



WEEK 46 **Sunday, 9 November 2025** **Saturday, 15 November 2025**

Date	Start Time	Genre	Title
2025-11-09	0500	Travel	Hidden Flavours Of India
2025-11-09	0530	Travel	Cheese: A Love Story
2025-11-09	0625	Travel	Destination Flavour Japan Bitesize
2025-11-09	0630	Travel	Hidden Gems
2025-11-09	0730	Cooking	Lorraine Pascale: Be A Better Cook
2025-11-09	0800	Food Lifestyle	Sachie's Kitchen
2025-11-09	0830	Cooking	Hairy Bikers Go Local
2025-11-09	0935	Travel	Remarkable Places To Eat
2025-11-09	1030	Travel	Rick Stein's Long Weekends
2025-11-09	1135	Food Lifestyle	Getting Grilled With Curtis Stone
2025-11-09	1235	Travel	Cheese: A Love Story
2025-11-09	1330	Travel	Hidden Gems
2025-11-09	1430	Travel	Cheese: A Love Story
2025-11-09	1525	Cooking	A Taste Of Island Dreams
2025-11-09	1530	Travel	Hidden Gems
2025-11-09	1630	Travel	A New Zealand Food Story
2025-11-09	1700	Travel	Food Trail South Africa
2025-11-09	1730	Travel	Beyond Bali With Lara Lee

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
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	
Switzerland	01	1	An exploration and celebration of one of the world's 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	
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	
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	
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				
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				
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				
Rome	03	3	Chef Giorgio Locatelli takes Fried 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	
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 2CV 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		
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	RPT	PG				
Switzerland	01	1	An exploration and celebration of one of the world's 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	
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	
France	01	2	Eating cheese is a national pastime in France. Here, Afrim uncovers the rich histories of cheesemaking across the country from Paris to Normandy.	CANADA	English-100	2021	RPT	PG	a		Y	
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				
Tales Of Trang's Roasted Pork	01	2	Follow Ko Kae and Ko Tin, two men with a passion for pork roasting that has a history more than 60 years. Together, they strive to make their city's roasted pork to become an iconic dish.	THAILAND	Thai-100	2023	RPT	PG	a w		Y	
New Zealand Food Story Series 1 Ep. A 2	1	2	Ben visits Minaret Station to learn about high country lamb, and goes gravity fishing in Bluff to learn about Titi, the mutton bird.	NEW ZEALAND	English-100	2020	RPT	PG	a w		Y	
Cape Coast	01	2	Warren continues his food trail along South Africa's Cape Coast, stopping off at the township of Khayelitsha, home to some inspiring micro-farming initiatives, before arriving at Grootbos Private Nature Reserve - where he cooks up a fish Braai with fresh produce from the property's farm.	AUSTRALIA	English-100	2021	RPT	G				
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	

2025-11-09	1830	Travel	James Martin's Spanish Adventure	Costa Del Sol	01	13	In The Costa Del Sol, James is shown how paella is made and visits the lost village El Acebuchal. He goes to a citrus farm and learns how muscatel ice cream is made, then cooks Andalusian rice.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y
2025-11-09	1930	Travel	Adam Richman Eats Britain	Glamorgan Sausage	01	6	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 in Glamorgan in Wales to try the glorious cheese and leek-filled Glamorgan Sausage.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-11-09	2000	Travel	Hong Kong Gourmet With Justine Schofield	Episode 1	01	1	Join Justine as she dives into Hong Kong's colourful culinary scene, where East meets West.	AUSTRALIA	English-100	2025		G		
2025-11-09	2030	Travel	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	01	2	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam. Here, the food is light and fresh, prepared using an abundance of herbs, lots of freshwater fish and flavoursome soups made with thin strips of beef with rice noodles. In Saigon, Rick visits the old stomping ground of his hero, author Graham Greene, and in Hanoi he meets up with a former employee who delights in the varied and delicious street food of Vietnam's capital city. For the ultimate in al fresco eating, Rick tries the night food stalls in the heart of Bangkok.	UNITED KINGDOM	English-100	2009	RPT	G		Y
2025-11-09	2140	Travel	Anthony Bourdain: The Layover	Atlanta	2	7	36 hours in Atlanta, The ATL. Tony drives a muscle car then indulges in an old favorite, Fat Matt's Rib Shack.	USA	English-100	2012	RPT	PG	l s	
2025-11-09	2235	Food Lifestyle	Getting Grilled With Curtis Stone	Fortune Feinster	01	6	Curtis Stone puts his guests from the worlds of film, music, sports, and beyond in the hot seat.	USA	English-100	2024		PG		
2025-11-09	2335	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
2025-11-09	2435	Travel	James Martin's Spanish Adventure	Costa Del Sol	01	13	In The Costa Del Sol, James is shown how paella is made and visits the lost village El Acebuchal. He goes to a citrus farm and learns how muscatel ice cream is made, then cooks Andalusian rice.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y
2025-11-09	2530	Travel	Adam Richman Eats Britain	Glamorgan Sausage	01	6	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 in Glamorgan in Wales to try the glorious cheese and leek-filled Glamorgan Sausage.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-11-09	2600	Travel	Hong Kong Gourmet With Justine Schofield	Episode 1	01	1	Join Justine as she dives into Hong Kong's colourful culinary scene, where East meets West.	AUSTRALIA	English-100	2025	RPT	G		
2025-11-09	2630	Travel	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	01	2	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam. Here, the food is light and fresh, prepared using an abundance of herbs, lots of freshwater fish and flavoursome soups made with thin strips of beef with rice noodles. In Saigon, Rick visits the old stomping ground of his hero, author Graham Greene, and in Hanoi he meets up with a former employee who delights in the varied and delicious street food of Vietnam's capital city. For the ultimate in al fresco eating, Rick tries the night food stalls in the heart of Bangkok.	UNITED KINGDOM	English-100	2009	RPT	G		Y
2025-11-09	2740	Travel	Anthony Bourdain: The Layover	Atlanta	2	7	36 hours in Atlanta, The ATL. Tony drives a muscle car then indulges in an old favorite, Fat Matt's Rib Shack.	USA	English-100	2012	RPT	PG	l s	
2025-11-09	2830	Travel	A New Zealand Food Story	New Zealand Food Story Series 1 Ep. A 2	1	2	Ben visits Minaret Station to learn about high country lamb, and goes gravity fishing in Bluff to learn about Titi, the mutton bird.	NEW ZEALAND	English-100	2020	RPT	PG	a w	Y
2025-11-10	0500	Travel	Food Trail South Africa	Cape Coast	01	2	Warren continues his food trail along South Africa's Cape Coast, stopping off at the township of Khayelitsha, home to some inspiring micro-farming initiatives, before arriving at Grootbos Private Nature Reserve - where he cooks up a fish Braai with fresh produce from the property's farm.	AUSTRALIA	English-100	2021	RPT	G		
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2025-11-10	0625	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 Bilda shares a recipe passed down from her mother.	AUSTRALIA	English-100	2024	RPT	G		
2025-11-10	0630	Travel	Hidden Gems	Tales Of Trang's Roasted Pork	01	2	Follow Ko Kae and Ko Tin, two men with a passion for pork roasting that has a history more than 60 years. Together, they strive to make their city's roasted pork to become an iconic dish.	THAILAND	Thai-100	2023	RPT	PG	a w	Y
2025-11-10	0725	Cooking	Please Eat Slowly Bitesize	Mango Pancakes	01	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G		
2025-11-10	0730	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

