



WEEK 2 Sunday, 4 January 2026 Saturday, 10 January 2026

Date	Start Time	Genre	Title
4/01/2026	500	Cooking	Andrew Zimmern's Wild Game Kitchen
4/01/2026	530	Animation	Rick Stein's Mediterranean Escapes
4/01/2026	635	Travel	Jason Atherton's Dubai Dishes
4/01/2026	730	Cooking	Lorraine's Fast, Fresh And Easy Food
4/01/2026	800	Travel	Audra's Eat, Roam, Relish
4/01/2026	830	Travel	Hairy Bikers Go West
4/01/2026	935	Culture & Society	Secret World Of Snacks
4/01/2026	1030	Animation	Rick Stein's Mediterranean Escapes
4/01/2026	1135	Travel	Jason Atherton's Dubai Dishes
4/01/2026	1230	Cooking	Lorraine's Fast, Fresh And Easy Food
4/01/2026	1300	Travel	Audra's Eat, Roam, Relish
4/01/2026	1330	Travel	Hairy Bikers Go West
4/01/2026	1435	Culture & Society	Secret World Of Snacks
4/01/2026	1530	Animation	Rick Stein's Mediterranean Escapes
4/01/2026	1635	Travel	A New Zealand Food Story

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
Bison Tomhawk 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				
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		
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				
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				
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	
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			
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	
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		
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Northland	3	2	He discovers a peanut farm, meets tropical papaya fruit growers and catches up with a team of scientists cultivating kingfish like never before.	NEW ZEALAND	English-100	2023	RPT	PG	a l w			

4/01/2026	1705	Travel	Food Trail South Africa	Johannesburg	1	10	Warren concludes his travels by a vibrant trip to Johannesburg. He creates his spin on the traditional '7 Colours' meal - made up of seven foods, drawn from different cuisines across the country.	AUSTRALIA	English-100	2021	RPT	PG		
4/01/2026	1730	Travel	Cheese: Searching For A Taste Of Place	Milk And It's Microbes	1	3	Like beer and wine, cheese is a fermented product. This is the revealing story of the battle between good and evil microbes in the making of some of the world's most desirable cheeses.	AUSTRALIA	English-100	2024	RPT	PG	I	Y
4/01/2026	1830	Travel	Gordon Ramsay: Uncharted	Texas Showdown	3	1	Chef Ramsay explores the wilds of South-Central Texas. He'll need to dig deep if he wants to beat Texan chef, Justin Yu, and show locals he's tough enough to cook his way through their state.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y
4/01/2026	1925	Cooking	Destination Flavour Down Under Bite-size Series 1	Destination Flavour Down Under Bite-size 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
4/01/2026	1930	Cooking	Marcus Wareing's Kitchen Garden Tales	Wasabi & Watercress	2	4	Marcus rediscovers some wasabi plants in his kitchen garden and decides to find out more about them. Heading to a wasabi farm he learns all about how to grow this temperamental plant. The farm also produce watercress and he picks up some tips for this nutritious crop too.	UNITED KINGDOM	English-100	2022	RPT	G		
4/01/2026	2000	Travel	Outback Gourmet	Outback Gourmet Series 1 Ep 3	1	3	Justine visits Markisle's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100	2018	RPT	G		
4/01/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	2	7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
4/01/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	2	8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
4/01/2026	2130	Travel	Anthony Bourdain: A Cook's Tour	Mystical World	2	3	Salvador da Bahia offers fruitful local markets, and rich Bahian cuisine. Here, Tony experiences the culinary talents of the famous Bahian artist of the kitchen Chef Dada.	USA	English-100	2003	RPT	G		
4/01/2026	2200	Travel	Anthony Bourdain: A Cook's Tour	How To Be A Carioca	2	4	What is a Carioca? These lovable scamps love the beach, flirting, and hanging out at restaurants and bars. Tony gives the lifestyle a try.	USA	English-100	2003	RPT	PG	a l s w	
4/01/2026	2230	Cooking	Andrew Zimmern's Wild Game Kitchen	Shellfish	3	5	Chef Andrew Zimmern demystifies cooking clams, mussels and oysters - all three incredible, sustainable seafood options that are fun to forage. First up, Andrew cooks a pot of creamy clam chowder with a fortified clam broth. Then, he shares a simple but impressive recipe for mussels fra diavolo - mussels cooked in a spicy tomato broth.	USA	English-100	2022	RPT	G		
4/01/2026	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Braised Pigeon	3	6	Chef Andrew Zimmern cooks one of his favourite recipes, braised squab with olives and vinegar, a perfect meal for a fall evening around the fire. He pairs this comfort food classic with homemade herbed gnocchi drenched in browned butter, and a simple apple and Manchego cheese salad.	USA	English-100	2022	RPT	G		
4/01/2026	2330	Travel	A New Zealand Food Story	Northland	3	2	He discovers a peanut farm, meets tropical papaya fruit growers and catches up with a team of scientists cultivating kingfish like never before.	NEW ZEALAND	English-100	2023	RPT	PG	a l w	
4/01/2026	2400	Travel	Food Trail South Africa	Johannesburg	1	10	Warren concludes his travels by a vibrant trip to Johannesburg. He creates his spin on the traditional '7 Colours' meal - made up of seven foods, drawn from different cuisines across the country.	AUSTRALIA	English-100	2021	RPT	PG		
4/01/2026	2430	Travel	Cheese: Searching For A Taste Of Place	Milk And It's Microbes	1	3	Like beer and wine, cheese is a fermented product. This is the revealing story of the battle between good and evil microbes in the making of some of the world's most desirable cheeses.	AUSTRALIA	English-100	2024	RPT	PG	I	Y
4/01/2026	2530	Travel	Gordon Ramsay: Uncharted	Texas Showdown	3	1	Chef Ramsay explores the wilds of South-Central Texas. He'll need to dig deep if he wants to beat Texan chef, Justin Yu, and show locals he's tough enough to cook his way through their state.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y

