	Chef Asma Khan celebrates being a patient cook with dishes that are worth the wait. Slow cooked mutton Kosha Mangsho, a divine Duck Bhuna.	UNITED KINGDOM	English-100	2025						
2025-10-13	1900	Cooking	The Cook Up With Adam Liaw	Friends For Lunch	06	65	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challinor help you with the menu!	AUSTRALIA	English-100	2023	RPT	G			Y	
2025-10-13	1930	Cooking	Donal's Family Food In Minutes	Family Night In	01	1	Donal Skehan is back with a brand new series of recipes to keep the whole family happy-with something old, something new, something borrowed and something to chew.	UNITED KINGDOM	English-100	2020		G				
2025-10-13	2000	Travel	Rick Stein's Food Stories	London: Part Two	01	10	London-based brewer, Jaega Wise, tries to turn Rick into a craft beer fan and he puts some in a sauce for John Dory. He enjoys borscht at a Ukrainian restaurant staffed by refugees.	UNITED KINGDOM	English-100	2023	RPT	PG		a w		Y
2025-10-13	2030	Culture & Society	Stanley Tucci: Searching For Italy	Umbria	02	3	Stanley Tucci visits the Green Heart of Italy. While this small rural region lives in the shadow of its more glamorous neighbour, Tuscany, Umbria has an ancient history that predates even the Romans. With the highest consumption of pork per capita in Italy, it is a carnivore's dream.	USA	English-90; Italian-10	2022	RPT	PG		I	Y	Y
2025-10-13	2125	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	
2025-10-13	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 6	03	6	Matthew Evans is keen to use all parts of the pig to make sure that he's adding as much value as possible to his future porkers. He has a plan for a 'Breaking Down' day, where one pig is broken down into its constituent parts, ready for cooking and preserving. In Italy it is traditional for the whole community to join in so Matthew will be enlisting the help of his Italian friends as some familiar faces.	AUSTRALIA	English-100	2013	RPT	PG		a w	Y	
2025-10-13	2200	Travel	Luke Nguyen's India	Bangalore Part 1		1	Luke's starts in Bangalore where he visits the nearly 100-year-old restaurant to discover the importance of coffee culture in Southern India and meets with local food journalist, Joshua Muyiwa.	AUSTRALIA	English-100	2023	RPT	G		Y	Y	Y
2025-10-13	2230	Cooking	The Cook Up With Adam Liaw	Friends For Lunch	06	65	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challinor help you with the menu!	AUSTRALIA	English-100	2023	RPT	G			Y	
2025-10-13	2300	Cooking	The Cook And The Chef	Dinner Party For 6	01	6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100	2006	RPT	PG				
2025-10-13	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 13	04	13	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to a native Australian rainforest to look for bunya nuts; fruit gelato from Pompei's Gelateria; the low-down on happy hens and their eggs; and an all-American Thanksgiving feast.	AUSTRALIA	English-100	2004	RPT	G			Y	
2025-10-13	2400	Travel	Tareq Taylor's Nordic Cookery	Lund, Sweden	01	1	In this episode, Tareq visits Lund, a thousand-year-old city in southern Sweden. Lund is surrounded by the richest farmland in the country, and we explore nearby islands.	SWEDEN	English-100	2013	RPT	G				Y

2025-10-13	2430	Cooking	Donal's Family Food In Minutes	Family Night In	01	1	Donal Skehan is back with a brand new series of recipes to keep the whole family happy-with something old, something new, something borrowed and something to chew.	UNITED KINGDOM	English-100	2020	RPT	G					
2025-10-13	2500	Travel	Rick Stein's Food Stories	London: Part Two	01	10	London-based brewer, Jaega Wise, tries to turn Rick into a craft beer fan and he puts some in a sauce for John Dory. He enjoys borscht at a Ukrainian restaurant staffed by refugees.	UNITED KINGDOM	English-100	2023	RPT	PG	a w			Y	
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2025-10-13	2625	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		
2025-10-13	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 6	03	6	Matthew Evans is keen to use all parts of the pig to make sure that he's adding as much value as possible to his future porkers. He has a plan for a 'Breaking Down' day, where one pig is broken down into its constituent parts, ready for cooking and preserving. In Italy it is traditional for the whole community to join in so Matthew will be enlisting the help of his Italian friends as some familiar faces.	AUSTRALIA	English-100	2013	RPT	PG	a w		Y		
2025-10-13	2700	Travel	Luke Nguyen's India	Bangalore Part 1		1	Luke's starts in Bangalore where he visits the nearly 100-year-old restaurant to discover the importance of coffee culture in Southern India and meets with local food journalist, Joshua Muiywa.	AUSTRALIA	English-100	2023	RPT	G			Y	Y	Y
2025-10-13	2730	Cooking	The Cook Up With Adam Liaw	Friends For Lunch	06	65	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challinor help you with the menu!	AUSTRALIA	English-100	2023	RPT	G			Y		
2025-10-13	2800	Cooking	The Cook And The Chef	Dinner Party For 6	01	6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100	2006	RPT	PG					
2025-10-13	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 13	04	13	Maerve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to a native Australian rainforest to look for bunya nuts; fruit gelato from Pompei's Gelateria; the low-down on happy hens and their eggs; and an all-American Thanksgiving feast.	AUSTRALIA	English-100	2004	RPT	G			Y		
2025-10-14	0500	Travel	Tareq Taylor's Nordic Cookery	Lund, Sweden	01	1	In this episode, Tareq visits Lund, a thousand-year-old city in southern Sweden. Lund is surrounded by the richest farmland in the country, and we explore nearby islands.	SWEDEN	English-100	2013	RPT	G					Y
2025-10-14	0530	Travel	Jason Atherton's Dubai Dishes	Spices	01	1	Jason's Debut in Dubai is all things spice! He'll be exploring a traditional souk in the heart of the old town and will show you how to spice up your life - Dubai Style! He is joined by Dubai Chef Rahul Rana.	UNITED KINGDOM	English-100	2023	RPT	PG					
2025-10-14	0625	Cooking	Destination Flavour Singapore Bitesize	Hainanese Chicken	01	1	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G			Y		
2025-10-14	0630	Cooking	Kriol Kitchen	Goobaragun: Kathleen Cox	01	6	Alli and Mitch travel two hours north of Broome to a tourist camping destination named Goobaragun and spend the day with Kathleen Cox. They make Blue Bone Soup & Chili Fish.	AUSTRALIA		2014	RPT	G			Y		
2025-10-14	0700	Cooking	Rachael Ray's Meals In Minutes	Pork Chops With Fennel	01	11	Rachael is taking a traditional ballpark sausage sandwich to the next level and her recipe calls for seasoned bone-in pork chops cooked on a cast iron skillet with fennel, peppers, onions and red wine.	USA	English-100	2022	RPT	G					
2025-10-14	0730	Cooking	My Market Kitchen	Episode 36	05	36	Ben cooks peach clafoutis, then is joined by wine expert Belinda to talk all things Tasmanian wine and produce while plating up vanilla and vodka cured ocean trout.	AUSTRALIA	English-100	2021	RPT	PG					
2025-10-14	0800	Cooking	Lidia's Kitchen	Frugal Feast, A	10	11	Lidia reminds viewers that cooking doesn't have to be expensive, you just have to get creative in the kitchen.	USA	English-100	2023	RPT	G					
2025-10-14	0830	Cooking	Mary Makes It Easy	Tastes Of Tuscany	03	1	Mary commemorates her recent travels by creating tasty dishes inspired by Italy, like apple raspberry crostata and mushroom crespelle.	CANADA	English-100	2023	RPT	G					
2025-10-14	0900	Cooking	Food Safari Earth	Tropic And Exotic	1	9	Maerve O'Meara explores the delicious world of tropical fruits and vegetables with recipes from Asia, the Pacific and South America. She explores Australia's enduring love for Asian flavours with a visit to the master of Thai cuisine, David Thompson, who shares his recipe for the most delicious, all-vegetarian Pad See Ew. Then Colombian-born chef, Oscar Espinosa showcases the power of the power of the plantain, transforming them into crunchy chips, served with a guacamole.	AUSTRALIA	English-100	2017	RPT	G			Y		
2025-10-14	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 21	08	21	Masterschef winner Diana Chan shares her recipe for Silken Tofu with Caramelised Shallots. Justine also prepares Oat Milk Couscous with Stewed Fruit.	AUSTRALIA	English-100	2018	RPT	G					

2025-10-14	1000	Cooking	Maneet's Eats	Chicken Tikka Masala And Aloo Gobi	01	1	Chef Maneet Chauhan is cooking up her signature shortcut recipe for a classic Chicken Tikka Masala, which packs in all the flavor in half the time. Next, Maneet makes a vegetarian feast of Aloo Gobi filled with hearty warming spices.	USA	English-100	2025	RPT			
2025-10-14	1030	Cooking	Secrets Of The Curry Kitchen	Patient Cook, The	01	1	Chef Asma Khan celebrates being a patient cook with dishes that are worth the wait. Slow cooked mutton Kosha Mangsho, a divine Duck Bhuna.	UNITED KINGDOM	English-100	2025	RPT			
