



WEEK 44 Sunday, 26 October 2025 Saturday, 1 November 2025

Date	Start Time	Genre	Title
2025-10-26	0500	Cooking	Be My Guest With Ina Garten
2025-10-26	0530	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-26	0625	Cooking	Please Eat Slowly Bitesize
2025-10-26	0630	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-26	0725	Cooking	Destination Flavour Down Under Bitesize Series 1 Ep 6
2025-10-26	0730	Travel	Rick Stein's Cabin Fever
2025-10-26	0840	Travel	Hairy Bikers Mediterranean
2025-10-26	0940	Travel	Remarkable Places To Eat
2025-10-26	1035	Travel	Rick Stein's Taste Of Italian Opera
2025-10-26	1145	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-26	1235	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-26	1330	Food Lifestyle	Getting Grilled With Curtis Stone
2025-10-26	1430	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-26	1525	Travel	Destination Flavour China Bitesize
2025-10-26	1530	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-26	1625	Cooking	Please Eat Slowly Bitesize
2025-10-26	1630	Travel	Masters Of Taste With Gary Mehigan
2025-10-26	1700	Travel	Sophie Grigson: Slice Of Italy

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
Stephen Colbert And Evie McGee-Colbert	06	3	The amazing talk show host, comedian, writer and producer Stephen Colbert and his wife, Producer Evie McGee Colbert are joining Ina for a wonderful day at the barn.	USA	English-100	2024	RPT	G				
Wolverhampton / Birmingham A	02	13	Today we're in and around Birmingham, kicking off at Island Lounge, where married chefs Marlon and Dania are showcasing their Caribbean cuisine. It's not long before our hosts realise they've got their work cut out trying to impress foodies Mustapha and Jamie, from Jungle Street Kitchen.	UNITED KINGDOM	English-100	2022	RPT	PG				
Yee Sang	01	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G				
Brighton A	02	14	In Sussex, business partners Will and Jack are kicking off the week with some decidedly risky fare from their restaurant MED. Head chef Will doesn't like to waste any part of the animal when cooking.	UNITED KINGDOM	English-100	2022	RPT	PG	a			
Destination Flavour Down Under Bitesize Series 1 Ep 6	01	6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y		
Rick Stein's Cabin Fever	01	0	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of 'Rick Stein's French Odyssey' including his favourite dishes along the route and behind-the-scenes DV footage of the highlights and the trials and tribulations of such an undertaking.	UNITED KINGDOM	English-100	2006	RPT	PG	a l w			
Maintand Spain	01	6	The bikers are in Southern Spain, travelling from Valencia to Torremolinos and eating their way through the spicy delights of southern Spanish cuisine.	UNITED KINGDOM	English-100	2017	RPT	G			Y	
Puglia	03	1	TV and radio host, Dermot O'Leary takes Fred Sirieix to Puglia in Italy's deep South to his favourite restaurants showcasing simple but sublime cucina povera, or poor man's cooking.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		Y	
Rick Stein's Taste Of Italian Opera	01	0	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy. He draws parallels between cooking and composing, noting how both involve the skilful combination of ingredients and how they share the common purpose of bringing pleasure to many and lifting the human spirit. Rick also explains why he thinks the music of three great Italian composers - Verdi and Rossini - is connected to the food of the regions where they lived and worked.	UNITED KINGDOM	English-100	2010	RPT	G		Y		
Wolverhampton / Birmingham A	02	13	Today we're in and around Birmingham, kicking off at Island Lounge, where married chefs Marlon and Dania are showcasing their Caribbean cuisine. It's not long before our hosts realise they've got their work cut out trying to impress foodies Mustapha and Jamie, from Jungle Street Kitchen.	UNITED KINGDOM	English-100	2022	RPT	PG				
Brighton A	02	14	In Sussex, business partners Will and Jack are kicking off the week with some decidedly risky fare from their restaurant MED. Head chef Will doesn't like to waste any part of the animal when cooking.	UNITED KINGDOM	English-100	2022	RPT	PG	a			
Teri Hatcher	01	1	Curtis Stone puts his guests from the worlds of film, music, sports, and beyond in the hot seat.	USA	English-100	2024	RPT					
Belfast B	02	15	Today's Come Dine With Me: The Professionals travels 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				
Longjing 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	
Oxfordshire A	02	16	First to compete tonight are Owner Baz and his South African Head Chef Anthony from The White Hart. They are pitting their Alfresco Asardo BBQ cooking against their fellow pros.	UNITED KINGDOM	English-100	2022	RPT	PG				
Hand-Pulled Noodles	01	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G				
Best Of Kolkata	02	15	From Chinatown to a quintessential Bengali home, Gary eats his way through Kolkata.	USA	English-100	2019	RPT	PG	a w			
Tales From The Heel	02	9	Sophie goes to meet one of the online Puglian cooks who she admires and then tries to tempt the card playing locals into teaching her how to play Scopa. At the trullo, she barbecues a tuna burger.	UNITED KINGDOM	English-100	2023	RPT	G			Y	

2025-10-26	1730	Travel	Beyond Bali With Lara Lee	Sumba: Between Past And Present	01	5	In the wild and wondrous island of Sumba, Lara Lee uncovers ancient beliefs, powerful community bonds and unique local flavours-from spicy anchovy sambal to smoky goat roasted on an open fire.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G		Y	Y
2025-10-26	1830	Travel	James Martin's Spanish Adventure	Seville	01	11	In Seville, James visits the local food market and has breakfast at a secret bar. He visits an orange grove to make marmalade, then cooks mackerel, pork belly, crema catalana and BBQ duck.	UNITED KINGDOM	English-100	2022	RPT	PG	a w		Y
2025-10-26	1930	Travel	Adam Richman Eats Britain	Bakewell Pudding	01	4	Adam's made it to the stunning Peak District to discover the accidental invention of the famous Bakewell Pudding. He also visits a destination gastropub for his first taste of local grouse, and his tastebuds get unexpectedly transported to West Africa at a Cameroonian kitchen in the heart of the Derbyshire countryside.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-26	2000	Travel	Malaysia Gourmet With Justine Schofield	Ep 7	01	7	Continuing her journey in Malaysia, Justine discovers unique tea practices, the world of bees and honey in Sabah, and authentic, flavourful fish dishes prepared by local chefs.	AUSTRALIA	English-100	2023	RPT	G			
2025-10-26	2030	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 4	01	4	Rick heads for the little-known region of Extremadura - it's famous for pimenton and Spain's most celebrated ham iberico. In his old camper he drives south to Spain's most romantic city: Seville, the home of tapas and flamenco.	UNITED KINGDOM	English-100	2011	RPT	G		Y	
2025-10-26	2140	Travel	Anthony Bourdain: The Layover	Philadelphia	2	3	Tony finally does Philadelphia! 36 hours of food, drink, history and art-and absolutely no cheesesteaks. Tony meets up with Marc Vetri for modern Israeli food at Michael Solomonov's Zahav.	USA	English-100	2012	RPT	M	a s		Y
2025-10-26	2230	Food Lifestyle	Getting Grilled With Curtis Stone	Lindsay Price	01	2	Curtis Stone puts his guests from the worlds of film, music, sports, and beyond in the hot seat.	USA	English-100	2024					
2025-10-26	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 13	05	13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the old Sun Pictures, a Broome institution, and Joanna discovers a new addition - fresh pistachios. We finish with a giant Argentinian barbecue.	AUSTRALIA	English-100	2005	RPT	G		Y	
2025-10-26	2400	Travel	Sophie Grigson: Slice Of Italy	Tales From The Heel	02	9	Sophie goes to meet one of the online Puglian cooks who she admires and then tries to tempt the card playing locals into teaching her how to play Scopa. At the trullo, she barbecues a tuna burger.	UNITED KINGDOM	English-100	2023	RPT	G			Y
2025-10-26	2430	Travel	James Martin's Spanish Adventure	Seville	01	11	In Seville, James visits the local food market and has breakfast at a secret bar. He visits an orange grove to make marmalade, then cooks mackerel, pork belly, crema catalana and BBQ duck.	UNITED KINGDOM	English-100	2022	RPT	PG	a w		Y
2025-10-26	2525	Travel	Destination Flavour China Bitesize	Longjing Prawns	01	5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
2025-10-26	2530	Travel	Adam Richman Eats Britain	Bakewell Pudding	01	4	Adam's made it to the stunning Peak District to discover the accidental invention of the famous Bakewell Pudding. He also visits a destination gastropub for his first taste of local grouse, and his tastebuds get unexpectedly transported to West Africa at a Cameroonian kitchen in the heart of the Derbyshire countryside.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-26	2600	Travel	Malaysia Gourmet With Justine Schofield	Ep 7	01	7	Continuing her journey in Malaysia, Justine discovers unique tea practices, the world of bees and honey in Sabah, and authentic, flavourful fish dishes prepared by local chefs.	AUSTRALIA	English-100	2023	RPT	G			
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2025-10-26	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 13	05	13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the old Sun Pictures, a Broome institution, and Joanna discovers a new addition - fresh pistachios. We finish with a giant Argentinian barbecue.	AUSTRALIA	English-100	2005	RPT	G		Y	
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2025-10-27	0530	Food Lifestyle	Come Dine With Me: The Professionals	Belfast 8	02	15	Today's Come Dine With Me: The Professionals travels 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			
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2025-10-27	0725	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	01	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G		
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2025-10-27	0830	Travel	James Martin's Spanish Adventure	Seville	01	11	In Seville, James visits the local food market and has breakfast at a secret bar. He visits an orange grove to make marmalade, then cooks mackerel, pork belly, crema catalana and BBQ duck.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y
2025-10-27	0925	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G	Y	
2025-10-27	0930	Travel	Adam Richman Eats Britain	Bakewell Pudding	01	4	Adam's made it to the stunning Peak District to discover the accidental invention of the famous Bakewell Pudding. He also visits a destination gastropub for his first taste of local grouse, and his tatebuds get unexpectedly transported to West Africa at a Cameroonian kitchen in the heart of the Derbyshire countryside.	UNITED KINGDOM	English-100	2024	RPT	G		
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2025-10-27	1205	Travel	Hidden Flavours Of India	Revelation	01	5	Being on the road, Ruchi is curious to know what the meals at the dhabbas are, so she stops at a Dhabha in Numaligarh.	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-10-27	1235	Travel	Jason Atherton's Dubai Dishes	Palm Jumeirah	02	1	Renowned chef Jason Atherton is back for a second series of culinary adventures in Dubai, where he'll explore the city and its vibrant and ever-evolving food scene. Digging deeper into the rich culture of the city, Jason will be cooking more of his favourite dishes inspired by Dubai—from sumptuous starters to decadent desserts.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-27	1330	Travel	Tareq Taylor's Nordic Cookery	Midtjylland, Denmark	02	3	Tareq pays a visit to the western part of Denmark, where he explores the region called Midtjylland.	SWEDEN	English-100	2013	RPT	PG	a l w	
2025-10-27	1400	Food Lifestyle	Legends Of The Fork	Small Spaces Big Flavor	01	4	Buddy heads to two small restaurants with huge reputations for making delicious food. First up is DiFara Pizza in Brooklyn, New York to learn the secrets to their famous slice.	USA	English-100	2023	RPT	G		
2025-10-27	1430	Cooking	Kriol Kitchen	Lloyd Pigram: Pork Adobo & Boab Custard With Bush Passionfruit Topping	02	6	Lloyd draws on his Filipino heritage and his Auntie's recipe for this locally loved dish with a humble bush fruit Boab to make a custard, and a bush passionfruit topping.	AUSTRALIA		2014	RPT	G	Y	
2025-10-27	1500	Cooking	Comfort Food With Spencer Watts	Harvest Time Comfort	02	1	The bounty of the fall means harvest time and that inspires Spencer to make black bean and kobacha squash soup with braised Swiss chard and chili pesto, pumpkin gnudi smothered in a rich cream sauce, and nostalgic caramel apples with a ginger crumble crunch.	CANADA	English-100	2023	RPT	G		
2025-10-27	1530	Cooking	My Market Kitchen	Episode 46	05	46	Ben channels his Hawaiian spirit with haloumi, pineapple and prawn skewers.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-27	1600	Cooking	Lidia's Kitchen	Fish Market, The	10	21	Memories of fishing and the exploring the fish markets growing up, keep Lidia craving that fresh taste of the sea.	USA	English-100	2023		PG	a w	
2025-10-27	1630	Cooking	Mary Makes It Easy	Good Ba(King) Wenceslas	03	11	The holiday season is the best time for baking, so Mary's sharing her fam's fave bakes for a festive feast.	CANADA	English-100	2023	RPT	G		
2025-10-27	1700	Cooking	Tom Kerridge's Pub Kitchen Secrets	Perfect 10	02	1	Tom is back at his Michelin starred pub for a brand new series. Today his highly skilled team of chefs are hard at work making a gorgeous roast beef dish for the specials menu.	UNITED KINGDOM	English-100	2025				
2025-10-27	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 31	08	31	Justine prepares Scallops in Tomato Creeme and Jam and Sour Cream Scrolls, she is also joined by Ronnit Hoppe who shares her recipe for Chermoula Salmon Salad.	AUSTRALIA	English-100	2018		G		

