



WEEK 45 Sunday, 2 November 2025 Saturday, 8 November 2025

Date	Start Time	Genre	Title
2025-11-02	0500	Food Lifestyle	Kitchen Glow Up
2025-11-02	0530	Food Lifestyle	Come Dine With Me: The Professionals
2025-11-02	0625	Cooking	Bring A Plate
2025-11-02	0630	Food Lifestyle	Come Dine With Me: The Professionals
2025-11-02	0725	Cooking	A Taste Of Island Dreams
2025-11-02	0730	Cooking	Hairy Bikers Go Local
2025-11-02	0835	Travel	Remarkable Places To Eat
2025-11-02	0930	Food Lifestyle	Getting Grilled With Curtis Stone
2025-11-02	1030	Cooking	Be My Guest With Ina Garten
2025-11-02	1100	Cooking	Lorraine Pascale: Be A Better Cook
2025-11-02	1130	Food Lifestyle	Come Dine With Me: The Professionals
2025-11-02	1225	Cooking	Bring A Plate
2025-11-02	1230	Food Lifestyle	Come Dine With Me: The Professionals
2025-11-02	1325	Travel	Destination Flavour Japan Bitesize
2025-11-02	1330	Food Lifestyle	Sachie's Kitchen
2025-11-02	1400	Food Lifestyle	Kitchen Glow Up
2025-11-02	1430	Food Lifestyle	Come Dine With Me: The Professionals
2025-11-02	1525	Cooking	Please Eat Slowly Bitesize

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
Chef's Dream Kitchen, A	2025	8	Culinary event producer Caryl Chin'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	RPT	PG				
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				
Lee's Magwinya	01	6	The cute, round balls in the African dessert called Maginwa 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		
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			
Lemon Chili Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Almah Bida shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G				
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				
Mallorca	03	2	Pastry Chef Ravneet 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	
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	RPT	PG				
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				
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				
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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-75; Japanese-25	2013	RPT	G		Y	Y	
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			
Chef's Dream Kitchen, A	2025	8	Culinary event producer Caryl Chin'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	RPT	PG				
Essex A	02	19	Starting tonight's competition is chef and owner Billy and his manager Sam, who are confident their original vegan BBQ menu will bag them the grand. Chef Jim and his partner Samantha from rival vegan restaurant The Oak Tree are relishing the prospect of an all plant-based competition.	UNITED KINGDOM	English-100	2022	RPT	PG				
Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G				

2025-11-02	1530	Food Lifestyle	Come Dine With Me: The Professionals	Edinburgh A	02	20	The competition has headed to Edinburgh where first to host are front of house Matthew and chef Yaw from Bundits. They are hoping to impress their guests Buumba and Mario of Riverlife and Frazer and Jon of Piper's Rest with a variety of colourful Asian street food.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-11-02	1625	Cooking	A Taste Of Island Dreams	Island Dreams No-Rice "Rice" Pudding"	1	6	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bida shares a recipe passed down from her mother.	AUSTRALIA	English-100	2024	RPT	G		
2025-11-02	1630	Travel	Masters Of Taste With Gary Mehigan	Best Of Hyderabad	02	16	From an Andhra Thali to a Nizami spread, Gary eats his way through Hyderabad.	USA	English-100	2019	RPT	G		
2025-11-02	1700	Travel	Sophie Grigson: Slice Of Italy	Puglia Forever	02	10	Sophie visits the baroque city of Lecce and one of Italy's most famous deserts is on the menu at the trullo - tramiu. Sophie then ensures that her passion for Puglia will never be forgotten!	UNITED KINGDOM	English-100	2023	RPT	G		Y
2025-11-02	1730	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	G	Y	Y
2025-11-02	1830	Travel	James Martin's Spanish Adventure	Cadiz	01	12	James is shown around Cadiz by Jose Pizarro. They visit the food market and Sherry Triangle, then eat by the sea. James explores the salt flats and they cook at Jose's villa.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
2025-11-02	1930	Travel	Adam Richman Eats Britain	Eton Mess	01	5	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's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-11-02	2000	Travel	Malaysia Gourmet With Justine Schofield	Ep 8	01	8	Justine highlights Malaysia's vibrant nature and delectable treats. She prepares a fruit salad and seafood barbecue before unveiling the sweet delight of Malaysian cuisine: Onde-onde.	AUSTRALIA	English-100	2023	RPT	G		
2025-11-02	2030	Travel	Rick Stein's Far Eastern Odyssey	Cambodia And Vietnam	01	1	One of Britain's most revered chefs and successful authors, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures which have soared to the heights of popularity the world over. Rick begins his odyssey in Cambodia, a country still recovering from the regime of the Khmer Rouge. Rick discovers the joys of freshly caught swimmer crabs cooked with green peppercorns from Kampot, once the king of pepper.	UNITED KINGDOM	English-100	2009	RPT	PG		Y
2025-11-02	2140	Travel	Anthony Bourdain: The Layover	Toronto	2	5	Tony has less than 48 hours to kill in the biggest city in Canada-Toronto. Looked at as a second-rate city when compared to Canadian tourist destinations Montreal and Vancouver, Toronto actually hides a do it yourself food scene and a place where you can find surprising and tasty eats around each corner.	USA	English-100	2012	RPT	PG	a l s	Y
2025-11-02	2235	Food Lifestyle	Getting Grilled With Curtis Stone	Joel McHale	01	4	Curtis Stone puts his guests from the worlds of film, music, sports, and beyond in the hot seat.	USA	English-100	2024		PG		
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2025-11-02	2435	Travel	James Martin's Spanish Adventure	Cadiz	01	12	James is shown around Cadiz by Jose Pizarro. They visit the food market and Sherry Triangle, then eat by the sea. James explores the salt flats and they cook at Jose's villa.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
2025-11-02	2530	Travel	Adam Richman Eats Britain	Eton Mess	01	5	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's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons.	UNITED KINGDOM	English-100	2024	RPT	G		
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2025-11-03	0625	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G		
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2025-11-03	0925	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		
2025-11-03	0930	Travel	Adam Richman Eats Britain	Eton Mess	01	5	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's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons.	UNITED KINGDOM	English-100	2024	RPT	G		
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2025-11-03	1200	Travel	Hidden Flavours Of India	Admiration	01	10	Ruchi travels the famous but treacherous Stilwell Road, learning its history before visiting Chef Lakhar's restaurant to discuss Assamese cuisine.	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-11-03	1230	Travel	Jason Atherton's Dubai Dishes	Hajar Mountains, The	02	6	Jason escapes the city on an epic adventure into the Hajar Mountains, the highlands of Dubai, where he fires up the coals to barbecue delicious dishes using local ingredients like mountain honey.	UNITED KINGDOM	English-100	2024	RPT	PG		
2025-11-03	1325	Cooking	Destination Flavour Fillers	Episode 1	01	1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y	
2025-11-03	1330	Travel	Tareq Taylor's Nordic Cookery	Ost Denmark (Denmark)	02	8	East Denmark contains some of Denmark's most fertile lands, and many formerly traditional farmers are converting to organic production and winning awards for their specialist cheeses and wine.	SWEDEN	English-100	2013	RPT	PG		
2025-11-03	1400	Food Lifestyle	Legends Of The Fork	Old-School Eateries	01	9	Buddy hits up two old school eateries that are straight out of a time machine. Starting with Superdawg in Chicago, a 50s style drive-in that serves up a legendary hot dog based on generational recipes.	USA	English-100	2023	RPT	G		
2025-11-03	1430	Cooking	Kriol Kitchen	Patty Mami: Creamy Chilli Squid & Soybean Seafood Soup	03	1	Patty Mami shows us how to prepare creamy chilli squid and soybean seafood soup. Drawing on her multicultural heritage, Patty cooks up two dishes of her own making.	AUSTRALIA	English-100	2014	RPT	G	Y	
2025-11-03	1500	Cooking	Comfort Food With Spencer Watts	Sweet Tooth Comfort	02	6	Spencer has a sweet tooth and he is sharing three sweet treat recipes to help us indulge our love of sugar as well! Candied orange and caramelised white chocolate blondies with orange cream cheese frosting are melt in your mouth delicious. Then Spencer makes a spin a popcorn cake that holds a special place in his heart.	CANADA	English-100	2023	RPT	G		
2025-11-03	1530	Cooking	My Market Kitchen	Episode 51	05	51	Pancakes are the order of the day when Ben tosses his Pancakes with Poached Berries. Next, nutritionist Jemma makes Berry Grape Jam and Macadamia Nut Butter Toast.	AUSTRALIA	English-100	2021	RPT	G		
2025-11-03	1600	Cooking	Lidia's Kitchen	An Italian Cookout	10	26	Lidia has welcomed us all back into her home, so of course she wants to throw us a cookout...the Lidia way!	USA	English-100	2023		G		