2025-10-14	1100	Cooking	The Cook Up With Adam Liaw	Friends For Lunch	06	65	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challenor help you with the menu!	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-14	1130	Cooking	Donal's Family Food In Minutes	Family Night In	01	1	Donal Skehan is back with a brand new series of recipes to keep the whole family happy-with something old, something new, something borrowed and something to chew.	UNITED KINGDOM	English-100	2020	RPT	G		
2025-10-14	1200	Travel	Rick Stein's Food Stories	London: Part Two	01	10	London-based brewer, Jaega Wise, tries to turn Rick into a craft beer fan and he puts some in a sauce for John Dory. He enjoys borscht at a Ukrainian restaurant staffed by refugees.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	Y
2025-10-14	1230	Travel	Jason Atherton's Dubai Dishes	Breakfast And Brunch	01	2	Jason invites us over for breakfast! For those looking for the best way to start their weekend in the world's best brunch hotspot - he will be cooking a Spanish dish inspired by a full English breakfast.	UNITED KINGDOM	English-100	2023	RPT	G		
2025-10-14	1325	Cooking	Destination Flavour Singapore Bitesize	Hainanese Chicken	01	1	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-14	1330	Travel	Tareq Taylor's Nordic Cookery	Bornholm, Denmark	01	2	Tareq takes the ferry out to Bornholm, a Danish island that has seen its share of invaders and reluctantly took part in WW2.	SWEDEN	English-100	2013	RPT	G		Y
2025-10-14	1400	Cooking	Donal's Real Time Recipes	Take 5! (Or 6)	01	3	Donal takes us through four recipes using minimal ingredients for those days you really don't want to haul home a big shopping list!	IRELAND	English-100	2024	RPT	G		
2025-10-14	1430	Cooking	Kriol Kitchen	Minarinyi: Sylvia Clarke	01	7	Ali and Mitch travel north of Broome on Djabber Djabber country. They make whiting soup with chilli, garlic, and ginger and mullet soup with black bean.	AUSTRALIA		2014	RPT	G		Y
2025-10-14	1500	Cooking	Rachael Ray's Meals In Minutes	Tangy Creamy Vinegar Chicken	01	12	Rachael shows us how to whip up a French-country inspired tangy, creamy chicken dinner with vinegar and tarragon, served alongside a simple salad and baguette with soft butter.	USA	English-100	2022	RPT	G		
2025-10-14	1530	Cooking	My Market Kitchen	Episode 37	05	37	Ben highlights a light and fluffy strawberry bread before Chef Leslie Chan drops by to make a quick and easy stir-fried chicken fillets with mixed mushrooms.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-14	1600	Cooking	Lidia's Kitchen	Symphony Of Flavors	10	12	Lidia loves describing food as a symphony of flavor. She shares dishes that will be played on repeat in your home-including a Seafood and Leek Risotto.	USA	English-100	2023		G		
2025-10-14	1630	Cooking	Mary Makes It Easy	Mashup Recipes	03	2	Get the best of both worlds when Mary mashes ideas together to get wacky dishes like Caesar salad roast chicken and taco meatball skillet.	CANADA	English-100	2023	RPT	G		
2025-10-14	1700	Cooking	Food Safari Earth	Autumn	1	10	It's the season of mellow fruitfulness and Maeve is on the road to Victoria's High Country in search of a wild mushroom bounty. Maeve joins her friend, homecook Franca Norris and her father, Angelo Bonacci, on a mushroom hunt amongst the pine trees before discovering the secrets of perfect gnocchi with mushroom sauce. Preserving guru Pietro Demaio then demonstrates how easy it is to bottle your own olives, while acclaimed chef Peter Conistis makes magnificent olive and tomato keftedes with a green olive sauce.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-14	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 22	08	22	Justine prepares a Persian-Style Lamb and Eggplant Stew and Laura Cassai visits the kitchen to prepare Pulse Pasta Red Lentils Spirals Amatriciana.	AUSTRALIA	English-100	2018		G		
2025-10-14	1800	Cooking	Maneet's Eats	Samosas And Pork Vindaloo	01	2	Chef Maneet Chauhan shares two game-changing dishes perfect for a full Indian food feast. First, Maneet makes a crowd-pleasing appetizer of crispy fried Samosas with a creamy potato pea filling.	USA	English-100	2025				
2025-10-14	1830	Cooking	Secrets Of The Curry Kitchen	Classics, The	01	2	Celebrate timeless Indian classics. Dal, Jhal Farezi, Aloo Gobi Matter and 1st Class Railway Curry-each dish rich in flavour, heat and history.	UNITED KINGDOM	English-100	2025				
2025-10-14	1900	Cooking	The Cook Up With Adam Liaw	Instant Dinners	06	66	Instant dinners: they're not only possible, they're delicious! Podcast host and author, Yumi Stynes, and the man behind Lee Ho Fook and SilkSpoon, Victor Liang, join Adam to make fantastic fast food.	AUSTRALIA	English-100	2023	RPT	G		Y

2025-10-14	1930	Cooking	Silvia's Italian Masterclass	Soothing And Comforting	02	2	Soups and stews play a huge role in the life of an Italian household. Most families enjoy them almost every night during the winter months, bulked up with legumes, bitter greens, sometimes grains.	AUSTRALIA	English-100	2024		G				
2025-10-14	2000	Cooking	Plat Du Tour	Episode 1	06	1	Guillaume recreates six iconic Northern French dishes that mirror the spirit and flavours of the North of France from kitchens in Australia. From the seaside favourite of Moules-Frites with Homemade Mayonnaise to the simple yet succulent Coquille St Jacques in Tarragon Butter, each dish tells a story of terror and tradition.	AUSTRALIA	English-99; French-1	2025	RPT	G		Y		
2025-10-14	2030	Cooking	Rachel Khoo's Chocolate	Something For Everyone	01	2	Rachel Khoo explores our desire for all things Chocolatey. She visits Hampton Court to find out how in the seventeenth century it became a regular drink for the nobility and goes on a journey.	UNITED KINGDOM	English-100	2021		G				
2025-10-14	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 7	03	7	Nick has bought himself a wine fermenter and is hoping to enlist both Matthew and Ross to make a barrel of their own vintage. The three boys go on a Cellar Door road trip around the Tamar Valley, researching both wine varieties and wine making.	AUSTRALIA	English-100	2013	RPT	G		Y		
2025-10-14	2200	Travel	Luke Nguyen's India	Bangalore Part 2		2	Luke visits a local wrestling premises famous for its biryani. He gets to discover the growing Bangalore beer brewery scene before he visits a famous coffee house with an amazing local story.	AUSTRALIA	English-100	2023	RPT	G		Y	Y	Y
2025-10-14	2230	Cooking	The Cook Up With Adam Liaw	Instant Dinners	06	66	Instant dinners: they're not only possible, they're delicious! Podcast host and author, Yumi Stynes, and the man behind Lee Ho Fook and SilkSpoon, Victor Liang, join Adam to make fantastic fast food.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-14	2300	Cooking	The Cook And The Chef	Party For 20	01	7	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party. Simon adds a dish of his own and also introduces Maggie to everyday catering for large numbers in his restaurants.	AUSTRALIA	English-100	2006	RPT	G				
2025-10-14	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	05	1	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode: Maew gets an old family recipe from a famous Broome clan - the singing Pigram Brothers; and Joanna hangs out with chef Simon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	2005	RPT	G		Y		
2025-10-14	2400	Travel	Tareq Taylor's Nordic Cookery	Bornholm, Denmark	01	2	Tareq takes the ferry out to Bornholm, a Danish island that has seen its share of invaders and reluctantly took part in WW2.	SWEDEN	English-100	2013	RPT	G			Y	
2025-10-14	2430	Cooking	Silvia's Italian Masterclass	Soothing And Comforting	02	2	Soups and stews play a huge role in the life of an Italian household. Most families enjoy them almost every night during the winter months, bulked up with legumes, bitter greens, sometimes grains.	AUSTRALIA	English-100	2024	RPT	G				
2025-10-14	2500	Cooking	Plat Du Tour	Episode 1	06	1	Guillaume recreates six iconic Northern French dishes that mirror the spirit and flavours of the North of France from kitchens in Australia. From the seaside favourite of Moules-Frites with Homemade Mayonnaise to the simple yet succulent Coquille St Jacques in Tarragon Butter, each dish tells a story of terror and tradition.	AUSTRALIA	English-99; French-1	2025	RPT	G		Y		
2025-10-14	2530	Cooking	Rachel Khoo's Chocolate	Something For Everyone	01	2	Rachel Khoo explores our desire for all things Chocolatey. She visits Hampton Court to find out how in the seventeenth century it became a regular drink for the nobility and goes on a journey.	UNITED KINGDOM	English-100	2021	RPT	G				