2025-10-27	1800	Travel	Audra's Eat, Roam, Relish	Old Kuching	01	1	Audra Morrice journeys to the colourful island state of Sarawak, Malaysia to explore the depths of Indigenous culture via its rich gastronomy.	AUSTRALIA	English-80; Malay-20	2024	RPT	G		Y		
2025-10-27	1830	Cooking	Nigella Feasts	Crowd Pleasers	01	1	Nigella Lawson's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a bountiful spicy beef chili with a golden crispy cornbread topping served with cool green guacamole and all the sides. The meal is finished off with a scrumptious chocolate cherry trifle.	UNITED KINGDOM	English-100	2006	RPT	G		Y		
2025-10-27	1900	Cooking	The Cook Up With Adam Liaw	Soup Party, The	06	75	Two soup-er star guests, performer Christie Whelan Browne and chef Ellie Hayes O'Brien, join Adam to take your broth away with a night of Easy Entertaining with The Soup Party.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-27	1930	Cooking	Donal's Family Food In Minutes	Just In The Door	01	3	Donal Skehan brings four new recipes that are fast, delicious and perfect for when you are just in the door.	UNITED KINGDOM	English-100	2020		G				
2025-10-27	2000	Travel	Rick Stein's Food Stories	Glasgow	01	12	Rick discovers the story of Italian food in Glasgow plus the best chocolate he's ever had, made by an ex-car engineer. He makes rofliteroles and a Stein family favourite, osso buco.	UNITED KINGDOM	English-100	2023	RPT	PG	a w			
2025-10-27	2030	Culture & Society	Stanley Tucci: Searching For Italy	Calabria	02	5	Calabria is a region of rugged landscapes, dramatic mountain ranges, and some 500 miles of incredible coastline. Connected to Basilicata in the north and separated from Sicily in the south by the narrow Strait of Messina, Calabria is also the homeland of the Tucci family's ancestors.	USA	English-90; Italian-10	2022	RPT	PG	a	Y	Y	
2025-10-27	2125	Cooking	Destination Flavour China Bitesize	Yangzhou Fried Rice	01	6	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	
2025-10-27	2130	Food Lifestyle	Gourmet Farmer	Fire In The Oven	04	6	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	2017	RPT	G		Y		
2025-10-27	2200	Travel	Luke Nguyen's India	Pondicherry		10	Luke makes a quick pitstop in Kumbakonam to learn how to make chutneys at the esteemed veg restaurant. Then heads to the picturesque seaside town of Pondicherry and explores Goubert Market.	AUSTRALIA	English-100	2023	RPT	G		Y	Y	Y
2025-10-27	2230	Cooking	The Cook Up With Adam Liaw	Soup Party, The	06	75	Two soup-er star guests, performer Christie Whelan Browne and chef Ellie Hayes O'Brien, join Adam to take your broth away with a night of Easy Entertaining with The Soup Party.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-27	2300	Cooking	The Cook And The Chef	Autumn Fruit And Veg	01	16	Simon takes some new seasons vegetables and shows us how to pickle ginger and dalkon while Maggie uses ginger to make an eggplant salad. After travelling to Port Lincoln to jump into a Tuna pen to 'swim with the fishes', Simon brings back some blue fin tuna. He uses it to create sushi, while Maggie fuses it with the flavours of persimmon and fennel.	AUSTRALIA	English-100	2006	RPT	PG				
2025-10-27	2330	Travel	Hidden Flavours Of India	Revelation	01	5	Being on the road, Ruchi is curious to know what the meals at the dhabbas are, so she stops at a Dhabba in Numaligarh.	INDIA	English-50; Hindi-50	2021	RPT	G			Y	
2025-10-27	2400	Cooking	Donal's Family Food In Minutes	Just In The Door	01	3	Donal Skehan brings four new recipes that are fast, delicious and perfect for when you are just in the door.	UNITED KINGDOM	English-100	2020	RPT	G				
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2025-10-27	2525	Cooking	Destination Flavour China Bitesize	Yangzhou Fried Rice	01	6	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	
2025-10-27	2530	Travel	Rick Stein's Food Stories	Glasgow	01	12	Rick discovers the story of Italian food in Glasgow plus the best chocolate he's ever had, made by an ex-car engineer. He makes rofliteroles and a Stein family favourite, osso buco.	UNITED KINGDOM	English-100	2023	RPT	PG	a w			
2025-10-27	2600	Food Lifestyle	Gourmet Farmer	Fire In The Oven	04	6	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	2017	RPT	G		Y		
2025-10-27	2630	Travel	Luke Nguyen's India	Pondicherry		10	Luke makes a quick pitstop in Kumbakonam to learn how to make chutneys at the esteemed veg restaurant. Then heads to the picturesque seaside town of Pondicherry and explores Goubert Market.	AUSTRALIA	English-100	2023	RPT	G		Y	Y	Y
2025-10-27	2700	Cooking	The Cook Up With Adam Liaw	Soup Party, The	06	75	Two soup-er star guests, performer Christie Whelan Browne and chef Ellie Hayes O'Brien, join Adam to take your broth away with a night of Easy Entertaining with The Soup Party.	AUSTRALIA	English-100	2023	RPT	G		Y		