2025-11-03	1630	Cooking	Mary Makes It Easy	When You Fish Upon A Star	03	16	Mary helps you master the catch of the day with recipes focused around fish, including zesty tuna tartare and curried salmon en papillote.	CANADA	English-100	2023	RPT	G			
2025-11-03	1700	Cooking	Tom Kerridge's Pub Kitchen Secrets	French Connection	02	6	Tom's traditional British pub takes inspiration from the across the channel.	UNITED KINGDOM	English-100	2025		G			
2025-11-03	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 36	08	36	Justine makes a quick Homemade Sauerkraut and is later joined by Chef Alejandro Saravia to prepare a traditional Peruvian Ceviche.	AUSTRALIA	English-100	2018		G			
2025-11-03	1800	Travel	Audra's Eat, Roam, Relish	New Kuching, The	01	6	Audra's final days in the highlands takes her to the coffee farms of Long Banga and the spiritual ascent of Prayer Mountain.	AUSTRALIA	English-90; Malay-20	2024	RPT	PG		Y	
2025-11-03	1830	Cooking	Nigella Feasts	Chocolate Heaven	01	6	Nigella Lawson shares her all-time favourite haul of fame chocolate recipes. From the unbelievably delicious and simple old-fashioned chocolate cake with a thick frosting, through a chocolate cheesecake, chocolate caramel crispy cakes, chewy triple chocolate brownies to the perfect nightcap, rum laced hot chocolate.	UNITED KINGDOM	English-100	2006	RPT	G		Y	
2025-11-03	1900	Cooking	The Cook Up With Adam Liaw	All Together Now	06	80	It's Easy Entertaining with The Cook Up, and Adam and his guests, actor Bert LaBonte and chef Rodney Dunn, are making a menu all together now.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-11-03	1930	Cooking	Donal's Family Food In Minutes	Big Weekend, The	01	4	This week Donal takes on The Big Weekend, when you have that extra time that the week doesn't offer to cook low and slow or the big feast meal.	UNITED KINGDOM	English-100	2020		G			
2025-11-03	2000	Travel	Rick Stein's Food Stories	Yorkshire	01	13	In God's own country, Rick discovers the history of the Yorkshire pud and how best to make it. He visits the UK's biggest tofu factory and cooks delicious veggie dishes at home.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
2025-11-03	2030	Culture & Society	Stanley Tucci: Searching For Italy	Sardinia	02	6	Stanley Tucci visits the Italian island of Sardinia. Famous for its harsh, rugged landscape, crystal blue ocean, and passionately preserved traditions, Tucci will learn how Sardinian food culture varies wildly throughout the island.	USA	English-90; Italian-10	2022	RPT	PG	a w	Y	Y
2025-11-03	2125	Cooking	Destination Flavour China Bitesize	Li Hongzhang's Chop Suey	01	4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
2025-11-03	2130	Food Lifestyle	Gourmet Farmer	Good Food Needs Good Soil	05	1	With his new farm to table restaurant up and running for a year now, Matthew takes up the ambitious challenge of improving the quality of his food by exploring natural ways to nourish his soil using regenerative agriculture.	AUSTRALIA	English-100	2018	RPT	G		Y	
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2025-11-03	2230	Cooking	The Cook Up With Adam Liaw	All Together Now	06	80	It's Easy Entertaining with The Cook Up, and Adam and his guests, actor Bert LaBonte and chef Rodney Dunn, are making a menu all together now.	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-11-03	2300	Cooking	The Cook And The Chef	Planning	01	21	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season. Maggie discovers a few plum pudding secrets and shows us how to make the fruit filling for her deliciously rich 'mini' mince pies. At this time of year Simon's into pickling, starting with an old favourite the pickled onion.	AUSTRALIA	English-100	2006	RPT	G			
2025-11-03	2330	Travel	Jason Atherton's Dubai Dishes	Hajar Mountains, The	02	6	Jason escapes the city on an epic adventure into the Hajar Mountains, the highlands of Dubai, where he fires up the coals to barbecue delicious dishes using local ingredients like mountain honey.	UNITED KINGDOM	English-100	2024	RPT	PG			
2025-11-03	2425	Cooking	Destination Flavour Fillers	Episode 1	01	1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	
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2025-11-03	2500	Travel	Rick Stein's Food Stories	Yorkshire	01	13	In God's own country, Rick discovers the history of the Yorkshire pud and how best to make it. He visits the UK's biggest tofu factory and cooks delicious veggie dishes at home.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
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2025-11-03	2625	Cooking	Destination Flavour China Bitesize	Li Hongzhang's Chop Suey	01	4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
2025-11-03	2630	Food Lifestyle	Gourmet Farmer	Good Food Needs Good Soil	05	1	With his new farm to table restaurant up and running for a year now, Matthew takes up the ambitious challenge of improving the quality of his food by exploring natural ways to nourish his soil using regenerative agriculture.	AUSTRALIA	English-100	2018	RPT	G		Y	
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2025-11-03	2830	Travel	Hidden Flavours Of India	Admiration	01	10	Ruchi travels the famous but treacherous Stilwell Road, learning its history before visiting Chef Lakhar's restaurant to discuss Assamese cuisine.	INDIA	English-50; Hindi-50	2021	RPT	G			Y
2025-11-04	0500	Travel	Tareq Taylor's Nordic Cookery	Ost Danmark (Denmark)	02	8	East Denmark contains some of Denmark's most fertile lands, and many formerly traditional farmers are converting to organic production and winning awards for their specialist cheeses and wine.	SWEDEN	English-100	2013	RPT	PG			
2025-11-04	0530	Travel	Jason Atherton's Dubai Dishes	Hajar Mountains, The	02	6	Jason escapes the city on an epic adventure into the Hajar Mountains, the highlands of Dubai, where he fires up the coals to barbecue delicious dishes using local ingredients like mountain honey.	UNITED KINGDOM	English-100	2024	RPT	PG			
2025-11-04	0625	Cooking	Destination Flavour Fillers	Episode 1	01	1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	
2025-11-04	0630	Cooking	Kriol Kitchen	Petty Mamid: Creamy Chill Squid & Soybean Seafood Soup	03	1	Petty Mamid shows us how to prepare creamy chilli squid and soybean seafood soup. Drawing on her multicultural heritage, Petty cooks up two dishes of her own making.	AUSTRALIA	English-100	2014	RPT	G		Y	
2025-11-04	0700	Cooking	Comfort Food With Spencer Watts	Sweet Tooth Comfort	02	6	Spencer has a sweet tooth and he is sharing three sweet treat recipes to help us indulge our love of sugar as well! Candelied orange and caramelised white chocolate blondies with orange cream cheese frosting are melt in your mouth delicious. Then Spencer makes a spin a popcorn cake that holds a special place in his heart.	CANADA	English-100	2023	RPT	G			
2025-11-04	0730	Cooking	My Market Kitchen	Episode 51	05	51	Pancakes are the order of the day when Ben tosses his Pancakes with Poached Berries. Next, nutritionist Jemma makes Berry Grape Jam and Macadamia Nut Butter Toast.	AUSTRALIA	English-100	2021	RPT	G			
2025-11-04	0800	Cooking	Lidia's Kitchen	An Italian Cookout	10	26	Lidia has welcomed us all back into her home, so of course she wants to throw us a cookout...the Lidia way!	USA	English-100	2023	RPT	G			
2025-11-04	0830	Cooking	Mary Makes It Easy	When You Fish Upon A Star	03	16	Mary helps you master the catch of the day with recipes focused around fish, including zesty tuna tartare and curried salmon en papillote.	CANADA	English-100	2023	RPT	G			
2025-11-04	0900	Cooking	Tom Kerridge's Pub Kitchen Secrets	French Connection	02	6	Tom's traditional British pub takes inspiration from the across the channel.	UNITED KINGDOM	English-100	2025	RPT	G			
2025-11-04	0930	Cooking	Donal's Family Food In Minutes	Big Weekend, The	01	4	This week Donal takes on The Big Weekend, when you have that extra time that the week doesn't offer to cook low and slow or the big feast meal.	UNITED KINGDOM	English-100	2020	RPT	G			
2025-11-04	1000	Travel	Rick Stein's Food Stories	Yorkshire	01	13	In God's own country, Rick discovers the history of the Yorkshire pud and how best to make it. He visits the UK's biggest tofo factory and cooks delicious veggie dishes at home.	UNITED KINGDOM	English-100	2023	RPT	PG		a w	
2025-11-04	1030	Cooking	Everyday Gourmet With Justine Schofield	Episode 36	08	36	Justine makes a quick Homemade Sauerkraut and is later joined by Chef Alejandro Saravia to prepare a traditional Peruvian Ceviche.	AUSTRALIA	English-100	2018	RPT	G			
2025-11-04	1100	Cooking	The Cook Up With Adam Liaw	All Together Now	06	80	It's Easy Entertaining with The Cook Up, and Adam and his guests, actor Bert LaBonte and chef Rodney Dunn, are making a menu all together now.	AUSTRALIA	English-100	2023	RPT	G		Y	