2025-10-14	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 7	03	7	Nick has bought himself a wine fermenter and is hoping to enlist both Matthew and Ross to make a barrel of their own vintage. The three boys go on a Cellar Door road trip around the Tamar Valley, researching both wine varieties and wine making.	AUSTRALIA	English-100	2013	RPT	G		Y		
2025-10-14	2700	Travel	Luke Nguyen's India	Bangalore Part 2		2	Luke visits a local wrestling premises famous for its biryani. He gets to discover the growing Bangalore beer brewery scene before he visits a famous coffee house with an amazing local story.	AUSTRALIA	English-100	2023	RPT	G		Y	Y	Y
2025-10-14	2730	Cooking	The Cook Up With Adam Liaw	Instant Dinners	06	66	Instant dinners: they're not only possible, they're delicious! Podcast host and author, Yumi Stynes, and the man behind Lee Ho Fook and SilkSpoon, Victor Liang, join Adam to make fantastic fast food.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-14	2800	Cooking	The Cook And The Chef	Party For 20	01	7	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party. Simon adds a dish of his own and also introduces Maggie to everyday catering for large numbers in his restaurants.	AUSTRALIA	English-100	2006	RPT	G				
2025-10-14	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	05	1	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode: Maew gets an old family recipe from a famous Broome clan - the singing Pigram Brothers; and Joanna hangs out with chef Simon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	2005	RPT	G		Y		
2025-10-15	0500	Travel	Tareq Taylor's Nordic Cookery	Bornholm, Denmark	01	2	Tareq takes the ferry out to Bornholm, a Danish island that has seen its share of invaders and reluctantly took part in WW2.	SWEDEN	English-100	2013	RPT	G			Y	
2025-10-15	0530	Travel	Jason Atherton's Dubai Dishes	Breakfast And Brunch	01	2	Jason invites us over for breakfast! For those looking for the best way to start their weekend in the world's best brunch hotspot - he will be cooking a Spanish dish inspired by a full English breakfast.	UNITED KINGDOM	English-100	2023	RPT	G				

2025-10-15	0625	Cooking	Destination Flavour Singapore Bitesize	Hari Kaya	01	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y
2025-10-15	0630	Cooking	Kriol Kitchen	Minariny: Sylvia Clarke	01	7	Ali and Mitch travel north of Broome on Djabber Djabber country. They make whiting soup with chilli, garlic, and ginger and mullet soup with black bean.	AUSTRALIA		2014	RPT	G	Y
2025-10-15	0700	Cooking	Rachael Ray's Meals in Minutes	Tangy Creamy Vinegar Chicken	01	12	Rachael shows us how to whip up a French-country inspired tangy, creamy chicken dinner with vinegar and tarragon, served alongside a simple salad and baguette with soft butter.	USA	English-100	2022	RPT	G	
2025-10-15	0730	Cooking	My Market Kitchen	Episode 37	05	37	Ben highlights a light and fluffy strawberry bread before Chef Leslie Chan drops by to make a quick and easy stir-fried chicken fillets with mixed mushrooms.	AUSTRALIA	English-100	2021	RPT	G	
2025-10-15	0800	Cooking	Lidia's Kitchen	Symphony Of Flavors	10	12	Lidia loves describing food as a symphony of flavor. She shares dishes that will be played on repeat in your home-including a Seafood and Leek Risotto.	USA	English-100	2023	RPT	G	
2025-10-15	0830	Cooking	Mary Makes It Easy	Mashup Recipes	03	2	Get the best of both worlds when Mary mashes ideas together to get wacky dishes like Caesar salad roast chicken and taco meatball skillet.	CANADA	English-100	2023	RPT	G	
2025-10-15	0900	Cooking	Food Safari Earth	Autumn	1	10	It's the season of mellow fruitfulness and Maeve is on the road to Victoria's High Country in search of a wild mushroom bounty. Maeve joins her friend, homecook Franca Norris and her father, Angelo Bonacci, on a mushroom hunt amongst the pine trees before discovering the secrets of perfect gnocchi with mushroom sauce. Preserving guru Pietro Demaio then demonstrates how easy it is to bottle your own olives, while acclaimed chef Peter Conistis makes magnificent olive and tomato leffedes with a green olive sauce.	AUSTRALIA	English-100	2017	RPT	G	Y
2025-10-15	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 22	08	22	Justine prepares a Persian-Style Lamb and Eggplant Stew and Laura Cassai visits the kitchen to prepare Pulse Pasta Red Lentils Spirals Amatriciana.	AUSTRALIA	English-100	2018	RPT	G	
2025-10-15	1000	Cooking	Maneet's Eats	Samosas And Pork Vindaloo	01	2	Chef Maneet Chauhan shares two game-changing dishes perfect for a full Indian food feast. First, Maneet makes a crowd-pleasing appetizer of crispy fried Samosas with a creamy potato pea filling.	USA	English-100	2025	RPT		
2025-10-15	1030	Cooking	Secrets Of The Curry Kitchen	Classics, The	01	2	Celebrate timeless Indian classics. Dal, Jhal Farezi, Aloo Gobi Matter and 1st Class Railway Curry-each dish rich in flavour, heat and history.	UNITED KINGDOM	English-100	2025	RPT		
2025-10-15	1100	Cooking	The Cook Up With Adam Liaw	Instant Dinners	06	66	Instant dinners: they're not only possible, they're delicious! Podcast host and author, Yumi Stynes, and the man behind Lee Ho Fook and SilkSpoon, Victor Liang, join Adam to make fantastic fast food.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-10-15	1130	Cooking	Silvia's Italian Masterclass	Soothing And Comforting	02	2	Soups and stews play a huge role in the life of an Italian household. Most families enjoy them almost every night during the winter months, bulked up with legumes, bitter greens, sometimes grains.	AUSTRALIA	English-100	2024	RPT	G	
2025-10-15	1200	Cooking	Plat Du Tour	Episode 1	06	1	Guillaume recreates six iconic Northern French dishes that mirror the spirit and flavours of the North of France from kitchens in Australia. From the seaside favourite of Moules-Frites with Homemade Mayonnaise to the simple yet succulent Coquille St Jacques in Tarragon Butter, each dish tells a story of terror and tradition.	AUSTRALIA	English-99, French-1	2025	RPT	G	Y
2025-10-15	1230	Travel	Jason Atherton's Dubai Dishes	Vegetables	01	3	Jason shares his love of fresh produce with a trip to a supersized Dubai vegetable market as he makes dishes that include a tomato tartare with black olive tapenade and beetroot carrot pudding.	UNITED KINGDOM	English-100	2023	RPT	G	
2025-10-15	1325	Cooking	Destination Flavour Singapore Bitesize	Hari Kaya	01	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y
2025-10-15	1330	Travel	Tareq Taylor's Nordic Cookery	Jokkmokk, Sweden	01	3	Far above the Arctic Circle, Tareq explores the wild country around Jokkmokk.	SWEDEN	English-100	2013	RPT	PG	a w
2025-10-15	1400	Cooking	Donal's Real Time Recipes	Food For Friends	01	4	Have friends coming over but run out of ideas for crowd-pleasers? Donal has three great recipes that lets you cook up a feast fast, allowing you more time to spend with friends.	IRELAND	English-100	2024	RPT	PG	
2025-10-15	1430	Cooking	Kriol Kitchen	Broome: Ali & Mitch	01	8	Mushroom Chicken with Vermicelli and Gubinge Custard - Mushroom and Chicken is a popular dish in Kriol cooking. Handed down by families who had a Chinese connection, this dish has many variations.	AUSTRALIA		2014	RPT	G	Y
2025-10-15	1500	Cooking	Rachael Ray's Meals in Minutes	Khua Kling	01	13	It's Make Your Own Takeout night and Rachael is teaching us how to create her version of Khua Kling, a Thai stir fry dish with ground beef, lime leaf, red curry paste and more and served with short grain rice.	USA	English-100	2022	RPT	G	

2025-10-15	1530	Cooking	My Market Kitchen	Episode 38	05	38	Ben visits Damian from Pike's Mushrooms and serves up a bowl of heart-warming potato and mushroom soup and delicious risotto milanese.	AUSTRALIA	English-100	2021	RPT	PG				
2025-10-15	1600	Cooking	Lidia's Kitchen	Easy Going Recipes	10	13	This show is all about making your life easier, and one thing that Lidia always teaches us is to think of recipes as roadmaps that you can and should personalize.	USA	English-100	2023		G				
2025-10-15	1630	Cooking	Mary Makes It Easy	Mare Of Cheesetown	03	3	Cheese is on the short list of Mary's true loves, so it's time for another round of all-cheese everything! App, mains, and dessert, oh my.	CANADA	English-100	2023	RPT	G				
2025-10-15	1700	Cooking	Food Safari Earth	Sweet And Sour	1	11	Maew explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalanian favourite - char-grilled baby leeks with romesco sauce. Sicilian-Australian chef, Rosa Mitchell recalls a symphony of recipes from her heritage in her Melbourne restaurant, Rosa's Canteen - and shares her version of caponata - a sweet-sour vegetable dish that epitomises what the Italians refer to as 'agrodolce'.	AUSTRALIA	English-100	2017	RPT	G			Y	
2025-10-15	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 23	08	23	Indian Chilli Scrambled Eggs, Calabrian Polenta Lasagna and Diana Chan's Brown Butter Madeleines are all on the menu today.	AUSTRALIA	English-100	2018		G				