2025-11-10	0830	Travel	James Martin's Spanish Adventure	Costa Del Sol	01	13	In The Costa Del Sol, James is shown how paella is made and visits the lost village El Acebuchal. He goes to a citrus farm and learns how muscatel ice cream is made, then cooks Andalusian rice.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y
2025-11-10	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
2025-11-10	0930	Travel	Adam Richman Eats Britain	Glamorgan Sausage	01	6	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 in Glamorgan in Wales to try the glorious cheese and leek-filled Glamorgan Sausage.	UNITED KINGDOM	English-100	2024	RPT	G		Y
2025-11-10	1000	Travel	Hong Kong Gourmet With Justine Schofield	Episode 1	01	1	Join Justine as she dives into Hong Kong's colourful culinary scene, where East meets West.	AUSTRALIA	English-100	2025	RPT	G		
2025-11-10	1030	Travel	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	01	2	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam. Here, the food is light and fresh, prepared using an abundance of herbs, lots of freshwater fish and flavourous soups made with thin strips of beef with rice noodles. In Saigon, Rick visits the old stomping ground of his hero, author Graham Greene, and in Hanoi he meets up with a former employee who delights in the varied and delicious street food of Vietnam's capital city. For the ultimate in al fresco eating, Rick tries the night food stalls in the heart of Bangkok.	UNITED KINGDOM	English-100	2009	RPT	G		Y
2025-11-10	1135	Food Lifestyle	Getting Grilled With Curtis Stone	Fortune Feinster	01	6	Curtis Stone puts his guests from the worlds of film, music, sports, and beyond in the hot seat.	USA	English-100	2024	RPT	PG		
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2025-11-10	1330	Travel	Tareq Taylor's Nordic Cookery	Varmland	03	1	Located in the middle of Sweden, Varmland is home to many of Sweden's most famous authors, engineers, and inventors, including Alfred Nobel.	SWEDEN	English-100	2015	RPT	G		
2025-11-10	1400	Food Lifestyle	Legends Of The Fork	Legendary Women	01	14	Buddy travels coast to coast to visit two legendary ladies who built their empires from the ground up. First, Buddy's in Harlem New York to visit the 'Queen of Soul Food's' famous restaurant, Sylvia's.	USA	English-100	2023	RPT	G		
2025-11-10	1430	Cooking	Kriol Kitchen	Bo Carne: Nana's Half Caste Stew & Maggie Goose Gilet & Heart Blachan	03	6	Everyone has a stew they can brag about. In this episode, Bo Carne shares his Nana's version of the good old bilabong stew.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-11-10	1500	Cooking	Comfort Food With Spencer Watts	Special Occasion Comfort	02	11	Share comfort food with company and learn how to whip up Spencer's burgundy chicken stew with porcini mushroom grits and pancetta. Then he shares his secrets to a whole roasted pork belly with a fresh salsa verde and last, a dessert for the ages - billionaire shortbread with buttery orange infused shortbread, Dulche de Leche caramel and espresso chocolate ganache.	CANADA	English-100	2023	RPT	G		
2025-11-10	1530	Cooking	My Market Kitchen	Episode 56	05	56	Georgia Barnes shares her recipes for mango and pineapple chia pudding and rainbow chard primavera spaghetti.	AUSTRALIA	English-100	2021	RPT	G		
2025-11-10	1600	Cooking	Lidia's Kitchen	Meal To Make You Smile, A	11	5	Lidia always says food is meant to bring joy, and this meal will surely bring a smile to any table.	USA	English-100	2024		G		
2025-11-10	1630	Cooking	Mary Makes It Easy	Toot, Toot, We're Going To Beantown!	03	21	When it comes to versatility, beans slap! Board the bean train with recipes like black bean brownies or linguini with white bean cream sauce.	CANADA	English-100	2023	RPT	PG	I	
2025-11-10	1700	Cooking	Freshly Picked	Ep 1	03	1	Freshly Picked is back for another season with Simon serving up brand-new tasty recipes.	AUSTRALIA	English-100	2022	RPT	G		
2025-11-10	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 41	08	41	Everyday Gourmet favourite Melissa Leong is back to share her comforting Chicken, Ginger, Sweetcorn & Egg Drop Soup. Justine prepares an Indian Eggplant Dip served with Mini Naan.	AUSTRALIA	English-100	2018		G		
2025-11-10	1800	Cooking	The Chocolate Queen	Episode 1	05	1	The Chocolate Queen returns for another season of indulgence! Kirsten kicks things off with a decadent chocolate layered cake and her irresistible butterscotch almond bars.	AUSTRALIA	English-100	2024		G		
2025-11-10	1830	Cooking	Nigella Feasts	Spiced Up	01	11	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu are Indian influenced dishes - all of them really easy, flavourous and delicious.	UNITED KINGDOM	English-100	2006	RPT	G		Y
2025-11-10	1900	Cooking	The Cook Up With Adam Liaw	Ultimate Steak, The	07	2	The search for the ultimate steak recipes ends now, as chef Khanh Nguyen and Bush Tukka Woman Samantha Martin join Adam to share their great steaks.	AUSTRALIA	English-100	2024	RPT	G		Y

2025-11-10	1930	Cooking	Donal's Family Food In Minutes	Food To Go	01	5	This week it's all about Food To Go, where a little bit of prep goes a long way and Donal has some fantastic lunch box dishes that will see you through the week.	UNITED KINGDOM	English-100	2020		PG		
2025-11-10	2000	Travel	Rick Stein's Food Stories	Midlands	01	14	Food writer Gurdyep Loyall tours Rick around Leicester's best Indian food, from a hidden gem food truck to Indian high tea. At home Rick cooks our favourite, chicken tikka masala.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
2025-11-10	2030	Culture & Society	Stanley Tucci: Searching For Italy	Puglia	02	7	Stanley Tucci visits Puglia, a region famous for its fragrant olive oil, beautiful vegetables, cheeses, and durum wheat. Despite being such a fertile region, Puglia is also one of Italy's poorest and Tucci discovers how today's spirit of innovation was forged out of hard times.	USA	English-90; Italian-10	2022	RPT	G	Y	Y
2025-11-10	2125	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G	Y	
2025-11-10	2130	Food Lifestyle	Gourmet Farmer	Living The Dream	05	6	Matthew realises two long-held daydreams when he installs an incredible outdoor fire pit and finally catches something from the ocean worth bragging about.	AUSTRALIA	English-100	2018	RPT	G	a w	Y
2025-11-10	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 41	08	41	Everyday Gourmet favourite Melissa Leong is back to share her comforting Chicken, Gonger, Sweetcorn & Egg Drop Soup. Justine prepares an Indian Eggplant Dip served with Mini Naan.	AUSTRALIA	English-100	2018	RPT	G		
2025-11-10	2230	Cooking	The Cook Up With Adam Liaw	Ultimate Steak, The	07	2	The search for the ultimate steak recipes ends now, as chef Khanh Nguyen and Bush Tukka Woman Samantha Martin join Adam to share their great steaks.	AUSTRALIA	English-100	2024	RPT	G	Y	
2025-11-10	2300	Cooking	The Cook And The Chef	Winter Comfort Food	01	26	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars of his childhood brush with rhubarb.	AUSTRALIA	English-100	2006	RPT	G		
2025-11-10	2330	Travel	Cheese: A Love Story	Quebec	01	3	Afrim takes in the cheesy traditions of la belle province, Quebec, where family fromageries' traditions have been passed on through generations.	CANADA	English-100	2021	RPT	G		Y
2025-11-10	2425	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	01	4	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	
2025-11-10	2430	Cooking	Donal's Family Food In Minutes	Food To Go	01	5	This week it's all about Food To Go, where a little bit of prep goes a long way and Donal has some fantastic lunch box dishes that will see you through the week.	UNITED KINGDOM	English-100	2020	RPT	PG		
2025-11-10	2500	Travel	Rick Stein's Food Stories	Midlands	01	14	Food writer Gurdyep Loyall tours Rick around Leicester's best Indian food, from a hidden gem food truck to Indian high tea. At home Rick cooks our favourite, chicken tikka masala.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
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2025-11-10	2800	Cooking	The Cook And The Chef	Winter Comfort Food	01	26	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars of his childhood brush with rhubarb.	AUSTRALIA	English-100	2006	RPT	G		
2025-11-10	2830	Travel	Tareq Taylor's Nordic Cookery	Varmland	03	1	Located in the middle of Sweden, Varmland is home to many of Sweden's most famous authors, engineers, and inventors, including Alfred Nobel.	SWEDEN	English-100	2015	RPT	G		

2025-11-11	0500	Food Lifestyle	Legends Of The Fork	Legendary Women	01	14	Buddy travels coast to coast to visit two legendary ladies who built their empires from the ground up. First, Buddy's in Harlem New York to visit the 'Queen of Soul Food's' famous restaurant, Sylvia's.	USA	English-100	2023	RPT	G	
2025-11-11	0530	Travel	Cheese: A Love Story	Quebec	01	3	Afrim takes in the cheesy traditions of la belle province, Quebec, where family fromageries' traditions have been passed on through generations.	CANADA	English-100	2021	RPT	G	Y
2025-11-11	0625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	01	4	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
2025-11-11	0630	Cooking	Kriol Kitchen	Bo Carne: Nana's Half Caste Stew & Maggie Goose Giblet & Heart Blachan	03	6	Everyone has a stew they can brag about. In this episode, Bo Carne shares his Nana's version of the good old bilabong stew.	AUSTRALIA	English-100	2014	RPT	G	Y
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2025-11-11	0900	Cooking	Freshly Picked	Ep 1	03	1	Freshly Picked is back for another season with Simon serving up brand-new tasty recipes.	AUSTRALIA	English-100	2022	RPT	G	
2025-11-11	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 41	08	41	Everyday Gourmet favourite Melissa Leong is back to share her comforting Chicken, Gonger, Sweetcorn & Egg Drop Soup. Justine prepares an Indian Eggplant Dip served with Mini Naan.	AUSTRALIA	English-100	2018	RPT	G	
2025-11-11	1000	Cooking	The Chocolate Queen	Episode 1	05	1	The Chocolate Queen returns for another season of indulgence! Kirsten kicks things off with a decadent chocolate layered cake and her irresistible butterscotch almond bars.	AUSTRALIA	English-100	2024	RPT	G	
2025-11-11	1030	Cooking	Nigella Feasts	Spiced Up	01	11	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu are Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	2006	RPT	G	Y
2025-11-11	1100	Cooking	The Cook Up With Adam Liaw	Ultimate Steak, The	07	2	The search for the ultimate steak recipes ends now, as chef Khanh Nguyen and Bush Tukka Woman Samantha Martin join Adam to share their great steaks.	AUSTRALIA	English-100	2024	RPT	G	Y
2025-11-11	1130	Cooking	Donal's Family Food in Minutes	Food To Go	01	5	This week it's all about Food To Go, where a little bit of prep goes a long way and Donal has some fantastic lunch box dishes that will see you through the week.	UNITED KINGDOM	English-100	2020	RPT	PG	
2025-11-11	1200	Travel	Rick Stein's Food Stories	Midlands	01	14	Food writer Gurdeep Loyal tours Rick around Leicester's best Indian food, from a hidden gem food truck to Indian high tea. At home Rick cooks our favourite, chicken tikka masala.	UNITED KINGDOM	English-100	2023	RPT	PG	a w
2025-11-11	1230	Travel	Cheese: A Love Story	Toronto	01	4	Afrim takes a mini cheese trip around the world in his own backyard, Toronto, one of the most diverse and cultural cities on the planet.	CANADA	English-100	2021	RPT	G	Y
2025-11-11	1325	Travel	Destination Flavour Japan Bitesize	Tohoku	01	2	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
2025-11-11	1330	Travel	Tareq Taylor's Nordic Cookery	Fyn	03	2	Tareq visits Fyn, the fairy tale capital of the world. Famous as the birth place of Hans Christian Andersen, Fyn is also known as the garden of Denmark.	SWEDEN	English-100	2015	RPT	PG	a w

