



WEEK 1 Sunday, 28 December 2025 Saturday, 3 January 2026

Date	Start Time	Genre	Title
28/12/2025	500	Cooking	Andrew Zimmern's Wild Game Kitchen
28/12/2025	530	Animation	Rick Stein's Mediterranean Escapes
28/12/2025	635	Travel	Jason Atherton's Dubai Dishes
28/12/2025	730	Cooking	Lorraine's Fast, Fresh And Easy Food
28/12/2025	800	Travel	Audra's Eat, Roam, Relish
28/12/2025	830	Travel	Hairy Bikers Go West
28/12/2025	935	Culture & Society	Secret World Of Snacks
28/12/2025	1030	Animation	Rick Stein's Mediterranean Escapes
28/12/2025	1140	Cooking	Andrew Zimmern's Wild Game Kitchen
28/12/2025	1205	Cooking	Andrew Zimmern's Wild Game Kitchen
28/12/2025	1235	Travel	Jason Atherton's Dubai Dishes
28/12/2025	1330	Cooking	Lorraine's Fast, Fresh And Easy Food
28/12/2025	1400	Travel	Audra's Eat, Roam, Relish
28/12/2025	1430	Travel	Hairy Bikers Go West
28/12/2025	1535	Culture & Society	Secret World Of Snacks

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
Chicken Fried Axis Deer & Creole Halibut And Dirty Rice	2	5	Chef Andrew Zimmern prepares the ultimate comfort food, a rooty Americana meal of chicken fried axis deer, cream gravy and ashed potatoes, cooked directly in the hot coals. Next, he breaks down a whole halibut and poaches the filets in a creole-style tomato roux. He serves it with a classic version of dirty rice, filled with vegetables, herbs and chicken livers, cooked directly in the coals.	USA	English-100	2022	RPT	G				
Sardinia And Sicily	1	2	In Sardinia, Rick watches as the local fishermen catch mullet using methods that date back to the Ancient Romans. He then boards a ferry for Sicily. In Palermo, he finds one of the best pasta dishes he has ever tasted. Rick rustles up a simple vegetarian pasta with tomatoes, capers and mint using capers from the island of Pantelleria.	UNITED KINGDOM	English-100	2007	RPT	G		Y		
Spices	1	1	Jason's Debut in Dubai is all things spice! He'll be exploring a traditional souk in the heart of the old town and will show you how to spice up your life - Dubai Style! He is joined by Dubai Chef Fahad Rana.	UNITED KINGDOM	English-100	2023	RPT	PG				
Simple Classics	1	3	Lorraine makes simple and classic recipes that have stood the test of time. From a twist on an Italian favourite, salmon saltimbocca with gremolata potatoes and crispy sage leaves to pan fried gnocci.	UNITED KINGDOM	English-100	2012	RPT	G				
Old Kuching	1	1	Audra Morrice journeys to the colourful island state of Sarawak, Malaysia to explore the depths of Indigenous culture via its rich gastronomy.	AUSTRALIA	English-80; Malay-20	2024	RPT	G			Y	
Bute	1	1	The Hairy Bikers head to the Isle of Bute, a place that holds special memories for them both. They discover how locals are embracing change while keeping important traditions alive.	UNITED KINGDOM	English-100	2024	RPT	PG				
Ice Cream	2	1	Jo Brand narrates this behind the scenes look at the battles between our favourite ice-creams. The creative brains behind some of our most iconic frozen treats reveal exactly what it takes to win the very cold war.	UNITED KINGDOM	English-100	2022	RPT	PG	S		Y	
Sardinia And Sicily	1	2	In Sardinia, Rick watches as the local fishermen catch mullet using methods that date back to the Ancient Romans. He then boards a ferry for Sicily. In Palermo, he finds one of the best pasta dishes he has ever tasted. Rick rustles up a simple vegetarian pasta with tomatoes, capers and mint using capers from the island of Pantelleria.	UNITED KINGDOM	English-100	2007	RPT	G		Y		
Five Spice Roasted Goose & Grilled Striped Bass	2	4	Chef Andrew Zimmern sets up an Argentinian-style grill in his fire pit, creating a ring of coals to cook a whole goose in on a vertical roaster. His version of Peking-style goose, he rubs the bird with five spice and serves it with hoisin, scallions and homemade bacon fat tortillas. Next, he cooks a meal inspired by his childhood - striped bass with a tomato and vegetable soup.	USA	English-100	2022	RPT	G				
Chicken Fried Axis Deer & Creole Halibut And Dirty Rice	2	5	Chef Andrew Zimmern prepares the ultimate comfort food, a rooty Americana meal of chicken fried axis deer, cream gravy and ashed potatoes, cooked directly in the hot coals. Next, he breaks down a whole halibut and poaches the filets in a creole-style tomato roux. He serves it with a classic version of dirty rice, filled with vegetables, herbs and chicken livers, cooked directly in the coals.	USA	English-100	2022	RPT	G				
Spices	1	1	Jason's Debut in Dubai is all things spice! He'll be exploring a traditional souk in the heart of the old town and will show you how to spice up your life - Dubai Style! He is joined by Dubai Chef Fahad Rana.	UNITED KINGDOM	English-100	2023	RPT	PG				
Simple Classics	1	3	Lorraine makes simple and classic recipes that have stood the test of time. From a twist on an Italian favourite, salmon saltimbocca with gremolata potatoes and crispy sage leaves to pan fried gnocci.	UNITED KINGDOM	English-100	2012	RPT	G				
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Bute	1	1	The Hairy Bikers head to the Isle of Bute, a place that holds special memories for them both. They discover how locals are embracing change while keeping important traditions alive.	UNITED KINGDOM	English-100	2024	RPT	PG				
Ice Cream	2	1	Jo Brand narrates this behind the scenes look at the battles between our favourite ice-creams. The creative brains behind some of our most iconic frozen treats reveal exactly what it takes to win the very cold war.	UNITED KINGDOM	English-100	2022	RPT	PG	S		Y	

28/12/2025	1630	Travel	A New Zealand Food Story	Central Otago	3	1	Ben's food story starts in the deep south where he learns why lamb tastes so good. He meets the earliest pioneers producing truffles and travels by helicopter into Fiordland in search of Wapiti.	NEW ZEALAND	English-100	2023	RPT	G		
28/12/2025	1700	Travel	Food Trail South Africa	Pretoria & Soweto	1	9	Warren travels to Pretoria and Johannesburg; there he meets chef Noliwa, personal cook to the former president Nelson Mandela and learns to cook samp risotto.	AUSTRALIA	English-100	2021	RPT	G		Y
28/12/2025	1730	Travel	Cheese: Searching For A Taste Of Place	Camembert	1	2	Camembert, the cheese, is a French national treasure. So popular that, much to the horror of the French, it is now made all over the world. You can buy Chinese Camembert, Korean, Danish, German, American and Australian Camembert. Camembert is now an everywhere cheese.	AUSTRALIA	English-100	2024	RPT	PG	a l v	Y
28/12/2025	1850	Travel	James Martin's Spanish Adventure	Girona	1	20	In Girona, James visits an anchovy producer, sees how Ratatua is made, we meet chocolatier. He cooks anchovy topped tortilla, walnut and orange cake, beef fillet and a final tribute to Spain paella.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
28/12/2025	1930	Cooking	Marcus Wareing's Kitchen Garden Tales	Potatoes	2	3	Marcus meets a local potato farmer Steve, who is doing something quite unusual: growing thirty-three varieties of potato on just thirty-five acres. All this talk has got Marcus thinking about one of his favourite pairings; he decides to head out to the Fennish coastline to meet some local fishermen.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
28/12/2025	2000	Travel	Outback Gourmet	Outback Gourmet Series 1 Ep 2	1	2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100	2018	RPT	G		
28/12/2025	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	2	5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers, Thomas Hardy, and his little-known love affair with a Cornish woman.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
28/12/2025	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	2	6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
28/12/2025	2150	Travel	Anthony Bourdain: A Cook's Tour	Portugal To France: Stuffed Like A Pig	1	21	Portugal & Southwest France: Visiting his boss's family farm, Tony helps slaughter and feast on a pig the family has been fattening all year. Then, Tony heads to France to experience the rich delights of a foie gras farm.	USA	English-100	2002	RPT	M	a w	
28/12/2025	2200	Travel	Anthony Bourdain: A Cook's Tour	Highland Grub	1	22	Beginning in Glasgow, Tony experiences the heart-clogging glory of deep-fried pizza, deep-fried mars bars, and deep-fried pickled eggs!	USA	English-100	2002	RPT	PG	a w	
28/12/2025	2230	Cooking	Andrew Zimmern's Wild Game Kitchen	Wild Turkey Legs	3	1	Chef Andrew Zimmern shares a genius technique for butchering and grilling butterflied turkey legs over an open fire, an easy way to ensure the meat is cooked perfectly without drying it out. To complement the richness of the meat, he serves the turkey legs with a bright, lemony carrot orzo and creamed greens topped with crunchy, cheesy breadcrumbs.	USA	English-100	2022	RPT	G		
28/12/2025	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Carne Adovada	3	2	Learn to make carne adovada with Andrew Zimmern's easy tips for butchering wild hog shoulder to braise with lots of chiles, vinegar and Mexican oregano in a Dutch oven over an open fire. To complete the meal, chef Zimmern whips up a pot of cilantro lime rice and charred tomatillo salsa. Add bowls of guacamole, cotija cheese, jalapenos and onion for the ultimate taco spread.	USA	English-100	2022	RPT	G		
28/12/2025	2330	Travel	A New Zealand Food Story	Central Otago	3	1	Ben's food story starts in the deep south where he learns why lamb tastes so good. He meets the earliest pioneers producing truffles and travels by helicopter into Fiordland in search of Wapiti.	NEW ZEALAND	English-100	2023	RPT	G		
28/12/2025	2400	Travel	Food Trail South Africa	Pretoria & Soweto	1	9	Warren travels to Pretoria and Johannesburg; there he meets chef Noliwa, personal cook to the former president Nelson Mandela and learns to cook samp risotto.	AUSTRALIA	English-100	2021	RPT	G		Y
28/12/2025	2430	Travel	Cheese: Searching For A Taste Of Place	Camembert	1	2	Camembert, the cheese, is a French national treasure. So popular that, much to the horror of the French, it is now made all over the world. You can buy Chinese Camembert, Korean, Danish, German, American and Australian Camembert. Camembert is now an everywhere cheese.	AUSTRALIA	English-100	2024	RPT	PG	a l v	Y
28/12/2025	2530	Travel	James Martin's Spanish Adventure	Girona	1	20	In Girona, James visits an anchovy producer, sees how Ratatua is made, we meet chocolatier. He cooks anchovy topped tortilla, walnut and orange cake, beef fillet and a final tribute to Spain paella.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	