2025-11-04	1130	Cooking	Nigella Feasts	Chocolate Heaven	01	6	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes. From the unbelievably delicious and simple old-fashioned chocolate cake with a thick frosting, through a chocolate cheesecake, chocolate caramel crispy cakes, chewy triple chocolate brownies to the perfect nightcap, rum laced hot chocolate.	UNITED KINGDOM	English-100	2006	RPT	G	Y
2025-11-04	1200	Travel	Hidden Flavours Of India	Love	01	11	In Ruchi's journey, she hears of the beautiful love story of Jina and Etiban, often referred to as the Romeo and Juliet of Nagaland. Then she makes an Aao Naga meal in their memory.	INDIA	English-50; Hindi-50	2021	RPT	G	Y
2025-11-04	1230	Travel	Jason Atherton's Dubai Dishes	Dubai Marina	02	7	Jason is in one of the most popular parts of the city, Dubai Marina, exploring food that looks so good it goes viral, with a mouthwatering menu that includes baba ghanoush.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-11-04	1325	Cooking	Destination Flavour Fillers	Episode 3	01	3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y
2025-11-04	1330	Travel	Tareq Taylor's Nordic Cookery	Kristianstad, Sweden	02	9	Located in Sweden's south, beautiful Kristianstad is a 400-year old town surrounded by the ocean, fertile farmland and protected wetlands to aid the environment.	SWEDEN	English-100	2013	RPT	PG	
2025-11-04	1400	Food Lifestyle	Legends Of The Fork	One Ingredient Wonders	01	10	Buddy is visiting two restaurants who craft their legendary menus around one star ingredient. First up, he heads to Sweet Potato Sensations in Detroit, Michigan.	USA	English-100	2023	RPT	G	Y
2025-11-04	1430	Cooking	Kriel Kitchen	Neville Poelina: Orange Duck & Curry Bush Turkey	03	2	Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty-four gallon homemade bush oven.	AUSTRALIA	English-100	2014	RPT	G	Y
2025-11-04	1500	Cooking	Comfort Food With Spencer Watts	Magical Beans	02	7	Spencer sets the oven on low and celebrates his love of beans - black bean and kabocha squash soup and braised Swiss chard and chili pesto. Then he makes his Mediterranean style broad beans in tomatoes and feta sauce, and finally rounds out the episode with fragrant Indian spiced lentils with fennel cream.	CANADA	English-100	2023	RPT	G	
2025-11-04	1530	Cooking	My Market Kitchen	Episode 52	05	52	The show kicks off with a South American theme as Ben cooks a smoky and delicious Roast Peruvian-Spiced Chicken before Tobie Puttock changes gears with his Sticky Miso Eggplant.	AUSTRALIA	English-100	2021	RPT	G	
2025-11-04	1600	Cooking	Lidia's Kitchen	Welcome To My Kitchen	11	1	Lidia invites us back into her kitchen where her family, her story, where it all began. She beckons us with a freshly baked Focaccia di Recco, filled with stracchino cheese.	USA	English-100	2024		G	
2025-11-04	1630	Cooking	Mary Makes It Easy	Steakhouse Sides	03	17	Mary prepares indulgent side dishes that stand out next to a steak, like shrimp scampi stuffed potato, or stuffed mushrooms two ways.	CANADA	English-100	2023	RPT	G	
2025-11-04	1700	Cooking	Tom Kerridge's Pub Kitchen Secrets	Fast And Fresh	02	7	In Fast and Fresh, today's veg delivery includes Isle of Wight tomatoes to make an amazing salad for the guests. And Tom shows us more fast and fresh dishes we can cook at home.	UNITED KINGDOM	English-100	2025		PG	
2025-11-04	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 37	08	37	Justine creates a simple Ricotta and Pea Pie and Chinese-Style Chicken Crepes. MasterChef winner Diana Chan prepares Homemade Ricotta on Brioche with Figs and Honey.	AUSTRALIA	English-100	2018		G	
2025-11-04	1800	Cooking	Paula McIntyre's Hamely Kitchen	Episode 1	03	1	Paula shows us her version of cullen skink soup with a hunk of cheese and scallion soda bread on the side. She heads to Cushendun beach, to share tips on how to barbecue the perfect pork shoulder.	UNITED KINGDOM	English-100	2023	RPT	G	
2025-11-04	1830	Cooking	Nigella Feasts	Food To Go	01	7	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham, through to outrageous glazed quadruple chocolate cake.	UNITED KINGDOM	English-100	2006	RPT	G	Y
2025-11-04	1900	Cooking	The Cook Up With Adam Liaw	Comfort Food	06	82	We're celebrating Refugee Week. The founder of Aunty's Ginger Tonic, Yarric Nabaloun, and the recipient of the Les Murray Award for Refugee Recognition, Danijel Matkovic, joins Adam.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-11-04	1930	Cooking	Silvia's Italian Masterclass	What Mamma Taught Me (Family Favourites)	02	5	Creating family dinners overnight for a family of five, with children of different ages, can be quite the task, and God forbid an Italian cook would prepare separate dinners.	AUSTRALIA	English-100	2024		G	
2025-11-04	2000	Cooking	The Big Irish Food Tour	County Tyrone With Dennis Taylor	01	2	Watched by 18 million people across the UK, the 1985 World Snooker Championship has gone down in history as one of the greatest sporting matches in history won by Northern Irish legend Dennis Taylor.	UNITED KINGDOM	English-100	2024	RPT	PG	a w
2025-11-04	2030	Cooking	Rachel Khoo's Chocolate	Special Occasions	01	5	Rachel Khoo is a strong believer that if something is worth celebrating, it must involve chocolate!	UNITED KINGDOM	English-100	2021		PG	

2025-11-04	2130	Food Lifestyle	Gourmet Farmer	Fermented Flavours	05	2	Its Autumn on Fat Pig Farm, and Matthew considers buying some goats to tackle the farm's blackberry problem. The garden is overflowing with veggies, so Sadie trades some excess tomatoes for fermented miso paste.	AUSTRALIA	English-100	2018	RPT	G	Y
2025-11-04	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 37	08	37	Justine creates a simple Ricotta and Pea Pie and Chinese-Style Chicken Crepes. MasterChef winner Diana Chan prepares Homemade Ricotta on Brioche with Figs and Honey.	AUSTRALIA	English-100	2018	RPT	G	
2025-11-04	2230	Cooking	The Cook Up With Adam Liaw	Comfort Food	06	82	We're celebrating Refugee Week. The founder of Aunty's Ginger Tonic, Yarrie Nabaloum, and the recipient of the Les Murray Award for Refugee Recognition, Danijel Malbasa, joins Adam.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-11-04	2300	Cooking	The Cook And The Chef	German Influence, A	01	22	Maggie Beer is passionate about the Barossa Valley and its German Heritage. She's a proud spokesperson for the area and its many and varied food producers. Her enthusiasm with all things Barossa is absolute. Simon gets into the spirit of the Barossa's German heritage by making Gluhwein - a warming winter drink, while Maggie whips up a dessert delight with a personal twist - Golden Syrup Dumplings.	AUSTRALIA	English-100	2006	RPT	G	
2025-11-04	2330	Travel	Jason Atherton's Dubai Dishes	Dubai Marina	02	7	Jason is in one of the most popular parts of the city, Dubai Marina, exploring food that looks so good it goes viral, with a mouthwatering menu that includes baba ghanoush.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-11-04	2425	Cooking	Destination Flavour Fillers	Episode 3	01	3	Hosts Adam Liaw, Renee Lim and Uly Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y
2025-11-04	2430	Cooking	Silvia's Italian Masterclass	What Mamma Taught Me (Family Favourites)	02	5	Creating family dinners overnight for a family of five, with children of different ages, can be quite the task, and God forbid an Italian cook would prepare separate dinners.	AUSTRALIA	English-100	2024	RPT	G	
2025-11-04	2500	Cooking	The Big Irish Food Tour	County Tyrone With Dennis Taylor	01	2	Watched by 18 million people across the UK, the 1985 World Snooker Championship has gone down in history as one of the greatest sporting matches in history won by Northern Irish legend Dennis Taylor.	UNITED KINGDOM	English-100	2024	RPT	PG	a w
2025-11-04	2530	Cooking	Rachel Khoo's Chocolate	Special Occasions	01	5	Rachel Khoo is a strong believer that if something is worth celebrating, it must involve chocolate!	UNITED KINGDOM	English-100	2021	RPT	PG	
2025-11-04	2630	Food Lifestyle	Gourmet Farmer	Fermented Flavours	05	2	Its Autumn on Fat Pig Farm, and Matthew considers buying some goats to tackle the farm's blackberry problem. The garden is overflowing with veggies, so Sadie trades some excess tomatoes for fermented miso paste.	AUSTRALIA	English-100	2018	RPT	G	Y
2025-11-04	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 37	08	37	Justine creates a simple Ricotta and Pea Pie and Chinese-Style Chicken Crepes. MasterChef winner Diana Chan prepares Homemade Ricotta on Brioche with Figs and Honey.	AUSTRALIA	English-100	2018	RPT	G	
2025-11-04	2730	Cooking	The Cook Up With Adam Liaw	Comfort Food	06	82	We're celebrating Refugee Week. The founder of Aunty's Ginger Tonic, Yarrie Nabaloum, and the recipient of the Les Murray Award for Refugee Recognition, Danijel Malbasa, joins Adam.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-11-04	2800	Cooking	The Cook And The Chef	German Influence, A	01	22	Maggie Beer is passionate about the Barossa Valley and its German Heritage. She's a proud spokesperson for the area and its many and varied food producers. Her enthusiasm with all things Barossa is absolute. Simon gets into the spirit of the Barossa's German heritage by making Gluhwein - a warming winter drink, while Maggie whips up a dessert delight with a personal twist - Golden Syrup Dumplings.	AUSTRALIA	English-100	2006	RPT	G	
2025-11-04	2830	Travel	Hidden Flavours Of India	Love	01	11	In Ruchi's journey, she hears of the beautiful love story of Jina and Etiban, often referred to as the Romeo and Juliet of Nagaland. Then she makes an Aao Naga meal in their memory.	INDIA	English-50; Hindi-50	2021	RPT	G	Y
2025-11-05	0500	Travel	Tareq Taylor's Nordic Cookery	Kristianstad, Sweden	02	9	Located in Sweden's south, beautiful Kristianstad is a 400-year old town surrounded by the ocean, fertile farmland and protected wetlands to aid the environment.	SWEDEN	English-100	2013	RPT	PG	
2025-11-05	0530	Travel	Jason Atherton's Dubai Dishes	Dubai Marina	02	7	Jason is in one of the most popular parts of the city, Dubai Marina, exploring food that looks so good it goes viral, with a mouthwatering menu that includes baba ghanoush.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-11-05	0625	Cooking	Destination Flavour Fillers	Episode 3	01	3	Hosts Adam Liaw, Renee Lim and Uly Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y
2025-11-05	0630	Cooking	Krivi Kitchen	Neville Poelina: Orange Duck & Curry Bush Turkey	03	2	Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty-four gallon homemade bush oven.	AUSTRALIA	English-100	2014	RPT	G	Y
2025-11-05	0700	Cooking	Comfort Food With Spencer Watts	Magical Beans	02	7	Spencer sets the oven on low and celebrates his love of beans - black bean and babocha squash soup and braised Swiss chard and chili pesto. Then he makes his Mediterranean style broad beans in tomatoes and feta sauce, and finally rounds out the episode with fragrant Indian spiced lentils with fennel cream.	CANADA	English-100	2023	RPT	G	