2025-11-11	1400	Food Lifestyle	Legends Of The Fork	Neighbourhood Joints	01	15	Buddy visits two neighborhood joints that have been thriving since the 1940s. First, Buddy tries the famous Bitecca Fiorentina and homemade pasta at Gene and Georgetti's one of Chicago's oldest steakhouses.	USA	English-100	2023	RPT	G	
2025-11-11	1430	Cooking	Kriel Kitchen	Helani Doolah: Sop Sop, Sabee Dombai, And Marinated Fried Fish With Battered Banana	03	7	Using knowledge from her grandmother and other family members, Helani Doolah will show and teach us how to make some staple dishes that are made every day in the Torres Strait Islander community.	AUSTRALIA	English-100	2014	RPT	G	Y
2025-11-11	1500	Cooking	Comfort Food With Spencer Watts	Street Food Comfort	02	12	Street food can be delicious so why not indulge in some in the comfort of home! Spencer starts with a spicy Korean fried chicken 'dog' with sesame ketchup and gochugang ketchup. Then he stuffs chicken drumstick with a pork stuffed with a quick buttermilk onion dipping sauce. Last, popcorn shrimp waffle cone tacos with tobacco mashed.	CANADA	English-100	2023	RPT	G	
2025-11-11	1530	Cooking	My Market Kitchen	Episode 57	05	57	Ben and David Mann set up at a communal BBQ to cook BBQ Prawns with a peach salad that David feeds to the local wildlife.	AUSTRALIA	English-100	2021	RPT	G	
2025-11-11	1600	Cooking	Lidia's Kitchen	Something For Everyone	11	6	It's important to Lidia to be inclusive at the dinner table, and cook dishes that meet the dietary restrictions of all- from vegetarian to gluten-free.	USA	English-100	2024		G	
2025-11-11	1630	Cooking	Mary Makes It Easy	Sandwich Bored	03	22	Never get bored again with Mary's stacked recipe lineup of sandwich possibilities, like classic muffuletta or turkey patty melts.	CANADA	English-100	2023	RPT	G	
2025-11-11	1700	Cooking	Freshly Picked	Ep 2	03	2	In this episode Simon makes delicious farfalle with fried veggies, as well as fruity baked oats - sweet and satisfying.	AUSTRALIA	English-100	2022	RPT	G	
2025-11-11	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 42	08	42	Justine makes an Australian favourite, a humble Beef Pie. She is also joined by Adam Swanson who prepares a quick Spaghetti Carbonara.	AUSTRALIA	English-100	2018		G	
2025-11-11	1800	Cooking	The Chocolate Queen	Episode 2	05	2	A feast for dessert lovers awaits in this episode! Kirsten brings Italian-inspired magic to the kitchen with her chocolate custard tarts, simple yet stunning pistachio bark.	AUSTRALIA	English-100	2024		G	
2025-11-11	1830	Cooking	Nigella Feasts	Feel-Good Food	01	12	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a Smoked Salmon, Avocado and Pumpkin Seed Salad, a Vietnamese Prawn and Glass Noodle Salad, a colourful Antioxidant Fruit Salad, and a great twist on a classic recipe, a Syllabubbed Yoghurt.	UNITED KINGDOM	English-100	2006	RPT	G	Y
2025-11-11	1900	Cooking	The Cook Up With Adam Liaw	Sizzle, Bite, Delight	07	3	Adam and his guests, chef Annita Potter and actor, Samuel Johnson, rise to the challenge of their three-word mission: sizzle, bite, delight!	AUSTRALIA	English-100	2024	RPT	G	Y
2025-11-11	1930	Cooking	Silvia's Italian Masterclass	Bake Yourself Happy	02	6	Silvia loves cooking with a little inspiration and ingenuity which can lift a humble everyday activity to a much higher level of sophistication.	AUSTRALIA	English-100	2024		G	
2025-11-11	2000	Cooking	The Big Irish Food Tour	Dublin City With Eilish O'carroll	01	3	Joining Anna on her journey around the Irish capital is fellow Dublin native and Mrs. Brown's Boys actor Eilish O'Carroll. Together, they celebrate the old Dublin they know and discover what's new in this changing city.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-11-11	2030	Cooking	Rachel Khoo's Chocolate	Wow Factor, The	01	6	Chocolate is one ingredient that never fails to impress. Rachel Khoo meets food artist Prudence Stalitz, who creates spectacular sculptures from Chocolate Inspired by these creations Rachel makes.	UNITED KINGDOM	English-100	2021		G	
2025-11-11	2130	Food Lifestyle	Gourmet Farmer	Hungry Patch, The	05	7	It's Spring on Fat Pig Farm. Everything is furiously growing, but there is almost nothing to harvest yet, so Matthew needs to make do and forage for some springtime food ideas.	AUSTRALIA	English-100	2018	RPT	G	Y
2025-11-11	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 42	08	42	Justine makes an Australian favourite, a humble Beef Pie. She is also joined by Adam Swanson who prepares a quick Spaghetti Carbonara.	AUSTRALIA	English-100	2018	RPT	G	
2025-11-11	2230	Cooking	The Cook Up With Adam Liaw	Sizzle, Bite, Delight	07	3	Adam and his guests, chef Annita Potter and actor, Samuel Johnson, rise to the challenge of their three-word mission: sizzle, bite, delight!	AUSTRALIA	English-100	2024	RPT	G	Y
2025-11-11	2300	Cooking	The Cook And The Chef	Citrus	01	27	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100	2006	RPT	PG	
2025-11-11	2330	Travel	Cheese: A Love Story	Toronto	01	4	Afrim takes a mini cheese trip around the world in his own backyard, Toronto, one of the most diverse and cultural cities on the planet.	CANADA	English-100	2021	RPT	G	Y

2025-11-11	2425	Travel	Destination Flavour Japan Bitesize	Tohoku	01	2	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
2025-11-11	2430	Cooking	Silvia's Italian Masterclass	Bake Yourself Happy	02	6	Silvia loves cooking with a little inspiration and ingenuity which can lift a humble everyday activity to a much higher level of sophistication.	AUSTRALIA	English-100	2024	RPT	G	
2025-11-11	2500	Cooking	The Big Irish Food Tour	Dublin City With Elish O'carroll	01	3	Joining Anna on her journey around the Irish capital is fellow Dublin native and Mrs. Brown's Boys actor Elish O'Carroll. Together, they celebrate the old Dublin they know and discover what's new in this changing city.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-11-11	2530	Cooking	Rachel Khoo's Chocolate	Wow Factor, The	01	6	Chocolate is one ingredient that never fails to impress. Rachel Khoo meets food artist Prudence Staite, who creates spectacular sculptures from Chocolate Inspired by these creations Rachel makes.	UNITED KINGDOM	English-100	2021	RPT	G	
2025-11-11	2630	Food Lifestyle	Gourmet Farmer	Hungry Patch, The	05	7	It's Spring on Fat Pig Farm. Everything is furiously growing, but there is almost nothing to harvest yet, so Matthew needs to make do and forage for some springtime food ideas.	AUSTRALIA	English-100	2018	RPT	G	Y
2025-11-11	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 42	08	42	Justine makes an Australian favourite, a humble Beef Pie. She is also joined by Adam Swanson who prepares a quick Spaghetti Carbonara.	AUSTRALIA	English-100	2018	RPT	G	
2025-11-11	2730	Cooking	The Cook Up With Adam Liaw	Sizzle, Bite, Delight	07	3	Adam and his guests, chef Annika Potter and actor, Samuel Johnson, rise to the challenge of their three-word mission: sizzle, bite, delight!	AUSTRALIA	English-100	2024	RPT	G	Y
2025-11-11	2800	Cooking	The Cook And The Chef	Citrus	01	27	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100	2006	RPT	PG	
2025-11-11	2830	Travel	Tareq Taylor's Nordic Cookery	Fyn	03	2	Tareq visits Fyn, the fairy tale capital of the world. Famous as the birth place of Hans Christian Andersen, Fyn is also known as the garden of Denmark.	SWEDEN	English-100	2015	RPT	PG	a w
2025-11-12	0500	Food Lifestyle	Legends Of The Fork	Neighbourhood Joints	01	15	Buddy visits two neighborhood joints that have been thriving since the 1940s. First, Buddy tries the famous Bistecca Fiorentina and homemade pasta at Gene and Georgetown's one of Chicago's oldest steakhouses.	USA	English-100	2023	RPT	G	
2025-11-12	0530	Travel	Cheese: A Love Story	Toronto	01	4	Afrim takes a mini cheese trip around the world in his own backyard, Toronto, one of the most diverse and cultural cities on the planet.	CANADA	English-100	2021	RPT	G	Y
2025-11-12	0625	Travel	Destination Flavour Japan Bitesize	Tohoku	01	2	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
2025-11-12	0630	Cooking	Kriol Kitchen	Helani Doolah: Sop Sop, Sabee Dombol, And Marinated Fried Fish With Battered Banana	03	7	Using knowledge from her grandmother and other family members, Helani Doolah will show and teach us how to make some staple dishes that are made every day in the Torres Strait Islander community.	AUSTRALIA	English-100	2014	RPT	G	Y
2025-11-12	0700	Cooking	Comfort Food With Spencer Watts	Street Food Comfort	02	12	Street food can be delicious so why not indulge in some in the comfort of home! Spencer starts with a spicy Korean fried chicken 'dog' with sesame ketchup and gochugang ketchup. Then he stuffs chicken drumstick with a pork stuffed with a quick buttermilk onion dipping sauce. Last, popcorn shrimp waffle cone tacos with tobacco mashed.	CANADA	English-100	2023	RPT	G	
2025-11-12	0730	Cooking	My Market Kitchen	Episode 57	05	57	Ben and David Mann set up at a communal BBQ to cook BBQ Prawns with a peach salad that David feeds to the local wildlife.	AUSTRALIA	English-100	2021	RPT	G	
2025-11-12	0800	Cooking	Lidia's Kitchen	Something For Everyone	11	6	It's important to Lidia to be inclusive at the dinner table, and cook dishes that meet the dietary restrictions of all- from vegetarian to gluten-free.	USA	English-100	2024	RPT	G	
2025-11-12	0830	Cooking	Mary Makes It Easy	Sandwich Bored	03	22	Never get bored again with Mary's stacked recipe lineup of sandwich possibilities, like classic mufuletta or turkey patty melts.	CANADA	English-100	2023	RPT	G	
2025-11-12	0900	Cooking	Freshly Picked	Ep 2	03	2	In this episode Simon makes delicious farfalle with fried veggies, as well as fruity baked oats - sweet and satisfying.	AUSTRALIA	English-100	2022	RPT	G	
2025-11-12	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 42	08	42	Justine makes an Australian favourite, a humble Beef Pie. She is also joined by Adam Swanson who prepares a quick Spaghetti Carbonara.	AUSTRALIA	English-100	2018	RPT	G	