28/12/2025	2625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	1	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
28/12/2025	2630	Cooking	Marcus Wareing's Kitchen Garden Tales	Potatoes	2	3	Marcus meets a local potato farmer Steve, who is doing something quite unusual: growing thirty-three varieties of potato on just thirty-five acres. All this talk has got Marcus thinking about one of his favourite pairings; he decides to head out to the Kentish coastline to meet some local fishermen.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
28/12/2025	2700	Travel	Outback Gourmet	Outback Gourmet Series 1 Ep 2	1	2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100	2018	RPT	G		
28/12/2025	2730	Travel	Anthony Bourdain: A Cook's Tour	Portugal To France: Stuffed Like A Pig	1	21	Portugal & Southwest France: Visiting his boss's family farm, Tony helps slaughter and feast on a pig the family has been fattening all year. Then, Tony heads to France to experience the rich delights of a Fole gras farm.	USA	English-100	2002	RPT	M	a w	
28/12/2025	2800	Travel	Anthony Bourdain: A Cook's Tour	Highland Grub	1	22	Beginning in Glasgow, Tony experiences the heart-clogging glory of deep-fried pizza, deep-fried mars bars, and deep-fried pickled eggs!	USA	English-100	2002	RPT	PG	a w	
28/12/2025	2830	Cooking	Andrew Zimmern's Wild Game Kitchen	Wild Turkey Legs	3	1	Chef Andrew Zimmern shares a genius technique for butchering and grilling butterflied turkey legs over an open fire, an easy way to ensure the meat is cooked perfectly without drying it out. To complement the richness of the meat, he serves the turkey legs with a bright, lemony carrot orzo and creamed greens topped with crunchy, cheesy breadcrumbs.	USA	English-100	2022	RPT	G		
29/12/2025	500	Cooking	Andrew Zimmern's Wild Game Kitchen	Carne Adovada	3	2	Learn to make carne adovada with Andrew Zimmern's easy tips for butchering wild hog shoulder to braise with lots of chiles, vinegar and Mexican oregano in a Dutch oven over an open fire. To complete the meal, chef Zimmern whips up a pot of cilantro lime rice and charred tomatillo salsa. Add bowls of guacamole, cotija cheese, jalapenos and onion for the ultimate taco spread.	USA	English-100	2022	RPT	G		
29/12/2025	530	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	2	5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers, Thomas Hardy, and his little-known love affair with a Cornish woman.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
29/12/2025	600	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	2	6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
29/12/2025	630	Travel	A New Zealand Food Story	Central Otago	3	1	Ben's food story starts in the deep south where he learns why lamb tastes so good. He meets the earliest pioneers producing truffles and travels by helicopter into Fiordland in search of Wagyu.	NEW ZEALAND	English-100	2023	RPT	G		
29/12/2025	700	Travel	Food Trail South Africa	Pretoria & Soweto	1	9	Warren travels to Pretoria and Johannesburg; there he meets chef Koliwa, personal cook to the former president Nelson Mandela and learns to cook samp risotto.	AUSTRALIA	English-100	2021	RPT	G		Y
29/12/2025	730	Travel	Cheese: Searching For A Taste Of Place	Camembert	1	2	Camembert, the cheese, is a French national treasure. So popular that, much to the horror of the French, it is now made all over the world. You can buy Chinese Camembert, Korean, Danish, German, American and Australian Camembert. Camembert is now an everywhere cheese.	AUSTRALIA	English-100	2024	RPT	PG	a l v	Y
29/12/2025	830	Travel	James Martin's Spanish Adventure	Girona	1	20	In Girona, James visits an anchovy producer; sees how Patufa is made, we meet chocolatier. He cooks anchovy topped tortilla, walnut and orange cake, beef fillet and a final tribute to Spain paella.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
29/12/2025	925	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	1	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
29/12/2025	930	Cooking	Marcus Wareing's Kitchen Garden Tales	Potatoes	2	3	Marcus meets a local potato farmer Steve, who is doing something quite unusual: growing thirty-three varieties of potato on just thirty-five acres. All this talk has got Marcus thinking about one of his favourite pairings; he decides to head out to the Kentish coastline to meet some local fishermen.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
29/12/2025	1000	Travel	Outback Gourmet	Outback Gourmet Series 1 Ep 2	1	2	Justine visits Kakadu, Katherine, and Edith Falls, uncovering Katherine's best coffee. Justine whips up a sweet trifle treat at Edith Falls and sources some native herbs and fruits to try.	AUSTRALIA	English-100	2018	RPT	G		

29/12/2025	1030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	2	5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers, Thomas Hardy, and his little-known love affair with a Cornish woman.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
29/12/2025	1100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	2	6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
29/12/2025	1130	Cooking	Andrew Zimmern's Wild Game Kitchen	Wild Turkey Legs	3	1	Chef Andrew Zimmern shares a genius technique for butchering and grilling butterflied turkey legs over an open fire, an easy way to ensure the meat is cooked perfectly without drying it out. To complement the richness of the meat, he serves the turkey legs with a bright, lemony carrot orzo and creamed greens topped with crunchy, cheesy breadcrumbs.	USA	English-100	2022	RPT	G		
29/12/2025	1200	Cooking	Andrew Zimmern's Wild Game Kitchen	Carne Adovada	3	2	Learn to make carne adovada with Andrew Zimmern's easy tips for butchering wild hog shoulder to braise with lots of chiles, vinegar and Mexican oregano in a Dutch oven over an open fire. To complete the meal, chef Zimmern whips up a pot of cilantro lime rice and charred tomatillo salsa. Add bowls of guacamole, cotija cheese, jalapenos and onion for the ultimate taco spread.	USA	English-100	2022	RPT	G		
29/12/2025	1230	Food Lifestyle	Masters Of Savours	Masters Of Seaweed	1	14	Kombu, dulse, wakame: seaweeds are a growing success. Whether they're sought after for their nutritional properties, iodized flavours, or aesthetic appeal, they're set to conquer the world.	FRANCE	English-100	2022	RPT	PG	a w	
29/12/2025	1330	Travel	Tareq Taylor's Nordic Cookery	Bornholm, Denmark	1	2	Tareq takes the ferry out to Bornholm, a Danish island that has seen its share of invaders and reluctantly took part in WW2.	SWEDEN	English-100	2013	RPT	G	Y	
29/12/2025	1400	Cooking	Luca's Key Ingredient	Ep 6	3	6	Luca shows us his favourite recipes using today's key ingredient, zucchini flowers.	AUSTRALIA	English-100	2023	RPT	G		
29/12/2025	1430	Cooking	On Country Kitchen	On Country Kitchen	2	7	Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing.	AUSTRALIA	English-100	2019	RPT	PG	Y	Y
29/12/2025	1500	Cooking	Mary Berry Everyday	Ep 5	1	5	Mary shares some inspirational ideas to make everyday family meals exciting. She tries her hand at milking a goat and shows her granddaughter how to make her own goat cheese for a family picnic.	UNITED KINGDOM	English-100	2017	RPT	G		
29/12/2025	1530	Travel	Taste Of Australia With Hayden Quinn	Port Macquarie	6	4	The Sunrise Swimmers take Hayden out before dawn to get the perfect fresh start for his day, then we're in for a treat as we head out whale watching. Keeping the day going, Hayden samples some local wine before heading to a picture perfect sustainable estate for horse riding, veggies and a sunset BBQ.	AUSTRALIA	English-100	2022	RPT	G		
29/12/2025	1600	Cooking	Lidia's Kitchen	Cook Everyday	12	14	Exercising your cooking skills is something you should do everyday.	USA	English-100	2023		G		
29/12/2025	1630	Cooking	My Market Kitchen	Episode 31	8	31	On the show today, Laura has a crack at a viral dish sweeping the internet: the Cheeseburger Taco.	AUSTRALIA	English-100	2023		PG		
29/12/2025	1700	Cooking	Freshly Picked	Episode 6	4	6	Back for more tasty plant-based Italian wonders, Nadia Fragrino returns with a delicious Braciolo Napoletano. Simon adds his own creations, including a quick curry, charred zucchini, and a creamy lasagne, while demonstrating how to turn aquafaba into homemade mayo.	AUSTRALIA	English-100	2024	RPT	G		
29/12/2025	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 76	8	76	Join Justine as she prepares Zeppole-Savoury Scillian Stuffed Doughnuts. She is later joined by Dietician Anna Debenham for a nutritious White Bean Soup.	AUSTRALIA	English-100	2018		G		
29/12/2025	1800	Cooking	Eva Pau's Asian Kitchen	Episode 1	1	1	Join Eva Pau as she takes viewers on a delicious journey through the vibrant world of Asian cuisine in her brand-new cooking series. Eva explores the ingredients techniques, and asian traditions.	UNITED KINGDOM	English-100	2025	RPT	G		
29/12/2025	1830	Cooking	Mark Moriarty - Cook Like A Chef	Weeknight Wonders	1	1	This week on Cook Like a Chef, Mark Moriarty is all about making weeknight cooking easy, exciting, and full of flavour. With just seven core ingredients he whips up three bold and brilliant dishes.	UNITED KINGDOM	English-100	2025		PG		

29/12/2025	1900	Cooking	The Cook Up With Adam Liaw	Bring A Plate Night, The	7	35	It's easy with Easy Entertaining, because Adam's getting his guests, relationship expert Chantelle Otten and comedian Lizzy Hoo to bring a plate.	AUSTRALIA	English-100	2024	RPT	PG	Y	
29/12/2025	1930	Cooking	Donal's Family Kitchen	Weekend Feasting	1	2	Donal loves to spend long lazy lunches and dinners with family and friends.	UNITED KINGDOM	English-100	2021		G		
29/12/2025	2000	Travel	Shane Della's Malta	Gozo & The Final Feast	1	6	Shane Della heads to Malta's food bowl on the island of Gozo. He's now travelled as far back in time as he can to Malta's first settlers-the neolithic builders of Ggantija.	AUSTRALIA	English-100	2025		PG	Y	
29/12/2025	2030	Culture & Society	Eva Longoria: Searching For Spain	Asturias	1	6	400 years after her ancestor Lorenzo Longoria left Asturias for the New World, Eva Longoria is coming home to a land of majestic mountains, lush orchards, wild seas and a plucky people.	USA	English-72; Spanish-28	2024	RPT	G	Y	Y
29/12/2025	2130	Cooking	The Cook And The Chef	Hand Food	2	18	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands. On The Cook and the Chef this week Maggie and Simon draw on Australia's multicultural influences to dish up two very different versions of 'hand food'.	AUSTRALIA	English-100	2007	RPT	G		
29/12/2025	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 76	8	76	Join Justine as she prepares Zeppole-Savoury Sicilian Stuffed Doughnuts. She is later joined by Dietician Anna Debenham for a nutritious White Bean Soup.	AUSTRALIA	English-100	2018	RPT	G		
29/12/2025	2230	Cooking	The Cook Up With Adam Liaw	Bring A Plate Night, The	7	35	It's easy with Easy Entertaining, because Adam's getting his guests, relationship expert Chantelle Otten and comedian Lizzy Hoo to bring a plate.	AUSTRALIA	English-100	2024	RPT	PG	Y	
29/12/2025	2300	Food Lifestyle	Cheese Slices	Cheese Legacy Of The Vikings: Norway, The	5	1	Will travels to the spectacular fjords of Norway to look at rare skimmed milk cheeses dating back to Viking times. After learning about a traditional fresh cow's milk cheese called Pulltost, he visits a family making a cheese called Gammelost, which lives up to its notorious reputation for smelling like old socks. The episode ends in the beautiful 'valley of the goats', where Will samples Ghistost, an ancient sweet brown caramel cheese remarkably similar to fudge.	AUSTRALIA	English-100	2011	RPT	G		
29/12/2025	2330	Food Lifestyle	Masters Of Savours	Masters Of Seaweed	1	14	Kombu, dulse, wakame: seaweeds are a growing success. Whether they're sought after for their nutritional properties, iodized flavours, or aesthetic appeal, they're set to conquer the world.	FRANCE	English-100	2022	RPT	PG	a w	
29/12/2025	2430	Cooking	Donal's Family Kitchen	Weekend Feasting	1	2	Donal loves to spend long lazy lunches and dinners with family and friends.	UNITED KINGDOM	English-100	2021	RPT	G		
29/12/2025	2500	Travel	Shane Della's Malta	Gozo & The Final Feast	1	6	Shane Della heads to Malta's food bowl on the island of Gozo. He's now travelled as far back in time as he can to Malta's first settlers-the neolithic builders of Ggantija.	AUSTRALIA	English-100	2025	RPT	PG	Y	
29/12/2025	2530	Culture & Society	Eva Longoria: Searching For Spain	Asturias	1	6	400 years after her ancestor Lorenzo Longoria left Asturias for the New World, Eva Longoria is coming home to a land of majestic mountains, lush orchards, wild seas and a plucky people.	USA	English-72; Spanish-28	2024	RPT	G	Y	Y
29/12/2025	2630	Cooking	The Cook And The Chef	Hand Food	2	18	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands. On The Cook and the Chef this week Maggie and Simon draw on Australia's multicultural influences to dish up two very different versions of 'hand food'.	AUSTRALIA	English-100	2007	RPT	G		
29/12/2025	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 76	8	76	Join Justine as she prepares Zeppole-Savoury Sicilian Stuffed Doughnuts. She is later joined by Dietician Anna Debenham for a nutritious White Bean Soup.	AUSTRALIA	English-100	2018	RPT	G		
29/12/2025	2730	Cooking	The Cook Up With Adam Liaw	Bring A Plate Night, The	7	35	It's easy with Easy Entertaining, because Adam's getting his guests, relationship expert Chantelle Otten and comedian Lizzy Hoo to bring a plate.	AUSTRALIA	English-100	2024	RPT	PG	Y	
29/12/2025	2800	Food Lifestyle	Cheese Slices	Cheese Legacy Of The Vikings: Norway, The	5	1	Will travels to the spectacular fjords of Norway to look at rare skimmed milk cheeses dating back to Viking times. After learning about a traditional fresh cow's milk cheese called Pulltost, he visits a family making a cheese called Gammelost, which lives up to its notorious reputation for smelling like old socks. The episode ends in the beautiful 'valley of the goats', where Will samples Ghistost, an ancient sweet brown caramel cheese remarkably similar to fudge.	AUSTRALIA	English-100	2011	RPT	G		