2025-11-05	0730	Cooking	My Market Kitchen	Episode 52	05	52	The show kicks off with a South American theme as Ben cooks a smoky and delicious Roast Peruvian-Spiced Chicken before Tobie Puttock changes gears with his Sticky Miso Eggplant.	AUSTRALIA	English-100	2021	RPT	G	
2025-11-05	0800	Cooking	Lidia's Kitchen	Welcome To My Kitchen	11	1	Lidia invites us back into her kitchen where her family, her story, where it all began. She beckons us with a freshly baked Focaccia di Recco, filled with stracchino cheese.	USA	English-100	2024	RPT	G	
2025-11-05	0830	Cooking	Mary Makes It Easy	Steakhouse Sides	03	17	Mary prepares indulgent side dishes that stand out next to a steak, like shrimp scampi stuffed potato, or stuffed mushrooms two ways.	CANADA	English-100	2023	RPT	G	
2025-11-05	0900	Cooking	Tom Kerridge's Pub Kitchen Secrets	Fast And Fresh	02	7	In Fast and Fresh, today's veg delivery includes Isle of Wight tomatoes to make an amazing salad for the guests. And Tom shows us more fast and fresh dishes we can cook at home.	UNITED KINGDOM	English-100	2025	RPT	PG	
2025-11-05	0930	Cooking	Silvia's Italian Masterclass	What Mamma Taught Me (Family Favourites)	02	5	Creating family dinners overnight for a family of five, with children of different ages, can be quite the task, and God forbid an Italian cook would prepare separate dinners.	AUSTRALIA	English-100	2024	RPT	G	
2025-11-05	1000	Cooking	The Big Irish Food Tour	County Tyrone With Dennis Taylor	01	2	Watched by 18 million people across the UK, the 1985 World Snooker Championship has gone down in history as one of the greatest sporting matches in history won by Northern Irish legend Dennis Taylor.	UNITED KINGDOM	English-100	2024	RPT	PG	a w
2025-11-05	1030	Cooking	Everyday Gourmet With Justine Schofield	Episode 37	08	37	Justine creates a simple Ricotta and Pea Pie and Chinese-Style Chicken Crepes. MasterChef winner Diana Chan prepares Homemade Ricotta on Brioche with Figs and Honey.	AUSTRALIA	English-100	2018	RPT	G	
2025-11-05	1100	Cooking	The Cook Up With Adam Liaw	Comfort Food	06	82	We're celebrating Refugee Week. The founder of Aunty's Ginger Tonic, Yarric Nabaloun, and the recipient of the Les Murray Award for Refugee Recognition, Danijel Malbasa, joins Adam.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-11-05	1130	Cooking	Nigella Feasts	Food To Go	01	7	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham, through to outrageous glazed quadruple chocolate cake.	UNITED KINGDOM	English-100	2006	RPT	G	Y
2025-11-05	1200	Travel	Hidden Flavours Of India	Enlightenment	01	12	Ruchi visits Ghatashi, home to the Sumi Naga tribe. Here she meets Chef Joel Basumatri, who has started a movement to revive the technique of slow cooking.	INDIA	English-50; Hindi-50	2021	RPT	PG	Y
2025-11-05	1230	Travel	Jason Atherton's Dubai Dishes	Desert, The	02	8	Jason is on a health trip, heading out of the city to discover the beauty of the Desert, with a feel-good menu including homemade granola and date caramel cheesecake.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-11-05	1325	Cooking	Destination Flavour Fillers	Episode 6	01	6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y Y
2025-11-05	1330	Travel	Tareq Taylor's Nordic Cookery	Sydvestjylland, Denmark	02	10	Tareq starts the next leg of his journey by visiting Sydvestjylland-a unique area in Denmark filled with endless contrasts.	SWEDEN	English-100	2013	RPT	PG	
2025-11-05	1400	Food Lifestyle	Legends Of The Fork	Lasting Legends	01	11	Buddy hits up two time-tested restaurants that have become lasting legends. First up is Triple Crown in Chicago, Illinois where he'll taste the house-made dim sum that has kept customers coming back.	USA	English-100	2023	RPT	G	Y
2025-11-05	1430	Cooking	Kriol Kitchen	Denise Andrews Macale: Bush Turkey Stew & Chilli Fresh Water Mussels in White Wine	03	3	Denise Andrews Macale, with the help of Mitch and Ali, turns the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird.	AUSTRALIA	English-100	2014	RPT	G	Y
2025-11-05	1500	Cooking	Comfort Food With Spencer Watts	Comforting Baked Goods	02	8	Spencer bakes it sweet and savoury by introducing his cheddar chive biscuits with poached eggs and country gravy. Then it's a deep dive into autumn apples with his Dutch apple-cranberry pie with marzipan streusel, and finally, Spencer shares his tips and tricks to fluffy milk buns with flaky rosemary tops.	CANADA	English-100	2023	RPT	G	
2025-11-05	1530	Cooking	My Market Kitchen	Episode 53	05	53	Ben opens the show with his lovely Almond Frangipane and Apricot Tart, then gifts the keys to the kitchen to Chef Charlie Carrington who cooks his Israel Roasted Pumpkin with Red Onion. To wrap up the episode, wine expert Belinda joins Ben to match King Valley wines with his Whole Baked Brie.	AUSTRALIA	English-100	2021	RPT	PG	
2025-11-05	1600	Cooking	Lidia's Kitchen	Tried & True	11	2	When it comes to a surefire win, you can't go wrong with barbecue. Of course, in Lidia's Kitchen, it's with an Italian twist! To start an American classic, Four Cheese Baked Macaroni.	USA	English-100	2024		G	
2025-11-05	1630	Cooking	Mary Makes It Easy	Sneak Attack	03	18	Give yourself a nutritional sneak attack with Mary's recipes that cram in the good stuff without skipping on flavour.	CANADA	English-100	2023	RPT	G	Y

2025-11-05	1700	Cooking	Tom Kerridge's Pub Kitchen Secrets	Spice Route	02	8	Tom takes his pub kitchen to a pirate ship and his spicy chefs are the crew. And like pirates, most of the chefs have tattoos. Tom shows us a star constellation on his arm to celebrate.	UNITED KINGDOM	English-100	2025		PG			
2025-11-05	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 38	08	38	Justine brings back a favourite with her Chicken and Leek Vol-au-vents and food writer Melissa Leong shares her simple No Bake Coconut Balls, a perfect snack for kids and adults alike.	AUSTRALIA	English-100	2018		G			
2025-11-05	1800	Cooking	Paula McIntyre's Hamely Kitchen	Episode 2	03	2	Paula demonstrates her fail-safe method for cooking the perfect pork chop with a side of creamy parsnips and smoked potatoes. She pays a visit to Glenarm Castle, where she enlists help.	UNITED KINGDOM	English-100	2023	RPT	G			
2025-11-05	1830	Cooking	Nigella Feasts	Exotic Evening	01	8	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips. There's a cooling green fatoush salad with toasted pita shards, bulgur wheat and nut salad, and tiny aromatic lamb meatballs.	UNITED KINGDOM	English-100	2006	RPT	G		Y	
2025-11-05	1900	Cooking	The Cook Up With Adam Liaw	Souful Soups	06	83	Food presenter, Khanh Ong, cook Asma and Adam are in for a soup-erb night in the kitchen, making souful soups for Refugee Week!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-11-05	1930	Cooking	Nadiya's Family Favourites	Family Get Togethers	01	2	Nadiya Hussain creates dishes ideal for family get-togethers, learns how to perfect her barbeque technique with BBQ King James and meets Paul Ainsworth, Michelin Star Chef and salt enthusiast.	UNITED KINGDOM	English-100	2018		G			
2025-11-05	2000	Travel	Rachael Ray In Tuscany	Getting Figgy With It: Chicken And Fig	01	25	Rachael is joined by her husband, John, and her sister, Maria, as she shows how to prepare a Chicken and Fig dish featured on their wedding menu.	USA	English-100	2022		G			
2025-11-05	2030	Travel	Guillaume's French Atlantic	Episode 3	01	3	Join Guillaume Brahimi on this exciting journey through the windswept landscapes and gastronomic wonders of Brittany and uncover the deep-rooted traditions and flavours that have shaped his culinary heritage.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
2025-11-05	2100	Food Lifestyle	Memory Bites With Matt Moran	Ross Noble	01	2	Matt Moran explores Ross Noble's childhood through prawn cocktail, Kedgeree, and Strawberry Rhubarb Crumble, revealing how Grandma Edith and a Billy Connolly album inspired his comedy career.	AUSTRALIA	English-100	2024	RPT	G		Y	
2025-11-05	2130	Food Lifestyle	Gourmet Farmer	Elegance Of Good Ideas, The	05	3	With Winter setting in Matthew begins to tackle Fat Pig Farms long-term soil health by planting an edible native garden and using an age old form of landscaping that will benefit his farm for hundreds of years.	AUSTRALIA	English-100	2018	RPT	G		Y	
2025-11-05	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 38	08	38	Justine brings back a favourite with her Chicken and Leek Vol-au-vents and food writer Melissa Leong shares her simple No Bake Coconut Balls, a perfect snack for kids and adults alike.	AUSTRALIA	English-100	2018	RPT	G			
2025-11-05	2230	Cooking	The Cook Up With Adam Liaw	Souful Soups	06	83	Food presenter, Khanh Ong, cook Asma and Adam are in for a soup-erb night in the kitchen, making souful soups for Refugee Week!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-11-05	2300	Cooking	The Cook And The Chef	Winter And Chocolate	01	23	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues' hit, why not cheer up with some chocolate. And the good news is, Maggie and Simon show you how to use chocolate in ways that aren't all that bad for you and believe it or not, Simon teams it with rabbit. And what's better to start a program about chocolate than dessert, especially when they're desserts like Simon's Chocolate Espresso Pots and Maggie's Chocolate, Almond and Prune Slab.	AUSTRALIA	English-100	2006	RPT	G			
2025-11-05	2330	Travel	Jason Atherton's Dubai Dishes	Desert!, The	02	8	Jason is on a health trip, heading out of the city to discover the beauty of the Desert, with a feel-good menu including homemade granola and date caramel cheesecake.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-11-05	2425	Cooking	Destination Flavour Fillers	Episode 6	01	6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	Y
2025-11-05	2430	Cooking	Nadiya's Family Favourites	Family Get Togethers	01	2	Nadiya Hussain creates dishes ideal for family get-togethers, learns how to perfect her barbeque technique with BBQ King James and meets Paul Ainsworth, Michelin Star Chef and salt enthusiast.	UNITED KINGDOM	English-100	2018	RPT	G			
2025-11-05	2500	Travel	Rachael Ray In Tuscany	Getting Figgy With It: Chicken And Fig	01	25	Rachael is joined by her husband, John, and her sister, Maria, as she shows how to prepare a Chicken and Fig dish featured on their wedding menu.	USA	English-100	2022	RPT	G			
2025-11-05	2530	Travel	Guillaume's French Atlantic	Episode 3	01	3	Join Guillaume Brahimi on this exciting journey through the windswept landscapes and gastronomic wonders of Brittany and uncover the deep-rooted traditions and flavours that have shaped his culinary heritage.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
2025-11-05	2600	Food Lifestyle	Memory Bites With Matt Moran	Ross Noble	01	2	Matt Moran explores Ross Noble's childhood through prawn cocktail, Kedgeree, and Strawberry Rhubarb Crumble, revealing how Grandma Edith and a Billy Connolly album inspired his comedy career.	AUSTRALIA	English-100	2024	RPT	G		Y	
2025-11-05	2630	Food Lifestyle	Gourmet Farmer	Elegance Of Good Ideas, The	05	3	With Winter setting in Matthew begins to tackle Fat Pig Farms long-term soil health by planting an edible native garden and using an age old form of landscaping that will benefit his farm for hundreds of years.	AUSTRALIA	English-100	2018	RPT	G		Y	
2025-11-05	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 38	08	38	Justine brings back a favourite with her Chicken and Leek Vol-au-vents and food writer Melissa Leong shares her simple No Bake Coconut Balls, a perfect snack for kids and adults alike.	AUSTRALIA	English-100	2018	RPT	G			