2025-10-15	1800	Cooking	Maneet's Eats	Chicken Biryani	01	3	Chef Maneet Chauhan makes Chicken Biryani with layers of marinated chicken, herbs, rice, saffron milk, cashews golden raisins and much more. Plus, Maneet shares her tips and tricks for cooking the perfect basmati rice!	USA	English-100	2025						
2025-10-15	1830	Cooking	Secrets Of The Curry Kitchen	Tangra: Kolkata's China Town	01	3	Chef Asma Khan's recipes inspired by Kolkata's China-Town. Fried Chicken, Chilli Steak with spicy Mash and mouthwatering Tangra Prawns. Tantalising Indo-Chinese flavours.	UNITED KINGDOM	English-100	2025						
2025-10-15	1900	Cooking	The Cook Up With Adam Liaw	Fast Fresh Fish	06	67	Fancy some fast fresh fish? You'll be hooked on The Cook Up with Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods. BYO hot chips.	AUSTRALIA	English-100	2023	RPT	G			Y	
2025-10-15	1930	Cooking	Nadiya's Cook Once, Eat Twice	Easy Peasy Bakes	01	5	In the fifth of this new six-part crafty cooking series, Nadiya shares her favourite feelgood recipes, sweet and savoury, that are not only guaranteed to lift the spirits but will impress.	UNITED KINGDOM	English-100	2024	RPT	G				
2025-10-15	2000	Travel	Rachael Ray In Tuscany	Ossobucco	01	22	It's sandwich night in Rachael's kitchen and she's serving up an array of Italian sandwiches with ingredients like roasted eggplant, sweet bell peppers, spicy mortadella with pistachio, and much more.	USA	English-100	2022		PG		I		
2025-10-15	2030	Travel	Guillaume's Paris	Ep 10	01	10	Chef Guillaume Brahimi finishes his tour of Paris with an exploration of the bohemian hub of the city including a degustation of Parisian beer, and the fascinating neighbourhood of Edith Piaf.	AUSTRALIA	English-100	2022	RPT	G		Y	Y	
2025-10-15	2100	Travel	Adam Richman Eats Football	Celtic FC	2024	9	Adam heads north of the border to the football-mad city of Glasgow to watch Celtic FC and explore the best of the local food scene.	UNITED KINGDOM	English-100	2024		PG				
2025-10-15	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 8	03	8	50 acres of pasture is a lot of grass to manage and the local NRM, who are the group who consult on how to improve and maintain a healthy farm - have told Matthew he desperately needs to get animals to graze his grass - to regenerate it and add fertility to the soil.	AUSTRALIA	English-100	2013	RPT	PG			Y	
2025-10-15	2200	Travel	Luke Nguyen's India	Coimbatore		3	In Coimbatore, Luke learns how to make a roast for a local family before he finds out about Kongunadu cuisine and hears the secret to the best meatballs in India.	AUSTRALIA	English-100	2023	RPT	G		Y	Y	Y
2025-10-15	2230	Cooking	The Cook Up With Adam Liaw	Fast Fresh Fish	06	67	Fancy some fast fresh fish? You'll be hooked on The Cook Up with Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods. BYO hot chips.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-15	2300	Cooking	The Cook And The Chef	Luscious Lunch, A	01	8	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market to buy the fresh cheese and vegetables she requires. Simon also heads north to Gawler River to find the source of the Quail, and arrives at Maggie's kitchen with fresh quail and oysters.	AUSTRALIA	English-100	2006	RPT	PG		a l w		
2025-10-15	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	05	2	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maew meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	2005	RPT	G			Y	
2025-10-15	2400	Travel	Tareq Taylor's Nordic Cookery	Jokkmokk, Sweden	01	3	Far above the Arctic Circle, Tareq explores the wild country around Jokkmokk.	SWEDEN	English-100	2013	RPT	PG		a w		
2025-10-15	2430	Cooking	Nadiya's Cook Once, Eat Twice	Easy Peasy Bakes	01	5	In the fifth of this new six-part crafty cooking series, Nadiya shares her favourite feelgood recipes, sweet and savoury, that are not only guaranteed to lift the spirits but will impress.	UNITED KINGDOM	English-100	2024	RPT	G				
2025-10-15	2500	Travel	Rachael Ray In Tuscany	Ossobucco	01	22	It's sandwich night in Rachael's kitchen and she's serving up an array of Italian sandwiches with ingredients like roasted eggplant, sweet bell peppers, spicy mortadella with pistachio, and much more.	USA	English-100	2022	RPT	PG		I		
2025-10-15	2530	Travel	Guillaume's Paris	Ep 10	01	10	Chef Guillaume Brahimi finishes his tour of Paris with an exploration of the bohemian hub of the city including a degustation of Parisian beer, and the fascinating neighbourhood of Edith Piaf.	AUSTRALIA	English-100	2022	RPT	G		Y	Y	

2025-10-15	2600	Travel	Adam Richman Eats Football	Celtic FC	2024	9	Adam heads north of the border to the football-mad city of Glasgow to watch Celtic FC and explore the best of the local food scene.	UNITED KINGDOM	English-100	2024	RPT	PG					
2025-10-15	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 8	03	8	50 acres of pasture is a lot of grass to manage and the local NRM, who are the group who consult on how to improve and maintain a healthy farm - have told Matthew he desperately needs to get animals to graze his grass - to regenerate it and add fertility to the soil.	AUSTRALIA	English-100	2013	RPT	PG				Y	
2025-10-15	2700	Travel	Luke Nguyen's India	Coimbatore		3	In Coimbatore, Luke learns how to make a roast for a local family before he finds out about Kongunadu cuisine and hears the secret to the best meatballs in India.	AUSTRALIA	English-100	2023	RPT	G			Y	Y	Y
2025-10-15	2730	Cooking	The Cook Up With Adam Liaw	Fast Fresh Fish	06	67	Fancy some fast fresh fish? You'll be hooked on The Cook Up with Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods. BYO hot chips.	AUSTRALIA	English-100	2023	RPT	G				Y	
2025-10-15	2800	Cooking	The Cook And The Chef	Luscious Lunch, A	01	8	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market to buy the fresh cheese and vegetables she requires. Simon also heads north to Gawler River to find the source of the Quail, and arrives at Maggie's kitchen with fresh quail and oysters.	AUSTRALIA	English-100	2006	RPT	PG			a 1 w		
2025-10-15	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	05	2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	2005	RPT	G				Y	
2025-10-16	0500	Travel	Tareq Taylor's Nordic Cookery	Jokkmokk, Sweden	01	3	Far above the Arctic Circle, Tareq explores the wild country around Jokkmokk.	SWEDEN	English-100	2013	RPT	PG			a w		
2025-10-16	0530	Travel	Jason Atherton's Dubai Dishes	Vegetables	01	3	Jason shares his love of fresh produce with a trip to a supersized Dubai vegetable market as he makes dishes that include a tomato tartare with black olive tapenade and beetroot carrot pudding.	UNITED KINGDOM	English-100	2023	RPT	G					
2025-10-16	0625	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	01	3	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G				Y	
2025-10-16	0630	Cooking	Kriol Kitchen	Broome: Ali & Mitch	01	8	Mushroom Chicken with Vermicelli and Gubinge Custard - Mushroom and Chicken is a popular dish in Kriol cooking. Handed down by families who had a Chinese connection, this dish has many variations.	AUSTRALIA		2014	RPT	G				Y	
2025-10-16	0700	Cooking	Rachael Ray's Meals In Minutes	Khua Kling	01	13	It's Make Your Own Takeout night and Rachael is teaching us how to create her version of Khua Kling, a Thai stir fry dish with ground beef, lime leaf, red curry paste and more and served with short grain rice.	USA	English-100	2022	RPT	G					
2025-10-16	0730	Cooking	My Market Kitchen	Episode 38	05	38	Ben visits Damian from Pike's Mushrooms and serves up a bowl of heart-warming potato and mushroom soup and delicious risotto milanese.	AUSTRALIA	English-100	2021	RPT	PG					
2025-10-16	0800	Cooking	Lidia's Kitchen	Easy Going Recipes	10	13	This show is all about making your life easier, and one thing that Lidia always teaches us is to think of recipes as roadmaps that you can and should personalize.	USA	English-100	2023	RPT	G					
2025-10-16	0830	Cooking	Mary Makes It Easy	Mare Of Cheesetown	03	3	Cheese is on the short list of Mary's true loves, so it's time for another round of all-cheese everything! App, mains, and dessert, oh my.	CANADA	English-100	2023	RPT	G					
2025-10-16	0900	Cooking	Food Safari Earth	Sweet And Sour	1	11	Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalanian favourite - char-grilled baby leeks with romesco sauce. Sicilian-Australian chef, Rosa Mitchell recalls a symphony of recipes from her heritage in her Melbourne restaurant, Rosa's Canteen - and shares her version of caponata - a sweet-sour vegetable dish that epitomises what the Italians refer to as 'agrodolce'.	AUSTRALIA	English-100	2017	RPT	G				Y	
2025-10-16	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 23	08	23	Indian Chili Scrambled Eggs, Calabrian Polenta Lasagna and Diana Chan's Brown Butter Madeleines are all on the menu today.	AUSTRALIA	English-100	2018	RPT	G					