29/12/2025	2830	Travel	Tareq Taylor's Nordic Cookery	Bornholm, Denmark	1	2	Tareq takes the ferry out to Bornholm, a Danish island that has seen its share of invaders and reluctantly took part in WW2.	SWEDEN	English-100	2013	RPT	G		Y	
30/12/2025	500	Cooking	Luca's Key Ingredient	Ep 6	3	6	Luca shows us his favourite recipes using today's key ingredient, zucchini flowers.	AUSTRALIA	English-100	2023	RPT	G			
30/12/2025	530	Food Lifestyle	Masters Of Savours	Masters Of Seaweed	1	14	Kombu, dulse, wakame: seaweeds are a growing success. Whether they're sought after for their nutritional properties, iodized flavours, or aesthetic appeal, they're set to conquer the world.	FRANCE	English-100	2022	RPT	PG	a w		
30/12/2025	630	Cooking	On Country Kitchen	On Country Kitchen	2	7	Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing.	AUSTRALIA	English-100	2019	RPT	PG		Y	Y
30/12/2025	700	Cooking	Mary Berry Everyday	Ep 5	1	5	Mary shares some inspirational ideas to make everyday family meals exciting. She tries her hand at milking a goat and shows her granddaughter how to make her own goat cheese for a family picnic.	UNITED KINGDOM	English-100	2017	RPT	G			
30/12/2025	730	Travel	Taste Of Australia With Hayden Quinn	Port Macquarie	6	4	The Sunrise Swimmers take Hayden out before dawn to get the perfect fresh start for his day, then we're in for a treat as we head out whale watching. Keeping the day going, Hayden samples some local wine before heading to a picture perfect sustainable estate for horse riding, veggies and a sunset BBQ.	AUSTRALIA	English-100	2022	RPT	G			
30/12/2025	800	Cooking	Lidia's Kitchen	Cook Everyday	12	14	Exercising your cooking skills is something you should do everyday.	USA	English-100	2023	RPT	G			
30/12/2025	830	Cooking	My Market Kitchen	Episode 31	8	31	On the show today, Laura has a crack at a viral dish sweeping the internet: the Cheeseburger Taco.	AUSTRALIA	English-100	2023	RPT	PG			
30/12/2025	900	Cooking	Freshly Picked	Episode 6	4	6	Back for more tasty plant-based Italian wonders, Nadia Fragnito returns with a delicious Braciolo Napoletano. Simon adds his own creations, including a quick curry, charred zucchini, and a creamy lasagne, while demonstrating how to turn aquafaba into homemade mayo.	AUSTRALIA	English-100	2024	RPT	G			
30/12/2025	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 76	8	76	Join Justine as she prepares Zeppole-Savoury Sicilian Stuffed Doughnuts. She is later joined by Dietician Anna Debenham for a nutritious White Bean Soup.	AUSTRALIA	English-100	2018	RPT	G			
30/12/2025	1000	Cooking	Eva Pau's Asian Kitchen	Episode 1	1	1	Join Eva Pau as she takes viewers on a delicious journey through the vibrant world of Asian cuisine in her brand-new cooking series. Eva explores the ingredients techniques, and asian traditions.	UNITED KINGDOM	English-100	2025	RPT	G			
30/12/2025	1030	Cooking	Mark Moriarty - Cook Like A Chef	Weeknight Wonders	1	1	This week on Cook Like a Chef, Mark Moriarty is all about making weeknight cooking easy, exciting, and full of flavour. With just seven core ingredients he whips up three bold and brilliant dishes.	UNITED KINGDOM	English-100	2025	RPT	PG			
30/12/2025	1100	Cooking	The Cook Up With Adam Liaw	Bring A Plate Night, The	7	35	It's easy with Easy Entertaining, because Adam's getting his guests, relationship expert Chantelle Otten and comedian Lizzy Hoo to bring a plate.	AUSTRALIA	English-100	2024	RPT	PG		Y	
30/12/2025	1130	Cooking	Donal's Family Kitchen	Weekend Feasting	1	2	Donal loves to spend long lazy lunches and dinners with family and friends.	UNITED KINGDOM	English-100	2021	RPT	G			
30/12/2025	1200	Travel	Shane Della's Malta	Gozo & The Final Feast	1	6	Shane Della heads to Malta's food bowl on the island of Gozo. He's now travelled as far back in time as he can to Malta's first settlers the neolithic builders of Ggantija.	AUSTRALIA	English-100	2025	RPT	PG		Y	
30/12/2025	1230	Travel	Jimmy Doherty's New Zealand Escape	Ep 1	1	1	Jimmy Doherty heads to Aotearoa to sample the finest and most surprising foods on the planet. He learns to gravity-fish and trade, heads to a women-only farm, and the oldest illegal distillery.	NEW ZEALAND	English-100	2023	RPT	PG	a w		

30/12/2025	1125	Cooking	Please Eat Slowly Bitsize	Dumplings	1	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		
30/12/2025	1130	Travel	Tareq Taylor's Nordic Cookery	Jokkmokk, Sweden	1	3	Far above the Arctic Circle, Tareq explores the wild country around Jokkmokk.	SWEDEN	English-100	2013	RPT	PG	a w	
30/12/2025	1400	Cooking	Luca's Key Ingredient	Ep 7	3	7	Luca shows us his favourite recipes using today's key ingredient, banana.	AUSTRALIA	English-100	2023	RPT	PG		
30/12/2025	1430	Cooking	On Country Kitchen	On Country Kitchen	2	8	Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
30/12/2025	1500	Cooking	Mary Berry Everyday	Ep 6	1	6	As Mary and her husband reach their 50th wedding anniversary it's time to push the boat out. She shares her secrets to showstopper's, recreates 1960s canapes, and finishes the series with sparkle.	UNITED KINGDOM	English-100	2017	RPT	PG		
30/12/2025	1530	Travel	Taste Of Australia With Hayden Quinn	Morrington Peninsula	6	5	Hayden is on the Morrington Peninsula in Victoria where he catches up with his good friend Dani Vero for some local tips and adventure. Things start on the water with mussel farmer Harry, then it's off for some tree surfing.	AUSTRALIA	English-100	2022	RPT	PG	I	
30/12/2025	1600	Cooking	Lidia's Kitchen	Easy Going Recipes	12	15	This show is all about making your life easier, and one thing that I always teach you is to think of recipes as roadmaps that you can and should personalise.	USA	English-100	2023		G		
30/12/2025	1630	Cooking	My Market Kitchen	Episode 32	8	32	Laura enjoys the sunshine in the Adelaide Hills, cooking a Ricotta, Tomato and Pistachio Galette. David Mann and Charlie Carrington pimp up camp cuisine with a Thai Beef Salad cooked on the barbecue.	AUSTRALIA	English-100	2023		PG		
30/12/2025	1700	Cooking	Freshly Picked	Episode 7	4	7	Georgia Irwin kicks off the episode with a plant-based dessert, while Simon prepares delicious gnocchi and a vibrant panzanella salad.	AUSTRALIA	English-100	2024	RPT	G		
30/12/2025	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 77	8	77	Ceviche Bowl with Tortilla Stips, Salmon Carpaccio with Pink Peppercorns and Scotch Eggs with Mango Chutney from Justine's trip to the Northern Territory are just a few of the recipes from today's jam packed episode.	AUSTRALIA	English-100	2018		G		
30/12/2025	1800	Cooking	Eva Pau's Asian Kitchen	Episode 2	1	2	Asian noodles- from rice and wheat to egg and starch, noodles come in endless shapes, textures, and flavour's, making them the perfect match for almost any dish.	UNITED KINGDOM	English-100	2025	RPT	G		
30/12/2025	1830	Cooking	Mark Moriarty - Cook Like A Chef	Fish	1	2	This week on Cook Like a Chef, Mark Moriarty is making fish the star of the show-showing how easy, comforting, and delicious it can be, even on a busy weeknight.	UNITED KINGDOM	English-100	2025		PG		
30/12/2025	1900	Cooking	The Cook Up With Adam Liaw	Fuss Free & Delicious	7	36	It's a night of fuss free deliciousness as Adam is joined by gluten-free guru Helen Tzouganatos and entertainer Rob Mills.	AUSTRALIA	English-100	2024	RPT	G	Y	
30/12/2025	1930	Cooking	Silvia's Italian Masterclass	Breadbasket, The	1	3	Silvia walks us through the classic, crowd-pleasing recipes of our favourite Italian breads.	AUSTRALIA	English-100	2024	RPT	G		
30/12/2025	2000	Cooking	The Big Irish Food Tour	County Sligo With Pauline McLynn	1	10	Often described as Ireland's hidden gem, Sligo is a small county with big things to offer-the foodie traveler and actor Pauline McLynn is excited to show Anna around.	UNITED KINGDOM	English-100	2024	RPT	PG	a w	
30/12/2025	2030	Travel	Jose Andres And Family in Spain	Asturias	1	5	Chef Jose Andres and his daughters explore Jose's birthplace, the luscious and verdant land of Asturias in northwest Spain.	UNITED KINGDOM	English-50; Spanish-50	2022		PG		Y
30/12/2025	2130	Cooking	The Cook And The Chef	Macadamia Nuts And Pasta	2	19	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to cook a biny goat cheese. Maggie then puts together some satisfying pasta and sauce combinations.	AUSTRALIA	English-100	2007	RPT	G		