2025-11-12	1000	Cooking	The Chocolate Queen	Episode 2	05	2	A feast for dessert lovers awaits in this episode! Kirsten brings Italian-inspired magic to the kitchen with her chocolate custard tarts, simple yet stunning pistachio bark.	AUSTRALIA	English-100	2024	RPT	G		
2025-11-12	1030	Cooking	Nigella Feasts	Feel-Good Food	01	12	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a Smoked Salmon, Avocado and Pumpkin Seed Salad, a Vietnamese Prawn and Glass Noodle Salad, a colourful Antioxidant Fruit Salad, and a great twist on a classic recipe, a Syllabubbed Yoghurt.	UNITED KINGDOM	English-100	2006	RPT	G		Y
2025-11-12	1100	Cooking	The Cook Up With Adam Liaw	Sizzle, Bite, Delight	07	3	Adam and his guests, chef Annika Potter and actor, Samuel Johnson, rise to the challenge of their three-word mission: sizzle, bite, delight!	AUSTRALIA	English-100	2024	RPT	G		Y
2025-11-12	1130	Cooking	Silvia's Italian Masterclass	Bake Yourself Happy	02	6	Silvia loves cooking with a little inspiration and ingenuity which can lift a humble everyday activity to a much higher level of sophistication.	AUSTRALIA	English-100	2024	RPT	G		
2025-11-12	1200	Cooking	The Big Irish Food Tour	Dublin City With Eilish O'carroll	01	3	Joining Anna on her journey around the Irish capital is fellow Dublin native and Mrs. Brown's Boys actor Eilish O'Carroll. Together, they celebrate the old Dublin they know and discover what's new in this changing city.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-11-12	1230	Travel	Cheese: A Love Story	Greece	01	5	Afrim's cheese quest continues in Greece, the motherland of Feta, and where cheese culture dates back thousands of years in ancient practices.	CANADA	English-100	2021	RPT	PG		Y
2025-11-12	1325	Travel	Destination Flavour Japan Bitesize	Ishikawa	01	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y Y
2025-11-12	1330	Travel	Tareq Taylor's Nordic Cookery	Hoga Kusten	03	3	Created thousands of years ago, the High Coast in the northern part of Sweden is the highest coast in the world.	SWEDEN	English-100	2015	RPT	PG		
2025-11-12	1400	Food Lifestyle	Legends Of The Fork	Legends in The Making	01	16	Buddy visits two restaurants that, despite recent openings, are on their way to becoming legends.Frontier in Chicago, Illinois which invites you to eat like the pioneers with proteins like Alligator.	USA	English-100	2023	RPT	G		
2025-11-12	1430	Cooking	Kriel Kitchen	Eric Fejo: Goose Heart & Gilet Chili, Marinated Buffalo Satays, Prawn Fritters	03	8	Eric Fejo tells us he is an average cook, but we think he is more than that. In this episode, Eric shows us his family recipes for three amazing dishes.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-11-12	1500	Cooking	Comfort Food With Spencer Watts	Warm My Belly	02	13	When the air is cool and the wind is blowing a big bowl of warm my belly food is what dreams are made of. Spencer makes his corned beef stew with horseradish mashed. Then he fills the cabin with the rich mouthwatering smell of a delicious Thai curry with garlic shrimp and fragrant rice. Last, Spencer makes a cowboy style chuck chili with all the fixings to tuck into.	CANADA	English-100	2023	RPT	G		
2025-11-12	1530	Cooking	My Market Kitchen	Episode 58	05	58	Ben's back in the market to cook his simple yet delicious escabeche with Chilean mussels.	AUSTRALIA	English-100	2021	RPT	PG		
2025-11-12	1600	Cooking	Lidia's Kitchen	Embrace The New	11	7	Lidia loves to try new foods and encourages us to do the same and embrace the new!	USA	English-100	2024		G		
2025-11-12	1630	Cooking	Mary Makes It Easy	Pub Crawlers	03	23	Mary makes her favourite bar bites at home like antojitos, beer battered cheese curds, and crispy baked chicken wings.	CANADA	English-100	2023	RPT	G		
2025-11-12	1700	Cooking	Freshly Picked	Ep 3	03	3	Straight from the Vegan Italian Kitchen, Nadia Fragnito is back today with her sensational custard horns. Following up, Simon makes cheesy and spicy hot dogs and a fruity green salad.	AUSTRALIA	English-100	2022	RPT	G		
2025-11-12	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 43	08	43	2 incredible seafood dishes are showcased in today's episode includind Alejandro Saravia's Puluo al Olivo.	AUSTRALIA	English-100	2018		G		
2025-11-12	1800	Cooking	The Chocolate Queen	Episode 3	05	3	Savour the flavours of France in this indulgent episode! Kirsten bakes golden honey madeleines, a rich and comforting date pudding, and a creamy, irresistible ice cream.	AUSTRALIA	English-100	2024		G		
2025-11-12	1830	Cooking	Nigella Feasts	Comfort Foods	01	13	Nigella Lawson shares her favourite comfort foods: simple, delicious recipes where each mouthful is as reassuring as the last. There's a soothing beef casserole served with double potato mash shared with a friend, warm sticky toffee sauce poured over cold vanilla ice cream, anytime winners chocolate chip muffins, and her mother's very own favourite, a steaming bowl of sweet bread and milk.	UNITED KINGDOM	English-100	2006	RPT	G		Y

2025-11-12	1900	Cooking	The Cook Up With Adam Liaw	Sweets That Sing	07	4	Adam is joined by gluten-free cook Helen Tzouganatos and all-singing, all-dancing Rob Mills to hit all the right notes with their sweets that sing.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-11-12	1930	Cooking	Nadiya's Family Favourites	Nothing in The House	01	3	Nadiya Hussain creates dishes for those 'Nothing in the House Days', visits a herb garden with spice expert Roopa and meets Lynn, homemade pasta fanatic in Derby.	UNITED KINGDOM	English-100	2018		G		
2025-11-12	2000	Travel	Rachael Ray In Tuscany	Pesto 2.0	01	26	Rachael is known for her delicious and flavorful pesto sauces of all varieties. She prepares a Pesto alla Trapanese, a Sicilian dish made with almonds and tomatoes.	USA	English-100	2022		G		Y
2025-11-12	2030	Travel	Guillaume's French Atlantic	Episode 4	01	4	Join Chef Guillaume Brahimi on this captivating maritime journey, immersing yourself in the profound Celtic heritage and extraordinary seafood of Brittany, as he continues to uncover the region's culinary treasures and cultural wonders.	AUSTRALIA	English-70; French-30	2023	RPT	G	Y	Y
2025-11-12	2100	Food Lifestyle	Memory Bites With Matt Moran	Christine Anu	01	3	Chef Matt Moran and Christine Anu celebrate her Torres Strait Islander heritage through cherished dishes, heartfelt memories, and a moving exchange of culture and connection.	AUSTRALIA	English-100	2024	RPT	PG	q	Y
2025-11-12	2130	Food Lifestyle	Gourmet Farmer	Little Wonders	05	8	With Spring in full swing, Matthew begins to understand just how important insects are to the ecosystem and health of his farm and his food.	AUSTRALIA	English-100	2018	RPT	PG		Y
2025-11-12	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 43	08	43	2 incredible seafood dishes are showcased in today's episode including Alejandro Saravia's Puluo al Olivo.	AUSTRALIA	English-100	2018	RPT	G		
2025-11-12	2230	Cooking	The Cook Up With Adam Liaw	Sweets That Sing	07	4	Adam is joined by gluten-free cook Helen Tzouganatos and all-singing, all-dancing Rob Mills to hit all the right notes with their sweets that sing.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-11-12	2300	Cooking	The Cook And The Chef	English Theme	01	28	Simon's on a mission to get back to his English 'food roots' with classic ingredients like Stilton cheese and pork sausages. And with such classics on hand, Simon joins Maggie to prove one of her favourite catchphrases 'That is flavour' and makes a 'load in the hole' while Maggie makes roast Berkshire pork belly.	AUSTRALIA	English-100	2006	RPT	G		
2025-11-12	2330	Travel	Cheese: A Love Story	Greece	01	5	Afimi's cheese quest continues in Greece, the motherland of Feta, and where cheese culture dates back thousands of years in ancient practices.	CANADA	English-100	2021	RPT	PG		Y
2025-11-12	2425	Travel	Destination Flavour Japan Bitesize	Ishikawa	01	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y Y
2025-11-12	2430	Cooking	Nadiya's Family Favourites	Nothing in The House	01	3	Nadiya Hussain creates dishes for those 'Nothing in the House Days', visits a herb garden with spice expert Roopa and meets Lynn, homemade pasta fanatic in Derby.	UNITED KINGDOM	English-100	2018	RPT	G		
2025-11-12	2500	Travel	Rachael Ray In Tuscany	Pesto 2.0	01	26	Rachael is known for her delicious and flavorful pesto sauces of all varieties. She prepares a Pesto alla Trapanese, a Sicilian dish made with almonds and tomatoes.	USA	English-100	2022	RPT	G		Y
2025-11-12	2530	Travel	Guillaume's French Atlantic	Episode 4	01	4	Join Chef Guillaume Brahimi on this captivating maritime journey, immersing yourself in the profound Celtic heritage and extraordinary seafood of Brittany, as he continues to uncover the region's culinary treasures and cultural wonders.	AUSTRALIA	English-70; French-30	2023	RPT	G	Y	Y
2025-11-12	2600	Food Lifestyle	Memory Bites With Matt Moran	Christine Anu	01	3	Chef Matt Moran and Christine Anu celebrate her Torres Strait Islander heritage through cherished dishes, heartfelt memories, and a moving exchange of culture and connection.	AUSTRALIA	English-100	2024	RPT	PG	q	Y
2025-11-12	2630	Food Lifestyle	Gourmet Farmer	Little Wonders	05	8	With Spring in full swing, Matthew begins to understand just how important insects are to the ecosystem and health of his farm and his food.	AUSTRALIA	English-100	2018	RPT	PG		Y
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2025-11-12	2730	Cooking	The Cook Up With Adam Liaw	Sweets That Sing	07	4	Adam is joined by gluten-free cook Helen Tzouganatos and all-singing, all-dancing Rob Mills to hit all the right notes with their sweets that sing.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-11-12	2800	Cooking	The Cook And The Chef	English Theme	01	28	Simon's on a mission to get back to his English 'food roots' with classic ingredients like Stilton cheese and pork sausages. And with such classics on hand, Simon joins Maggie to prove one of her favourite catchphrases 'That is flavour' and makes a 'load in the hole' while Maggie makes roast Berkshire pork belly.	AUSTRALIA	English-100	2006	RPT	G		
2025-11-12	2830	Travel	Tareq Taylor's Nordic Cookery	Hoga Kusten	03	3	Created thousands of years ago, the High Coast in the northern part of Sweden is the highest coast in the world.	SWEDEN	English-100	2015	RPT	PG		
2025-11-13	0500	Food Lifestyle	Legends Of The Fork	Legends in The Making	01	16	Buddy visits two restaurants that, despite recent openings, are on their way to becoming legends.Frontier in Chicago, Illinois which invites you to eat like the pioneers with proteins like Alligator.	USA	English-100	2023	RPT	G		