2025-10-27	2730	Cooking	The Cook And The Chef	Autumn Fruit And Veg	01	16	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an eggplant salad. After travelling to Port Lincoln to jump into a Tuna pen to 'swim with the fishes', Simon brings back some blue fin tuna. He uses it to create sushi, while Maggie fuses it with the flavours of persimmon and fennel.	AUSTRALIA	English-100	2006	RPT	PG			
2025-10-27	2800	Travel	Audra's Eat, Roam, Relish	Old Kuching	01	1	Audra Morrice journeys to the colourful island state of Sarawak, Malaysia to explore the depths of Indigenous culture via its rich gastronomy.	AUSTRALIA	English-80; Malay-20	2024	RPT	G		Y	
2025-10-27	2830	Cooking	Nigella Feasts	Crowd Pleasers	01	1	Nigella Lawson's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a bountiful spicy beef chili with a golden crispy cornbread topping served with cool green guacamole and all the sides. The meal is finished off with a scrumptious chocolate cherry trifle.	UNITED KINGDOM	English-100	2006	RPT	G		Y	
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2025-10-28	0630	Travel	Tareq Taylor's Nordic Cookery	Midtjylland, Denmark	02	3	Tareq pays a visit to the western part of Denmark, where he explores the region called Midtjylland.	SWEDEN	English-100	2013	RPT	PG	a 1 w		
2025-10-28	0700	Food Lifestyle	Legends Of The Fork	Small Spaces Big Flavor	01	4	Buddy heads to two small restaurants with huge reputations for making delicious food. First up is DiFara Pizza in Brooklyn, New York to learn the secrets to their famous slice.	USA	English-100	2023	RPT	G			
2025-10-28	0730	Cooking	Kriol Kitchen	Lloyd Pigram: Pork Adobo & Boab Custard With Bush Passionfruit Topping	02	6	Lloyd draws on his Filipino heritage and his Auntie's recipe for this locally loved dish with a humble bush fruit Boab to make a custard, and a bush passionfruit topping.	AUSTRALIA		2014	RPT	G		Y	
2025-10-28	0800	Cooking	Comfort Food With Spencer Watts	Harvest Time Comfort	02	1	The bounty of the fall means harvest time and that inspires Spencer to make black bean and kobacha squash soup with braised Swiss chard and chili pesto, pumpkin gnudi smothered in a rich cream sauce, and nostalgic caramel apples with a ginger crumble crunch.	CANADA	English-100	2023	RPT	G			
2025-10-28	0830	Cooking	My Market Kitchen	Episode 46	05	46	Ben channels his Hawaiian spirit with haloumi, pineapple and prawn skewers.	AUSTRALIA	English-100	2021	RPT	G			
2025-10-28	0900	Cooking	Lidia's Kitchen	Fish Market, The	10	21	Memories of fishing and the exploring the fish markets growing up, keep Lidia craving that fresh taste of the sea.	USA	English-100	2023	RPT	PG	a w		
2025-10-28	0930	Cooking	Mary Makes It Easy	Good Ba(King) Wenceslas	03	11	The holiday season is the best time for baking, so Mary's sharing her fam's fave bakes for a festive feast.	CANADA	English-100	2023	RPT	G			
2025-10-28	1000	Cooking	Tom Kerridge's Pub Kitchen Secrets	Perfect 10	02	1	Tom is back at his Michelin starred pub for a brand new series. Today his highly skilled team of chefs are hard at work making a gorgeous roast beef dish for the specials menu.	UNITED KINGDOM	English-100	2025	RPT				
2025-10-28	1030	Cooking	Nigella Feasts	Crowd Pleasers	01	1	Nigella Lawson's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a bountiful spicy beef chili with a golden crispy cornbread topping served with cool green guacamole and all the sides. The meal is finished off with a scrumptious chocolate cherry trifle.	UNITED KINGDOM	English-100	2006	RPT	G		Y	
2025-10-28	1100	Cooking	The Cook Up With Adam Liaw	Soup Party, The	06	75	Two soup-er star guests, performer Christie Whelan Browne and chef Ellie Hayes O'Brien, join Adam to take your broth away with a night of Easy Entertaining with The Soup Party.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-28	1130	Food Lifestyle	Gourmet Farmer	Fire In The Oven	04	6	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	2017	RPT	G		Y	
2025-10-28	1200	Travel	Hidden Flavours Of India	Sustainability	01	6	A morning in Majuli finds Ruchi in a fresh fish market. Here she sees the Indigenous ways of catching fish and invites herself to the house of Komala Kaman.	INDIA	English-50; Hindi-50	2021	RPT	PG		Y	
2025-10-28	1230	Travel	Jason Atherton's Dubai Dishes	Dubai Creek	02	2	Jason goes back to the roots of Dubai as he explores diverse Dubai Creek, where he cooks up some sensational dishes with spices including a Filipino prawn Kare-kare and a spiced sticky toffee pudding.	UNITED KINGDOM	English-100	2024	RPT	G			

2025-10-28	1325	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bida shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G			
2025-10-28	1330	Travel	Tareq Taylor's Nordic Cookery	Trysil, Norway	02	4	The mountains and months of snowfall in Trysil mean that this winter sports town has to be creative when it comes to what they can do locally.	SWEDEN	English-100	2013	RPT	PG			
2025-10-28	1400	Food Lifestyle	Legends Of The Fork	Bringing The Heat	01	5	We're turning up the heat! Buddy visits two iconic hotspots who are famous for their intensely spicy dishes. First, he heads to Jitlada in Los Angeles, California to see if he can withstand the heat.	USA	English-100	2023	RPT	G			
2025-10-28	1430	Cooking	Kriol Kitchen	Ali & Mitch Torres: Chilli Tamarind Jimnup (Stingray) & Cockle Salad	02	7	Inspired by their mother's cooking, Ali and Mitch prepare two seafood dishes.	AUSTRALIA		2014	RPT		Y		
2025-10-28	1500	Cooking	Comfort Food With Spencer Watts	Hot Soup Comfort	02	2	Nothing says comfort like a bowl of steaming hot soup. Spencer makes a spicy spinach and Taleggio cheese wonton soup in a chorizo broth, a jerk-rubbed chicken and Raman noodle soup, and a decadent cream of mushroom soup.	CANADA	English-100	2023	RPT	G			
2025-10-28	1530	Cooking	My Market Kitchen	Episode 47	05	47	Charlie Carrington from Atlas Dining cooks Peruvian-inspired roasted cauliflower.	AUSTRALIA	English-100	2021	RPT	PG			
2025-10-28	1600	Cooking	Lidia's Kitchen	Fruitful Meal, A	10	22	Fruit can find its way onto any Italian table. Lidia starts with a refreshing eye-catching salad of shrimp and sweet melon dressed with a bright minty pesto.	USA	English-100	2023		PG			
2025-10-28	1630	Cooking	Mary Makes It Easy	An Unexpected Party	03	12	Last minute guests equals no time to freak out and cancel, and Mary's minimal effort menu will impress in a flash.	CANADA	English-100	2023	RPT	G			
2025-10-28	1700	Cooking	Tom Kerridge's Pub Kitchen Secrets	Memory Lane	02	2	The special on today's menu brings back happy memories for Tom and his team.	UNITED KINGDOM	English-100	2025					
2025-10-28	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 32	08	32	Melissa Leong give a favourite dessert a healthy boost with her Sweet Potato Chocolate Cake and Justine prepares a classic French dish, Chicken Ratatouille.	AUSTRALIA	English-100	2018		G			
2025-10-28	1800	Travel	Audra's Eat, Roam, Relish	Saloma	01	2	Audra hits the road and travels 60kms south of Kuching to Kampong Sadir.	AUSTRALIA	English-80, Malay-20	2024	RPT	PG	Y		
2025-10-28	1830	Cooking	Nigella Feasts	Weekend Wonders	01	2	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves - a chicken and sausage bake served with crispy rosemary roast potatoes and French-style petit pois. To top it all off, Nigella shows us how to make a chocolate honey bee cake.	UNITED KINGDOM	English-100	2006	RPT	G	Y		
2025-10-28	1900	Cooking	The Cook Up With Adam Liaw	Stress-Free Feeds	06	76	Does cooking get you worked up? Let Adam help, with stress-free feeds from two very cool-headed guests, actor Lincoln Younes and chef Ollie Wong-Hee.	AUSTRALIA	English-100	2023	RPT	G	Y		
2025-10-28	1930	Cooking	Silvia's Italian Masterclass	Simple And Impressive	02	4	It always surprises Silvia, the staggering number of adults she meets, who are convinced they can't cook.	AUSTRALIA	English-100	2024		PG			
2025-10-28	2000	Cooking	The Big Irish Food Tour	Cork City With Katherine Ryan	01	1	Dublin-born celebrity chef Anna Haugh is passionate about Irish food. And after nearly 20 years in London, she's heading home for The Big Irish Food Tour- a sweet-and-savoury exploration of the Emerald Isle's unique culture and cuisine.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-28	2030	Cooking	Rachel Khoo's Chocolate	Indulgence	01	4	Rachel Khoo explores why chocolate is so irresistible and creates her favourite indulgent treats.	UNITED KINGDOM	English-100	2021		PG	a s		
2025-10-28	2130	Food Lifestyle	Gourmet Farmer	Final Countdown, The	04	7	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	2017	RPT	PG	Y		
2025-10-28	2200	Travel	Luke Nguyen's India	Chennai		11	In Pondicherry, Luke joins forces to blend the flavours of the past and present! In the vibrant heart of Chennai Luke partners with fellow food enthusiast Manoj, exploring the city's food gems.	AUSTRALIA	English-100	2023	RPT	PG	Y	Y	Y
2025-10-28	2230	Cooking	The Cook Up With Adam Liaw	Stress-Free Feeds	06	76	Does cooking get you worked up? Let Adam help, with stress-free feeds from two very cool-headed guests, actor Lincoln Younes and chef Ollie Wong-Hee.	AUSTRALIA	English-100	2023	RPT	G	Y		