30/12/2025	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 77	8	77	Ceviche Bowl with Tortilla Stips, Salmon Carpaccio with Pink Peppercorns and Scotch Eggs with Mango Chutney from Justines trip to the Northern Territory are just a few of the recipes from today's jam packed episode.	AUSTRALIA	English-100	2018	RPT	G	
30/12/2025	2230	Cooking	The Cook Up With Adam Liaw	Fuss Free & Delicious	7	36	It's a night of fuss free deliciousness as Adam is joined by gluten-free guru Helen Tzouganatos and entertainer Rob Mills.	AUSTRALIA	English-100	2024	RPT	G	Y
30/12/2025	2300	Food Lifestyle	Cheese Slices	Traditional Flavoured Pecorino Cheeses: Sicily	5	2	Sicily is the largest island in the Mediterranean and has a long history of traditional cheese-making influenced by the Greeks, Romans, and Normans - and of course the Italians. Will looks at the many flavours of Sicilian Pecorino, and visits one of the last farmhouse dairies making a saffron-flavoured cheese from ewe's milk, before finding himself in a Dickensian cheese-maturing room that is several centuries behind the times.	AUSTRALIA	English-100	2011	RPT	G	
30/12/2025	2330	Travel	Jimmy Doherty's New Zealand Escape	Ep 1	1	1	Jimmy Doherty heads to Aotearoa to sample the finest and most surprising foods on the planet. He learns to gravity-fish and trade, heads to a women-only farm, and the oldest illegal distillery.	NEW ZEALAND	English-100	2023	RPT	PG	a w
30/12/2025	2425	Cooking	Please Eat Slowly Bitesize	Dumplings	1	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	
30/12/2025	2430	Cooking	Silvia's Italian Masterclass	Breadbasket, The	1	3	Silvia walks us through the classic, crowd-pleasing recipes of our favourite Italian breads.	AUSTRALIA	English-100	2024	RPT	G	
30/12/2025	2500	Cooking	The Big Irish Food Tour	County Sligo With Pauline McLynn	1	10	Often described as Ireland's hidden gem, Sligo is a small county with big things to offer the foodie traveler and actor Pauline McLynn is excited to show Anna around.	UNITED KINGDOM	English-100	2024	RPT	PG	a w
30/12/2025	2530	Travel	Jose Andres And Family In Spain	Asturias	1	5	Chef Jose Andres and his daughters explore Jose's birthplace, the luscious and verdant land of Asturias in northwest Spain.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	PG	Y
30/12/2025	2630	Cooking	The Cook And The Chef	Macademia Nuts And Pasta	2	19	Maggie's grandchildren harvest some of her macademia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a billy goat cheese. Maggie then puts together some satisfying pasta and sauce combinations.	AUSTRALIA	English-100	2007	RPT	G	
30/12/2025	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 77	8	77	Ceviche Bowl with Tortilla Stips, Salmon Carpaccio with Pink Peppercorns and Scotch Eggs with Mango Chutney from Justines trip to the Northern Territory are just a few of the recipes from today's jam packed episode.	AUSTRALIA	English-100	2018	RPT	G	
30/12/2025	2730	Cooking	The Cook Up With Adam Liaw	Fuss Free & Delicious	7	36	It's a night of fuss free deliciousness as Adam is joined by gluten-free guru Helen Tzouganatos and entertainer Rob Mills.	AUSTRALIA	English-100	2024	RPT	G	Y
30/12/2025	2800	Food Lifestyle	Cheese Slices	Traditional Flavoured Pecorino Cheeses: Sicily	5	2	Sicily is the largest island in the Mediterranean and has a long history of traditional cheese-making influenced by the Greeks, Romans, and Normans - and of course the Italians. Will looks at the many flavours of Sicilian Pecorino, and visits one of the last farmhouse dairies making a saffron-flavoured cheese from ewe's milk, before finding himself in a Dickensian cheese-maturing room that is several centuries behind the times.	AUSTRALIA	English-100	2011	RPT	G	
30/12/2025	2830	Travel	Tareq Taylor's Nordic Cookery	Jokkmokk, Sweden	1	3	Far above the Arctic Circle, Tareq explores the wild country around Jokkmokk.	SWEDEN	English-100	2013	RPT	PG	a w
31/12/2025	500	Cooking	Luca's Key Ingredient	Ep 7	3	7	Luca shows us his favourite recipes using today's key ingredient, banana.	AUSTRALIA	English-100	2023	RPT	PG	
31/12/2025	530	Travel	Jimmy Doherty's New Zealand Escape	Ep 1	1	1	Jimmy Doherty heads to Aotearoa to sample the finest and most surprising foods on the planet. He learns to gravity-fish and trade, heads to a women-only farm, and the oldest illegal distillery.	NEW ZEALAND	English-100	2023	RPT	PG	a w
31/12/2025	625	Cooking	Please Eat Slowly Bitesize	Dumplings	1	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	

31/12/2025	630	Cooking	On Country Kitchen	On Country Kitchen	2	8	Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
31/12/2025	700	Cooking	Mary Berry Everyday	Ep 6	1	6	As Mary and her husband reach their 50th wedding anniversary it's time to push the boat out. She shares her secrets to showstoppers, recreates 1960s canapés, and finishes the series with sparkle.	UNITED KINGDOM	English-100	2017	RPT	PG		
31/12/2025	730	Travel	Taste Of Australia With Hayden Quinn	Mornington Peninsula	6	5	Hayden is on the Mornington Peninsula in Victoria where he catches up with his good friend Dani Venn for some local tips and adventure. Things start on the water with mussel farmer Harry, then it's off for some tree surfing.	AUSTRALIA	English-100	2022	RPT	PG	I	
31/12/2025	800	Cooking	Lidia's Kitchen	Easy Going Recipes	12	15	This show is all about making your life easier, and one thing that I always teach you is to think of recipes as roadmaps that you can and should personalize.	USA	English-100	2023	RPT	G		
31/12/2025	830	Cooking	My Market Kitchen	Episode 32	8	32	Laura enjoys the sunshine in the Adelaide Hills, cooking a Ricotta, Tomato and Pistachio Galette. David Mann and Charlie Carrington pimp up camp cuisine with a Tha Beef Salad cooked on the barbecue.	AUSTRALIA	English-100	2023	RPT	PG		
31/12/2025	900	Cooking	Freshly Picked	Episode 7	4	7	Georgia Irwin kicks off the episode with a plant-based dessert, while Simon prepares delicious gnocchi and a vibrant panzanella salad.	AUSTRALIA	English-100	2024	RPT	G		
31/12/2025	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 77	8	77	Ceviche Bowl with Tortilla Stips, Salmon Carpaccio with Pink Peppercorns and Scotch Eggs with Mango Chutney from Justine's trip to the Northern Territory are just a few of the recipes from today's jam-packed episode.	AUSTRALIA	English-100	2018	RPT	G		
31/12/2025	1000	Cooking	Eva Pau's Asian Kitchen	Episode 2	1	2	Asian noodles- from rice and wheat to egg and starch, noodles come in endless shapes, textures, and flavour, making them the perfect match for almost any dish.	UNITED KINGDOM	English-100	2025	RPT	G		
31/12/2025	1030	Cooking	Mark Moriarty - Cook Like A Chef	Fish	1	2	This week on Cook Like a Chef, Mark Moriarty is making fish the star of the show-showing how easy, comforting, and delicious it can be, even on a busy weeknight.	UNITED KINGDOM	English-100	2025	RPT	PG		
31/12/2025	1100	Cooking	The Cook Up With Adam Liaw	Fuss Free & Delicious	7	36	It's a night of fuss free deliciousness as Adam is joined by gluten-free guru Helen Tzouganatos and entertainer Rob Mills.	AUSTRALIA	English-100	2024	RPT	G	Y	
31/12/2025	1130	Cooking	Silvia's Italian Masterclass	Breadbasket, The	1	3	Silvia walks us through the classic, crowd-pleasing recipes of our favourite Italian breads.	AUSTRALIA	English-100	2024	RPT	G		
31/12/2025	1200	Cooking	The Big Irish Food Tour	County Sligo With Pauline McLynn	1	10	Often described as Ireland's hidden gem, Sligo is a small county with big things to offer the foodie traveler and actor Pauline McLynn is excited to show Anna around.	UNITED KINGDOM	English-100	2024	RPT	PG	a w	
31/12/2025	1230	Travel	Jimmy Doherty's New Zealand Escape	Ep 2	1	2	Jimmy learns why Clydesdale horses still rule supreme as farm workers over tractors and trucks; then heads to Te Waihora Lake Ellesmere and learns about the traditional Maori food basket.	NEW ZEALAND	English-100	2023	RPT	PG	a w	Y
31/12/2025	1325	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G		
31/12/2025	1330	Travel	Tareq Taylor's Nordic Cookery	Bergen, Norway	1	4	Bergen is a thousand-year-old city built on the back of the seafood trade especially cod.	SWEDEN	English-100	2013	RPT	PG	a w	