2025-11-05	2730	Cooking	The Cook Up With Adam Liaw	Souful Soups	06	83	Food presenter, Khanh Ong, cook Asma and Adam are in for a soup-erb night in the kitchen, making souful soups for Refugee Week!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-11-05	2800	Cooking	The Cook And The Chef	Winter And Chocolate	01	23	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues' hit, why not cheer up with some chocolate. And the good news is, Maggie and Simon show you how to use chocolate in ways that aren't all that bad for you and believe it or not, Simon teams it with rabbit. And what's better to start a program about chocolate than dessert, especially when they're desserts like Simon's Chocolate Espresso Pots and Maggie's Chocolate, Almond and Prune Slab.	AUSTRALIA	English-100	2006	RPT	G			
2025-11-05	2830	Travel	Hidden Flavours Of India	Enlightenment	01	12	Ruchi visits Ghatashi, home to the Sumi Naga tribe. Here she meets Chef Joel Basumatry, who has started a movement to revive the technique of slow cooking.	INDIA	English-50; Hindi-50	2021	RPT	PG		Y	
2025-11-06	0500	Travel	Tareq Taylor's Nordic Cookery	Sydvestjylland, Denmark	02	10	Tareq starts the next leg of his journey by visiting Sydvestjylland-a unique area in Denmark filled with endless contrasts.	SWEDEN	English-100	2013	RPT	PG			
2025-11-06	0530	Travel	Jason Atherton's Dubai Dishes	Desert, The	02	8	Jason is on a health trip, heading out of the city to discover the beauty of the Desert, with a feel-good menu including homemade granola and date caramel cheesecake.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-11-06	0625	Cooking	Destination Flavour Fillers	Episode 6	01	6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	Y
2025-11-06	0630	Cooking	Kriel Kitchen	Denise Andrews Macale: Bush Turkey Stew & Chili Fresh Water Mussels In White Wine	03	3	Denise Andrews Macale, with the help of Mitch and Ali, turns the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird.	AUSTRALIA	English-100	2014	RPT	G		Y	
2025-11-06	0700	Cooking	Comfort Food With Spencer Watts	Comforting Baked Goods	02	8	Spencer bakes it sweet and savoury by introducing his cheddar chive biscuits with poached eggs and country gravy. Then it's a deep dive into autumn apples with his Dutch apple-cranberry pie with marzipan streusel, and finally, Spencer shares his tips and tricks to fluffy milk buns with flaky rosemary tops.	CANADA	English-100	2023	RPT	G			
2025-11-06	0730	Cooking	My Market Kitchen	Episode 53	05	53	Ben opens the show with his lovely Almond Frangipane and Apricot Tart, then gifts the keys to the kitchen to Chef Charlie Carrington who cooks his Israel Roasted Pumpkin with Red Onion. To wrap up the episode, wine expert Belinda joins Ben to match King Valley wines with his Whole Baked Brie.	AUSTRALIA	English-100	2021	RPT	PG			
2025-11-06	0800	Cooking	Lidia's Kitchen	Tried & True	11	2	When it comes to a surefire win, you can't go wrong with barbecue. Of course, in Lidia's Kitchen, it's with an Italian twist! To start an American classic, Four Cheese Baked Macaroni.	USA	English-100	2024	RPT	G			
2025-11-06	0830	Cooking	Mary Makes It Easy	Sneak Attack	03	18	Give yourself a nutritional sneak attack with Mary's recipes that cram in the good stuff without skimping on flavour.	CANADA	English-100	2023	RPT	G			Y
2025-11-06	0900	Cooking	Tom Kerridge's Pub Kitchen Secrets	Spice Route	02	8	Tom likens his pub kitchen to a pirate ship and his spicy chefs are the crew. And like pirates, most of the chefs have tattoos. Tom shows us a star constellation on his arm to celebrate.	UNITED KINGDOM	English-100	2025	RPT	PG			
2025-11-06	0930	Cooking	Nadiya's Family Favourites	Family Get Togethers	01	2	Nadiya Hussain creates dishes ideal for family get-togethers, learns how to perfect her barbeque technique with BBQ king James and meets Paul Ainsworth, Michelin Star Chef and salt enthusiast.	UNITED KINGDOM	English-100	2018	RPT	G			
2025-11-06	1000	Travel	Rachael Ray In Tuscany	Getting Figgy With It: Chicken And Fig	01	25	Rachael is joined by her husband, John, and her sister, Maria, as she shows how to prepare a Chicken and Fig dish featured on their wedding menu.	USA	English-100	2022	RPT	G			
2025-11-06	1030	Cooking	Everyday Gourmet With Justine Schofield	Episode 38	08	38	Justine brings back a favourite with her Chicken and Leek Vol-au-vents and food writer Melissa Leong shares her simple No Bake Coconut Balls, a perfect snack for kids and adults alike.	AUSTRALIA	English-100	2018	RPT	G			
2025-11-06	1100	Cooking	The Cook Up With Adam Liaw	Souful Soups	06	83	Food presenter, Khanh Ong, cook Asma and Adam are in for a soup-erb night in the kitchen, making souful soups for Refugee Week!	AUSTRALIA	English-100	2023	RPT	G		Y	
2025-11-06	1130	Cooking	Nigella Feasts	Exotic Evening	01	8	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips. There's a cooling green fatoush salad with toasted pita shards, bulgur wheat and nut salad, and tiny aromatic lamb meatballs.	UNITED KINGDOM	English-100	2006	RPT	G		Y	
2025-11-06	1200	Travel	Hidden Flavours Of India	Mesmerized	01	13	Ruchi's next stop is the picturesque town of Sirakhong, famous for its red chillies that grow over a foot long. Ruchi learns about their unique features, then cooks a local pork curry.	INDIA	English-50; Hindi-50	2021	RPT	G			Y
2025-11-06	1230	Travel	Jason Atherton's Dubai Dishes	Downtown	02	9	It's a fusion feast as Jason heads in amongst the city's skyscrapers to discover how Dubai's diverse culture has impacted the food scene. Then he cooks his version of beans on toast, Dubai style.	UNITED KINGDOM	English-100	2024	RPT	PG			

2025-11-06	1325	Cooking	Destination Flavour Fillers	Episode 7	01	7	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y
2025-11-06	1330	Travel	Tareq Taylor's Nordic Cookery	Nynashamn, Sweden	02	11	Sunny Nynashamn is a resort town close to Stockholm, but there is more here than the sea.	SWEDEN	English-100	2013	RPT	G	
2025-11-06	1400	Food Lifestyle	Legends Of The Fork	Breakfast Treats	01	12	Rise and shine! Buddy visits two restaurants whose breakfast offerings bring them to legendary status.	USA	English-100	2023	RPT	PG	
2025-11-06	1430	Cooking	Kriol Kitchen	Alex Rogers: Crumbed Barra Fillets With Salad, Steamed Barra With Ginger And Soy, Curry Barra Soup	03	4	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	2014	RPT	G	
2025-11-06	1500	Cooking	Comfort Food With Spencer Watts	TV Dinners	02	9	In a modern version of TV dinner nostalgia, Spencer makes his bar-raised version of Salisbury steak with gravy, Vichy peas and a potato cauliflower mash with stilton. Then it's a crispy coated chicken fried chicken with oil-battered potatoes and a caper cream sauce.	CANADA	English-100	2023	RPT	PG	
2025-11-06	1530	Cooking	My Market Kitchen	Episode 54	05	54	Ben visits Sav at Whisked to buy some truly free-range eggs for his Spanish Tortilla with Chorizo before his mate Tobie Puttock makes a thirst-quenching Peach and Thyme Soda.	AUSTRALIA	English-100	2021	RPT	G	
2025-11-06	1600	Cooking	Lidia's Kitchen	Good Friends & Good Food	11	3	The best part about gathering around the table is sharing good food with good company.	USA	English-100	2024		PG	
2025-11-06	1630	Cooking	Mary Makes It Easy	Doughn't Go Bakin' My Heart	03	19	Mary's straightforward bread recipes are all you knead: biscuits, buns, thick focaccia pizza, and a classic loaf.	CANADA	English-100	2023	RPT	G	
2025-11-06	1700	Cooking	Tom Kerridge's Pub Kitchen Secrets	Good Eggs	02	9	In Good Eggs, Tom and his team showcase the magic properties of eggs. Custard tart is on the pub menu, and Tom shows us how to make foolproof white chocolate and lemon souffles.	UNITED KINGDOM	English-100	2025		PG	
2025-11-06	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 39	08	39	Kirsten Tibballs creates the ultimate Baked Chocolate Mousse Cake and Justine prepares a flavour packed Portuguese-Style Pork Chop Sandwich.	AUSTRALIA	English-100	2018		PG	
2025-11-06	1800	Cooking	Paula McIntyre's Hamely Kitchen	Episode 3	03	3	Paula makes the perfect comfort food: beef olives with onion gravy and creamy mash. And in Mournes, cooks up monkfish with potato bread chips and a seaweed flavoured mayo.	UNITED KINGDOM	English-100	2023	RPT	G	
2025-11-06	1830	Cooking	Nigella Feasts	Solitary Sensations	01	9	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree. She adores her anytime and easy spaghetti carbonara eaten straight from the pan, grilled haloumi with egg and mint and little individual molten chocolate desserts. Even in the dead of night Nigella can be found in the kitchen rustling up a back-from-the-party snack.	UNITED KINGDOM	English-100	2006	RPT	G	Y
2025-11-06	1900	Cooking	The Cook Up With Adam Liaw	Made To Share	06	84	Footy player turned beauty pageant CEO, Anyier Yuol, and martial artist, Asif Sultan join Adam to celebrate Refugee Week with their crowd-pleasing recipes that are made to share.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-11-06	1930	Travel	Beyond Bali With Lara Lee	West Flores Mountains: Manggarai Culture And Cooking	01	7	High in the mountains of Flores, Lara Lee discovers ancestral food traditions, soul-stirring hospitality and the delicious charm of slow food from bamboo feasts & barefoot farming to pineapple sambal.	AUSTRALIA	English-90; Indonesian-10	2025		PG	Y
2025-11-06	2030	Cooking	Marion Grasby's Flavours: Heart And Home	Comfort Food	01	4	Marion meets up with a ginger producer to learn about the history and benefits of ginger. There's lively kitchen moments as Marion prepares bolognese, and finds solace in homemade wontons after a busy day.	AUSTRALIA	English-99; Thai-1	2024	RPT	G	Y
2025-11-06	2100	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 4	01	4	Conquering her fear of bees, Analiese gets her first beehive before heading off on an adventure of foraging, fishing and diving with best friend and famous Thai restaurateur, Palisa Anderson.	AUSTRALIA	English-100	2021	RPT	PG	a w Y
2025-11-06	2130	Food Lifestyle	Gourmet Farmer	Food For The Land	05	4	After having the health of his farm soil tested, Matthew explores a flavoursome way to keep his pigs fed, while using his chickens to rehabilitate the damaged soil in his pig paddocks.	AUSTRALIA	English-100	2018	RPT	G	Y
2025-11-06	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 39	08	39	Kirsten Tibballs creates the ultimate Baked Chocolate Mousse Cake and Justine prepares a flavour packed Portuguese-Style Pork Chop Sandwich.	AUSTRALIA	English-100	2018	RPT	PG	
2025-11-06	2230	Cooking	The Cook Up With Adam Liaw	Made To Share	06	84	Footy player turned beauty pageant CEO, Anyier Yuol, and martial artist, Asif Sultan join Adam to celebrate Refugee Week with their crowd-pleasing recipes that are made to share.	AUSTRALIA	English-100	2023	RPT	G	