2025-10-16	1000	Cooking	Maneet's Eats	Chicken Biryani	01	3	Chef Maneet Chauhan makes Chicken Biryani with layers of marinated chicken, herbs, rice, saffron milk, cashews golden raisins and much more. Plus, Maneet shares her tips and tricks for cooking the perfect basmati rice!	USA	English-100	2025	RPT						
2025-10-16	1030	Cooking	Secrets Of The Curry Kitchen	Tangra: Kolkata's China Town	01	3	Chef Asma Khan's recipes inspired by Kolkata's China-Town. Fried Chicken, Chili Steak with spicy Mash and mouthwatering Tangra Prawns. Tantalising Indo-Chinese Flavours.	UNITED KINGDOM	English-100	2025	RPT						
2025-10-16	1100	Cooking	The Cook Up With Adam Liaw	Fast Fresh Fish	06	67	Fancy some fast fresh fish? You'll be hooked on The Cook Up with Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods. BYO hot chips.	AUSTRALIA	English-100	2023	RPT	G				Y	

2025-10-16	1130	Cooking	Nadiya's Cook Once, Eat Twice	Easy Peasy Bakes	01	5	In the fifth of this new six-part crafty cooking series, Nadiya shares her favourite feelgood recipes, sweet and savoury, that are not only guaranteed to lift the spirits but will impress.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-16	1200	Travel	Rachael Ray In Tuscany	Ossobucco	01	22	It's sandwich night in Rachael's kitchen and she's serving up an array of Italian sandwiches with ingredients like roasted eggplant, sweet bell peppers, spicy mortadella with pistachio, and much more.	USA	English-100	2022	RPT	PG	I		
2025-10-16	1230	Travel	Jason Atherton's Dubai Dishes	Fish	01	4	Award winning chef Jason Atherton continues his journey through Dubai at the beach, where he cooks up some delicious fish and seafood recipes inspired by this beautiful coastal city.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
2025-10-16	1325	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	01	3	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y		
2025-10-16	1330	Travel	Tareq Taylor's Nordic Cookery	Bergen, Norway	01	4	Bergen is a thousand-year-old city built on the back of the seafood trade especially cod.	SWEDEN	English-100	2013	RPT	PG	a w		
2025-10-16	1400	Cooking	Donal's Real Time Recipes	Speedy Suppers	01	5	Don't have much time to spare? Donal's got four recipes that are a whiz. He starts with a brown-butter fried fish with salt-crust potatoes and a romesco sauce - an Irish twist on a Spanish classic.	IRELAND	English-100	2024	RPT	G			
2025-10-16	1430	Cooking	Kriol Kitchen	Broome: Ali & Mitch Torres Final Episode	01	9	Kangaroo Stew with bacon, soya & vegetables & Kangaroo Satays with a Spicy Chili Peanut Sauce: Ali & Mitch draw on their family influences from the Djangu/Goomiyandi & Philipino & Malay heritage.	AUSTRALIA		2014	RPT	G	Y		
2025-10-16	1500	Cooking	Rachael Ray's Meals in Minutes	Manilla Clams	01	14	Rachael demonstrates how easy it is to make flavorful Manilla Clams that can serve two people, a group of four, or even a large gathering of twenty guests.	USA	English-100	2022	RPT	G			
2025-10-16	1530	Cooking	My Market Kitchen	Episode 39	05	39	Ben creates the ultimate cheat day meal with his fried chicken brioche burgers, then Kathy from Sweet Greek serves up a bowl of wholesome chicken meatball soup.	AUSTRALIA	English-100	2021	RPT	G			
2025-10-16	1600	Cooking	Lidia's Kitchen	Stretch Your Meal	10	14	It's ever so Italian to value every ounce of food. And Lidia reminds us that leftovers can be an exciting challenge.	USA	English-100	2023		G			
2025-10-16	1630	Cooking	Mary Makes It Easy	Some Like It Hot	03	4	Hot sauce hive unite! Mary spices it up with recipes that bring the heat, including maple sriracha salmon and spicy pickled Caesar beans.	CANADA	English-100	2023	RPT	G			
2025-10-16	1700	Cooking	Food Safari Earth	Preserving And Fermenting	1	12	Maeve delves into the intricate and specialised realm of preserved and fermented vegetables and fruit from around the world. She meets preserving supremo Pietro Demajo on his Mornington Peninsula farm to learn the key rules of preserving eggplant. Then, it's a visit to the Blue Mountains where apple cider vinegar is distilled by German-born Claudia Kinder - and used by chef Martin Boetz in his recipe for a crunchy, creamy 'gurkensalat'.	AUSTRALIA	English-100	2017	RPT	G	Y		
2025-10-16	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 24	08	24	Almond Milk Poached Blue Grenadier and Espresso Creme Brulee are just a few dishes Justine will prepare on today's show.	AUSTRALIA	English-100	2018		G			
2025-10-16	1800	Cooking	Maneet's Eats	Chai And Murukku	01	4	Chef Maneet Chauhan shares her personal spice blend for masala Chai and makes the popular savory snack, Murukku. Plus, she gives a tour of some of her favorite readymade Indian snacks to pick up at the market.	USA	English-100	2025					
2025-10-16	1830	Cooking	Secrets Of The Curry Kitchen	Sweet Things	01	4	Chef Auma Khan makes Indian desserts with unique quality. Delicious Kheer, a spiced bread & butter pudding, a chocolate treat and banana fritters.	UNITED KINGDOM	English-100	2025					
2025-10-16	1900	Cooking	The Cook Up With Adam Liaw	Fresh Family Faves	06	68	Say goodbye to stodgy, boring dinners - Adam and his guests, City of Sydney Councillor Yvonne Weldon and chef Sarah Todd have got you covered.	AUSTRALIA	English-100	2023	RPT	G	Y		
2025-10-16	1930	Travel	Beyond Bali With Lara Lee	South Lombok: Coastlines And Community	01	4	In southern Lombok, Lara Lee finds soulful seafood, skilled craftswomen, and stunning coastlines on an island where tradition and regeneration are powerfully entwined.	AUSTRALIA	English-90; Indonesian-10	2025		PG	Y	Y	
2025-10-16	2030	Cooking	Marion Grasby's Flavours: Heart And Home	From The City To The Coast	01	1	Marion explores her Asian-Australian heritage through food, from Thai street eats to Aussie lamb, blending cultures and family traditions in a heartfelt coastal journey.	AUSTRALIA	English-99; Thai-1	2024	RPT	PG	a w	Y	Y
2025-10-16	2100	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 1	01	1	Analeise starts her first Tasmanian Spring with a 'Welcome to Country' ceremony. She learns to shoot and goes on an overnight fishing adventure before laying down roots in her new native garden.	AUSTRALIA	English-100	2021	RPT	PG	a l w	Y	

2025-10-16	2130	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 9	03	9	Matthew, Nick and Ross go on a sailing adventure to Maria Island on Tasmania's east coast. The boys learn how to sail, meet some keen fishermen, are visited by dolphins and whales, and explore Maria Island, hiking and snorkelling at the marine national park.	AUSTRALIA	English-100	2013	RPT	G		Y		
2025-10-16	2200	Travel	Luke Nguyen's India	Thirissur		4	In Kerala, Thirissur, Luke pairs chicken mappas curry with a family's secret vellayappam, masters the art of fish puttlu at the Women's Food Court, and visits the iconic Indian Coffee House.	AUSTRALIA	English-100	2023	RPT	G		Y	Y	Y
2025-10-16	2230	Cooking	The Cook Up With Adam Liaw	Fresh Family Faves	06	68	Say goodbye to stodgy, boring dinners - Adam and his guests, City of Sydney Councillor Yvonne Weldon and chef Sarah Todd have got you covered.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-16	2300	Cooking	The Cook And The Chef	Pizzas	01	9	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas and have only a conventional oven, in this program Maggie and Simon share their secrets. They start with making the dough, create their favourite toppings and give the answer to getting that crisp base using a conventional oven- the secret is a pizza stone.	AUSTRALIA	English-100	2006	RPT	PG				
2025-10-16	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	05	3	Maeva O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode: Maeva stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines; and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	2005	RPT	G		Y		
2025-10-16	2400	Travel	Tareq Taylor's Nordic Cookery	Bergen, Norway	01	4	Bergen is a thousand-year-old city built on the back of the seafood trade especially cod.	SWEDEN	English-100	2013	RPT	PG	a w			
2025-10-16	2430	Travel	Beyond Bali With Lara Lee	South Lombok: Coastlines And Community	01	4	In southern Lombok, Lara Lee finds soulful seafood, skilled craftswomen, and stunning coastlines on an island where tradition and regeneration are powerfully entwined.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	PG		Y	Y	
2025-10-16	2530	Cooking	Marion Grasby's Flavours: Heart And Home	From The City To The Coast	01	1	Marion explores her Asian-Australian heritage through food, from Thai street eats to Aussie lamb, blending cultures and family traditions in a heartfelt coastal journey.	AUSTRALIA	English-99; Thai-1	2024	RPT	PG	a w	Y	Y	
2025-10-16	2600	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 1	01	1	Anaisse starts her first Tasmanian Spring with a 'Welcome to Country' ceremony. She learns to shoot and goes on an overnight fishing adventure before laying down roots in her new native garden.	AUSTRALIA	English-100	2021	RPT	PG	a l w	Y		