31/12/2025	1400	Food Lifestyle	My Greatest Dishes	Prue Leith	1	1	Acclaimed author Prue Leith makes four great dishes and reveals the amazing stories behind them; her mother's passionfruit cream, parsnip and watercress soup, roast duck, and Cambodian crab salad.	UNITED KINGDOM	English-100	2019	RPT	G		
31/12/2025	1430	Cooking	On Country Kitchen	On Country Kitchen	2	9	Mark and Derek host a dinner party at Silos Estate to thank everyone. They visit a cattle farm and collect native berries and bimbalas with Noel Butler.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
31/12/2025	1500	Biography	The Next Thing You Eat	Delivery: Rise Of The Machines	1	1	You'll be able to eat anything you want, wherever you are for a price. Robot pizza. Drone delivery. Technology is coming for the restaurant industry, but what's the cost of convenience?	USA	English-100	2021	RPT	PG		Y
31/12/2025	1535	Travel	Taste Of Australia With Hayden Quinn	Yarra Valley	6	6	Still in Victoria, Hayden is off to the Yarra Valley to find juicy apples from Montagues before heading up the range to try his hand at trout fishing, and of course we'll be dropping into a Yarra Valley winery and looking for a place to cook something special for his friends!	AUSTRALIA	English-100	2022	RPT	PG	a w	
31/12/2025	1600	Cooking	Lidia's Kitchen	Sit Down Together	12	16	I say it every time, and I will say it again there is nothing more important than gathering around a table to share a conversation over a delicious meal.	USA	English-100	2023		G		
31/12/2025	1630	Cooking	My Market Kitchen	Episode 33	8	33	Laura starts in the beautiful Adelaide Hills, where she prepares Pasta alla Norma. She joins veggie queen Catherine Veilsha to celebrate the rise of the superfood kale, creating a Kale and Chickpeas.	AUSTRALIA	English-100	2023		PG		
31/12/2025	1700	Cooking	Freshly Picked	Episode 8	4	8	Returning to the kitchen, Bert Labonte treats us to a flavour-packed Mauritian Dholl Puri.	AUSTRALIA	English-100	2024	RPT	G		
31/12/2025	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 78	8	78	Pastry Chef and Chocolatier Kirsten Tibballs joins Justine as they prepare a decadent Strawberry Shortcake.	AUSTRALIA	English-100	2018		G		
31/12/2025	1800	Cooking	Eva Pau's Asian Kitchen	Episode 3	1	3	With a dazzling array of Asian vinegars to choose from, just a splash of the right one can transform a dish and unlock authentic flavours.	UNITED KINGDOM	English-100	2025	RPT	G		
31/12/2025	1830	Cooking	Mark Moriarty - Cook Like A Chef	Italy	1	3	In this episode of Cook Like a Chef, Mark Moriarty brings a little slice of Italy into your kitchen, inspired by the honest, vibrant food he fell in love with while working there.	UNITED KINGDOM	English-100	2025		PG		
31/12/2025	1900	Cooking	The Cook Up With Adam Liaw	Quick Chicken	7	37	Quick chicken's the answer to all your dinner dramas tonight, as Adam is joined by journalist Ray Martin and chef Kane Pollard.	AUSTRALIA	English-100	2024	RPT	PG	Y	
31/12/2025	1930	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	2	Sara meets fitness trainer Kerem Sedef in the gym where they train together before Sara makes a fruit juice and they toast to a healthy life. Sara then heads to Istanbul's oldest vegetarian kitchen.	TURKEY	English-50; Turkish-50	2018	RPT	PG	i	
31/12/2025	2000	Cooking	Global Soul Kitchen	Fried Chicken Monte Cristo	1	3	Chef Deborah VanTrece makes a southern-style Fried Chicken Monte Cristo served with a cranberry sauce, inspired by and similar to a Croque Monsieur, a delicious warm French ham and cheese sandwich.	USA	English-100	2025		G		
31/12/2025	2030	Travel	Two Greedy Italians	Poor Man's Food	1	2	Chefs Antonio Carluccio and Gennaro Contaldo tour Campania, where they learn how poverty in the area created Italy's best-loved dishes and made the region rich. The duo visit Gennaro's home town Minori to get a lesson in pasta-making from his great aunt, then head to Naples, where they discover the humble beginnings of pizza, and conclude their journey on the Amalfi Coast, an area that gave birth to a new style of food.	UNITED KINGDOM	English-100	2011	RPT	G	Y	Y
31/12/2025	2140	Cooking	The Cook And The Chef	Slow Food	2	20	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget - a glorious dish imbued with the flavour of the Australian Outback.	AUSTRALIA	English-100	2007	RPT	G		
31/12/2025	2210	Cooking	Everyday Gourmet With Justine Schofield	Episode 78	8	78	Pastry Chef and Chocolatier Kirsten Tibballs joins Justine as they prepare a decadent Strawberry Shortcake.	AUSTRALIA	English-100	2018	RPT	G		
31/12/2025	2235	Cooking	The Cook Up With Adam Liaw	Quick Chicken	7	37	Quick chicken's the answer to all your dinner dramas tonight, as Adam is joined by journalist Ray Martin and chef Kane Pollard.	AUSTRALIA	English-100	2024	RPT	PG	Y	

31/12/2025	2305	Food Lifestyle	Cheese Slices	Nordic Cheese Revolution: Denmark, The	5	3	The Danish dairy industry is widely recognised as one of the most efficient in Europe - it produces more blue cheese than any country in the world. Will travels to the pretty island of Bornholm to see how Danablu is made, before heading to Copenhagen to find out more about how the Nordic food revolution is now encouraging large producers to look at more interesting cheese varieties. After visiting several small dairies, Will discovers that nothing has changed when it comes to the Danish love of smoked cheese.	AUSTRALIA	English-100	2011	RPT	G			
31/12/2025	2335	Travel	Jimmy Doherty's New Zealand Escape	Ep 2	1	2	Jimmy learns why Clydesdale horses still rule supreme as farm workers over tractors and trucks; then heads to Te Waihora Lake Ellesmere and learns about the traditional Maori food basket.	NEW ZEALAND	English-100	2023	RPT	PG	a w		Y
31/12/2025	2430	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	2	Sara meets fitness trainer Kerem Sedef in the gym where they train together before Sara makes a fruit juice and they toast to a healthy life. Sara then heads to Istanbul's oldest vegetarian kitchen.	TURKEY	English-50; Turkish-50	2018	RPT	PG		I	
31/12/2025	2500	Cooking	Global Soul Kitchen	Fried Chicken Monte Cristo	1	3	Chef Deborah VanTreece makes a southern-style Fried Chicken Monte Cristo served with a cranberry sauce, inspired by and similar to a Croque Monsieur, a delicious warm French ham and cheese sandwich.	USA	English-100	2025	RPT	G			
31/12/2025	2530	Travel	Two Greedy Italians	Poor Man's Food	1	2	Chefs Antonio Carluccio and Gennaro Contaldo tour Campania, where they learn how poverty in the area created Italy's best-loved dishes and made the region rich. The duo visit Gennaro's home town Minori to get a lesson in pasta-making from his great aunt, then head to Naples, where they discover the humble beginnings of pizza, and conclude their journey on the Amalfi Coast, an area that gave birth to a new style of food.	UNITED KINGDOM	English-100	2011	RPT	G		Y	Y
31/12/2025	2640	Cooking	The Cook And The Chef	Slow Food	2	20	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget - a glorious dish imbued with the flavour of the Australian Outback.	AUSTRALIA	English-100	2007	RPT	G			
31/12/2025	2710	Cooking	Everyday Gourmet With Justine Schofield	Episode 78	8	78	Pastry Chef and Chocolatier Kirsten Tibballs joins Justine as they prepare a decadent Strawberry Shortcake.	AUSTRALIA	English-100	2018	RPT	G			
31/12/2025	2735	Cooking	The Cook Up With Adam Liaw	Quick Chicken	7	37	Quick chicken's the answer to all your dinner dramas tonight, as Adam is joined by journalist Ray Martin and chef Kane Pollard.	AUSTRALIA	English-100	2024	RPT	PG		Y	
31/12/2025	2805	Food Lifestyle	Cheese Slices	Nordic Cheese Revolution: Denmark, The	5	3	The Danish dairy industry is widely recognised as one of the most efficient in Europe - it produces more blue cheese than any country in the world. Will travels to the pretty island of Bornholm to see how Danablu is made, before heading to Copenhagen to find out more about how the Nordic food revolution is now encouraging large producers to look at more interesting cheese varieties. After visiting several small dairies, Will discovers that nothing has changed when it comes to the Danish love of smoked cheese.	AUSTRALIA	English-100	2011	RPT	G			
31/12/2025	2830	Travel	Tareq Taylor's Nordic Cookery	Bergen, Norway	1	4	Bergen is a thousand-year-old city built on the back of the seafood trade especially cod.	SWEDEN	English-100	2013	RPT	PG	a w		
1/01/2026	500	Food Lifestyle	My Greatest Dishes	Prue Leith	1	1	Acclaimed author Prue Leith makes four great dishes and reveals the amazing stories behind them; her mother's passionfruit cream, parsnip and watercress soup, roast duck, and Cambodian crab salad.	UNITED KINGDOM	English-100	2019	RPT	G			
1/01/2026	530	Travel	Jimmy Doherty's New Zealand Escape	Ep 2	1	2	Jimmy learns why Clydesdale horses still rule supreme as farm workers over tractors and trucks; then heads to Te Waihora Lake Ellesmere and learns about the traditional Maori food basket.	NEW ZEALAND	English-100	2023	RPT	PG	a w		Y
1/01/2026	625	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G			
1/01/2026	630	Cooking	On Country Kitchen	On Country Kitchen	2	9	Mark and Derek host a dinner party at Silus Estate to thank everyone. They visit a cattle farm and collect native berries and bimbalas with Noel Butler.	AUSTRALIA	English-100	2019	RPT	G		Y	Y
1/01/2026	700	Biography	The Next Thing You Eat	Delivery: Rise Of The Machines	1	1	You'll be able to eat anything you want, wherever you are for a price. Robot pizza. Drone delivery. Technology is coming for the restaurant industry, but what's the cost of convenience?	USA	English-100	2021	RPT	PG			Y
1/01/2026	735	Travel	Taste Of Australia With Hayden Quinn	Yarra Valley	6	6	Still in Victoria, Hayden is off to the Yarra Valley to find juicy apples from Montague before heading up the range to try his hand at trout fishing, and of course we'll be dropping into a Yarra Valley winery and looking for a place to cook something special for his friends!	AUSTRALIA	English-100	2022	RPT	PG	a w		
1/01/2026	800	Cooking	Lidia's Kitchen	Sit Down Together	12	16	I say it every time, and I will say it again there is nothing more important than gathering around a table to share a conversation over a delicious meal.	USA	English-100	2023	RPT	G			
1/01/2026	830	Cooking	My Market Kitchen	Episode 33	8	33	Laura starts in the beautiful Adelaide Hills, where she prepares Pasta alla Norma. She joins veggie queen Catherine Velisha to celebrate the rise of the superfood kale, creating a Kale and Chickpea.	AUSTRALIA	English-100	2023	RPT	PG			