2025-10-28	2300	Cooking	The Cook And The Chef	Favourite Things	01	17	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs and combines with crabs in a Tom Yum. Maggie and Simon then reveal their favourite food and beverage combinations.	AUSTRALIA	English-100	2006	RPT	G			
2025-10-28	2330	Travel	Hidden Flavours Of India	Sustainability	01	6	A morning in Majuli finds Ruchi in a fresh fish market. Here she sees the Indigenous ways of catching fish and invites herself to the house of Komala Kaman.	INDIA	English-50; Hindi-50	2021	RPT	PG	Y		
2025-10-28	2400	Cooking	Silvia's Italian Masterclass	Simple And Impressive	02	4	It always surprises Silvia, the staggering number of adults she meets, who are convinced they can't cook.	AUSTRALIA	English-100	2024	RPT	PG			
2025-10-28	2430	Cooking	Rachel Khoo's Chocolate	Indulgence	01	4	Rachel Khoo explores why chocolate is so irresistible and creates her favourite indulgent treats.	UNITED KINGDOM	English-100	2021	RPT	PG	a s		
2025-10-28	2530	Cooking	The Big Irish Food Tour	Cork City With Katherine Ryan	01	1	Dublin-born celebrity chef Anna Haugh is passionate about Irish food. And after nearly 20 years in London, she's heading home for The Big Irish Food Tour-a sweet-and-savoury exploration of the Emerald Isle's unique culture and cuisine.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-28	2600	Food Lifestyle	Gourmet Farmer	Final Countdown, The	04	7	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	2017	RPT	PG	Y		
2025-10-28	2630	Travel	Luke Nguyen's India	Chennai		11	In Pondicherry, Luke joins forces to blend the flavours of the past and present! In the vibrant heart of Chennai Luke partners with fellow food enthusiast Manoj, exploring the city's food gems.	AUSTRALIA	English-100	2023	RPT	PG	Y	Y	Y
2025-10-28	2700	Cooking	The Cook Up With Adam Liaw	Stress-Free Feeds	06	76	Does cooking get you worked up? Let Adam help, with stress-free feeds from two very cool-headed guests, actor Lincoln Younes and chef Ollie Wong-Hee.	AUSTRALIA	English-100	2023	RPT	G	Y		
2025-10-28	2730	Cooking	The Cook And The Chef	Favourite Things	01	17	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs and combines with crabs in a Tom Yum. Maggie and Simon then reveal their favourite food and beverage combinations.	AUSTRALIA	English-100	2006	RPT	G			
2025-10-28	2800	Travel	Audra's Eat, Roam, Relish	Saloma	01	2	Audra hits the road and travels 60kms south of Kuching to Kampong Sadir.	AUSTRALIA	English-80; Malay-20	2024	RPT	PG	Y		
2025-10-28	2830	Cooking	Nigella Feasts	Weekend Wonders	01	2	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves - a chicken and sausage bake served with crispy rosemary roast potatoes and French-style petit pois. To top it all off, Nigella shows us how to make a chocolate honey bee cake.	UNITED KINGDOM	English-100	2006	RPT	G	Y		
2025-10-29	0500	Travel	Hidden Flavours Of India	Sustainability	01	6	A morning in Majuli finds Ruchi in a fresh fish market. Here she sees the Indigenous ways of catching fish and invites herself to the house of Komala Kaman.	INDIA	English-50; Hindi-50	2021	RPT	PG	Y		
2025-10-29	0530	Travel	Jason Atherton's Dubai Dishes	Dubai Creek	02	2	Jason goes back to the roots of Dubai as he explores diverse Dubai Creek, where he cooks up some sensational dishes with spices including a Filipino prawn Kare-kare and a spiced sticky toffee pudding.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-29	0625	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bida shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G			
2025-10-29	0630	Travel	Tareq Taylor's Nordic Cookery	Trysil, Norway	02	4	The mountains and months of snowfall in Trysil mean that this winter sports town has to be creative when it comes to what they can do locally.	SWEDEN	English-100	2013	RPT	PG			
2025-10-29	0700	Food Lifestyle	Legends Of The Fork	Bringing The Heat	01	5	We're turning up the heat! Buddy visits two iconic hotspots who are famous for their intensely spicy dishes. First, he heads to Jitlada in Los Angeles, California to see if he can withstand the heat.	USA	English-100	2023	RPT	G			
2025-10-29	0730	Cooking	Kriol Kitchen	Ali & Mitch Torres: Chilli Tamarind Jinnup (Stingray) & Cockle Salad	02	7	Inspired by their mother's cooking, Ali and Mitch prepare two seafood dishes.	AUSTRALIA		2014	RPT		Y		
2025-10-29	0800	Cooking	Comfort Food With Spencer Watts	Hot Soup Comfort	02	2	Nothing says comfort like a bowl of steaming hot soup. Spencer makes a spicy spinach and Taleggio cheese wonton soup in a chorizo broth, a jerk-rubbed chicken and Raman noodle soup, and a decadent cream of mushroom soup.	CANADA	English-100	2023	RPT	G			

2025-10-29	0830	Cooking	My Market Kitchen	Episode 47	05	47	Charlie Carrington from Atlas Dining cooks Peruvian-inspired roasted cauliflower.	AUSTRALIA	English-100	2021	RPT	PG	
2025-10-29	0900	Cooking	Lidia's Kitchen	Fruitful Meal, A	10	22	Fruit can find its way onto any Italian table. Lidia starts with a refreshing eye-catching salad of shrimp and sweet melon dressed with a bright minty pesto.	USA	English-100	2023	RPT	PG	
2025-10-29	0930	Cooking	Mary Makes It Easy	An Unexpected Party	03	12	Last minute guests equals no time to freak out and cancel, and Mary's minimal effort menu will impress in a flash.	CANADA	English-100	2023	RPT	G	
2025-10-29	1000	Cooking	Tom Kerridge's Pub Kitchen Secrets	Memory Lane	02	2	The special on today's menu brings back happy memories for Tom and his team.	UNITED KINGDOM	English-100	2025	RPT		
2025-10-29	1030	Cooking	Nigella Feasts	Weekend Wonders	01	2	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves - a chicken and sausage bake served with crispy rosemary roast potatoes and French-style petit pois. To top it all off, Nigella shows us how to make a chocolate honey bee cake.	UNITED KINGDOM	English-100	2006	RPT	G	Y
2025-10-29	1100	Cooking	The Cook Up With Adam Liaw	Stress-Free Feeds	06	76	Does cooking get you worked up? Let Adam help, with stress-free feeds from two very cool-headed guests, actor Lincoln Younes and chef Ollie Wong-Hee.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-10-29	1130	Food Lifestyle	Gourmet Farmer	Final Countdown, The	04	7	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	2017	RPT	PG	Y
2025-10-29	1200	Travel	Hidden Flavours Of India	Camaraderie	01	7	Ruchi's journey enters the picturesque state of Arunachal Pradesh, which is famous for its momos (steamed dumplings). She visits a Mongra restaurant and understands what makes these momos unique.	INDIA	English-50; Hindi-50	2021	RPT	G	Y
2025-10-29	1230	Travel	Jason Atherton's Dubai Dishes	Sustainable Dubai	02	3	Jason goes green cooking up dishes using leftovers that are not only sumptuous, but also sustainable.	UNITED KINGDOM	English-100	2024	RPT	PG	
2025-10-29	1325	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	2024	RPT	G	
2025-10-29	1330	Travel	Tareq Taylor's Nordic Cookery	Aland Part 2	02	5	After making an initial trip to this special archipelago in Season 1, Tareq goes back to Aland to explore more of this island territory.	SWEDEN	English-100	2013	RPT	G	
2025-10-29	1400	Food Lifestyle	Legends Of The Fork	Over 100 Years Old	01	6	Buddy visits two legendary restaurants that have been open for over 100 years, McGillin's Old Ale House in Philadelphia, and Katz's Deli in New York City!	USA	English-100	2023	RPT	PG	
2025-10-29	1430	Cooking	Kriol Kitchen	Elijah Prewitt: Asian Style Crayfish With Green Pawpaw Salad	02	8	Elijah's cooking influence comes from living in Broome and growing up with many of his mates, eating whatever was caught from the ocean and the islands.	AUSTRALIA		2014	RPT	G	Y
2025-10-29	1500	Cooking	Comfort Food With Spencer Watts	Pasta Pasta Pasta	02	3	Spencer makes with a Pork Bolognese stuffed Tortellini with American cheese rose and soffrito; then a quick pillowy soft ricotta gnudi with tomato sauce, and finally a creamy pasta with gorgonzola.	CANADA	English-100	2023	RPT	G	
2025-10-29	1530	Cooking	My Market Kitchen	Episode 48	05	48	Ben is back with Chef Mod to cook Tom Yum, and zucchini and goat's cheese salad.	AUSTRALIA	English-100	2021	RPT	PG	
2025-10-29	1600	Cooking	Lidia's Kitchen	Update The Classics	10	23	Lidia loves tradition, but also values creativity and the two combined can create something delicious!	USA	English-100	2023		G	
2025-10-29	1630	Cooking	Mary Makes It Easy	Life Is A Fryway	03	13	Mary is road trip ready with recipes that are snackable, packable, and won't make a mess of your car or clothing.	CANADA	English-100	2023	RPT	G	
2025-10-29	1700	Cooking	Tom Kerridge's Pub Kitchen Secrets	Stateside	02	3	In this all American episode, it's pancakes for breakfast for Tom and the team, before they make an incredible lemon meringue pie. Tom also cooks up a super dirty mac and cheese, a Caesar salad and his take on another US classic, key lime pie.	UNITED KINGDOM	English-100	2025			
2025-10-29	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 33	08	33	Justine shows you how to incorporate more vegetables throughout the day with her Lentil 'meatballs' with Zucchini Noodles and is later joined by Adam Swanson who prepares a Tabouli and Chickpea.	AUSTRALIA	English-100	2018		G	