2025-10-16	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 9	03	9	Matthew, Nick and Ross go on a sailing adventure to Maria Island on Tasmania's east coast. The boys learn how to sail, meet some keen fishermen, are visited by dolphins and whales, and explore Maria Island, hiking and snorkelling at the marine national park.	AUSTRALIA	English-100	2013	RPT	G		Y		
2025-10-16	2700	Travel	Luke Nguyen's India	Thirissur		4	In Kerala, Thirissur, Luke pairs chicken mappas curry with a family's secret vellayappam, masters the art of fish puttlu at the Women's Food Court, and visits the iconic Indian Coffee House.	AUSTRALIA	English-100	2023	RPT	G		Y	Y	Y
2025-10-16	2730	Cooking	The Cook Up With Adam Liaw	Fresh Family Faves	06	68	Say goodbye to stodgy, boring dinners - Adam and his guests, City of Sydney Councillor Yvonne Weldon and chef Sarah Todd have got you covered.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-16	2800	Cooking	The Cook And The Chef	Pizzas	01	9	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas and have only a conventional oven, in this program Maggie and Simon share their secrets. They start with making the dough, create their favourite toppings and give the answer to getting that crisp base using a conventional oven- the secret is a pizza stone.	AUSTRALIA	English-100	2006	RPT	PG				
2025-10-16	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	05	3	Maeva O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode: Maeva stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines; and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	2005	RPT	G		Y		
2025-10-17	0500	Travel	Tareq Taylor's Nordic Cookery	Bergen, Norway	01	4	Bergen is a thousand-year-old city built on the back of the seafood trade especially cod.	SWEDEN	English-100	2013	RPT	PG	a w			
2025-10-17	0530	Travel	Jason Atherton's Dubai Dishes	Fish	01	4	Award winning chef Jason Atherton continues his journey through Dubai at the beach, where he cooks up some delicious fish and seafood recipes inspired by this beautiful coastal city.	UNITED KINGDOM	English-100	2023	RPT	PG	a w			
2025-10-17	0625	Cooking	Destination Flavour Singapore Bitesize	Singapore Chili Crab	01	4	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	a w	Y		
2025-10-17	0630	Cooking	Kriol Kitchen	Broome: Ali & Mitch Torres Final Episode	01	9	Kangaroo Stew with bacon, soya & vegetables & Kangaroo Satays with a Spicy Chili Peanut Sauce: Ali & Mitch draw on their family influences from the Djungan/Gooniyandi & Philipino & Malay heritage.	AUSTRALIA		2014	RPT	G		Y		
2025-10-17	0700	Cooking	Rachael Ray's Meals In Minutes	Manilla Clams	01	14	Rachael demonstrates how easy it is to make flavorful Manilla Clams that can serve two people, a group of four, or even a large gathering of twenty guests.	USA	English-100	2022	RPT	G				

2025-10-17	0730	Cooking	My Market Kitchen	Episode 39	05	39	Ben creates the ultimate cheat day meal with his fried chicken brioche burgers, then Kathy from Sweet Greek serves up a bowl of wholesome chicken meatball soup.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-17	0800	Cooking	Lidia's Kitchen	Stretch Your Meal	10	14	It's ever so Italian to value every ounce of food. And Lidia reminds us that leftovers can be an exciting challenge.	USA	English-100	2023	RPT	G		
2025-10-17	0830	Cooking	Mary Makes It Easy	Some Like It Hot	03	4	Hot sauce hve unite! Mary spices it up with recipes that bring the heat, including maple sriracha salmon and spicy pickled Caesar beans.	CANADA	English-100	2023	RPT	G		
2025-10-17	0900	Cooking	Food Safari Earth	Preserving And Fermenting	1	12	Maewo delves into the intricate and specialised realm of preserved and fermented vegetables and fruit from around the world. She meets preserving supremo Pietro Demaio on his Mornington Peninsula farm to learn the key rules of preserving eggplant. Then, it's a visit to the Blue Mountains where apple cider vinegar is distilled by German-born Claudia Kindler - and used by chef Martin Boetz in his recipe for a crunchy, creamy 'gurkensalat'.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-17	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 24	08	24	Almond Milk Poached Blue Grenadier and Espresso Creme Brulee are just a few dishes Justine will prepare on todays show.	AUSTRALIA	English-100	2018	RPT	G		
2025-10-17	1000	Cooking	Maneet's Eats	Chai And Murukku	01	4	Chef Maneet Chauhan shares her personal spice blend for masala Chai and makes the popular savory snack, Murukku. Plus, she gives a tour of some of her favorite readymade Indian snacks to pick up at the market.	USA	English-100	2025	RPT			
2025-10-17	1030	Cooking	Secrets Of The Curry Kitchen	Sweet Things	01	4	Chef Auma Khan makes Indian deserts with unique quality. Delicious Kheer, a spiced bread & butter pudding, a chocolate treat and banana fritters.	UNITED KINGDOM	English-100	2025	RPT			
2025-10-17	1100	Cooking	The Cook Up With Adam Liaw	Fresh Family Faves	06	68	Say goodbye to stodgy, boring dinners - Adam and his guests, City of Sydney Councillor Yvonne Weldon and chef Sarah Todd have got you covered.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-17	1130	Travel	Beyond Bali With Lara Lee	South Lombok: Coastlines And Community	01	4	In southern Lombok, Lara Lee finds soulful seafood, skilled craftswomen, and stunning coastlines on an island where tradition and regeneration are powerfully entwined.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	PG	Y	Y
2025-10-17	1230	Travel	Jason Atherton's Dubai Dishes	Fruit	01	5	Jason uses beautiful produce from the Middle East to create delicious dishes that have fruit as the hero ingredient. His guest chef samples some fruity cocktails before making a lobster and mango dish.	UNITED KINGDOM	English-100	2023	RPT	PG		
2025-10-17	1325	Cooking	Destination Flavour Singapore Bitesize	Singapore Chili Crab	01	4	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	a w	Y
2025-10-17	1330	Travel	Tareq Taylor's Nordic Cookery	Malmo, Sweden	01	5	Tareq is in his hometown of Malmo-Sweden's third largest city. Built upon the backs of herring in the sea, the town is now a centre of culture and technology with a bridge connecting it to Copenhagen.	SWEDEN	English-100	2013	RPT	PG	I	
2025-10-17	1400	Cooking	Donal's Real Time Recipes	One Dish Dinners	01	6	For those evenings you want to be anywhere but washing lots of pots after dinner, Donal has four recipes that are one pan wonders.	IRELAND	English-100	2024	RPT	G		
2025-10-17	1430	Cooking	Kriol Kitchen	Broome: Pat Torres	01	10	Gubinge Jam with Bush Fig & Bush Fig Cup Cakes with a Bush Passion Fruit Icing: Ali & Mitch join their cousin Pat to learn how to whip up some sweet treats using local bush fruits found in the region.	AUSTRALIA		2014	RPT	G		Y
2025-10-17	1500	Cooking	Rachael Ray's Meals In Minutes	Charred Mediterranean Chicken Salad With Olives And Tahini Yogurt Sauce	01	15	Rachael teaches us how to make an Israeli inspired Tahini-based yogurt sauce with harissa that she's serving over charred chicken and family-style pita.	USA	English-100	2022	RPT	PG		
2025-10-17	1530	Cooking	My Market Kitchen	Episode 40	05	40	Charlie Carrington returns to show off his Lebanese za'atar roasted chicken, which captures the textures and flavours of Middle Eastern cuisine.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-17	1600	Cooking	Lidia's Kitchen	Can't Go Wrong	10	15	Per usual, Lidia cooks up dishes that always have your loved ones begging for more. She starts with her Pan Pizzas, showing us just how easy it is to make at home.	USA	English-100	2023		G		
2025-10-17	1630	Cooking	Mary Makes It Easy	Meat Cute	03	5	Mary uses easier-on-your-wallet meat cuts to make flavourful dishes, like pork chops au poivre and her mom's signature grilled flank steak.	CANADA	English-100	2023	RPT	G		
2025-10-17	1700	Cooking	Food Safari Earth	Winter	1	13	Maewo O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world. She explores a spicy Singaporean white carrot cake made from daikon radish, known as chai tow kway. Kale is hailed as a superfood, but the Portuguese have been eating it for centuries as part of a delicious warm salad using finely sliced kale, toasted cornbread crumbs and pine nuts.	AUSTRALIA	English-100	2017	RPT	G		Y

2025-10-17	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 25	08	25	Justine prepares a simple and delicious Chicken and Dumpling Soup before she is joined by Laura Cassai to prepare Pulse Pasta Penne with Spicy Eggplant Soup.	AUSTRALIA	English-100	2018		G				
2025-10-17	1800	Cooking	Maneet's Eats	Pakoraa And Saag Paneer	01	5	Chef Maneet Chauhan shares two more favorite Indian recipes, starting with crispy spinach and onion Pakoras. Then, Maneet makes iconic Saag Paneer, a satisfying vegetarian meal made from curdled paneer cheese and a mix of bright greens.	USA	English-100	2025						