2025-11-06	2300	Cooking	The Cook And The Chef	In The Hills	01	24	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he'd tear around the hills on his motorbike, as a chef he marvelled at the quality and range of produce to be found just 10 minutes from the city. In this episode he catches up with a Hills Bee farmer to source a special honey for a cr�me br�lee. Maggie's journey into the hills takes her to a property called Nirvana. Yes, it's heavenly, and so are the chestnuts she collects to make a delicious and surprisingly simple ravioli.	AUSTRALIA	English-100	2006	RPT	G		
2025-11-06	2330	Travel	Jason Atherton's Dubai Dishes	Downtown	02	9	It's a fusion feast as Jason heads in amongst the city's skyscrapers to discover how Dubai's diverse culture has impacted the food scene. Then he cooks his version of beans on toast, Dubai style.	UNITED KINGDOM	English-100	2024	RPT	PG		
2025-11-06	2425	Cooking	Destination Flavour Fillers	Episode 7	01	7	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y	
2025-11-06	2430	Travel	Beyond Bali With Lara Lee	West Flores Mountains: Manggarai Culture And Cooking	01	7	High in the mountains of Flores, Lara Lee discovers ancestral food traditions, soul-stirring hospitality and the delicious charm of slow food from bamboo feasts & barefoot farming to pineapple sambal.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	PG	Y	Y
2025-11-06	2530	Cooking	Marion Grasby's Flavours: Heart And Home	Comfort Food	01	4	Marion meets up with a ginger producer to learn about the history and benefits of ginger. There's lively kitchen moments as Marion prepares bolognese, and finds solace in homemade wontons after a busy day.	AUSTRALIA	English-99; Thai-1	2024	RPT	G	Y	Y
2025-11-06	2600	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 4	01	4	Conquering her fear of bees, Analise gets her first beehive before heading off on an adventure of foraging, fishing and diving with best friend and famous Thai restaurateur, Palisa Anderson.	AUSTRALIA	English-100	2021	RPT	PG	a w	Y
2025-11-06	2630	Food Lifestyle	Gourmet Farmer	Food For The Land	05	4	After having the health of his farm soil tested, Matthew explores a flavoursome way to keep his pigs fed, while using his chickens to rehabilitate the damaged soil in his pig paddocks.	AUSTRALIA	English-100	2018	RPT	G	Y	
2025-11-06	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 39	08	39	Kirsten Tibballs creates the ultimate Baked Chocolate Mousse Cake and Justine prepares a flavour packed Portuguese-Style Pork Chop Sandwich.	AUSTRALIA	English-100	2018	RPT	PG		
2025-11-06	2730	Cooking	The Cook Up With Adam Liaw	Made To Share	06	84	Footy player turned beauty pageant CEO, Anyier Yuoi, and martial artist, Asif Sultan join Adam to celebrate Refugee Week with their crowd-pleasing recipes that are made to share.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-11-06	2800	Cooking	The Cook And The Chef	In The Hills	01	24	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he'd tear around the hills on his motorbike, as a chef he marvelled at the quality and range of produce to be found just 10 minutes from the city. In this episode he catches up with a Hills Bee farmer to source a special honey for a cr�me br�lee. Maggie's journey into the hills takes her to a property called Nirvana. Yes, it's heavenly, and so are the chestnuts she collects to make a delicious and surprisingly simple ravioli.	AUSTRALIA	English-100	2006	RPT	G		
2025-11-06	2830	Travel	Hidden Flavours Of India	Mesmerized	01	13	Ruchi's next stop is the picturesque town of Sirakhong, famous for its red chillies that grow over a foot long. Ruchi learns about their unique features, then cooks a local pork curry.	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-11-07	0500	Travel	Tareq Taylor's Nordic Cookery	Nynashamn, Sweden	02	11	Sunny Nynashamn is a resort town close to Stockholm, but there is more here than the sea.	SWEDEN	English-100	2013	RPT	G		
2025-11-07	0530	Travel	Jason Atherton's Dubai Dishes	Downtown	02	9	It's a fusion feast as Jason heads in amongst the city's skyscrapers to discover how Dubai's diverse culture has impacted the food scene. Then he cooks his version of beans on toast, Dubai style.	UNITED KINGDOM	English-100	2024	RPT	PG		
2025-11-07	0625	Cooking	Destination Flavour Fillers	Episode 7	01	7	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y	
2025-11-07	0630	Cooking	Kriol Kitchen	Alex Rogers: Crumbed Barra Fillets With Salad, Steamed Barra With Ginger And Soy, Curry Barra Soup	03	4	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	2014	RPT	G	Y	
2025-11-07	0700	Cooking	Comfort Food With Spencer Watts	TV Dinners	02	9	In a modern version of TV dinner nostalgia, Spencer makes his bar-raised version of Salisbury steak with gravy, Vichy peas and a potato cauliflower mash with stilton. Then it's a crispy coated chicken fried chicken with dil-buttered potatoes and a caper cream sauce.	CANADA	English-100	2023	RPT	PG		
2025-11-07	0730	Cooking	My Market Kitchen	Episode 54	05	54	Ben visits Sav at Whisked to buy some truly free-range eggs for his Spanish Tortilla with Chorizo before his mate Tobie Puttock makes a thirst-quenching Peach and Thyme Soda.	AUSTRALIA	English-100	2021	RPT	G		
2025-11-07	0800	Cooking	Lidia's Kitchen	Good Friends & Good Food	11	3	The best part about gathering around the table is sharing good food with good company.	USA	English-100	2024	RPT	PG		
2025-11-07	0830	Cooking	Mary Makes It Easy	Doughn't Go Bakin' My Heart	03	19	Mary's straightforward bread recipes are all you knead: biscuits, buns, thick focaccia pizza, and a classic loaf.	CANADA	English-100	2023	RPT	G		