2025-10-29	1800	Travel	Audra's Eat, Roam, Relish	Sibu	01	3	Chef Alex Ting joins Audra for a tour around his home town. Sibu is largely populated by Chinese of Foochow descent from Fuzhou.	AUSTRALIA	English-80; Malay-20	2024	RPT	G		Y
2025-10-29	1830	Cooking	Nigella Feasts	Delicious Dinners	01	3	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First, there's speedy sake salmon followed by light-as-air zabaglione. She also shows off a meal that's perfect for small numbers: crunchy pork chops topped with a spinach and tomato salad.	UNITED KINGDOM	English-100	2006	RPT	G		Y
2025-10-29	1900	Cooking	The Cook Up With Adam Liaw	Pipis, Clams And Mussels	06	77	It's a night of pipis, clams and mussels on The Cook Up, as Adam is joined by chef Karena Armstrong and composer Eddie Perfect.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-29	1930	Cooking	Nadiya's Family Favourites	Family Days Out	01	1	Nadiya Hussain creates dishes for the perfect family day out, visits a rapeseed farm in Northampton and meets Gillian, Cornish Pasty Amateur World Champion.	UNITED KINGDOM	English-100	2018		G		
2025-10-29	2000	Travel	Rachael Ray In Tuscany	Roast Sausage And Celery Root Flan	01	24	Rachael and her sister Maria are teaming up to demonstrate how to make a rustic meal of roasted pork and chicken sausages tossed with vegetables and grapes.	USA	English-100	2022		G		
2025-10-29	2030	Travel	Guillaume's French Atlantic	Episode 2	01	2	Join renowned chef Guillaume Brahimi as he unravels the artistic wonders of Normandy. Guillaume's journey begins in the picturesque town of Honfleur, renowned for its allure to renowned artists such as Monet and Boudin.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y Y
2025-10-29	2100	Food Lifestyle	Memory Bites With Matt Moran	Pia Miranda	01	1	In Memory Bites Chef Matt Moran explores how defining food memories, and the people behind them, have shaped the lives and careers of well-known guests. Learn Pia Miranda's nonna's sacred bean soup.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-10-29	2130	Food Lifestyle	Gourmet Farmer	Grand Opening	04	8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-29	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 33	08	33	Justine shows you how to incorporate more vegetables throughout the day with her Lentil 'meatballs' with Zucchini Noodles and is later joined by Adam Swanson who prepares a Tabouli and Chickpea.	AUSTRALIA	English-100	2018	RPT	G		
2025-10-29	2230	Cooking	The Cook Up With Adam Liaw	Pipis, Clams And Mussels	06	77	It's a night of pipis, clams and mussels on The Cook Up, as Adam is joined by chef Karena Armstrong and composer Eddie Perfect.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-29	2300	Cooking	The Cook And The Chef	Rubbish Fish	01	18	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back, and Maggie and Simon show us why these cheaper filets are worth a second look. Maggie then takes on a bigger challenge as she tries to convince Simon that Carp, a fish still fighting for a wider market, makes a great feed.	AUSTRALIA	English-100	2006	RPT	PG	a w	
2025-10-29	2330	Travel	Hidden Flavours Of India	Camaraderie	01	7	Ruchi's journey enters the picturesque state of Arunachal Pradesh, which is famous for its momos (steamed dumplings). She visits a Mongga restaurant and understands what makes these momos unique.	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-10-29	2400	Cooking	Nadiya's Family Favourites	Family Days Out	01	1	Nadiya Hussain creates dishes for the perfect family day out, visits a rapeseed farm in Northampton and meets Gillian, Cornish Pasty Amateur World Champion.	UNITED KINGDOM	English-100	2018	RPT	G		
2025-10-29	2430	Travel	Rachael Ray In Tuscany	Roast Sausage And Celery Root Flan	01	24	Rachael and her sister Maria are teaming up to demonstrate how to make a rustic meal of roasted pork and chicken sausages tossed with vegetables and grapes.	USA	English-100	2022	RPT	G		
2025-10-29	2500	Travel	Guillaume's French Atlantic	Episode 2	01	2	Join renowned chef Guillaume Brahimi as he unravels the artistic wonders of Normandy. Guillaume's journey begins in the picturesque town of Honfleur, renowned for its allure to renowned artists such as Monet and Boudin.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y Y
2025-10-29	2530	Food Lifestyle	Memory Bites With Matt Moran	Pia Miranda	01	1	In Memory Bites Chef Matt Moran explores how defining food memories, and the people behind them, have shaped the lives and careers of well-known guests. Learn Pia Miranda's nonna's sacred bean soup.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-10-29	2600	Food Lifestyle	Gourmet Farmer	Grand Opening	04	8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-29	2630	Cooking	Everyday Gourmet With Justine Schofield	Episode 33	08	33	Justine shows you how to incorporate more vegetables throughout the day with her Lentil 'meatballs' with Zucchini Noodles and is later joined by Adam Swanson who prepares a Tabouli and Chickpea.	AUSTRALIA	English-100	2018	RPT	G		
2025-10-29	2700	Cooking	The Cook Up With Adam Liaw	Pipis, Clams And Mussels	06	77	It's a night of pipis, clams and mussels on The Cook Up, as Adam is joined by chef Karena Armstrong and composer Eddie Perfect.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-29	2730	Cooking	The Cook And The Chef	Rubbish Fish	01	18	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back, and Maggie and Simon show us why these cheaper filets are worth a second look. Maggie then takes on a bigger challenge as she tries to convince Simon that Carp, a fish still fighting for a wider market, makes a great feed.	AUSTRALIA	English-100	2006	RPT	PG	a w	
2025-10-29	2800	Travel	Audra's Eat, Roam, Relish	Sibu	01	3	Chef Alex Ting joins Audra for a tour around his home town. Sibu is largely populated by Chinese of Foochow descent from Fuzhou.	AUSTRALIA	English-80; Malay-20	2024	RPT	G		Y

2025-10-29	2830	Cooking	Nigella Feasts	Delicious Dinners	01	3	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First, there's speedy sake salmon followed by light-as-air zabaglione. She also shows off a meal that's perfect for small numbers: crunchy pork chops topped with a spinach and tomato salad.	UNITED KINGDOM	English-100	2006	RPT	G	Y
2025-10-30	0500	Travel	Hidden Flavours Of India	Camaraderie	01	7	Ruchi's journey enters the picturesque state of Arunachal Pradesh, which is famous for its momos (steamed dumplings). She visits a Mongra restaurant and understands what makes these momos unique.	INDIA	English-50; Hindi-50	2021	RPT	G	Y
2025-10-30	0530	Travel	Jason Atherton's Dubai Dishes	Sustainable Dubai	02	3	Jason goes green cooking up dishes using leftovers that are not only sumptuous, but also sustainable.	UNITED KINGDOM	English-100	2024	RPT	PG	
2025-10-30	0625	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	2024	RPT	G	
2025-10-30	0630	Travel	Tareq Taylor's Nordic Cookery	Aland Part 2	02	5	After making an initial trip to this special archipelago in Season 1, Tareq goes back to Aland to explore more of this island territory.	SWEDEN	English-100	2013	RPT	G	
2025-10-30	0700	Food Lifestyle	Legends Of The Fork	Over 100 Years Old	01	6	Buddy visits two legendary restaurants that have been open for over 100 years, McGillin's Old Ale House in Philadelphia, and Katz's Deli in New York City!	USA	English-100	2023	RPT	PG	
2025-10-30	0730	Cooking	Kriol Kitchen	Elijah Prewitt: Asian Style Crayfish With Green Papaw Salad	02	8	Elijah's cooking influence comes from living in Broome and growing up with many of his mates, eating whatever was caught from the ocean and the inlands.	AUSTRALIA		2014	RPT	G	Y
2025-10-30	0800	Cooking	Comfort Food With Spencer Watts	Pasta Pasta Pasta	02	3	Spencer makes with a Pork Bolognese stuffed Tortellini with American cheese rose and soffrito; then a quick pillow soft ricotta gnudi with tomato sauce, and finally a creamy pasta with gorgonzola.	CANADA	English-100	2023	RPT	G	
2025-10-30	0830	Cooking	My Market Kitchen	Episode 48	05	48	Ben is back with Chef Mod to cook Tom Yum, and zucchini and goat's cheese salad.	AUSTRALIA	English-100	2021	RPT	PG	
2025-10-30	0900	Cooking	Lidia's Kitchen	Update The Classics	10	23	Lidia loves tradition, but also values creativity and the two combined can create something delicious!	USA	English-100	2023	RPT	G	
2025-10-30	0930	Cooking	Mary Makes It Easy	Life Is A Fryway	03	13	Mary is road trip ready with recipes that are snackable, packable, and won't make a mess of your car or clothing.	CANADA	English-100	2023	RPT	G	
2025-10-30	1000	Cooking	Tom Kerridge's Pub Kitchen Secrets	Stateside	02	3	In this all American episode, it's pancakes for breakfast for Tom and the team, before they make an incredible lemon meringue pie. Tom also cooks up a super dirty mac and cheese, a Caesar salad and his take on another US classic, key lime pie.	UNITED KINGDOM	English-100	2025	RPT		
2025-10-30	1030	Cooking	Nigella Feasts	Delicious Dinners	01	3	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First, there's speedy sake salmon followed by light-as-air zabaglione. She also shows off a meal that's perfect for small numbers: crunchy pork chops topped with a spinach and tomato salad.	UNITED KINGDOM	English-100	2006	RPT	G	Y
2025-10-30	1100	Cooking	The Cook Up With Adam Liaw	Pipis, Clams And Mussels	06	77	It's a night of pipis, clams and mussels on The Cook Up, as Adam is joined by chef Karen Armstrong and composer Eddie Perfect.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-10-30	1130	Food Lifestyle	Gourmet Farmer	Grand Opening	04	8	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	2017	RPT	G	Y
2025-10-30	1200	Travel	Hidden Flavours Of India	Indigenous	01	8	Ruchi seeks to understand the food of the Nyishi Tribe, then, armed with foraged ingredients, cooks up a delicious meal in the outdoors.	INDIA	English-50; Hindi-50	2021	RPT	G	Y
2025-10-30	1230	Travel	Jason Atherton's Dubai Dishes	Old Dubai	02	4	Jason visits Old Town where he gets fully immersed in the local culture and cuisine, cooking up some delicious dishes including his take on the national dish of the UAE-Qutut.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-10-30	1325	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G	
2025-10-30	1330	Travel	Tareq Taylor's Nordic Cookery	Tornedalen, Sweden	02	6	There are not many places in Sweden like Tornedalen. A rushing river has provided for locals for centuries, and the very fertile land has yielded amazing crops for centuries.	SWEDEN	English-100	2013	RPT	PG	a w
2025-10-30	1400	Food Lifestyle	Legends Of The Fork	Between The Bread	01	7	Buddy sees what's between the bread at two old school joints that hold a special place in his heart.	USA	English-100	2023	RPT	PG	