1/01/2026	900	Cooking	Freshly Picked	Episode 8	4	8	Returning to the kitchen, Bert LaBonte treats us to a flavour-packed Mauritian Choll Puri.	AUSTRALIA	English-100	2024	RPT	G	
1/01/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 78	8	78	Pastry Chef and Chocolatier Kirsten Tibballs joins Justine as they prepare a decadent Strawberry Shortcake.	AUSTRALIA	English-100	2018	RPT	G	
1/01/2026	1000	Cooking	Eva Pau's Asian Kitchen	Episode 3	1	3	With a dazzling array of Asian vinegars to choose from, just a splash of the right one can transform a dish and unlock authentic flavours.	UNITED KINGDOM	English-100	2025	RPT	G	
1/01/2026	1030	Cooking	Mark Moriarty - Cook Like A Chef	Italy	1	3	In this episode of Cook Like a Chef, Mark Moriarty brings a little slice of Italy into your kitchen, inspired by the honest, vibrant food he fell in love with while working there.	UNITED KINGDOM	English-100	2025	RPT	PG	
1/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Quick Chicken	7	37	Quick chicken's the answer to all your dinner dramas tonight, as Adam is joined by journalist Ray Martin and chef Kane Pollard.	AUSTRALIA	English-100	2024	RPT	PG	Y
1/01/2026	1130	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	2	Sara meets fitness trainer Kerem Sedef in the gym where they train together before Sara makes a fruit juice and they toast to a healthy life. Sara then heads to Istanbul's oldest vegetarian kitchen.	TURKEY	English-50; Turkish-50	2018	RPT	PG	I
1/01/2026	1200	Cooking	Global Soul Kitchen	Fried Chicken Monte Cristo	1	3	Chef Deborah VanTrece makes a southern-style Fried Chicken Monte Cristo served with a cranberry sauce, inspired by and similar to a Croque Monsieur, a delicious warm French ham and cheese sandwich.	USA	English-100	2025	RPT	G	
1/01/2026	1230	Travel	Jimmy Doherty's New Zealand Escape	Ep 3	1	3	Jimmy harvests sea clams with local fishermen who invented an extraordinary method of farming, then heads to Blenheim's wine country and Wairau Valley as 'Key puta te Wairau'.	NEW ZEALAND	English-100	2023	RPT	PG	a w
1/01/2026	1325	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	1	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G	
1/01/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Malmö, Sweden	1	5	Tareq is in his hometown of Malmö-Sweden's third largest city. Built upon the backs of herring in the sea, the town is now a centre of culture and technology with a bridge connecting it to Copenhagen.	SWEDEN	English-100	2013	RPT	PG	I
1/01/2026	1400	Food Lifestyle	My Greatest Dishes	Bill Granger	1	2	Dubbed as the King of brunch, restaurateur Bill Granger showcases avocado on toast and famous scrambled eggs, ricotta hotcakes, chocolate banana bread, and chicken curry.	UNITED KINGDOM	English-100	2019	RPT	G	
1/01/2026	1430	Cooking	Kriol Kitchen	Broome: Veronica Francis	1	1	Enjoy the culinary skills of Veronica Francis, who draws on her Malaysian influences from her father.	AUSTRALIA	English-100	2014	RPT	G	Y
1/01/2026	1500	Biography	The Next Thing You Eat	Burgers: Balanced Diet	1	2	The burger will never die. Long live the burger! But the proliferation of cheap meat has thrown our environment out of balance. What does the next burger you eat look like?	USA	English-100	2021	RPT	PG	Y
1/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Cobden	6	7	Hayden is heading to the heart of Australia's dairy country to see a dairy farm and butter factory in action, but first, we're at the iconic 12 Apostles for a start to the day we'll never forget. As we head towards Cobden we drop into Gorge Chocolates to grab some chocolate to go with Hayden's recipe today!	AUSTRALIA	English-100	2022	RPT	G	
1/01/2026	1600	Cooking	Lidia's Kitchen	Enjoy The Journey	12	17	Cooking is a journey: the chopping, the sizzling, the mixing, the kneading-until it all comes together, everything that gets you to the table should be just as enjoyable as the feast.	USA	English-100	2023		G	
1/01/2026	1630	Cooking	My Market Kitchen	Episode 34	8	34	Laura and produce expert Catherine Velisha are on the farm making Chicken and Celery Sandwiches. Charlie Carrington elevates camp fare with his Turmeric Chicken Skewers.	AUSTRALIA	English-100	2023		PG	
1/01/2026	1700	Cooking	Freshly Picked	Episode 9	4	9	Special guest Jack Brown returns to prepare his unique saltbush falafels, while Simon adds Indian flair with onion bhaji and an Irish touch with minted potatoes.	AUSTRALIA	English-100	2024	RPT	G	

1/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 79	8	79	Justine is joined by her Mum, Françoise Schofield, to prepare Veal Shanks with Cider and Porcini. Justine shares her Pineapple and Coconut Trifle recipe from her trip to the Northern Territory.	AUSTRALIA	English-100	2018		G		
1/01/2026	1800	Cooking	Eva Pau's Asian Kitchen	Episode 4	1	4	Eva will be sharing the incredible variety of Asian herbs and vegetables, showcasing flavours and textures you won't find in a typical European supermarket.	UNITED KINGDOM	English-100	2025	RPT	G		
1/01/2026	1830	Cooking	Mark Moriaty - Cook Like A Chef	Family Feasts	1	4	This week on Cook Like a Chef, Mark Moriaty is serving up dishes made to bring everyone around the table big on flavour, full of heart, and perfect for sharing.	UNITED KINGDOM	English-100	2025		PG		
1/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Winter Salad	7	38	Salads when its cold outside? Chef Wesley Cooper Jones, fitness guru Michelle Bridges and Adam will show you how to score some wins with winter salad.	AUSTRALIA	English-100	2024	RPT	G		Y
1/01/2026	1930	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 1	1	1	Chef Khanh Ong journeys to Far North Queensland to discover the culinary secrets of the Nywaigi people, and uses locally foraged ingredients to cook up a summer feast at a waterfall.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y
1/01/2026	2030	Travel	Rick Stein's Food Heroes	North East England	1	7	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations. In Bradford, he visits the home of the late novelist J.B Priestley, before discovering a perfect recipe for lamb karahi at the Karachi restaurant - one of the sole surviving working men's cafes from the days of the productive woollen textile mill industry.	UNITED KINGDOM	English-100	2002	RPT	G		
1/01/2026	2100	Travel	Rick Stein's Food Heroes	South East England And Wales	1	8	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales, including cawl, Welsh Black beef, Conway mussels, and salt marsh lamb.	UNITED KINGDOM	English-100	2002	RPT	G		
1/01/2026	2130	Cooking	The Cook And The Chef	Food For A Cold Winter	2	21	There's Italian sunshine and some chilly Australian surf in this mid winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather, while Maggie recalls her sunny days spent living in Tuscany.	AUSTRALIA	English-100	2007	RPT	G		
1/01/2026	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 79	8	79	Justine is joined by her Mum, Françoise Schofield, to prepare Veal Shanks with Cider and Porcini. Justine shares her Pineapple and Coconut Trifle recipe from her trip to the Northern Territory.	AUSTRALIA	English-100	2018	RPT	G		
1/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Winter Salad	7	38	Salads when its cold outside? Chef Wesley Cooper Jones, fitness guru Michelle Bridges and Adam will show you how to score some wins with winter salad.	AUSTRALIA	English-100	2024	RPT	G		Y
1/01/2026	2300	Food Lifestyle	Cheese Slices	Artisan Cheeses From The Highlands And Islands: Scotland	5	4	Scotland is not renowned for good cheese, but in the rugged rolling highland country, Will unearths an ancient sour cream 'cheftains' cheese called Caboc. After enjoying Strathdowne blue with potatoes, Will finds out how the cheese also matches with single malt whisky. Then it's off to the Isle of Mull where an enterprising family supplement the feed for their cows with whisky mash during the cold winter months.	AUSTRALIA	English-100	2011	RPT	G		
1/01/2026	2330	Travel	Jimmy Doherty's New Zealand Escape	Ep 3	1	3	Jimmy harvests sea clams with local fishermen who invented an extraordinary method of farming, then heads to Blenheim's wine country and Wairau Valley as 'key puta te Wairau'.	NEW ZEALAND	English-100	2023	RPT	PG	a w	
1/01/2026	2425	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	1	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G		
1/01/2026	2430	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 1	1	1	Chef Khanh Ong journeys to Far North Queensland to discover the culinary secrets of the Nywaigi people, and uses locally foraged ingredients to cook up a summer feast at a waterfall.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y
1/01/2026	2525	Cooking	Destination Flavour China Bitesize	Zhejiangman	1	2	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
1/01/2026	2530	Travel	Rick Stein's Food Heroes	North East England	1	7	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations. In Bradford, he visits the home of the late novelist J.B Priestley, before discovering a perfect recipe for lamb karahi at the Karachi restaurant - one of the sole surviving working men's cafes from the days of the productive woollen textile mill industry.	UNITED KINGDOM	English-100	2002	RPT	G		

1/01/2026	2600	Travel	Rick Stein's Food Heroes	South East England And Wales	1	8	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales, including cawl, Welsh Black beef, Conway mussels, and salt marsh lamb.	UNITED KINGDOM	English-100	2002	RPT	G	
1/01/2026	2630	Cooking	The Cook And The Chef	Food For A Cold Winter	2	21	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather, while Maggie recalls her sunny days spent living in Tuscany.	AUSTRALIA	English-100	2007	RPT	G	
1/01/2026	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 79	8	79	Justine is joined by her Mum, Françoise Schofield, to prepare Veal Shanks with Cider and Porcini. Justine shares her Pineapple and Coconut Trifle recipe from her trip to the Northern Territory.	AUSTRALIA	English-100	2018	RPT	G	
1/01/2026	2730	Cooking	The Cook Up With Adam Liaw	Winter Salad	7	38	Salads when its cold outside?! Chef Wesley Cooper Jones, fitness guru Michelle Bridges and Adam will show you how to score some wins with winter salad.	AUSTRALIA	English-100	2024	RPT	G	Y
1/01/2026	2800	Food Lifestyle	Cheese Slices	Artisan Cheeses From The Highlands And Islands: Scotland	5	4	Scotland is not renowned for good cheese, but in the rugged rolling highland country, Will unearths an ancient sour cream 'chieftains' cheese called Caboc. After enjoying Strathdowne blue with catcakes, Will finds out how the cheese also matches with single malt whisky. Then it's off to the Isle of Mull where an enterprising family supplement the feed for their cows with whisky mash during the cold winter months.	AUSTRALIA	English-100	2011	RPT	G	
1/01/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Malmö, Sweden	1	5	Tareq is in his hometown of Malmö-Sweden's third largest city. Built upon the backs of herring in the sea, the town is now a centre of culture and technology with a bridge connecting it to Copenhagen.	SWEDEN	English-100	2013	RPT	PG	I
2/01/2026	500	Food Lifestyle	My Greatest Dishes	Bill Granger	1	2	Dubbed as the King of brunch, restaurateur Bill Granger showcases avocado on toast and famous scrambled eggs, ricotta hotcakes, chocolate banana bread, and chicken curry.	UNITED KINGDOM	English-100	2019	RPT	G	
2/01/2026	530	Travel	Jimmy Doherty's New Zealand Escape	Ep 3	1	3	Jimmy harvests sea clams with local fishermen who invented an extraordinary method of farming, then heads to Blenheim's wine country and Wairau Valley as 'key puta te Wairau'.	NEW ZEALAND	English-100	2023	RPT	PG	a w
2/01/2026	625	Cooking	Please Eat Slowly Bitesize	Hand Pulled Noodles	1	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G	
2/01/2026	630	Cooking	Kriol Kitchen	Broome: Veronica Francis	1	1	Enjoy the culinary skills of Veronica Francis, who draws on her Malaysian influences from her father.	AUSTRALIA	English-100	2014	RPT	G	Y
2/01/2026	700	Biography	The Next Thing You Eat	Burgers: Balanced Diet	1	2	The burger will never die. Long live the burger! But the proliferation of cheap meat has thrown our environment out of balance. What does the next burger you eat look like?	USA	English-100	2021	RPT	PG	Y
2/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Cobden	6	7	Hayden is heading to the heart of Australia's dairy country to see a dairy farm and butter factory in action, but first, we're at the iconic 12 Apostles for a start to the day we'll never forget. As we head towards Cobden we drop into Gorge Chocolates to grab some chocolate to go with Hayden's recipe today!	AUSTRALIA	English-100	2022	RPT	G	
2/01/2026	800	Cooking	Lidia's Kitchen	Enjoy The Journey	12	17	Cooking is a journey- the chopping, the sizzling, the mixing, the kneading-until it all comes together, everything that gets you to the table should be just as enjoyable as the feast.	USA	English-100	2023	RPT	G	
2/01/2026	830	Cooking	My Market Kitchen	Episode 34	8	34	Laura and produce expert Catherine Velisha are on the farm making Chicken and Celery Sandwiches. Charlie Carrington elevates camp fare with his Turmeric Chicken Skewers.	AUSTRALIA	English-100	2023	RPT	PG	
2/01/2026	900	Cooking	Freshly Picked	Episode 9	4	9	Special guest Jack Brown returns to prepare his unique saltbush falafels, while Simon adds Indian flair with onion bhaji and an Irish touch with minted potatoes.	AUSTRALIA	English-100	2024	RPT	G	
2/01/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 79	8	79	Justine is joined by her Mum, Françoise Schofield, to prepare Veal Shanks with Cider and Porcini. Justine shares her Pineapple and Coconut Trifle recipe from her trip to the Northern Territory.	AUSTRALIA	English-100	2018	RPT	G	
2/01/2026	1000	Cooking	Eva Pau's Asian Kitchen	Episode 4	1	4	Eva will be sharing the incredible variety of Asian herbs and vegetables, showcasing flavours and textures you won't find in a typical European supermarket.	UNITED KINGDOM	English-100	2025	RPT	G	