2025-11-07	0900	Cooking	Tom Kerridge's Pub Kitchen Secrets	Good Eggs	02	9	In Good Eggs, Tom and his team showcase the magic properties of eggs. Custard tart is on the pub menu, and Tom shows us how to make foolproof white chocolate and lemon souffles.	UNITED KINGDOM	English-100	2025	RPT	PG		
2025-11-07	0930	Travel	Beyond Bali With Lara Lee	West Flores Mountains: Manggarai Culture And Cooking	01	7	High in the mountains of Flores, Lara Lee discovers ancestral food traditions, soul-stirring hospitality and the delicious charm of slow food from bamboo feasts & barefoot farming to pineapple sambal.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	PG	Y	Y
2025-11-07	1030	Cooking	Everyday Gourmet With Justine Schofield	Episode 39	08	39	Kirsten Tibballs creates the ultimate Baked Chocolate Mousse Cake and Justine prepares a flavour packed Portuguese-Style Pork Chop Sandwich.	AUSTRALIA	English-100	2018	RPT	PG		
2025-11-07	1100	Cooking	The Cook Up With Adam Liaw	Made To Share	06	84	Footy player turned beauty pageant CEO, Anyier Yuoi, and martial artist, Asif Sultan join Adam to celebrate Refugee Week with their crowd-pleasing recipes that are made to share.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-11-07	1130	Cooking	Nigella Feasts	Solitary Sensations	01	9	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree. She adores her anytime and easy spaghetti carbonara eaten straight from the pan, grilled haloumi with egg and mint and little individual molten chocolate desserts. Even in the dead of night Nigella can be found in the kitchen rustling up a back-from-the-party snack.	UNITED KINGDOM	English-100	2006	RPT	G	Y	
2025-11-07	1200	Travel	Hidden Flavours Of India	Liberated	01	14	In Nagaland, Ruchi has seen a lot of bee hives and larva; she discovers that bee larvae is a delicacy, and learns how to cook with it.	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-11-07	1230	Travel	Jason Atherton's Dubai Dishes	Al Quoz	02	10	In the last episode of the series, Jason is going arsy in Al Quoz, cooking up incredible dishes including succulent slow-cooked coffee-glazed short ribs and his take on the classic tarte tatin.	UNITED KINGDOM	English-100	2024	RPT	PG		
2025-11-07	1325	Cooking	Destination Flavour Fillers	Episode 8	01	8	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y	
2025-11-07	1330	Travel	Tareq Taylor's Nordic Cookery	Vimmerby, Sweden	02	12	Vimmerby is known as the birthplace of Astrid Lindgren, Sweden's most loved children's book author (creator of Pippi Longstocking). However, Tareq finds that the area is well-regarded for its cuisine.	SWEDEN	English-100	2013	RPT	G		
2025-11-07	1400	Food Lifestyle	Legends Of The Fork	Eats & Entertainment	01	13	Buddy heads to two restaurants that are known as much for their Hollywood connection as they are for serving delicious food.	USA	English-100	2023	RPT	G		
2025-11-07	1430	Cooking	Kriol Kitchen	Marie Morgan: Ox Tail Stew & Veggie Bake	03	5	Marie Morgan draws on the Kimberley history of station and mission days. Marie shares with us a family recipe that takes us back to a simpler time.	AUSTRALIA	English-100	2014	RPT	G	Y	
2025-11-07	1500	Cooking	Comfort Food With Spencer Watts	For The Love Of Spuds	02	10	There are a lot of ways to dress up a tuber and Spencer shares three great recipes here including a decadent potato pie with a caramelized centre and a parsley butter drizzle. Then it's time to indulge in decadence with his truffle and pancetta cheesy scalloped potatoes and last a fun twist on holiday sweet potatoes.	CANADA	English-100	2023	RPT	PG		
2025-11-07	1530	Cooking	My Market Kitchen	Episode 55	05	55	Ben reminisces about a family trip to Japan while he cooks Gyozas, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans and to finish the show, Ben's back to pimp up some Sardines on Toast with his Cashew Aioli.	AUSTRALIA	English-100	2021	RPT	G		
2025-11-07	1600	Cooking	Lidia's Kitchen	Something Special	11	4	Every so often it's nice to treat yourself and your loved ones to something special and for Lidia and her family, that means lobster night!	USA	English-100	2024		PG		
2025-11-07	1630	Cooking	Mary Makes It Easy	Whatever Ails Ya	03	20	Mary showcases her go-to recipes for when you're not feeling 100 percent, from tummy-to heart-aches, or whatever else ails ya.	CANADA	English-100	2023	RPT	PG		
2025-11-07	1700	Cooking	Tom Kerridge's Pub Kitchen Secrets	Italian Job	02	10	An Italian-inspired menu in the pub includes an amazing Wild Boar Lasagne.	UNITED KINGDOM	English-100	2025		PG		
2025-11-07	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 40	08	40	Inspired by tropical flavours Justine prepares a Coconut Sorbet with Glazed Gold Kiwi. Adam Swanson is back in the kitchen with Traditional Lasagna with Meatballs.	AUSTRALIA	English-100	2018		G		
2025-11-07	1800	Cooking	Paula McIntyre's Hamely Kitchen	Episode 4	03	4	Paula cooks up a healthy version of a sausage roll with carrot ketchup on the side. She meets a Highland dance teacher and her father then shows them how to make the perfect barbecue lamb kebabs.	UNITED KINGDOM	English-100	2023	RPT	G		
2025-11-07	1830	Cooking	Nigella Feasts	Just Desserts	01	10	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree. She adores her anytime and easy spaghetti carbonara eaten straight from the pan, grilled haloumi with egg and mint, and little individual molten chocolate desserts. Even in the dead of night Nigella can be found in the kitchen rustling up a back-from-the-party snack.	UNITED KINGDOM	English-100	2006	RPT	G	Y	

2025-11-07	1900	Cooking	The Cook Up With Adam Liaw	Chicken & Rice	07	1	Adam is joined in the kitchen by chef Darren Robertson and commentator Jelena Dokic to cook with two classic ingredients: chicken and rice.	AUSTRALIA	English-100	2024	RPT	G	Y	
2025-11-07	1930	Travel	Rick Stein's Christmas Odyssey	Rick Stein's Far Eastern Odyssey Xmas Special	01	0	Rick Stein shares the answer to the big cooking dilemma facing us all at Christmas time - what to do with that cold turkey?	UNITED KINGDOM	English-100	2009	RPT	G	Y	Y
2025-11-07	2035	Food Lifestyle	The Streets Hong Kong	Ep 7	01	7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous 'soy sauce Western cuisine'.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
2025-11-07	2105	Food Lifestyle	The Streets Hong Kong	Ep 8	01	8	To conclude the season, Dan returns to Hong Kong Island for the ultimate street classic: beef brisket noodles. From there, he ventures to the Michelin starred restaurant Celebrity Demon.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
2025-11-07	2130	Food Lifestyle	Gourmet Farmer	Apple Of My Eye, The	05	5	With Sadie and Hedley away, Matthew has got his work cut out managing the whole farm on his own and organising a few very special surprises for Sadie's birthday.	AUSTRALIA	English-100	2018	RPT	G	Y	
2025-11-07	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 40	08	40	Inspired by tropical flavours Justine prepares a Coconut Sorbet with Glazed Gold Kiwi. Adam Swanson is back in the kitchen with Traditional Lasagna with Meatballs.	AUSTRALIA	English-100	2018	RPT	G		
2025-11-07	2230	Cooking	The Cook Up With Adam Liaw	Chicken & Rice	07	1	Adam is joined in the kitchen by chef Darren Robertson and commentator Jelena Dokic to cook with two classic ingredients: chicken and rice.	AUSTRALIA	English-100	2024	RPT	G	Y	
2025-11-07	2300	Cooking	The Cook And The Chef	Old Favourites	01	25	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum, Simon makes a French Cassoulet which features an old favourite, mutton. Maggie tempts us with mouth watering roasted parsnips and makes her own version of baked beans. Luscious and rich you'll swear you can smell these dishes cooking.	AUSTRALIA	English-100	2006	RPT	G		
2025-11-07	2330	Travel	Jason Atherton's Dubai Dishes	Al Quoz	02	10	In the last episode of the series, Jason is going arsy in Al Quoz, cooking up incredible dishes including succulent slow-cooked coffee-glazed short ribs and his take on the classic tarte tatin.	UNITED KINGDOM	English-100	2024	RPT	PG		
2025-11-07	2425	Cooking	Destination Flavour Fillers	Episode 8	01	8	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y	
2025-11-07	2430	Travel	Rick Stein's Christmas Odyssey	Rick Stein's Far Eastern Odyssey Xmas Special	01	0	Rick Stein shares the answer to the big cooking dilemma facing us all at Christmas time - what to do with that cold turkey?	UNITED KINGDOM	English-100	2009	RPT	G	Y	Y
2025-11-07	2535	Food Lifestyle	The Streets Hong Kong	Ep 7	01	7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous 'soy sauce Western cuisine'.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
2025-11-07	2605	Food Lifestyle	The Streets Hong Kong	Ep 8	01	8	To conclude the season, Dan returns to Hong Kong Island for the ultimate street classic: beef brisket noodles. From there, he ventures to the Michelin starred restaurant Celebrity Demon.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
2025-11-07	2630	Food Lifestyle	Gourmet Farmer	Apple Of My Eye, The	05	5	With Sadie and Hedley away, Matthew has got his work cut out managing the whole farm on his own and organising a few very special surprises for Sadie's birthday.	AUSTRALIA	English-100	2018	RPT	G	Y	
2025-11-07	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 40	08	40	Inspired by tropical flavours Justine prepares a Coconut Sorbet with Glazed Gold Kiwi. Adam Swanson is back in the kitchen with Traditional Lasagna with Meatballs.	AUSTRALIA	English-100	2018	RPT	G		
2025-11-07	2730	Cooking	The Cook Up With Adam Liaw	Chicken & Rice	07	1	Adam is joined in the kitchen by chef Darren Robertson and commentator Jelena Dokic to cook with two classic ingredients: chicken and rice.	AUSTRALIA	English-100	2024	RPT	G	Y	
2025-11-07	2800	Cooking	The Cook And The Chef	Old Favourites	01	25	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum, Simon makes a French Cassoulet which features an old favourite, mutton. Maggie tempts us with mouth watering roasted parsnips and makes her own version of baked beans. Luscious and rich you'll swear you can smell these dishes cooking.	AUSTRALIA	English-100	2006	RPT	G		