2025-10-30	1430	Cooking	Kriel Kitchen	Cauline & Bubba Masuda: Black Bean Fish With Cabbage & Sasami	02	9	Drawing on their father's Japanese and mother's Bard heritage, Bubba prepare two dishes that have us going back down memory lane of our childhoods.	AUSTRALIA		2014	RPT	G		Y	Y
2025-10-30	1500	Cooking	Comfort Food With Spencer Watts	Comfort Kissed By Fire	02	4	Fall is the best time to have an outdoor fire - so why not cook on it too. Spencer stays fireside and makes an open-faced Montreal smoked meat potato rosti, campfire steaks with a nori butter, and a sweet and creamy chocolate and cherry liqueur fondue with treats.	CANADA	English-100	2023	RPT	PG			
2025-10-30	1530	Cooking	My Market Kitchen	Episode 49	05	49	Georgia Barnes returns to teach Ben how to make homemade muesli bars.	AUSTRALIA	English-100	2021	RPT	G			
2025-10-30	1600	Cooking	Lidia's Kitchen	Make It Zucchini	10	24	Each season brings its own delicious treasures, and when it's zucchini season Lidia cooks with this sweet vegetable as much as she possibly can.	USA	English-100	2023		G			
2025-10-30	1630	Cooking	Mary Makes It Easy	Casserole With It	03	14	Nothing says comfort food like casserole, and Mary's got a variation for any time of the day, even breakfast and dessert!	CANADA	English-100	2023	RPT	G			
2025-10-30	1700	Cooking	Tom Kerridge's Pub Kitchen Secrets	Game On	02	4	Today Tom and his pub chefs are on a voyage of discovery with ingredients.	UNITED KINGDOM	English-100	2025					
2025-10-30	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 34	08	34	Kirsten Tibballs creates a Kataifi Pineapple Coconut Dessert and later Justine prepares a French stew, Duck Pot-Au-Feu.	AUSTRALIA	English-100	2018		G			
2025-10-30	1800	Travel	Audra's Eat, Roam, Relish	Mukah And Betong	01	4	We travel to the coastal fishing town of Mukah, about 2hrs drive from Sibn, and famous for all things seafood. Audra visits a Tellen village and goes fishing for big-headed prawns.	AUSTRALIA	English-80; Malay-20	2024	RPT	G			Y
2025-10-30	1830	Cooking	Nigella Feasts	Fun Food	01	4	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella-stuffed baked potatoes served with crisp-coated chicken nuggets and salad.	UNITED KINGDOM	English-100	2006	RPT	G		Y	
2025-10-30	1900	Cooking	The Cook Up With Adam Liaw	Quick Sticks	06	78	You'll be transfixed by our quick sticks! Chef Narin 'Jack' Kulasai and Ella by Minoli are here to put things on skewers, and then cook them with Adam!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-30	1930	Travel	Beyond Bali With Lara Lee	Flores: The Maritime Splendour Of Komodo & Beyond	01	6	Arriving at the vibrant port of Labuan Bajo, in Flores, Lara Lee sets sail through the waters of the Komodo National Park to explore how the ocean shapes identity, cuisine and connection to Indonesia.	AUSTRALIA	English-90; Indonesian-10	2025		PG		Y	Y
2025-10-30	2030	Cooking	Marion Grasby's Flavours: Heart And Home	Chicken Any Night Of The Week	01	3	Marion explores time-saving chicken recipes, from a game-changing roast to Cheat's Butter Chicken and Tantanmen Ramen, proving that simple meals can be extraordinary.	AUSTRALIA	English-99; Thai-1	2024	RPT	PG		Y	Y
2025-10-30	2100	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 3	01	3	Anaisie embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout at Lake Pedder.	AUSTRALIA	English-100	2021	RPT	PG		Y	
2025-10-30	2130	Food Lifestyle	Gourmet Farmer	Sausage Party	04	9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	2017	RPT	G		Y	
2025-10-30	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 34	08	34	Kirsten Tibballs creates a Kataifi Pineapple Coconut Dessert and later Justine prepares a French stew, Duck Pot-Au-Feu.	AUSTRALIA	English-100	2018	RPT	G			
2025-10-30	2230	Cooking	The Cook Up With Adam Liaw	Quick Sticks	06	78	You'll be transfixed by our quick sticks! Chef Narin 'Jack' Kulasai and Ella by Minoli are here to put things on skewers, and then cook them with Adam!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-10-30	2300	Cooking	The Cook And The Chef	Oils Aint Oils	01	19	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's Oil. For Simon, oils, lots of them and lots of different types, keep his kitchens running.	AUSTRALIA	English-100	2006	RPT	G			
2025-10-30	2330	Travel	Hidden Flavours Of India	Indigenous	01	8	Ruchi seeks to understand the food of the Nyishi Tribe, then, armed with foraged ingredients, cooks up a delicious meal in the outdoors.	INDIA	English-50; Hindi-50	2021	RPT	G			Y
2025-10-30	2400	Cooking	Marion Grasby's Flavours: Heart And Home	Chicken Any Night Of The Week	01	3	Marion explores time-saving chicken recipes, from a game-changing roast to Cheat's Butter Chicken and Tantanmen Ramen, proving that simple meals can be extraordinary.	AUSTRALIA	English-99; Thai-1	2024	RPT	PG		Y	Y
2025-10-30	2430	Travel	Beyond Bali With Lara Lee	Flores: The Maritime Splendour Of Komodo & Beyond	01	6	Arriving at the vibrant port of Labuan Bajo, in Flores, Lara Lee sets sail through the waters of the Komodo National Park to explore how the ocean shapes identity, cuisine and connection to Indonesia.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	PG		Y	Y

2025-10-30	2530	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 3	01	3	Analiese embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout at Lake Pedder.	AUSTRALIA	English-100	2021	RPT	PG		Y
2025-10-30	2600	Food Lifestyle	Gourmet Farmer	Sausage Party	04	9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-30	2630	Cooking	Everyday Gourmet With Justine Schofield	Episode 34	08	34	Kirsten Tibballs creates a Kataifi Pineapple Coconut Dessert and later Justine prepares a French stew, Duck Pot-Au-Feu.	AUSTRALIA	English-100	2018	RPT	G		
2025-10-30	2700	Cooking	The Cook Up With Adam Liaw	Quick Sticks	06	78	You'll be transfixed by our quick sticks! Chef Narin 'Jack' Kulasai and Ella by Minoli are here to put things on skewers, and then cook them with Adam!	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-30	2730	Cooking	The Cook And The Chef	Oils Aint Oils	01	19	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's Oil. For Simon, oils, lots of them and lots of different types, keep his kitchens running.	AUSTRALIA	English-100	2006	RPT	G		
2025-10-30	2800	Travel	Audra's Eat, Roam, Relish	Mukah And Betong	01	4	We travel to the coastal fishing town of Mukah, about 2hrs drive from Sibau, and famous for all things seafood. Audra visits a Talian village and goes fishing for big-headed prawns.	AUSTRALIA	English-80; Malay-20	2024	RPT	G		Y
2025-10-30	2830	Cooking	Nigella Feasts	Fun Food	01	4	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella-stuffed baked potatoes served with crisp-coated chicken nuggets and salad.	UNITED KINGDOM	English-100	2006	RPT	G		Y
2025-10-31	0500	Travel	Hidden Flavours Of India	Indigenous	01	8	Ruchi seeks to understand the food of the Nyishi Tribe, then, armed with foraged ingredients, cooks up a delicious meal in the outdoors.	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-10-31	0530	Travel	Jason Atherton's Dubai Dishes	Old Dubai	02	4	Jason visits Old Town where he gets fully immersed in the local culture and cuisine, cooking up some delicious dishes including his take on the national dish of the UAE-Ousht.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-31	0625	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G		
2025-10-31	0630	Travel	Tareq Taylor's Nordic Cookery	Tornedalen, Sweden	02	6	There are not many places in Sweden like Tornedalen. A rushing river has provided for locals for centuries, and the very fertile land has yielded amazing crops for centuries.	SWEDEN	English-100	2013	RPT	PG	a w	
2025-10-31	0700	Food Lifestyle	Legends Of The Fork	Between The Bread	01	7	Buddy sees what's between the bread at two old school joints that hold a special place in his heart.	USA	English-100	2023	RPT	PG		
2025-10-31	0730	Cooking	Kriol Kitchen	Cauline & Bubba Masuda: Black Bean Fish With Cabbage & Sasami	02	9	Drawing on their father's Japanese and mother's Bard heritage, Bubba prepare two dishes that have us going back down memory lane of our childhoods.	AUSTRALIA		2014	RPT	G	Y	Y
2025-10-31	0800	Cooking	Comfort Food With Spencer Watts	Comfort Kissed By Fire	02	4	Fall is the best time to have an outdoor fire - so why not cook on it too. Spencer stays fireside and makes an open-faced Montreal smoked meat potato rosti, campfire steaks with a nori butter, and a sweet and creamy chocolate and cherry liqueur fondue with treats.	CANADA	English-100	2023	RPT	PG		
2025-10-31	0830	Cooking	My Market Kitchen	Episode 49	05	49	Georgia Barnes returns to teach Ben how to make homemade muesli bars.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-31	0900	Cooking	Lidia's Kitchen	Make It Zucchini	10	24	Each season brings its own delicious treasures, and when it's zucchini season Lidia cooks with this sweet vegetable as much as she possibly can.	USA	English-100	2023	RPT	G		
2025-10-31	0930	Cooking	Mary Makes It Easy	Casserole With It	03	14	Nothing says comfort food like casserole, and Mary's got a variation for any time of the day, even breakfast and dessert!	CANADA	English-100	2023	RPT	G		
2025-10-31	1000	Cooking	Tom Kerridge's Pub Kitchen Secrets	Game On	02	4	Today Tom and his pub chefs are on a voyage of discovery with ingredients.	UNITED KINGDOM	English-100	2025	RPT			
2025-10-31	1030	Cooking	Nigella Feasts	Fun Food	01	4	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella-stuffed baked potatoes served with crisp-coated chicken nuggets and salad.	UNITED KINGDOM	English-100	2006	RPT	G		Y