2025-11-13	0530	Travel	Cheese: A Love Story	Greece	01	5	Afrim's cheese quest continues in Greece, the motherland of Feta, and where cheese culture dates back thousands of years in ancient practices.	CANADA	English-100	2021	RPT	PG				Y
2025-11-13	0625	Travel	Destination Flavour Japan Bitesize	Ishikawa	01	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G			Y	Y
2025-11-13	0630	Cooking	Kriol Kitchen	Eric Fejo: Goose Heart & Giblet Chili, Marinated Buffalo Satays, Prawn Fritters	03	8	Eric Fejo tells us he is an average cook, but we think he is more than that. In this episode, Eric shows us his family recipes for three amazing dishes.	AUSTRALIA	English-100	2014	RPT	G			Y	
2025-11-13	0700	Cooking	Comfort Food With Spencer Watts	Warm My Belly	02	13	When the air is cool and the wind is blowing a big bowl of warm my belly food is what dreams are made of. Spencer makes his corned beef stew with horseradish mashed. Then he fills the cabin with the rich mouthwatering smell of a delicious Thai curry with garlic shrimp and fragrant rice. Last, Spencer makes a cowboy style chuck chili with all the fixings to tuck into.	CANADA	English-100	2023	RPT	G				
2025-11-13	0730	Cooking	My Market Kitchen	Episode 58	05	58	Ben's back in the market to cook his simple yet delicious escabeche with Chilean mussels.	AUSTRALIA	English-100	2021	RPT	PG				
2025-11-13	0800	Cooking	Lidia's Kitchen	Embrace The New	11	7	Lidia loves to try new foods and encourages us to do the same and embrace the new!	USA	English-100	2024	RPT	G				
2025-11-13	0830	Cooking	Mary Makes It Easy	Pub Crawlers	03	23	Mary makes her favourite bar bites at home like antojitos, beer battered cheese curds, and crispy baked chicken wings.	CANADA	English-100	2023	RPT	G				
2025-11-13	0900	Cooking	Freshly Picked	Ep 3	03	3	Straight from the Vegan Italian Kitchen, Nadia Fragnito is back today with her sensational custard horns. Following up, Simon makes cheesy and spicy hot dogs and a fruity green salad.	AUSTRALIA	English-100	2022	RPT	G				
2025-11-13	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 43	08	43	2 incredible seafood dishes are showcased in todays episode includind Alejandro Saravia's Puluo al Olivo.	AUSTRALIA	English-100	2018	RPT	G				
2025-11-13	1000	Cooking	The Chocolate Queen	Episode 3	05	3	Savour the flavours of France in this indulgent episode! Kirsten bakes golden honey madeleines, a rich and comforting date pudding, and a creamy, irresistible ice cream.	AUSTRALIA	English-100	2024	RPT	G				
2025-11-13	1030	Cooking	Nigella Feasts	Comfort Foods	01	13	Nigella Lawson shares her favourite comfort foods: simple, delicious recipes where each mouthful is as reassuring as the last. There's a soothing beef casserole served with double potato mash shared with a friend, warm sticky toffee sauce poured over cold vanilla ice cream, anytime winners chocolate chip muffins, and her mother's very own favourite, a steaming bowl of sweet bread and milk.	UNITED KINGDOM	English-100	2006	RPT	G			Y	
2025-11-13	1100	Cooking	The Cook Up With Adam Liaw	Sweets That Sing	07	4	Adam is joined by gluten-free cook Helen Tzouganatos and all-singing, all-dancing Rob Mills to hit all the right notes with their sweets that sing.	AUSTRALIA	English-100	2024	RPT	G			Y	
2025-11-13	1130	Cooking	Nadiya's Family Favourites	Nothing in The House	01	3	Nadiya Hussain creates dishes for those 'Nothing in the House Days', visits a herb garden with spice expert Roopa and meets Lynn, homemade pasta fanatic in Derby.	UNITED KINGDOM	English-100	2018	RPT	G				
2025-11-13	1200	Travel	Rachael Ray In Tuscany	Pesto 2.0	01	26	Rachael is known for her delicious and flavorful pesto sauces of all varieties. She prepares a Pesto alla Trapanese, a Sicilian dish made with almonds and tomatoes.	USA	English-100	2022	RPT	G				Y
2025-11-13	1230	Travel	Cheese: A Love Story	British Columbia	01	6	Afrim's final stop is beautiful British Columbia, Canada's West coast, where an innovative cheese culture is driven by its 'support local' mentality.	CANADA	English-100	2021	RPT	PG			a l w	
2025-11-13	1325	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-75; Japanese-25	2013	RPT	G			Y	Y
2025-11-13	1330	Travel	Tareq Taylor's Nordic Cookery	North Denmark	03	4	North Jutland has a rich and fascinating culinary history. The unique conditions have created equally unique products.	SWEDEN	English-100	2015	RPT	PG			a w	
2025-11-13	1400	Food Lifestyle	Legends Of The Fork	Historic Buildings	01	17	Buddy heads to Chicago, Illinois to one of the oldest buildings in the city, the Berghoff, a German-style restaurant famous for their beer and schnitzel.	USA	English-100	2023	RPT	G				
2025-11-13	1430	Cooking	Kriol Kitchen	Robbie Mills: Baked Marinated Magpie Goose, Blachan, Braised Kangaroo Steaks With Asparagus Mushroom	03	9	In this episode, Robbie Mills shares two of his sovereign foods with us: Magpie Goose and Kangaroo.	AUSTRALIA	English-100	2014	RPT	G			Y	