2025-11-07	2830	Travel	Hidden Flavours Of India	Liberated	01	14	In Nagaland, Ruchi has seen a lot of bee hives and larva; she discovers that bee larvae is a delicacy, and learns how to cook with it.	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-11-08	0500	Travel	Tareq Taylor's Nordic Cookery	Vimmerby, Sweden	02	12	Vimmerby is known as the birthplace of Astrid Lindgren, Sweden's most loved children's book author (creator of Pippi Longstocking). However, Tareq finds that the area is well-regarded for its cuisine.	SWEDEN	English-100	2013	RPT	G		
2025-11-08	0530	Travel	Jason Atherton's Dubai Dishes	Al Quoz	02	10	In the last episode of the series, Jason is going artsy in Al Quoz, cooking up incredible dishes including succulent slow-cooked coffee-glazed short ribs and his take on the classic tarte tatin.	UNITED KINGDOM	English-100	2024	RPT	PG		
2025-11-08	0625	Cooking	Destination Flavour Fillers	Episode 8	01	8	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y
2025-11-08	0630	Cooking	Kriol Kitchen	Maria Morgan: Ox Tail Stew & Veggie Bake	03	5	Marie Morgan draws on the Kimberley history of station and mission days. Marie shares with us a family recipe that takes us back to a simpler time.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-11-08	0700	Cooking	Comfort Food With Spencer Watts	For The Love Of Spuds	02	10	There are a lot of ways to dress up a tuber and Spencer shares three great recipes here including a decadent potato pie with a camembert centre and a parsley butter drizzle. Then it's time to indulge in decadence with his truffle and pancetta cheesy scalloped potatoes and last a fun twist on holiday sweet potatoes.	CANADA	English-100	2023	RPT	PG		
2025-11-08	0730	Cooking	My Market Kitchen	Episode 55	05	55	Ben reminisces about a family trip to Japan while he cooks Gyozas, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans and to finish the show, Ben's back to pimp up some Sardines on Toast with his Cashew Aioli.	AUSTRALIA	English-100	2021	RPT	G		
2025-11-08	0800	Cooking	Lidia's Kitchen	Something Special	11	4	Every so often it's nice to treat yourself and your loved ones to something special and for Lidia and her family, that means lobster night!	USA	English-100	2024	RPT	PG		
2025-11-08	0830	Cooking	Mary Makes It Easy	Whatever Ails Ya	03	20	Mary showcases her go-to recipes for when you're not feeling 100 percent, from tummy-to heart-aches, or whatever else ails ya.	CANADA	English-100	2023	RPT	PG		
2025-11-08	0900	Cooking	Tom Kerridge's Pub Kitchen Secrets	Italian Job	02	10	An Italian-inspired menu in the pub includes an amazing Wild Boar Lasagne.	UNITED KINGDOM	English-100	2025	RPT	PG		
2025-11-08	0930	Travel	Rick Stein's Christmas Odyssey	Rick Stein's Far Eastern Odyssey Xmas Special	01	0	Rick Stein shares the answer to the big cooking dilemma facing us all at Christmas time - what to do with that cold turkey?	UNITED KINGDOM	English-100	2009	RPT	G	Y	Y
2025-11-08	1035	Cooking	Everyday Gourmet With Justine Schofield	Episode 40	08	40	Inspired by tropical flavours Justine prepares a Coconut Sorbet with Glazed Gold Kiwi. Adam Swanson is back in the kitchen with Traditional Lasagna with Meatballs.	AUSTRALIA	English-100	2018	RPT	G		
2025-11-08	1105	Cooking	The Cook Up With Adam Liaw	Chicken & Rice	07	1	Adam is joined in the kitchen by chef Darren Robertson and commentator Jelena Dokic to cook with two classic ingredients: chicken and rice.	AUSTRALIA	English-100	2024	RPT	G	Y	
2025-11-08	1135	Cooking	Nigella Feasts	Just Desserts	01	10	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea purée. She adores her anytime and easy spaghetti carbonara eaten straight from the pan, grilled haloumi with egg and mint, and little individual molten chocolate desserts. Even in the dead of night Nigella can be found in the kitchen rustling up a back-from-the-party snack.	UNITED KINGDOM	English-100	2006	RPT	G	Y	

2025-11-08	1205	Cooking	Kriol Kitchen	Marie Morgan: Ox Tail Stew & Veggie Bake	03	5	Marie Morgan draws on the Kimberley history of station and mission days. Marie shares with us a family recipe that takes us back to a simpler time.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-11-08	1235	Cooking	Comfort Food With Spencer Watts	For The Love Of Spuds	02	10	There are a lot of ways to dress up a tuber and Spencer shares three great recipes here including a decadent potato pie with a camembert centre and a parsley butter drizzle. Then it's time to indulge in decadence with his truffle and pancetta cheesy scalloped potatoes and last a fun twist on holiday sweet potatoes.	CANADA	English-100	2023	RPT	PG		
2025-11-08	1300	Cooking	My Market Kitchen	Episode 55	05	55	Ben reminisces about a family trip to Japan while he cooks Gyozas, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans and to finish the show, Ben's back to pimp up some Sardines on Toast with his Cashew Aioli.	AUSTRALIA	English-100	2021	RPT	G		
2025-11-08	1330	Cooking	Lidia's Kitchen	Something Special	11	4	Every so often it's nice to treat yourself and your loved ones to something special and for Lidia and her family, that means lobster night!	USA	English-100	2024	RPT	PG		
2025-11-08	1400	Travel	Hidden Flavours Of India	Gratitude	01	15	In Imphal Ruchi stops at the Shree Govindajee Temple, where she witnesses a spectacular religious ceremony and meals made as offerings for the gods.	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-11-08	1430	Travel	Cheese: A Love Story	Switzerland	01	1	An exploration and celebration of one of the worlds most beloved foods through the lens of an extreme cheese lover. Host Afrim Pristine, the world's youngest Maitre Fromager (cheese master), hits the road in search of the most fascinating cheese-centric adventures. Afrim begins his cheese expedition in the Alpine country of Switzerland, home of iconic classics like Gruyere and holey Swiss Emmental.	CANADA	English-100	2021	RPT	PG	a	Y
2025-11-08	1525	Travel	Destination Flavour Japan Bitesize	Tokyo Part 2	01	6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y Y
2025-11-08	1530	Travel	Hidden Gems	Jok One Table	01	1	Jok's talent for cooking emerged from his personal struggles and led him to a successful restaurant with just one table. Jok wants to leave a legacy, burdening his son to continue the tradition.	THAILAND	Thai-100	2023	RPT	PG	a w	Y
2025-11-08	1630	Travel	A New Zealand Food Story	New Zealand Food Story Series 1 Ep. A 1	1	1	Ben Bayly walks away from his chef career to start a restaurant that will showcase New Zealand food. While the restaurant takes shape, he travels to the South Island to learn about crayfish.	NEW ZEALAND	English-100	2020	RPT	PG	a w	
2025-11-08	1700	Travel	Food Trail South Africa	Cape Town	01	1	Warren's first stop on his food trail of South Africa is the bustling city of Cape Town. Here, he visits a lively farmers market - where he samples a variety of delicious produce - and cooks up a Cape Malay curry in Bo Kaap. He then heads south to the fishing village of Simonstown, where he meets a local fisherman and cooks up some fresh fish and chips.	AUSTRALIA	English-100	2021	RPT	PG		
2025-11-08	1730	Cooking	Lorraine Pascale: Be A Better Cook	Bryony Crutcher	01	2	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		
2025-11-08	1800	Food Lifestyle	Sachie's Kitchen	Rotorua	02	2	Sachie meets Ngahi Bidois at a boat ramp on the shores of Lake Tarawera, and they go out on his boat. They tell stories of the region and its connection with the land, water, and the kai, including personal stories from Ngahi, who whakapapas to the region.	NEW ZEALAND	English-100	2021	RPT	G		
2025-11-08	1830	Cooking	Hairy Bikers Go Local	Kopitiam, Glasgow	01	2	The Bikers are in Glasgow where they meet Julie, who runs Kopitiam, an exciting and exclusive street food cafe. The Bikers enjoy Julie's special Scottish-Malaysian fusion menu and help her discover new local produce.	UNITED KINGDOM	English-100	2022	RPT	G		

2025-11-08	1935	Travel	Remarkable Places To Eat	Rome	03	3	Chef Giorgio Locatelli takes Fred to Rome in search of the city's most exciting eats. Sublime pasta, fluffy gnocchi and the world's best pizza - all delicious but affordable.	UNITED KINGDOM	English-100	2023	RPT	G		Y
2025-11-08	2035	Travel	Rick Stein's Long Weekends	Bordeaux	01	1	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a ZCV for an excursion to the coast - abundant with mussels and oysters. At home he cooks a memorable dish of Steak Frites with Bordelaise Sauce.	UNITED KINGDOM	English-100	2016	RPT	G		Y
2025-11-08	2140	Travel	Anthony Bourdain: The Layover	Dublin	2	6	Tony has 36 hours to kill while in Dublin on his layover. From fine dining to excellent pub fare, he does his best to experience as much Irish hospitality as he can and ends up finding out that Dublin is simply more than just a great pint of beer.	USA	English-100	2012	RPT	PG	1 s	Y
2025-11-08	2230	Food Lifestyle	Getting Grilled With Curtis Stone	Jason George	01	5	Curtis Stone puts his guests from the worlds of film, music, sports, and beyond in the hot seat.	USA	English-100	2024		PG		
2025-11-08	2330	Cooking	Lorraine Pascale: Be A Better Cook	Bryony Crutcher	01	2	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		
2025-11-08	2400	Food Lifestyle	Sachie's Kitchen	Rotorua	02	2	Sachie meets Ngahi Bidois at a boat ramp on the shores of Lake Tarawera, and they go out on his boat. They tell stories of the region and its connection with the land, water, and the kai, including personal stories from Ngahi, who whakapapas to the region.	NEW ZEALAND	English-100	2021	RPT	G		
2025-11-08	2430	Cooking	Hairy Bikers Go Local	Kopitiam, Glasgow	01	2	The Bikers are in Glasgow where they meet Julie, who runs Kopitiam, an exciting and exclusive street food cafe. The Bikers enjoy Julie's special Scottish-Malaysian fusion menu and help her discover new local produce.	UNITED KINGDOM	English-100	2022	RPT	G		
2025-11-08	2535	Travel	Remarkable Places To Eat	Rome	03	3	Chef Giorgio Locatelli takes Fred to Rome in search of the city's most exciting eats. Sublime pasta, fluffy gnocchi and the world's best pizza - all delicious but affordable.	UNITED KINGDOM	English-100	2023	RPT	G		Y
2025-11-08	2635	Travel	Rick Stein's Long Weekends	Bordeaux	01	1	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a ZCV for an excursion to the coast - abundant with mussels and oysters. At home he cooks a memorable dish of Steak Frites with Bordelaise Sauce.	UNITED KINGDOM	English-100	2016	RPT	G		Y
2025-11-08	2740	Travel	Anthony Bourdain: The Layover	Dublin	2	6	Tony has 36 hours to kill while in Dublin on his layover. From fine dining to excellent pub fare, he does his best to experience as much Irish hospitality as he can and ends up finding out that Dublin is simply more than just a great pint of beer.	USA	English-100	2012	RPT	PG	1 s	Y
2025-11-08	2830	Travel	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 1	1	1	Ben Bayly walks away from his chef career to start a restaurant that will showcase New Zealand food. While the restaurant takes shape, he travels to the South Island to learn about crayfish.	NEW ZEALAND	English-100	2020	RPT	PG	a w	