2025-10-31	1100	Cooking	The Cook Up With Adam Liaw	Quick Sticks	06	78	You'll be transfixed by our quick sticks! Chef Narin 'Jack' Kulasai and Ella by Minoli are here to put things on skewers, and then cook them with Adam!	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-31	1130	Food Lifestyle	Gourmet Farmer	Sausage Party	04	9	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-31	1200	Travel	Hidden Flavours Of India	Pride	01	9	Ruchi stops at the Famous Bogbeel Bridge that has been built across the mighty Bharamaputra, then learns the secrets of the region's tea growing.	INDIA	English-50; Hindi-50	2021	RPT	G		
2025-10-31	1230	Travel	Jason Atherton's Dubai Dishes	Jumeirah	02	5	Jason is on the beach in the coastal area of Jumeirah where he delves into the ancient Arabic art of pickling and cooking up dishes, including a Dubai version of a chip butty.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-31	1325	Cooking	A Taste Of Island Dreams	Amaluf's Pandan Bubble Tea	1	4	Amaluf, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G		
2025-10-31	1330	Travel	Tareq Taylor's Nordic Cookery	Nordjylland, Denmark	02	7	At the northern-most part of Denmark, you are always close to raw, beautiful nature, and incredible sunlight that has drawn artists here for over 100 years.	SWEDEN	English-100	2013	RPT	PG		
2025-10-31	1400	Food Lifestyle	Legends Of The Fork	Flavour Pioneers	01	8	Buddy visits two culinary powerhouses who are bringing the flavors of their native countries to the places they now call home.	USA	English-100	2023	RPT	G		
2025-10-31	1430	Cooking	Kriol Kitchen	Al & Mitch Torres: Bami (Goanna) Caesar Salad & PAN Fried Dampier	02	10	Al and Mitch take the bush goanna and give it a dressing up in this recipe of the traditional Caesar Salad, replacing the chicken and eggs with chunky pieces of Bami and served with dampier.	AUSTRALIA		2014	RPT	G		Y
2025-10-31	1500	Cooking	Comfort Food With Spencer Watts	Comfort With A Kick	02	5	Spencer likes a little spice and a lot of flavour. He cooks up some delicious comfort food with a little heat to tickle our taste buds, including Cajun shrimp cakes with a creole etouffee, Brazilian moqueca with halibut and shrimp in a bed of coconut milk, and finally, Mexican spicy beef pupusas with all the trimmings.	CANADA	English-100	2023	RPT	PG		
2025-10-31	1530	Cooking	My Market Kitchen	Episode 50	05	50	Chef Lesley Chan shows Ben his special stir-fried rice vermicelli with beef recipe.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-31	1600	Cooking	Lidia's Kitchen	Start The Day	10	25	Lidia is excited to start the day together and cook up something delicious. She begins with a one-skillet breakfast wonder. Fried Potatoes With Sausage And Eggs-packed with protein in every bite.	USA	English-100	2023		G		
2025-10-31	1630	Cooking	Mary Makes It Easy	Soup's On!	03	15	Mary. Loves. Soup. Join the soup obsession with recipes that vary from cozy to chill, smooth or chunky, plus an ample dose of cheese, duh.	CANADA	English-100	2023	RPT	G		
2025-10-31	1700	Cooking	Tom Kerridge's Pub Kitchen Secrets	Double Acts	02	5	Tom shows us how to combine flavours together to make magic on a plate.	UNITED KINGDOM	English-100	2025				
2025-10-31	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 35	08	35	Justine prepares Prawn Hush Puppies and Kataifi Crusted Cod. Chef James Viles shares his Whipped Yuzu Curd recipe.	AUSTRALIA	English-100	2018		PG		
2025-10-31	1800	Travel	Audra's Eat, Roam, Relish	Miri And Bario	01	5	After harvesting the prized Gulf Apong in a Noah palm rainforest, Audra travels to Miri-Sarawak's second biggest city and its most modern.	AUSTRALIA	English-80; Malay-20	2024	RPT	PG		Y
2025-10-31	1830	Cooking	Nigella Feasts	Breakfast All Hours	01	5	Nigella Lawson cooks up breakfast at all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls. Nigella is making a fabulous crunchy chocolate peanut granola and cheese caklets with strawberry sauce for a leisurely breakfast with the kids. Then she's whipping up a fantastic back from the party midnight feast of bacon and tomato hash.	UNITED KINGDOM	English-100	2006	RPT	G		Y
2025-10-31	1900	Cooking	The Cook Up With Adam Liaw	Fast Serves	06	79	It's dinner in an instant as Adam and his guests, YouTube ace Ann Reardon and tennis ace Priscilla Hon, showcase their best fast serves.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-31	1930	Travel	Two Greedy Italians	Saints And Miracles	01	4	Antonio and Gennaro eat their way along a culinary pilgrimage through Puglia's monasteries, holy shrines and festivals. Later, they join an olive harvest, eat at a straw-fired bread oven and join in a unique celebration of the Day of the Dead.	UNITED KINGDOM	English-100	2011	RPT	PG		Y
2025-10-31	2040	Food Lifestyle	The Streets Hong Kong	Ep 5	01	5	Dan takes viewers on a tour of one of Hong Kong's original wonton noodle establishments. Savouring flavourful handmade wontons, he also shares his own recipe.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y
2025-10-31	2110	Food Lifestyle	The Streets Hong Kong	Ep 6	01	6	Dan journeys to to Hong Kong's picturesque coastal region of Sai Kung where local chef, Margaret Xu shows him the fresh local seafood on offer, before cooking him a sublime steamed crab dish. He then heads back to town in search of a restaurant that specialises in traditional Chinese sweet soups.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y

2025-10-31	2140	Food Lifestyle	Gourmet Farmer	Reap What You Sow	04	10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	2017	RPT	PG	Y	
2025-10-31	2210	Cooking	Everyday Gourmet With Justine Schofield	Episode 35	08	35	Justine prepares Prawn Hush Puppies and Kataifi Crusted Cod. Chef James Viles shares his Whipped Yuzu Curd recipe.	AUSTRALIA	English-100	2018	RPT	PG		
2025-10-31	2240	Cooking	The Cook Up With Adam Liaw	Fast Serves	06	79	It's dinner in an instant as Adam and his guests, YouTube ace Ann Reardon and tennis ace Priscilla Hon, showcase their best fast serves.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-10-31	2305	Cooking	The Cook And The Chef	Catering For Different Tastes	01	20	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not only gluten free but "everything free."	AUSTRALIA	English-100	2006	RPT	G		
2025-10-31	2335	Travel	Hidden Flavours Of India	Pride	01	9	Ruchi stops at the Famous Bogibeel Bridge that has been built across the mighty Bharamaputra, then learns the secrets of the region's tea growing.	INDIA	English-50; Hindi-50	2021	RPT	G	Y	
2025-10-31	2400	Food Lifestyle	The Streets Hong Kong	Ep 5	01	5	Dan takes viewers on a tour of one of Hong Kong's original wonton noodle establishments. Savouring flavourful handmade wontons, he also shares his own recipe.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
2025-10-31	2430	Travel	Two Greedy Italians	Saints And Miracles	01		Antonio and Gennaro eat their way along a culinary pilgrimage through Puglia's monasteries, holy shrines and 4 festivals. Later, they join an olive harvest, eat at a straw-fired bread oven and join in a unique celebration of the Day of the Dead.	UNITED KINGDOM	English-100	2011	RPT	PG	Y	Y
2025-10-31	2540	Food Lifestyle	The Streets Hong Kong	Ep 6	01		Dan journeys to Hong Kong's picturesque coastal region of Sai Kung where local chef, Margaret Yu shows him the fresh local seafood on offer, before cooking him a sublime steamed crab dish. He then heads back to town in search of a restaurant that specialises in traditional Chinese sweet soups.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
2025-10-31	2610	Food Lifestyle	Gourmet Farmer	Reap What You Sow	04	10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	2017	RPT	PG	Y	
2025-10-31	2640	Cooking	Everyday Gourmet With Justine Schofield	Episode 35	08	35	Justine prepares Prawn Hush Puppies and Kataifi Crusted Cod. Chef James Viles shares his Whipped Yuzu Curd recipe.	AUSTRALIA	English-100	2018	RPT	PG		
2025-10-31	2710	Cooking	The Cook Up With Adam Liaw	Fast Serves	06	79	It's dinner in an instant as Adam and his guests, YouTube ace Ann Reardon and tennis ace Priscilla Hon, showcase their best fast serves.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-10-31	2735	Cooking	The Cook And The Chef	Catering For Different Tastes	01	20	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not only gluten free but "everything free."	AUSTRALIA	English-100	2006	RPT	G		
2025-10-31	2805	Travel	Audra's Eat, Roam, Relish	Miri And Bario	01	5	After harvesting the prized Gulf Apung in a Noah palm rainforest, Audra travels to Miri-Sarawak's second biggest city and its most modern.	AUSTRALIA	English-80; Malay-20	2024	RPT	PG		Y
2025-10-31	2830	Cooking	Nigella Feasts	Breakfast All Hours	01	5	Nigella Lawson cooks up breakfast at all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls. Nigella is making a fabulous crunchy chocolate peanut granola and cheese cakelets with strawberry sauce for a leisurely breakfast with the kids. Then she's whipping up a fantastic back from the party midnight feast of bacon and tomato hash.	UNITED KINGDOM	English-100	2006	RPT	G	Y	
2025-11-01	0500	Travel	Hidden Flavours Of India	Pride	01	9	Ruchi stops at the Famous Bogibeel Bridge that has been built across the mighty Bharamaputra, then learns the secrets of the region's tea growing.	INDIA	English-50; Hindi-50	2021	RPT	G		