2025-11-13	1500	Cooking	Comfort Food With Spencer Watts	Comforting Family Faves	02	14	Spencer makes a few of his family-style faves, including his Moussaka Crown, his Italian herb half chickens with sun-dried tomato cream sauce, and a silky smooth eggnog creme caramel that will make you weak in the knees.	CANADA	English-100	2023	RPT	G		
2025-11-13	1530	Cooking	My Market Kitchen	Episode 59	05	59	Kathy Tsaples cooks rice pilaf, a kitchen staple dish that everyone must know!	AUSTRALIA	English-100	2021	RPT	G		
2025-11-13	1600	Cooking	Lidia's Kitchen	Worth Celebrating	11	8	Italians are serious about their celebrations. The food, the company, the conversation, the music, and the wine are always abundant!	USA	English-100	2024		G		
2025-11-13	1630	Cooking	Mary Makes It Easy	Veggin' Out On The Grill	03	24	Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad.	CANADA	English-100	2023	RPT	G		
2025-11-13	1700	Cooking	Freshly Picked	Ep 4	03	4	In search of tasty fresh vegetables for his Cime Di Rapa Orecchiette, Simon is heading to Kinsfolk Farm today.	AUSTRALIA	English-100	2022	RPT	G		
2025-11-13	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 44	08	44	Chef James Viles stops by to prepare Moreton Bay Bug Mornay. Justine prepares a hearty dish, Cannelloni Stuffed with Eggplant and also shares her secret to creamy Bain Marie Scrambled Eggs.	AUSTRALIA	English-100	2018		G		
2025-11-13	1800	Cooking	The Chocolate Queen	Episode 4	05	4	Indulge in chocolate mastery as The Chocolate Queen dazzles once again!	AUSTRALIA	English-100	2024		PG		
2025-11-13	1830	Cooking	Nigella Express	Everyday Easy	01	1	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast. There's a family roast dinner for her father Lord Lawson and children Mimi and Bruno of Pousin with Sweet Potatoes and a Sugar Snap Pea and Watercress salad with a Wasabi Dressing. For a quick after work supper with a friend, Nigella's ever ready standby Crispy Squid with Garlic Mayo.	UNITED KINGDOM	English-100	2007	RPT	G		Y
2025-11-13	1900	Cooking	The Cook Up With Adam Liaw	Make-Ahead Menu, The	07	5	Do your dinner parties run down to the wire? This Easy Entertaining is for you! Adam and his guests, Chef Clayton Wells and ex-AFLW star Moana Hope, prepare a make-ahead menu.	AUSTRALIA	English-100	2024	RPT	PG		Y
2025-11-13	1930	Travel	Beyond Bali With Lara Lee	West Timor: New Connections And Family Ties	01	8	In West Timor, Lara is reunited with her father's birthplace, meeting extended family, learning home-cooked recipes and deepening her connection to her Indonesian heritage.	AUSTRALIA	English-90; Indonesian-10	2025		PG	Y	Y
2025-11-13	2030	Cooking	Marion Grasby's Flavours: Heart And Home	Asian Pantry Staples	01	5	Marion visits Inala, in Brisbane's south, where childhood grocery trips with her mum began. She explores noodle aisles, reflects on her mum's migrant story and meets family friends who share tips for the perfect bowl of pho.	AUSTRALIA	English-99; Thai-1	2024	RPT	G		Y
2025-11-13	2100	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 5	01	5	Analeise tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100	2021	RPT	PG	a w	Y
2025-11-13	2130	Food Lifestyle	Gourmet Farmer	Two For One	05	9	It's high summer, and Matthew is focused on making the most of the garden's first flush of fruit. He explores the idea of using dual purpose cattle and chicken breeds as a better way to rear farm animals.	AUSTRALIA	English-100	2018	RPT	G		Y
2025-11-13	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 44	08	44	Chef James Viles stops by to prepare Moreton Bay Bug Mornay. Justine prepares a hearty dish, Cannelloni Stuffed with Eggplant and also shares her secret to creamy Bain Marie Scrambled Eggs.	AUSTRALIA	English-100	2018	RPT	G		
2025-11-13	2230	Cooking	The Cook Up With Adam Liaw	Make-Ahead Menu, The	07	5	Do your dinner parties run down to the wire? This Easy Entertaining is for you! Adam and his guests, Chef Clayton Wells and ex-AFLW star Moana Hope, prepare a make-ahead menu.	AUSTRALIA	English-100	2024	RPT	PG		Y
2025-11-13	2300	Cooking	The Cook And The Chef	Kangaroo Island	01	29	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline. It features beautiful beaches, is teeming with wildlife, and, as we discover, has become a source of delicious and innovative food produce. Simon visits a sheep dairy to source a favourite cheese and then roams the coast in search of Samphire, a native herb. Maggie introduces us to an Island farmer who farms Marron, a freshwater crayfish, and together Maggie and Simon show us how quality produce demands minimum fuss.	AUSTRALIA	English-100	2006	RPT	PG	a	
2025-11-13	2330	Travel	Cheese: A Love Story	British Columbia	01	6	Arim's final stop is beautiful British Columbia, Canada's West coast, where an innovative cheese culture is driven by its 'support local' mentality.	CANADA	English-100	2021	RPT	PG	a l w	
2025-11-13	2425	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-75; Japanese-25	2013	RPT	G	Y	Y
2025-11-13	2430	Travel	Beyond Bali With Lara Lee	West Timor: New Connections And Family Ties	01	8	In West Timor, Lara is reunited with her father's birthplace, meeting extended family, learning home-cooked recipes and deepening her connection to her Indonesian heritage.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	PG	Y	Y

2025-11-13	2530	Cooking	Marion Grasby's Flavours: Heart And Home	Asian Pantry Staples	01	5	Marion visits Inala, in Brisbane's south, where childhood grocery trips with her mum began. She explores noodle aisles, reflects on her mum's migrant story and meets family friends who share tips for the perfect bowl of pho.	AUSTRALIA	English-99; Thai-1	2024	RPT	G		Y
2025-11-13	2600	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 5	01	5	Anaïese tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100	2021	RPT	PG	a w	Y
2025-11-13	2630	Food Lifestyle	Gourmet Farmer	Two For One	05	9	It's high summer, and Matthew is focused on making the most of the garden's first flush of fruit. He explores the idea of using dual purpose cattle and chicken breeds as a better way to rear farm animals.	AUSTRALIA	English-100	2018	RPT	G		Y
2025-11-13	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 44	08	44	Chef James Viles stops by to prepare Moreton Bay Bug Morray. Justine prepares a hearty dish, Cannelloni Stuffed with Eggplant and also shares her secret to creamy Bain Marie Scrambled Eggs.	AUSTRALIA	English-100	2018	RPT	G		
2025-11-13	2730	Cooking	The Cook Up With Adam Liaw	Make-Ahead Menu, The	07	5	Do your dinner parties run down to the wire? This Easy Entertaining is for you! Adam and his guests, Chef Clayton Wells and ex-AFLW star Moana Hope, prepare a make-ahead menu.	AUSTRALIA	English-100	2024	RPT	PG		Y
2025-11-13	2800	Cooking	The Cook And The Chef	Kangaroo Island	01	29	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline. It features beautiful beaches, is teeming with wildlife, and, as we discover, has become a source of delicious and innovative food produce. Simon visits a sheep dairy to source a favourite cheese and then roams the coast in search of Samphire, a native herb. Maggie introduces us to an Island farmer who farms Marron, a freshwater crayfish, and together Maggie and Simon show us how quality produce demands minimum fuss.	AUSTRALIA	English-100	2006	RPT	PG	a	
2025-11-13	2830	Travel	Tareq Taylor's Nordic Cookery	North Denmark	03	4	North Jutland has a rich and fascinating culinary history. The unique conditions have created equally unique products.	SWEDEN	English-100	2015	RPT	PG	a w	
2025-11-14	0500	Food Lifestyle	Legends Of The Fork	Historic Buildings	01	17	Buddy heads to Chicago, Illinois to one of the oldest buildings in the city, the Berghoff, a German-style restaurant famous for their beer and schnitzel.	USA	English-100	2023	RPT	G		
2025-11-14	0530	Travel	Cheese: A Love Story	British Columbia	01	6	Afrik's final stop is beautiful British Columbia, Canada's West coast, where an innovative cheese culture is driven by its 'support local' mentality.	CANADA	English-100	2021	RPT	PG	a l w	
2025-11-14	0625	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-75; Japanese-25	2013	RPT	G	Y	Y
2025-11-14	0630	Cooking	Kriol Kitchen	Robbie Mills: Baked Marinated Magpie Goose, Blachan, Braised Kangaroo Steaks With Asparagus Mushroom	03	9	In this episode, Robbie Mills shares two of his sovereign foods with us: Magpie Goose and Kangaroo.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-11-14	0700	Cooking	Comfort Food With Spencer Watts	Comforting Family Faves	02	14	Spencer makes a few of his family-style faves, including his Moussaka Crown, his Italian herb half chickens with sun-dried tomato cream sauce, and a silky smooth eggnog creme caramel that will make you weak in the knees.	CANADA	English-100	2023	RPT	G		
2025-11-14	0730	Cooking	My Market Kitchen	Episode 59	05	59	Kathy Tsaples cooks rice pilaf, a kitchen staple dish that everyone must know!	AUSTRALIA	English-100	2021	RPT	G		
2025-11-14	0800	Cooking	Lidia's Kitchen	Worth Celebrating	11	8	Italians are serious about their celebrations. The food, the company, the conversation, the music, and the wine are always abundant!	USA	English-100	2024	RPT	G		
2025-11-14	0830	Cooking	Mary Makes It Easy	Veggin' Out On The Grill	03	24	Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad.	CANADA	English-100	2023	RPT	G		
2025-11-14	0900	Cooking	Freshly Picked	Ep 4	03	4	In search of tasty fresh vegetables for his Cime Di Rapa Orecchiette, Simon is heading to Kinsfolk Farm today.	AUSTRALIA	English-100	2022	RPT	G		
2025-11-14	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 44	08	44	Chef James Viles stops by to prepare Moreton Bay Bug Morray. Justine prepares a hearty dish, Cannelloni Stuffed with Eggplant and also shares her secret to creamy Bain Marie Scrambled Eggs.	AUSTRALIA	English-100	2018	RPT	G		
2025-11-14	1000	Cooking	The Chocolate Queen	Episode 4	05	4	Indulge in chocolate mastery as The Chocolate Queen dazzles once again!	AUSTRALIA	English-100	2024	RPT	PG		