2/01/2026	1030	Cooking	Mark Moriarty - Cook Like A Chef	Family Feasts	1	4	This week on Cook Like a Chef, Mark Moriarty is serving up dishes made to bring everyone around the table big on flavour, full of heart, and perfect for sharing.	UNITED KINGDOM	English-100	2025	RPT	PG		
2/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Winter Salad	7	38	Salads when its cold outside? Chef Wesley Cooper Jones, fitness guru Michelle Bridges and Adam will show you how to score some wins with winter salad.	AUSTRALIA	English-100	2024	RPT	G		Y
2/01/2026	1130	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 1	1	1	Chef Khanh Ong journeys to far North Queensland to discover the culinary secrets of the Nywaigi people, and uses locally foraged ingredients to cook up a summer feast at a waterfall.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y
2/01/2026	1225	Cooking	Destination Flavour China Bitesize	Zhejiangman	1	2	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
2/01/2026	1230	Travel	Jimmy Doherty's New Zealand Escape	Ep 4	1	4	Jimmy is in Auckland meeting some of the incredible market gardeners and produce sellers who have put New Zealand's fresh produce on the map, and mixes it up with the godfather of fusion food.	NEW ZEALAND	English-100	2023	RPT	PG	I	Y
2/01/2026	1325	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	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		
2/01/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Finland South Coast	1	6	Tareq takes a late autumn trip along Finland's southern coast.	SWEDEN	English-100	2013	RPT	PG	a w	
2/01/2026	1400	Food Lifestyle	My Greatest Dishes	Tom Kerridge	1	3	Chef Tom Kerridge took a gamble when he opened the Hand and Flowers, and changed the rules of fine dining. He shows us four great dishes like: smoked haddock omelette and tonka bean panna cotta.	UNITED KINGDOM	English-100	2019	RPT	G		
2/01/2026	1430	Cooking	Krisol Kitchen	Bindook: Brian Bin Saaban	1	2	Chilli Crab, Singapore noodles with turtle, bunjiman, lea and iji iji shell in a soya chilli sauce: Every krisol cook boasts about his or her 'Chilli Crab', and Brian Bin Saaban is no exception.	AUSTRALIA	English-100	2014	RPT	G		Y
2/01/2026	1500	Biography	The Next Thing You Eat	Restaurants: A Reckoning	1	3	COVID accelerated an upheaval that was a long time coming for the restaurant industry. So, what comes next? And will the future be more equitable for all?	USA	English-100	2021	RPT	PG		Y
2/01/2026	1535	Travel	Taste Of Australia With Hayden Quinn	Port Douglas	6	8	From rural Victoria to Tropical North Queensland - it doesn't get much better! Hayden heads back to Queensland for the Taste Port Douglas food festival, where he tries a spot of river rafting through the Daintree Rainforest.	AUSTRALIA	English-100	2022	RPT	G		
2/01/2026	1600	Cooking	Lidia's Kitchen	Warm Welcome, A	12	18	Anyone who joins me at my table is always met with a warm welcoming meal. And today is no different, I invite you into my kitchen with a favorite seasonal specialty Shaved Artichoke, Spinach & Morta.	USA	English-100	2023		G		
2/01/2026	1630	Cooking	My Market Kitchen	Episode 35	8	35	Laura is in the beautiful Adelaide Hills, cooking a very healthy and tasty Middle Eastern Cauliflower Salad.	AUSTRALIA	English-100	2023		PG		
2/01/2026	1700	Cooking	Freshly Picked	Episode 10	4	10	Wrapping up the season, Simon explores Portuguese flavours with a tomato and onion salad, adds spice with gunpowder rice, and prepares a classic spanakopita and a potato cake burger.	AUSTRALIA	English-100	2024	RPT	G		
2/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 80	8	80	Spiced Pumpkin Jam with Roast Duck, a simple Prosciutto Salad and Mark LaBrooy's Grilled Chilli Prawns with Avocado Mousse are just some of the wonderful recipes on today show.	AUSTRALIA	English-100	2018		PG		
2/01/2026	1800	Cooking	Eva Pau's Asian Kitchen	Episode 5	1	5	Who doesn't love a good takeaway? Eva is recreating classic takeaway favorites at home, with big flavours and a personal twist.	UNITED KINGDOM	English-100	2025	RPT	G		
2/01/2026	1830	Cooking	Mark Moriarty - Cook Like A Chef	Vegetables	1	5	This week on Cook Like a Chef, Mark Moriarty is putting vegetables front and centre with a colourful mix of ingredients that proves that with a bit of imagination and a well-stocked pantry, humble veg can shine in every course.	UNITED KINGDOM	English-100	2025		PG		
2/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Slam Dunk Dumplings	7	39	Tonight, you'll be apt as Adam, chef Hamish Ingham and musician Elly-May Barnes make slam dunk dumplings.	AUSTRALIA	English-100	2024	RPT	PG		Y

2/01/2026	1930	Travel	Beyond Bali With Lara Lee	Bali's Spiritual Heart: Ubud And The Mountains	1	2	Lara travels into Bali's spiritual heartland in the mountains, cooking exploring the harmony between nature, food, community and faith while revealing the sacred, living culture that sustains this extraordinary island today.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G		Y	Y
2/01/2026	2030	Food Lifestyle	Buddy Valastro's Cake Dynasty	Secretariat Of Cake	1	2	The Mother's Day rush is one of the busiest times of the year, and Buddy is stressed!	USA	English-100	2023					Y
2/01/2026	2130	Cooking	The Cook And The Chef	Kids In The Kitchen	2	22	Roll'd sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes, chicken wings and cup cakes.	AUSTRALIA	English-100	2007	RPT	G			
2/01/2026	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 80	8	80	Spiced Pumpkin Jam with Roast Duck, a simple Prosciutto Salad and Mark Labrooy's Grilled Chili Prawns with Avocado Mousse are just some of the wonderful recipes on today show.	AUSTRALIA	English-100	2018	RPT	PG			
2/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Slam Dunk Dumplings	7	39	Tonight, you'll be rapt as Adam, chef Hamish Ingham and musician Elly-May Barnes make slam dunk dumplings.	AUSTRALIA	English-100	2024	RPT	PG		Y	
2/01/2026	2300	Food Lifestyle	Cheese Slices	Rare Traditional Cheeses From The Hills And Alps: Piedmont	5	5	No Italian region boasts as many traditional cheeses as Piedmont. Will investigates the many different types of Toma cheese made in the Alps before travelling to the Langhe Hills and meeting the producers of two endangered cheeses protected by the Slow Food movement. Finally, after tasting truffle-infused cheese in the underground cellars of Beppeino Occehl, Will can't resist the invitation to go, on a white truffle hunt.	AUSTRALIA	English-100	2011	RPT	G			
2/01/2026	2330	Travel	Jimmy Doherty's New Zealand Escape	Ep 4	1	4	Jimmy is in Auckland meeting some of the incredible market gardeners and produce sellers who have put New Zealand's fresh produce on the map, and mixes it up with the godfather of fusion food.	NEW ZEALAND	English-100	2023	RPT	PG	I		Y
2/01/2026	2425	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	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			
2/01/2026	2430	Travel	Beyond Bali With Lara Lee	Bali's Spiritual Heart: Ubud And The Mountains	1	2	Lara travels into Bali's spiritual heartland in the mountains, cooking exploring the harmony between nature, food, community and faith while revealing the sacred, living culture that sustains this extraordinary island today.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G		Y	Y
2/01/2026	2530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Secretariat Of Cake	1	2	The Mother's Day rush is one of the busiest times of the year, and Buddy is stressed!	USA	English-100	2023	RPT				Y
2/01/2026	2630	Cooking	The Cook And The Chef	Kids In The Kitchen	2	22	Roll'd sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes, chicken wings and cup cakes.	AUSTRALIA	English-100	2007	RPT	G			
2/01/2026	2700	Cooking	Everyday Gourmet With Justine Schofield	Episode 80	8	80	Spiced Pumpkin Jam with Roast Duck, a simple Prosciutto Salad and Mark Labrooy's Grilled Chili Prawns with Avocado Mousse are just some of the wonderful recipes on today show.	AUSTRALIA	English-100	2018	RPT	PG			
2/01/2026	2730	Cooking	The Cook Up With Adam Liaw	Slam Dunk Dumplings	7	39	Tonight, you'll be rapt as Adam, chef Hamish Ingham and musician Elly-May Barnes make slam dunk dumplings.	AUSTRALIA	English-100	2024	RPT	PG		Y	
2/01/2026	2800	Food Lifestyle	Cheese Slices	Rare Traditional Cheeses From The Hills And Alps: Piedmont	5	5	No Italian region boasts as many traditional cheeses as Piedmont. Will investigates the many different types of Toma cheese made in the Alps before travelling to the Langhe Hills and meeting the producers of two endangered cheeses protected by the Slow Food movement. Finally, after tasting truffle-infused cheese in the underground cellars of Beppeino Occehl, Will can't resist the invitation to go, on a white truffle hunt.	AUSTRALIA	English-100	2011	RPT	G			
2/01/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Finland South Coast	1	6	Tareq takes a late autumn trip along Finland's southern coast.	SWEDEN	English-100	2013	RPT	PG		a w	