2025-11-01	0530	Travel	Jason Atherton's Dubai Dishes	Jumeirah	02	5	Jason is on the beach in the coastal area of Jumeirah where he delves into the ancient Arabic art of pickling and cooking up dishes, including a Dubai version of a chip butty.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-11-01	0625	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G	
2025-11-01	0630	Travel	Tareq Taylor's Nordic Cookery	Nordjylland, Denmark	02	7	At the northern-most part of Denmark, you are always close to raw, beautiful nature, and incredible sunlight that has drawn artists here for over 100 years.	SWEDEN	English-100	2013	RPT	PG	
2025-11-01	0700	Food Lifestyle	Legends Of The Fork	Flavour Pioneers	01	8	Buddy visits two culinary powerhouses who are bringing the flavors of their native countries to the places they now call home.	USA	English-100	2023	RPT	G	
2025-11-01	0730	Cooking	Kriol Kitchen	Ali & Mitch Torres: Barni (Goanna) Caesar Salad & PAN Fried Damper	02	10	Ali and Mitch take the bush goanna and give it a dressing up in this recipe of the traditional Caesar Salad, replacing the chicken and eggs with chunky pieces of Barni and served with damper.	AUSTRALIA		2014	RPT	G	Y
2025-11-01	0800	Cooking	Comfort Food With Spencer Watts	Comfort With A Kick	02	5	Spencer likes a little spice and a lot of flavour. He cooks up some delicious comfort food with a little heat to tickle our taste buds, including Cajun shrimp cakes with a creole etouffee, Brazilian moqueca with halibut and shrimp in a bed of coconut milk, and finally, Mexican spicy beef pupusas with all the trimmings.	CANADA	English-100	2023	RPT	PG	
2025-11-01	0830	Cooking	My Market Kitchen	Episode 50	05	50	Chef Lesley Chan shows Ben his special stir-fried rice vermicelli with beef recipe.	AUSTRALIA	English-100	2021	RPT	G	
2025-11-01	0900	Cooking	Lidia's Kitchen	Start The Day	10	25	Lidia is excited to start the day together and cook up something delicious. She begins with a one-skillet breakfast wonder. Fried Potatoes With Sausage And Eggs-packed with protein in every bite.	USA	English-100	2023	RPT	G	
2025-11-01	0930	Cooking	Mary Makes It Easy	Soup's On!	03	15	Mary. Loves. Soup. Join the soup obsession with recipes that vary from cozy to chill, smooth or chunky, plus an ample dose of cheese, duh.	CANADA	English-100	2023	RPT	G	
2025-11-01	1000	Cooking	Tom Kerridge's Pub Kitchen Secrets	Double Acts	02	5	Tom shows us how to combine flavours together to make magic on a plate.	UNITED KINGDOM	English-100	2025	RPT		
2025-11-01	1030	Cooking	Nigella Feasts	Breakfast All Hours	01	5	Nigella Lawson cooks up breakfast at all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls. Nigella is making a fabulous crunchy chocolate peanut granola and cheese cakelets with strawberry sauce for a leisurely breakfast with the kids. Then she's whipping up a fantastic back from the party midnight feast of bacon and tomato hash.	UNITED KINGDOM	English-100	2006	RPT	G	Y
2025-11-01	1100	Cooking	The Cook Up With Adam Liaw	Fast Serves	06	79	It's dinner in an instant as Adam and his guests, YouTube ace Ann Reardon and tennis ace Priscilla Hon, showcase their best fast serves.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-11-01	1130	Food Lifestyle	Gourmet Farmer	Reap What You Sow	04	10	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	2017	RPT	PG	Y
2025-11-01	1200	Travel	Audra's Eat, Roam, Relish	Miri And Bario	01	5	After harvesting the prized Gulf Apong in a Noah palm rainforest, Audra travels to Miri-Sarawak's second biggest city and its most modern.	AUSTRALIA	English-80; Malay-20	2024	RPT	PG	Y

2025-11-01	1230	Cooking	Nigella Feasts	Breakfast All Hours	01	5	Nigella Lawson cooks up breakfast at all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls. Nigella is making a fabulous crunchy chocolate peanut granola and cheese cakelets with strawberry sauce for a leisurely breakfast with the kids. Then she's whipping up a fantastic back from the party midnight feast of bacon and tomato hash.	UNITED KINGDOM	English-100	2006	RPT	G	Y	
2025-11-01	1300	Food Lifestyle	Legends Of The Fork	Flavour Pioneers	01	8	Buddy visits two culinary powerhouses who are bringing the flavors of their native countries to the places they now call home.	USA	English-100	2023	RPT	G		
2025-11-01	1330	Cooking	Kriol Kitchen	Ali & Mitch Torres: Barri (Goanna) Caesar Salad & PAN Fried Damper	02	10	Ali and Mitch take the bush goanna and give it a dressing up in this recipe of the traditional Caesar Salad, replacing the chicken and eggs with chunky pieces of Barri and served with damper.	AUSTRALIA		2014	RPT	G	Y	
2025-11-01	1400	Cooking	Comfort Food With Spencer Watts	Comfort With A Kick	02	5	Spencer likes a little spice and a lot of flavour. He cooks up some delicious comfort food with a little heat to tickle our taste buds, including Cajun shrimp cakes with a creole etouffee, Brazilian moqueca with halibut and shrimp in a bed of coconut milk, and finally, Mexican spicy beef pupusas with all the trimmings.	CANADA	English-100	2023	RPT	PG		
2025-11-01	1430	Food Lifestyle	Come Dine With Me: The Professionals	Middlesbrough B	02	17	In Middlesbrough, steak and seafood restaurant Lost Property kickstart the competition with head chef Joe and manager Maria whipping up some serious surf and turf sharing boards.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-11-01	1525	Cooking	Bring A Plate	Lee's Magwinya	01	6	The cute, round balls in the African dessert called Magwinya are proudly served by Lee. This simple dessert was a family favourite of hers in Zimbabwe and the perfect sweet end to this meal.	AUSTRALIA	English-100	2024	RPT	G	Y	
2025-11-01	1530	Food Lifestyle	Come Dine With Me: The Professionals	Exeter A	02	18	Today's Come Dine With Me Professionals head to Devon. First up are step-mum and step-son Zoe and Don from Honky Tonk, who offer up their unique brand of wine and dine.	UNITED KINGDOM	English-100	2022	RPT	PG	I	
2025-11-01	1625	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	01	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	2013	RPT	G	Y	Y
2025-11-01	1630	Cooking	Be My Guest With Ina Garten	Wendell Pierce	06	4	Award-winning actor and producer Wendell Pierce is joining Ina for cooking and conversation at the barn.	USA	English-100	2024	RPT	G		
2025-11-01	1700	Food Lifestyle	Kitchen Glow Up	Chef's Dream Kitchen, A	2025	8	Culinary event producer Caryl Chinn's 1970s kitchen is a design disaster, embarrassing her during tastings with top chefs. With broken appliances, wasted space & clutter everywhere, she's counting on Ellen to deliver a kitchen fit for work & play.	USA	English-100	2025		PG		
2025-11-01	1730	Cooking	Lorraine Pascale: Be A Better Cook	Tony Sartori	01	1	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	G		
2025-11-01	1800	Food Lifestyle	Sachie's Kitchen	Marlborough	02	1	We travel to Marlborough. Susan Macdonald and her husband are passionate about Middlehurst station and their sheep. Also, meet Sebastian and Daniela who run La Roca Food Truck.	NEW ZEALAND	English-100	2021	RPT	PG	a w	
2025-11-01	1830	Cooking	Hairy Bikers Go Local	Home: Penarth, South Wales	01	1	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". They're offering diners an eight-course tasting menu and the Bikers delight in their menu.	UNITED KINGDOM	English-100	2022	RPT	G		

2025-11-01	1935	Travel	Remarkable Places To Eat	Mallorca	03	2	Pastry Chef Rameet Gill takes Fred to Mallorca to experience incredible island cooking, from a buzzing beach bar serving holiday food in the sun, to light and fluffy pastries.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	Y
2025-11-01	2035	Biography	Heston Blumenthal: Life With Bipolar	Heston Blumenthal: Life With Bipolar	0	0	Heston Blumenthal is one the world's greatest chefs, yet in 2023, he started experiencing hallucinations and suicidal thoughts. He was hospitalised and diagnosed with bipolar disorder. This film follows Heston as he tries to understand the role this played in his success. With exclusive access to those closest to him, this is an emotional exploration of a devastating mental health condition.	UNITED KINGDOM	English-100	2025	RPT	M	a	Y
2025-11-01	2135	Travel	Anthony Bourdain: The Layover	Sao Paulo	2	4	Sao Paulo, a city Tony now loves. Tony catches up with old friends to taste the best of Brazilian fine dining at D.O.M.	USA	English-100	2012	RPT	PG	a ls	Y
2025-11-01	2225	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	01	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	2013	RPT	G		Y Y
2025-11-01	2230	Food Lifestyle	Getting Grilled With Curtis Stone	Chelsea Peretti	01	3	Curtis Stone puts his guests from the worlds of film, music, sports, and beyond in the hot seat.	USA	English-100	2024				
2025-11-01	2330	Food Lifestyle	Come Dine With Me: The Professionals	Middlesbrough B	02	17	In Middlesbrough, steak and seafood restaurant Lost Property kickstart the competition with head chef Joe and manager Maria whipping up some serious surf and turf sharing boards.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-11-01	2425	Cooking	Bring A Plate	Lee's Magwinya	01	6	The cute, round bails in the African dessert called Magwinya are proudly served by Lee. This simple dessert was a family favourite of hers in Zimbabwe and the perfect sweet end to this meal.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-11-01	2430	Food Lifestyle	Come Dine With Me: The Professionals	Exeter A	02	18	Today's Come Dine With Me Professionals head to Devon. First up are step-mum and step-son Zoe and Don from Honky Tonk, who offer up their unique brand of wine and dine.	UNITED KINGDOM	English-100	2022	RPT	PG	I	
2025-11-01	2525	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bida shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G		
2025-11-01	2530	Cooking	Hairy Bikers Go Local	Home: Penarth, South Wales	01	1	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". They're offering diners an eight-course tasting menu and the Bikers delight in their menu.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-11-01	2635	Travel	Remarkable Places To Eat	Mallorca	03	2	Pastry Chef Rameet Gill takes Fred to Mallorca to experience incredible island cooking, from a buzzing beach bar serving holiday food in the sun, to light and fluffy pastries.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	Y
2025-11-01	2730	Travel	Anthony Bourdain: The Layover	Sao Paulo	2	4	Sao Paulo, a city Tony now loves. Tony catches up with old friends to taste the best of Brazilian fine dining at D.O.M.	USA	English-100	2012	RPT	PG	a ls	Y
2025-11-01	2825	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	01	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	2013	RPT	G		Y Y
2025-11-01	2830	Cooking	Be My Guest With Ina Garten	Wendell Pierce	06	4	Award-winning actor and producer Wendell Pierce is joining Ina for cooking and conversation at the barn.	USA	English-100	2024	RPT	G		