2025-11-14	1030	Cooking	Nigella Express	Everyday Easy	01	1	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast. There's a family roast dinner for her father Lord Lawson and children Mimi and Bruno of Pousin with Sweet Potatoes and a Sugar Snap Pea and Watercress salad with a Wasabi Dressing. For a quick after work supper with a friend, Nigella's ever ready standby Crispy Squid with Garlic Mayo.	UNITED KINGDOM	English-100	2007	RPT	G	Y	
2025-11-14	1100	Cooking	The Cook Up With Adam Liaw	Make-Ahead Menu, The	07	5	Do your dinner parties run down to the wire? This Easy Entertaining is for you! Adam and his guests, Chef Clayton Wells and ex-AFLW star Moana Hope, prepare a make-ahead menu.	AUSTRALIA	English-100	2024	RPT	PG	Y	
2025-11-14	1130	Travel	Beyond Bali With Lara Lee	West Timor: New Connections And Family Ties	01	8	In West Timor, Lara is reunited with her father's birthplace, meeting extended family, learning home-cooked recipes and deepening her connection to her Indonesian heritage.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	PG	Y	Y
2025-11-14	1230	Travel	Food Chain: From Source To Table	Fishballs And Squid	1	1	The prices of fishballs and squid have shot up more than any other food in the last ten years. Chef Ming Tan uncovers the surprising reasons for these price hikes.	SINGAPORE	English-100	2021	RPT	PG	a l w	Y
2025-11-14	1325	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
2025-11-14	1330	Travel	Tareq Taylor's Nordic Cookery	Uppsala	03	5	Situated in the beautiful region of Uppland in the middle of Sweden, Uppsala is the city of knowledge: home to the oldest university in Scandinavia.	SWEDEN	English-100	2015	RPT	G		
2025-11-14	1400	Food Lifestyle	Legends Of The Fork	Beyond The Sea	01	18	Seafood may not be your first thought when you think of a city like Detroit, Michigan, but at the Belgian inspired restaurant Cadieux Cafe, Buddy tries the best bowl of steamed mussels and braised Belgian rabbit in the Midwest.	USA	English-100	2023	RPT	G		
2025-11-14	1430	Cooking	Kriol Kitchen	Ali Mills: Maggie Goose Curry & Fried Damper	03	10	Performer Ali Mills prepares a yummy goose curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	2014	RPT	G	Y	
2025-11-14	1500	Cooking	Comfort Food With Spencer Watts	Canadian Comfort	02	15	Canadian's know how to celebrate the cooler seasons with fun food including Spencer's twists on a few originals, including his version of hand held meat tortiere pies, a Newfoundland inspired bunt pan figgy duff with maple syrup liqueur and simple yet delicious west coast smoked salmon rolls.	CANADA	English-100	2023	RPT	PG		
2025-11-14	1530	Cooking	My Market Kitchen	Episode 60	05	60	Ben is joined by Chef Karen Chan for her authentic Taiwanese Three Cup Chicken.	AUSTRALIA	English-100	2021	RPT	G		
2025-11-14	1600	Cooking	Lidia's Kitchen	Dinner Dance, The	11	9	Dinner doesn't have to feel like you're struggling. It can be as graceful as can be, just follow Lidia's lead!	USA	English-100	2024		PG		
2025-11-14	1630	Cooking	Mary Makes It Easy	Movie Night	03	25	Make your next movie night a feature presentation with Mary's array of snacks, from sweet and salty to savoury apps, and of course, popcorn!	CANADA	English-100	2023	RPT	G		
2025-11-14	1700	Cooking	Freshly Picked	Ep 5	03	5	Today Simon explores hot and spicy flavours of Hot Chili Mama, makes his delicious Cambodian fried rice, and prepares a delectable salad with fresh strawberries and creamy fetta.	AUSTRALIA	English-100	2022	RPT	G		
2025-11-14	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 45	08	45	Chef Alex Kinis joins Justine to share hes recipe for a decedent Greek dessert, Loukoumathes.	AUSTRALIA	English-100	2018		G		
2025-11-14	1800	Cooking	The Chocolate Queen	Episode 5	05	5	Dive into chocolate delights in this unmissable episode! Kirsten crafts hazelnut torrone, chocolate-orange financiers, and minty chocolate biscuits.	AUSTRALIA	English-100	2024		G		
2025-11-14	1830	Cooking	Nigella Express	Against The Clock	01	2	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory. Nigella shows how an incredible flash fried steak with white bean mash for supper home alone can be on the table in just ten minutes. For an entire weekend lunch for the family in twenty minutes it has to be curry in a hurry, a simple and delicious crowd pleaser.	UNITED KINGDOM	English-100	2007	RPT	G	Y	
2025-11-14	1900	Cooking	The Cook Up With Adam Liaw	Mince Charming	07	6	It's a dinner fairy tale, as chef Wesley Cooper Jones, health and fitness powerhouse, Michelle Bridges, and Adam celebrate the hero in countless midweek meals: mince charming.	AUSTRALIA	English-100	2024	RPT	G	Y	
2025-11-14	1930	Cooking	Ainsley's Fantastic Flavours Christmas	Ainsley's Festive Flavours 1	01	0	Join Chef Ainsley Harriott in a new series filled with flavour packed dishes sure to liven up every meal! In the first episode Ainsley explores how spices can work wonders in our food. He kicks things off with a dish perfect for brunch with his Ras El Hanout Shakshuka.	UNITED KINGDOM	English-100	2022	RPT	PG	I	
2025-11-14	2025	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		
2025-11-14	2030	Cooking	Mary Berry's Ultimate Christmas	Mary Berry's Ultimate Christmas	01	0	Dame Mary Berry shares her ultimate Christmas feast with all the trimmings, with friends Angela Hartnett, Monica Galanti and Ryan Clark.	UNITED KINGDOM	English-100	2022		PG		

2025-11-14	2130	Food Lifestyle	Gourmet Farmer	Year In The Life, A	05	10	It's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm. With ingenious ideas to grow healthy food and regenerate healthy soil for generations to come, he's tried it all. What ideas worked and what didn't?	AUSTRALIA	English-100	2018	RPT	PG		Y
2025-11-14	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 45	08	45	Chef Alex Kinis joins Justine to share hes recipe for a decedent Greek dessert, Loukoumathes.	AUSTRALIA	English-100	2018	RPT	G		
2025-11-14	2230	Cooking	The Cook Up With Adam Liaw	Mince Charming	07	6	It's a dinner fairy tale, as chef Wesley Cooper Jones, health and fitness powerhouse, Michelle Bridges, and Adam celebrate the hero in countless midweek meals: mince charming.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-11-14	2300	Cooking	The Cook And The Chef	Sunday Roast, A	01	30	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved and be part of the whole experience. Maggie is treating her friends to a roast. For Maggie the best time of year for a good roast is spring when the lamb is at its peak and is served with baked vegetables, caramelised to almost burning, just like her Mother used to do.	AUSTRALIA	English-100	2006	RPT	PG		
2025-11-14	2330	Travel	Food Chain: From Source To Table	Fishballs And Squid	1	1	The prices of fishballs and squid have shot up more than any other food in the last ten years. Chef Ming Tan uncovers the surprising reasons for these price hikes.	SINGAPORE	English-100	2021	RPT	PG	a l w	Y
2025-11-14	2425	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y Y
2025-11-14	2430	Cooking	Ainsley's Fantastic Flavours Christmas	Ainsley's Festive Flavours 1	01	0	Join Chef Ainsley Harriott in a new series filled with flavour packed dishes sure to liven up every meal! In the first episode Ainsley explores how spices can work wonders in our food. He kicks things off with a dish perfect for brunch with his Ras El Hanout Shakshuka.	UNITED KINGDOM	English-100	2022	RPT	PG	I	
2025-11-14	2525	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		
2025-11-14	2530	Cooking	Mary Berry's Ultimate Christmas	Mary Berry's Ultimate Christmas	01	0	Dame Mary Berry shares her ultimate Christmas feast with all the trimmings, with friends Angela Hartnett, Monica Galetti and Ryan Clark.	UNITED KINGDOM	English-100	2022	RPT	PG		
2025-11-14	2630	Food Lifestyle	Gourmet Farmer	Year In The Life, A	05	10	It's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm. With ingenious ideas to grow healthy food and regenerate healthy soil for generations to come, he's tried it all. What ideas worked and what didn't?	AUSTRALIA	English-100	2018	RPT	PG		Y
2025-11-14	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 45	08	45	Chef Alex Kinis joins Justine to share hes recipe for a decedent Greek dessert, Loukoumathes.	AUSTRALIA	English-100	2018	RPT	G		
2025-11-14	2730	Cooking	The Cook Up With Adam Liaw	Mince Charming	07	6	It's a dinner fairy tale, as chef Wesley Cooper Jones, health and fitness powerhouse, Michelle Bridges, and Adam celebrate the hero in countless midweek meals: mince charming.	AUSTRALIA	English-100	2024	RPT	G		Y
2025-11-14	2800	Cooking	The Cook And The Chef	Sunday Roast, A	01	30	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved and be part of the whole experience. Maggie is treating her friends to a roast. For Maggie the best time of year for a good roast is spring when the lamb is at its peak and is served with baked vegetables, caramelised to almost burning, just like her Mother used to do.	AUSTRALIA	English-100	2006	RPT	PG		
2025-11-14	2830	Travel	Tareq Taylor's Nordic Cookery	Uppsala	03	5	Situated in the beautiful region of Uppland in the middle of Sweden, Uppsala is the city of knowledge: home to the oldest university in Scandinavia.	SWEDEN	English-100	2015	RPT	G		
2025-11-15	0500	Food Lifestyle	Legends Of The Fork	Beyond The Sea	01	18	Seafood may not be your first thought when you think of a city like Detroit, Michigan, but at the Belgian inspired restaurant Cadieux Cafe, Buddy tries the best bowl of steamed mussels and braised Belgian rabbit in the Midwest.	USA	English-100	2023	RPT	G		
2025-11-15	0530	Travel	Food Chain: From Source To Table	Fishballs And Squid	1	1	The prices of fishballs and squid have shot up more than any other food in the last ten years. Chef Ming Tan uncovers the surprising reasons for these price hikes.	SINGAPORE	English-100	2021	RPT	PG	a l w	Y