3/01/2026	500	Food Lifestyle	My Greatest Dishes	Tom Kerridge	1	3	Chef Tom Kerridge took a gamble when he opened the Hand and Flowers, and changed the rules of fine dining. He shows us four great dishes like smoked haddock enolette and tonka bean panna cotta.	UNITED KINGDOM	English-100	2019	RPT	G		
3/01/2026	530	Travel	Jimmy Doherty's New Zealand Escape	Ep 4	1	4	Jimmy is in Auckland meeting some of the incredible market gardeners and produce sellers who have put New Zealand's fresh produce on the map, and mixes it up with the godfather of fusion food.	NEW ZEALAND	English-100	2023	RPT	PG	I	Y
3/01/2026	625	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	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		
3/01/2026	630	Cooking	Kriel Kitchen	Bindook: Brian Bin Saaban	1	2	Chilli Crab, Singapore noodles with turtle, bunyiman, lee and iji lili shell in a soye chili sauce: Every kriel cook boasts about his or her 'Chilli Crab', and Brian Bin Saaban is no exception.	AUSTRALIA	English-100	2014	RPT	G		Y
3/01/2026	700	Biography	The Next Thing You Eat	Restaurants: A Reckoning	1	3	COVID accelerated an upheaval that was a long time coming for the restaurant industry: So, what comes next? And will the future be more equitable for all?	USA	English-100	2021	RPT	PG		Y
3/01/2026	735	Travel	Taste Of Australia With Hayden Quinn	Port Douglas	6	8	From rural Victoria to Tropical North Queensland - it doesn't get much better! Hayden heads back to Queensland for the Taste Port Douglas food festival, where he tries a spot of river rafting through the Daintree Rainforest.	AUSTRALIA	English-100	2022	RPT	G		
3/01/2026	800	Cooking	Lidia's Kitchen	Warm Welcome, A	12	18	Anyone who joins me at my table is always met with a warm welcoming meal. And today is no different. I invite you into my kitchen with a favorite seasonal specialty Shaved Artichoke, Spinach & More.	USA	English-100	2023	RPT	G		
3/01/2026	830	Cooking	My Market Kitchen	Episode 35	8	35	Laura is in the beautiful Adelaide Hills, cooking a very healthy and tasty Middle Eastern Cauliflower Salad.	AUSTRALIA	English-100	2023	RPT	PG		
3/01/2026	900	Cooking	Freshly Picked	Episode 10	4	10	Wrapping up the season, Simon explores Portuguese flavours with a tomato and onion salad, adds spice with gunpowder rice, and prepares a classic spanakopita and a potato cake burger.	AUSTRALIA	English-100	2024	RPT	G		
3/01/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 80	8	80	Spiced Pumpkin Jam with Roast Duck, a simple Prosciutto Salad and Mark Latbrooy's Grilled Chili Prawns with Avocado Mousse are just some of the wonderful recipes on today show.	AUSTRALIA	English-100	2018	RPT	PG		
3/01/2026	1000	Cooking	Eva Pau's Asian Kitchen	Episode 5	1	5	Who doesn't love a good takeaway? Eva is recreating classic takeaway favorites at home, with big flavours and a personal twist.	UNITED KINGDOM	English-100	2025	RPT	G		
3/01/2026	1030	Cooking	Mark Moriaty - Cook Like A Chef	Vegetables	1	5	This week on Cook Like a Chef, Mark Moriaty is putting vegetables front and centre with a colourful mix of ingredients that proves that with a bit of imagination and a well-stocked pantry, humble veg can shine in every course.	UNITED KINGDOM	English-100	2025	RPT	PG		
3/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Slam Dunk Dumplings	7	39	Tonight, you'll be rapt as Adam, chef Hamish Ingham and musician Eily-May Barnes make slam dunk dumplings.	AUSTRALIA	English-100	2024	RPT	PG		Y

3/01/2026	1130	Travel	Beyond Bali With Lara Lee	Bali's Spiritual Heart: Ubud And The Mountains	1	2	Lara travels into Bali's spiritual heartland in the mountains, cooking exploring the harmony between nature, food, community and faith while revealing the sacred, living culture that sustains this extraordinary island today.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G	Y	Y
3/01/2026	1230	Travel	Tareq Taylor's Nordic Cookery	Finland South Coast	1	6	Tareq takes a late autumn trip along Finland's southern coast.	SWEDEN	English-100	2013	RPT	PG	a w	
3/01/2026	1300	Food Lifestyle	My Greatest Dishes	Tom Kerridge	1	3	Chef Tom Kerridge took a gamble when he opened the Hand and Flowers, and changed the rules of fine dining. He shows us four great dishes like: smoked haddock omelette and tonka bean panna cotta.	UNITED KINGDOM	English-100	2019	RPT	G		
3/01/2026	1330	Cooking	Kriol Kitchen	Bindook: Brian Bin Saaban	1	2	Chilli Crab, Singapore noodles with turtle, bungman, lea and liji liji shell in a soya chilli sauce: Every kriol cook boasts about his or her 'Chilli Crab', and Brian Bin Saaban is no exception.	AUSTRALIA	English-100	2014	RPT	G	Y	
3/01/2026	1400	Biography	The Next Thing You Eat	Restaurants: A Reckoning	1	3	COVID accelerated an upheaval that was a long time coming for the restaurant industry. So, what comes next? And will the future be more equitable for all?	USA	English-100	2021	RPT	PG		Y
3/01/2026	1435	Travel	Taste Of Australia With Hayden Quinn	Port Douglas	6	8	From rural Victoria to Tropical North Queensland - it doesn't get much better! Hayden heads back to Queensland for the Taste Port Douglas food festival, where he tries a spot of river rafting through the Daintree Rainforest.	AUSTRALIA	English-100	2022	RPT	G		
3/01/2026	1500	Cooking	Lidia's Kitchen	Warm Welcome, A	12	18	Anyone who joins me at my table is always met with a warm welcoming meal. And today is no different, I invite you into my kitchen with a favorite seasonal specialty-Shaved Artichoke, Spinach & Morels.	USA	English-100	2023	RPT	G		
3/01/2026	1530	Cooking	My Market Kitchen	Episode 35	8	35	Laura is in the beautiful Adelaide Hills, cooking a very healthy and tasty Middle Eastern Cauliflower Salad.	AUSTRALIA	English-100	2023	RPT	PG		
3/01/2026	1600	Cooking	Freshly Picked	Episode 10	4	10	Wrapping up the season, Simon explores Portuguese flavours with a tomato and onion salad, adds spice with gunpowder rice, and prepares a classic spanakopita and a potato cake burger.	AUSTRALIA	English-100	2024	RPT	G		
3/01/2026	1630	Travel	Jason Atherton's Dubai Dishes	Breakfast And Brunch	1	2	Jason invites us over for breakfast! For those looking for the best way to start their weekend in the world's best brunch hotspot - he will be cooking a Spanish dish inspired by a full English breakfast.	UNITED KINGDOM	English-100	2023	RPT	G		
3/01/2026	1725	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	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
3/01/2026	1730	Cooking	Lorraine's Fast, Fresh And Easy Food	Baking It	1	4	Baking isn't all about breads and cakes as Lorraine shows in tonight's episode.	UNITED KINGDOM	English-100	2012	RPT	G		

3/01/2026	1800	Travel	Audra's Eat, Roam, Relish	Saloma	1	2	Audra hits the road and travels 60kms south of Kuching to Kampong Sadir.	AUSTRALIA	English-80, Malay-20	2024	RPT	PG		Y
3/01/2026	1830	Travel	Hairy Bikers Go West	Dumfries	1	2	For their next adventure Out West, the Hairy Bikers are back in Scotland, hoping to unearth some hidden gems amongst the wonderful food producing region of Dumfries and Galloway.	UNITED KINGDOM	English-100	2024	RPT	PG	a w	
3/01/2026	1935	Culture & Society	Secret World Of Snacks	Burgers	2	2	Jo Brand tells the story of Britain's love for burgers, from Wimpy, McDonald's and Burger King, to the modern players Honest Burgers and Meat Liquor. Industry titans reveal the rivalries that have seen the burger business come to be worth billions.	UNITED KINGDOM	English-100	2022	RPT	G		Y
3/01/2026	2030	Animation	Rick Stein's Mediterranean Escapes	Sicily And Puglia	1	3	Rick continues his travels in Sicily, enjoying the colours and ambience of Catania's busy fish market. In Puglia on Italy's mainland, the local dishes have been influenced by centuries of poverty. Rick cooks peas with onions, parma ham and olive oil, then gives his take on the Fennel sausage recipe he tasted at a local restaurant.	UNITED KINGDOM	English-100	2007	RPT	PG	a	Y
3/01/2026	2140	Travel	Anthony Bourdain: A Cook's Tour	Food Tastes Better With Sand Between Your Toes	2	1	In the Caribbean paradise of St. Martin, Tony eats a healthy Rastafarian meal with a freedom fighter, helps prepare grub for a food caravan, and discovers foodstuffs not available in America.	USA	English-100	2003	RPT	G		
3/01/2026	2205	Travel	Anthony Bourdain: A Cook's Tour	No Breads, No Bourbon Street	2	2	In New Orleans, Louisiana, Tony catches a Bayou alligator, cooks off with a world-famous snow cone and eats jambalaya with a dancing chef.	USA	English-100	2003	RPT	PG		
3/01/2026	2230	Cooking	Andrew Zimmern's Wild Game Kitchen	Roasted Hog	3	3	For pig roast perfection, chef Andrew Zimmern marinates a whole young hog in orange juice, vinegar and garlic before roasting it for several hours in a cag chira, a wooden box that cooks the pig with downward convective heat. Pull the pork and serve it with a chopped sweet-and-sour Southern-style coleslaw and charred pineapple salsa.	USA	English-100	2022	RPT	G		

3/01/2026	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Bison Tomahawk Chop	3	4	Chef Andrew Zimmern shares a simple trick for getting the most out of your marinade - char the meat first, stick in the marinade for 24 hours, then finish it low and slow over an open fire. It's the best way to treat a luxury cut like Bison tomahawk chops, served with a classic Tuscan bread salad and roasted eggplant topped with Calabrian chiles and ricotta cheese.	USA	English-100	2022	RPT	G		
3/01/2026	2330	Travel	Jason Atherton's Dubai Dishes	Breakfast And Brunch	1	2	Jason invites us over for breakfast! For those looking for the best way to start their weekend in the world's best brunch hotspot - he will be cooking a Spanish dish inspired by a full English breakfast.	UNITED KINGDOM	English-100	2023	RPT	G		
3/01/2026	2425	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	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
3/01/2026	2430	Cooking	Lorraine's Fast, Fresh And Easy Food	Baking R	1	4	Baking isn't all about breads and cakes as Lorraine shows in tonight's episode.	UNITED KINGDOM	English-100	2012	RPT	G		
3/01/2026	2500	Travel	Audra's Eat, Roam, Relish	Siloma	1	2	Audra hits the road and travels 60kms south of Kuching to Kampong Sadir.	AUSTRALIA	English-80; Malay-20	2024	RPT	PG		Y
3/01/2026	2530	Travel	Hairy Bikers Go West	Dumfries	1	2	For their next adventure Out West, the Hairy Bikers are back in Scotland, hoping to unearth some hidden gems amongst the wonderful food producing region of Dumfries and Galloway.	UNITED KINGDOM	English-100	2024	RPT	PG	a w	
3/01/2026	2635	Culture & Society	Secret World Of Snacks	Burgers	2	2	Jo Brand tells the story of Britain's love for burgers, from Wimpy, McDonald's and Burger King, to the modern players Honest Burgers and Meat Liquor. Industry titans reveal the rivalries that have seen the burger business come to be worth billions.	UNITED KINGDOM	English-100	2022	RPT	G		Y
3/01/2026	2730	Travel	Anthony Bourdain: A Cook's Tour	Food Tastes Better With Sand Between Your Toes	2	1	In the Caribbean paradise of St. Martin, Tony eats a healthy Rastafarian meal with a freedom fighter, helps prepare grub for a food caravan, and discovers foodstuffs not available in America.	USA	English-100	2003	RPT	G		
3/01/2026	2800	Travel	Anthony Bourdain: A Cook's Tour	No Beads, No Bourbon Street	2	2	In New Orleans, Louisiana, Tony catches a Bayou alligator, cooks off with a world-famous snow cone and eats jambalaya with a dancing chef.	USA	English-100	2003	RPT	PG		
3/01/2026	2830	Cooking	Andrew Zimmern's Wild Game Kitchen	Roasted Hog	3	3	For pig roast perfection, chef Andrew Zimmern marinates a whole young hog in orange juice, vinegar and garlic before roasting it for several hours in a caja china, a wooden box that cooks the pig with downward convective heat. Pull the pork and serve it with a chopped sweet-and-sour Southern-style coleslaw and charred pineapple salsa.	USA	English-100	2022	RPT	G		