2025-10-17	1830	Cooking	Secrets Of The Curry Kitchen	Of Rice And Bread	01	5	Rice & bread dishes are popular-especially the Aloo Paratha. Chef Asma Kahn cooks Prawn Biryani, Friendship Rotis made to share and a syrupy sweet.	UNITED KINGDOM	English-100	2025						
2025-10-17	1900	Cooking	The Cook Up With Adam Liaw	Best Ever Chicken Curry	06	69	Adam and his guests, MKR winners and food entrepreneurs Monzir Hamdin and Janelle Halli cook their best ever chicken curries.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-17	1930	Travel	Two Greedy Italians	Poor Man's Food	01	2	Chefs Antonio Carluccio and Gennaro Contaldo tour Campania, where they learn how poverty in the area created Italy's best-loved dishes and made the region rich. The duo visit Gennaro's home town Minori to get a lesson in pasta-making from his great aunt, then head to Naples, where they discover the humble beginnings of pizza, and conclude their journey on the Amalfi Coast, an area that gave birth to a new style of food.	UNITED KINGDOM	English-100	2011	RPT	G		Y	Y	
2025-10-17	2040	Food Lifestyle	The Streets Hong Kong	Ep 1		01	1 Embark on a culinary adventure with Dan Hong through Hong Kong's bustling streets. Experience the city's diverse food culture, from Western-inspired cha chaan teng to traditional tofu-making shops.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y		
2025-10-17	2110	Food Lifestyle	The Streets Hong Kong	Ep 2		01	2 Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queueing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y		
2025-10-17	2140	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 10		03	10 It's been a year since Matthew expanded his business and bought the new farm and it's been a steep learning curve for both him and Sadie. Their passion to have visitors to Fat Pig Farm to share and experience their lifestyle has led them to set a date for their very first open day and feast.	AUSTRALIA	English-100	2013	RPT	G		Y		
2025-10-17	2210	Travel	Luke Nguyen's India	Kochi		5	5 In Fort Kochi, Luke embarks on an adventure along the ancient Spice Trade Trail. He joins a Chinese fishing net crew, meets with a local historian, and whips up a dish that ruled the British palate!	AUSTRALIA	English-100	2023	RPT	PG		Y	Y	Y
2025-10-17	2240	Cooking	The Cook Up With Adam Liaw	Best Ever Chicken Curry	06	69	69 Adam and his guests, MKR winners and food entrepreneurs Monzir Hamdin and Janelle Halli cook their best ever chicken curries.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-17	2310	Cooking	The Cook And The Chef	Easter In Cooking	01	10	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over. Simon's chocolate work extends to Maggie's kitchen while Maggie makes a delicious Russian Easter dessert. Maggie also heads out into the suburbs of Adelaide to source her favourite home grown tomato.	AUSTRALIA	English-100	2006	RPT	G				
2025-10-17	2340	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	05	4	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna visits the Hmong community of Inisidal in far north Queensland; and Maew sits down to Sunday lunch Sri Lankan-style with Perth crooner Malcolm de Kauwe.	AUSTRALIA	English-100	2005	RPT	G		Y		
2025-10-17	2410	Travel	Tareq Taylor's Nordic Cookery	Malmö, Sweden	01	5	Tareq is in his hometown of Malmö-Sweden's third largest city. Built upon the backs of herring in the sea, the town is now a centre of culture and technology with a bridge connecting it to Copenhagen.	SWEDEN	English-100	2013	RPT	PG		I		
2025-10-17	2440	Travel	Two Greedy Italians	Poor Man's Food	01	2	Chefs Antonio Carluccio and Gennaro Contaldo tour Campania, where they learn how poverty in the area created Italy's best-loved dishes and made the region rich. The duo visit Gennaro's home town Minori to get a lesson in pasta-making from his great aunt, then head to Naples, where they discover the humble beginnings of pizza, and conclude their journey on the Amalfi Coast, an area that gave birth to a new style of food.	UNITED KINGDOM	English-100	2011	RPT	G		Y	Y	
2025-10-17	2550	Cooking	Destination Flavour China Bitesize	Cattail Milk Soup	01	9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG		Y	Y	
2025-10-17	2600	Food Lifestyle	The Streets Hong Kong	Ep 2	01	2	Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queueing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y		

2025-10-17	2630	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 10	03	10	It's been a year since Matthew expanded his business and bought the new farm and it's been a steep learning curve for both him and Sadie. Their passion to have visitors to Fat Pig Farm to share and experience their lifestyle has led them to set a date for their very first open day and feast.	AUSTRALIA	English-100	2013	RPT	G		Y		
2025-10-17	2700	Travel	Luke Nguyen's India	Kochi		5	In Fort Kochi, Luke embarks on an adventure along the ancient Spice Trade Trail. He joins a Chinese fishing net crew, meets with a local historian, and whips up a dish that ruled the British palate!	AUSTRALIA	English-100	2023	RPT	PG		Y	Y	Y
2025-10-17	2730	Cooking	The Cook Up With Adam Liaw	Best Ever Chicken Curry	06	69	Adam and his guests, MKR winners and food entrepreneurs Monzir Hamdin and Janelle Hall cook their best ever chicken curries.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-17	2800	Cooking	The Cook And The Chef	Easter In Cooking	01	10	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over. Simon's chocolate work extends to Maggie's kitchen while Maggie makes a delicious Russian Easter dessert. Maggie also heads out into the suburbs of Adelaide to source her favourite home grown tomato.	AUSTRALIA	English-100	2006	RPT	G				
2025-10-17	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	05	4	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna visits the Hmong community of Ismailai in far north Queensland; and Maewe sits down to Sunday lunch Sri Lankan-style with Perth crooner Malcolm de Kauwe.	AUSTRALIA	English-100	2005	RPT	G		Y		
2025-10-18	0500	Travel	Tareq Taylor's Nordic Cookery	Malmö, Sweden	01	5	Tareq is in his hometown of Malmö-Sweden's third largest city. Built upon the backs of herring in the sea, the town is now a centre of culture and technology with a bridge connecting it to Copenhagen.	SWEDEN	English-100	2013	RPT	PG	I			
2025-10-18	0530	Travel	Jason Atherton's Dubai Dishes	Fruit	01	5	Jason uses beautiful produce from the Middle East to create delicious dishes that have fruit as the hero ingredient. His guest chef samples some fruity cocktails before making a lobster and mango dish.	UNITED KINGDOM	English-100	2023	RPT	PG				
2025-10-18	0625	Cooking	Please Eat Slowly Bitesize	Claypot Rice	01	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G				
2025-10-18	0630	Cooking	Kriol Kitchen	Broome: Pat Torres	01	10	Gubinge Jam with Bush Fig & Bush Fig Cup Cakes with a Bush Passion Fruit Icing: Ali & Mitch join their cousin Pat to learn how to whip up some sweet treats using local bush fruits found in the region.	AUSTRALIA		2014	RPT	G		Y		
2025-10-18	0700	Cooking	Rachael Ray's Meals In Minutes	Charred Mediterranean Chicken Salad With Olives And Tahini Yogurt Sauce	01	15	Rachael teaches us how to make an Israeli inspired Tahini-based yogurt sauce with harissa that she's serving over charred chicken and family-style pita.	USA	English-100	2022	RPT	PG				
2025-10-18	0730	Cooking	My Market Kitchen	Episode 40	05	40	Charlie Carrington returns to show off his Lebanese za'atar roasted chicken, which captures the textures and flavours of Middle Eastern cuisine.	AUSTRALIA	English-100	2021	RPT	G				
2025-10-18	0800	Cooking	Lidia's Kitchen	Can't Go Wrong	10	15	Per usual, Lidia cooks up dishes that always have your loved ones begging for more. She starts with her Pan Pizza, showing us just how easy it is to make at home.	USA	English-100	2023	RPT	G				
2025-10-18	0830	Cooking	Mary Makes It Easy	Meat Cute	03	5	Mary uses easier-on-your-wallet meat cuts to make flavourful dishes, like pork chops au poivre and her mom's signature grilled flank steak.	CANADA	English-100	2023	RPT	G				
2025-10-18	0900	Cooking	Food Safari Earth	Winter	1	13	Maewe O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world. She explores a spicy Singaporean white carrot cake made from daikon radish, known as chai tow kway. Kale is hailed as a superfood, but the Portuguese have been eating it for centuries as part of a delicious warm salad using finely sliced kale, toasted cornbread crumbs and pine nuts.	AUSTRALIA	English-100	2017	RPT	G		Y		

2025-10-18	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 25	08	25	Justine prepares a simple and delicious Chicken and Dumpling Soup before she is joined by Laura Cassai to prepare Pulse Pasta Penne with Spicy Eggplant Soup.	AUSTRALIA	English-100	2018	RPT	G				