2025-11-15	0625	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y
2025-11-15	0630	Cooking	Kriol Kitchen	Ali Mills: Maggie Goose Curry & Fried Damper	03	10	Performer Ali Mills prepares a yummy goose curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	2014	RPT	G		Y	
2025-11-15	0700	Cooking	Comfort Food With Spencer Watts	Canadian Comfort	02	15	Canadian's know how to celebrate the cooler seasons with fun food including Spencer's twists on a few originals, including his version of hand held meat tortiere pies, a Newfoundland inspired bunt pan figgy duff with maple syrup liqueur and simple yet delicious west coast smoked salmon rolls.	CANADA	English-100	2023	RPT	PG			
2025-11-15	0730	Cooking	My Market Kitchen	Episode 60	05	60	Ben is joined by Chef Karen Chan for her authentic Taiwanese Three Cup Chicken.	AUSTRALIA	English-100	2021	RPT	G			
2025-11-15	0800	Cooking	Lidia's Kitchen	Dinner Dance, The	11	9	Dinner doesn't have to feel like you're struggling. It can be as graceful as can be, just follow Lidia's lead!	USA	English-100	2024	RPT	PG			
2025-11-15	0830	Cooking	Mary Makes It Easy	Movie Night	03	25	Make your next movie night a feature presentation with Mary's array of snacks, from sweet and salty to savoury apps, and of course, popcorn!	CANADA	English-100	2023	RPT	G			
2025-11-15	0900	Cooking	Freshly Picked	Ep 5	03	5	Today Simon explores hot and spicy flavours of Hot Chili Mama, makes his delicious Cambodian fried rice, and prepares a delectable salad with fresh strawberries and creamy fetta.	AUSTRALIA	English-100	2022	RPT	G			
2025-11-15	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 45	08	45	Chef Alex Xinis joins Justine to share hes recipe for a decedent Greek dessert, Loukoumathes.	AUSTRALIA	English-100	2018	RPT	G			
2025-11-15	1000	Cooking	The Chocolate Queen	Episode 5	05	5	Dive into chocolate delights in this unmissable episode! Kirsten crafts hazelnut torrone, chocolate-orange financiers, and minty chocolate biscuits.	AUSTRALIA	English-100	2024	RPT	G			
2025-11-15	1030	Cooking	Nigella Express	Against The Clock	01	2	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory. Nigella shows how an incredible flash fried steak with white bean mash for supper home alone can be on the table in just ten minutes. For an entire weekend lunch for the family in twenty minutes it has to be curry in a hurry, a simple and delicious crowd pleaser.	UNITED KINGDOM	English-100	2007	RPT	G		Y	
2025-11-15	1100	Cooking	The Cook Up With Adam Liaw	Mince Charming	07	6	It's a dinner fairy tale, as chef Wesley Cooper Jones, health and fitness powerhouse, Michelle Bridges, and Adam celebrate the hero in countless midweek meals: mince charming.	AUSTRALIA	English-100	2024	RPT	G		Y	
2025-11-15	1130	Cooking	Ainsley's Fantastic Flavours Christmas	Ainsley's Festive Flavours 1	01	0	Join Chef Ainsley Harriott in a new series filled with flavour packed dishes sure to liven up every meal! In the first episode Ainsley explores how spices can work wonders in our food. He kicks things off with a dish perfect for brunch with his Ras El Hanout Shakshuka.	UNITED KINGDOM	English-100	2022	RPT	PG	I		
2025-11-15	1225	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. Almah Bilda shares the full experience.	AUSTRALIA	English-100	2024	RPT	G			
2025-11-15	1230	Cooking	Kriol Kitchen	Ali Mills: Maggie Goose Curry & Fried Damper	03	10	Performer Ali Mills prepares a yummy goose curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	2014	RPT	G		Y	

2025-11-15	1300	Cooking	Mark Moriarty: Off Duty Chef Christmas	Episode 1	02	1	This episode features a classic Christmas menu, packed with Mark's much-loved techniques and tips for a traditional spread, including cheesy mushroom vol au vents with salsa verde for starters and a classic roast turkey crown with roasted carrots and stuffing for mains.	UNITED KINGDOM	English-100	2022	RPT	PG			
2025-11-15	1330	Cooking	Christmas At The Castle	Puddings On Fire	01	1	Ho Ho Ho! Get ready for some festive fun with Mark Gregory and Annabelle White in A Magical Christmas Downunder!	NEW ZEALAND	English-100	2024		PG			
2025-11-15	1400	Cooking	Christmas At The Castle	Cakes, Trifle And Zombies	01	2	A Panettone Trifle, a sparkly Lime & Silver Drizzle Cake, and a laugh out loud family game where everyone competes for the Best Christmas Zombie.	NEW ZEALAND	English-100	2024		PG			
2025-11-15	1430	Travel	Rick Stein's Spanish Christmas Special	Rick Stein's Spanish Christmas Special	01	0	Rick Stein believes that no-one celebrates Christmas in greater style than the Spanish, where the celebrations last for over a fortnight and the dishes they prepare are delicious alternatives to the usual Christmas fare. Inspired by his recent journey through Spain and the Spanish passion for celebrations, Rick Stein hosts a festive gathering and shares his take on great dishes to cook for Christmas and the continuing celebrations up to New Year.	UNITED KINGDOM	English-100	2011	RPT	G	Y	Y	
2025-11-15	1540	Cooking	Dishing It Up Christmas Special	Dishing It Up Christmas Special 2022	2022	0	This Christmas Dishing it Up takes viewers into the homes of Australian households as they watch the latest Christmas cooking shows on TV and attempt to cook festive dishes in their own kitchen.	AUSTRALIA	English-100	2022	RPT	PG	I	Y	
2025-11-15	1640	Cooking	Michel Roux's French Country Cooking	Christmas In Provence	03	1	Michel Roux is hosting family and friends for an unforgettable Christmas in Provence. The house is decorated, the champagne is on ice and Michel is using his Michelin starred magic to create his menu.	UNITED KINGDOM	English-100	2022	RPT	PG			Y
2025-11-15	1735	Cooking	Lorraine Pascale: Be A Better Cook	Sonia Harwood	01	3	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			
2025-11-15	1805	Food Lifestyle	Sachie's Kitchen	Hong Kong	02	3	One hundred years ago, there was a Dai Pai Dong, or street food stall, on every Hong Kong street corner, serving up super fast, mouthwatering, and affordable meals. But the Dai Pai Dong is now on the verge of extinction.	NEW ZEALAND	English-100	2021	RPT	G			Y
2025-11-15	1830	Cooking	Hairy Bikers Go Local	Lords Of The Manor: Cotswolds	01	3	The Bikers head south to find Charles his perfect ingredients: they meet a special herd of cows, try hand-made ice cream, and create smoked haddock soufflé. Will these local favourites make it on the menu?	UNITED KINGDOM	English-100	2022	RPT	PG	I		
2025-11-15	1935	Travel	Remarkable Places To Eat	Devon	03	4	Fred travels to South Devon with chef and restaurateur Angela Hartnett, from Angela's all-time favourite restaurant in Dartmouth to an incredible floating cafe on the River Exe.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
2025-11-15	2030	Travel	Rick Stein's Long Weekends	Reykjavik	01	2	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer - succulent roast lamb, rye bread baked in volcanic sand, langoustine soup and, of course, his ongoing search for the perfect cod. Unforgettable dishes enjoyed alongside spectacular drives, memorable swims in volcanic pools, geysirs, waterfalls, and the odd winter storm thrown in for good measure.	UNITED KINGDOM	English-100	2016	RPT	G	Y		
2025-11-15	2135	Travel	Anthony Bourdain: The Layover	Taipei	2	8	During Tony's Layover in Taipei, he discovers ingratiating hosts and a culinary paradise. Soon after landing he heads immediately to one of the famed night markets that offer a dizzying array of mouthwatering options to choose from.	USA	English-100	2012	RPT	PG	a l s w	Y	
2025-11-15	2230	Food Lifestyle	Getting Grilled With Curtis Stone	Molly Simms	01	7	Curtis Stone puts his guests from the worlds of film, music, sports, and beyond in the hot seat.	USA	English-100	2024		PG			
2025-11-15	2330	Cooking	Lorraine Pascale: Be A Better Cook	Sonia Harwood	01	3	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			

2025-11-15	2400	Food Lifestyle	Sachie's Kitchen	Hong Kong	02	3	One hundred years ago, there was a Dai Pai Dong, or street food stall, on every Hong Kong street corner, serving up super fast, mouthwatering, and affordable meals. But the Dai Pai Dong is now on the verge of extinction.	NEW ZEALAND	English-100	2021	RPT	G	Y
2025-11-15	2430	Cooking	Hairy Bikers Go Local	Lords Of The Manor: Cotswolds	01	3	The Bikers head south to find Charles his perfect ingredients: they meet a special herd of cows, try hand-made ice cream, and create smoked haddock soufflé. Will these local favourites make it on the menu?	UNITED KINGDOM	English-100	2022	RPT	PG	I
2025-11-15	2535	Travel	Remarkable Places To Eat	Devon	03	4	Fred travels to South Devon with chef and restaurateur Angela Hartnett, from Angela's all-time favourite restaurant in Dartmouth to an incredible floating cafe on the River Exe.	UNITED KINGDOM	English-100	2023	RPT	PG	a w

2025-11-15	2630	Travel	Rick Stein's Long Weekends	Reykjavik	01	2	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer - succulent roast lamb, rye bread baked in volcanic sand, langoustine soup and, of course, his ongoing search for the perfect cod. Unforgettable dishes enjoyed alongside spectacular drives, memorable swims in volcanic pools, geysirs, waterfalls, and the odd winter storm thrown in for good measure.	UNITED KINGDOM	English-100	2016	RPT	G		Y
2025-11-15	2735	Travel	Anthony Bourdain: The Layover	Taipei	2	8	During Tony's Layover in Taipei, he discovers ingratiating hosts and a culinary paradise. Soon after landing he heads immediately to one of the famed night markets that offer a dizzying array of mouthwatering options to choose from.	USA	English-100	2012	RPT	PG	a l s w	Y
2025-11-15	2830	Cooking	Mark Moriarty: Off Duty Chef Christmas	Episode 1	02	1	This episode features a classic Christmas menu, packed with Mark's much-loved techniques and tips for a traditional spread, including cheesy mushroom vol au vents with salsa verde for starters and a classic roast turkey crown with roasted carrots and stuffing for mains.	UNITED KINGDOM	English-100	2022	RPT	PG		