2025-10-18	1000	Cooking	Maneet's Eats	Pakoras And Saag Paneer	01	5	Chef Maneet Chauhan shares two more favorite Indian recipes, starting with crispy spinach and onion Pakoras. Then, Maneet makes iconic Saag Paneer, a satisfying vegetarian meal made from curdled paneer cheese and a mix of bright greens.	USA	English-100	2025	RPT					
2025-10-18	1030	Cooking	Secrets Of The Curry Kitchen	Of Rice And Bread	01	5	Rice & bread dishes are popular-especially the Aloo Paratha. Chef Asma Kahn cooks Prawn Biryani, Friendship Rotis made to share and a syrupy sweet.	UNITED KINGDOM	English-100	2025	RPT					
2025-10-18	1100	Cooking	The Cook Up With Adam Liaw	Best Ever Chicken Curry	06	69	Adam and his guests, MKR winners and food entrepreneurs Monzir Hamdin and Janelle Halli cook their best ever chicken curries.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-18	1130	Travel	Two Greedy Italians	Poor Man's Food	01	2	Chefs Antonio Carluccio and Gennaro Contaldo tour Campania, where they learn how poverty in the area created Italy's best-loved dishes and made the region rich. The duo visit Gennaro's home town Minori to get a lesson in pasta-making from his great aunt, then head to Naples, where they discover the humble beginnings of pizza, and conclude their journey on the Amalfi Coast, an area that gave birth to a new style of food.	UNITED KINGDOM	English-100	2011	RPT	G		Y	Y	
2025-10-18	1240	Food Lifestyle	The Streets Hong Kong	Ep 1	01	1	Embark on a culinary adventure with Dan Hong through Hong Kong's bustling streets. Experience the city's diverse food culture, from Western-inspired cha chaan teng to traditional tofu-making shops.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y		
2025-10-18	1310	Food Lifestyle	The Streets Hong Kong	Ep 2	01	2	Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queuing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y		
2025-10-18	1340	Food Lifestyle	Gourmet Farmer	Gourmet Farmer Series 3 Episode 10	03	10	It's been a year since Matthew expanded his business and bought the new farm and it's been a steep learning curve for both him and Sadie. Their passion to have visitors to Fat Pig Farm to share and experience their lifestyle has led them to set a date for their very first open day and feast.	AUSTRALIA	English-100	2013	RPT	G		Y		
2025-10-18	1410	Travel	Luke Nguyen's India	Kochi		5	In Fort Kochi, Luke embarks on an adventure along the ancient Spice Trade Trail. He joins a Chinese fishing net crew, meets with a local historian, and whips up a dish that ruled the British palate!	AUSTRALIA	English-100	2023	RPT	PG		Y	Y	Y
2025-10-18	1440	Food Lifestyle	Come Dine With Me: The Professionals	Essex B	02	9	In Essex, co-owner and chef of Toulouse, Stefan has engaged his sous chef Billy to help him kick off the week with some restaurant classics. However, the starter comes under fire from a rival couple.	UNITED KINGDOM	English-100	2022	RPT	PG				
2025-10-18	1530	Food Lifestyle	Come Dine With Me: The Professionals	Sheffield B	02	10	In Sheffield, Sicilian restaurant Bella Donna kick off the competition with head chef Monica and front of house manager Katrina cooking up some serious seafood and breaded beef.	UNITED KINGDOM	English-100	2022	RPT	PG				
2025-10-18	1625	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	2013	RPT	G		Y	Y	
2025-10-18	1630	Cooking	Be My Guest With Ina Garten	Julia Louis-Dreyfus	06	2	The incredible 11 time Emmy award-winning actor, comedian, writer and producer Julia Louis Dreyfus is joining Ina at the barn.	USA	English-100	2024	RPT	G				
2025-10-18	1700	Food Lifestyle	Kitchen Glow Up	Designing Joy	2025	6	Noelle, a designer at Hedley & Bennett & her husband Tim love to cook-but their small kitchen has killed the joy. With awkward cabinets, lost appliances & no counter space they need Ellen to bring order & fun back to their family's favorite room.	USA	English-100	2025		PG				

2025-10-18	1730	Cooking	Lorraine Pascale: Home Cooking Made Easy	Entertaining	01	3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100	2011	RPT	G		
2025-10-18	1800	Cooking	Lorraine Pascale: Home Cooking Made Easy	Simple	01	4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast-baked mashed potato.	UNITED KINGDOM	English-100	2011	RPT	G		
2025-10-18	1830	Travel	Hairy Bikers Mediterranean	Balearics	01	5	The bikers visit Minorca and Majorca to discover evidence of British influence, great fresh fish and local produce, and to ride one of the most extraordinary roads in the world.	UNITED KINGDOM	English-100	2017	RPT	G		
2025-10-18	1930	Travel	Paul Hollywood Eats Japan	Osaka	01	3	Paul ends his whole Japanese road trip with the eat til' you drop food tour of Osaka-home to what he becomes convinced is the very best street food on earth.	UNITED KINGDOM	English-100	2019	RPT	PG	a w	Y
2025-10-18	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	3	9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-10-18	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 10	3	10	Rick drops in on the fishing port of Boscastle and finds a fabulous seafood restaurant. Then, a trip to Cornwall's only organic mushroom farm inspires him to cook a stir fry with lion's mane mushrooms.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-10-18	2130	Travel	Anthony Bourdain: The Layover	San Francisco	01	10	San Francisco is known for vegetarians, hippies, and locavores. But Tony visits the Bay Area to discover a long history of mid-range, meaty goodness and enjoy plenty of drinks.	USA	English-100	2011	RPT	PG	a	Y
2025-10-18	2225	Cooking	Taste The Philippines With Yasmin Newman	Melon Cocktail With Kylie Javier Ashton	01	8	Kylie Javier Ashton, Sydney multi-award-winning restaurant manager, makes a refreshing cocktail based on a childhood favourite called Melon.	AUSTRALIA	English-100	2022	RPT	G		
2025-10-18	2230	Reality	Big Food Bucket List	Toast To Coast	03	19	John jets to Long Beach, CA to explore the art of Filipino Brunch, from eggs to island French toast.	CANADA	English-100	2022		PG		
2025-10-18	2300	Travel	Eat China Specials	Eat China Specials Series 1 Ep 1	01	1	This special features China's most famous and beloved alcohol drinks. From baiju to beer, even to fine wine, we meet the makers and reveal their traditions and techniques.	CHINA	English-80; Cantonese-10; Mandarin-10	2020	RPT	PG		Y
2025-10-18	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 5	05	5	Maevae O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maevae learns some of the secrets of our best cheddar from Tasmania, while Joanna gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	2005	RPT	G		Y
2025-10-18	2400	Cooking	Lorraine Pascale: Home Cooking Made Easy	Simple	01	4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast-baked mashed potato.	UNITED KINGDOM	English-100	2011	RPT	G		
2025-10-18	2430	Travel	Hairy Bikers Mediterranean	Balearics	01	5	The bikers visit Minorca and Majorca to discover evidence of British influence, great fresh fish and local produce, and to ride one of the most extraordinary roads in the world.	UNITED KINGDOM	English-100	2017	RPT	G		
2025-10-18	2530	Travel	Paul Hollywood Eats Japan	Osaka	01	3	Paul ends his whole Japanese road trip with the eat til' you drop food tour of Osaka-home to what he becomes convinced is the very best street food on earth.	UNITED KINGDOM	English-100	2019	RPT	PG	a w	Y

2025-10-18	2625	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	2013	RPT	G		Y	Y
2025-10-18	2630	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	3	9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	2022	RPT	PG			
2025-10-18	2700	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 10	3	10	Rick drops in on the fishing port of Boscastle and finds a fabulous seafood restaurant. Then, a trip to Cornwall's only organic mushroom farm inspires him to cook a stir fry with lion's mane mushrooms.	UNITED KINGDOM	English-100	2022	RPT	PG			
2025-10-18	2730	Travel	Anthony Bourdain: The Layover	San Francisco	01	10	San Francisco is known for vegetarians, hippies, and locavores. But Tony visits the Bay Area to discover a long history of mid-range, meaty goodness and enjoy plenty of drinks.	USA	English-100	2011	RPT	PG	a		Y
2025-10-18	2825	Cooking	Taste The Philippines With Yasmin Newman	Melon Cocktail With Kylie Javier Ashton	01	8	Kylie Javier Ashton, Sydney multi-award-winning restaurant manager, makes a refreshing cocktail based on a childhood favourite called Melon.	AUSTRALIA	English-100	2022	RPT	G			
2025-10-18	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 5	05	5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve learns some of the secrets of our best cheddar from Tasmania, while Joanna gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	2005	RPT	G		Y	