4/01/2026	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
4/01/2026	2630	Cooking	Marcus Wareing's Kitchen Garden Tales	Wasabi & Watercress	2	4	Marcus rediscovers some wasabi plants in his kitchen garden and decides to find out more about them. Heading to a wasabi farm he learns all about how to grow this temperamental plant. The farm also produce watercress and he picks up some tips for this nutritious crop too.	UNITED KINGDOM	English-100	2022	RPT	G		
4/01/2026	2700	Travel	Outback Gourmet	Outback Gourmet Series 1 Ep 3	1	3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100	2018	RPT	G		
4/01/2026	2730	Travel	Anthony Bourdain: A Cook's Tour	Mystical World	2	3	Salvador da Bahia offers fruitful local markets, and rich Bahian cuisine. Here, Tony experiences the culinary talents of the famous Bahian artist of the kitchen-Chef Dada.	USA	English-100	2003	RPT	G		
4/01/2026	2800	Travel	Anthony Bourdain: A Cook's Tour	How To Be A Carioca	2	4	What is a Carioca? These lovable scamps love the beach, flirting, and hanging out at restaurants and bars. Tony gives the lifestyle a try.	USA	English-100	2003	RPT	PG	a l s w	
4/01/2026	2830	Cooking	Andrew Zimmern's Wild Game Kitchen	Shellfish	3	5	Chef Andrew Zimmern demystifies cooking clams, mussels and oysters - all three incredible, sustainable seafood options that are fun to forage. First up, Andrew cooks a pot of creamy clam chowder with a fortified clam broth. Then, he shares a simple but impressive recipe for mussels fra diavolo - mussels cooked in a spicy tomato broth.	USA	English-100	2022	RPT	G		
5/01/2026	500	Cooking	Andrew Zimmern's Wild Game Kitchen	Braised Pigeon	3	6	Chef Andrew Zimmern cooks one of his favourite recipes, braised squab with olives and vinegar, a perfect meal for a fall evening around the fire. He pairs this comfort food classic with homemade herbed gnocchi drenched in browned butter, and a simple apple and Manchego cheese salad.	USA	English-100	2022	RPT	G		
5/01/2026	530	Travel	A New Zealand Food Story	Northland	3	2	He discovers a peanut farm, meets tropical papaya fruit growers and catches up with a team of scientists cultivating kingfish like never before.	NEW ZEALAND	English-100	2023	RPT	PG	a l w	
5/01/2026	600	Travel	Food Trail South Africa	Johannesburg	1	10	Warren concludes his travels by a vibrant trip to Johannesburg. He creates his spin on the traditional '7 Colours' meal - made up of seven foods, drawn from different cuisines across the country.	AUSTRALIA	English-100	2021	RPT	PG		
5/01/2026	630	Travel	Cheese: Searching For A Taste Of Place	Milk And It's Microbes	1	3	Like beer and wine, cheese is a fermented product. This is the revealing story of the battle between good and evil microbes in the making of some of the world's most desirable cheeses.	AUSTRALIA	English-100	2024	RPT	PG	l	Y
5/01/2026	730	Travel	Gordon Ramsay: Uncharted	Texas Showdown	3	1	Chef Ramsay explores the wilds of South-Central Texas. He'll need to dig deep if he wants to beat Texan chef, Justin Yu, and show locals he's tough enough to cook his way through their state.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y
5/01/2026	825	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
5/01/2026	830	Cooking	Marcus Wareing's Kitchen Garden Tales	Wasabi & Watercress	2	4	Marcus rediscovers some wasabi plants in his kitchen garden and decides to find out more about them. Heading to a wasabi farm he learns all about how to grow this temperamental plant. The farm also produce watercress and he picks up some tips for this nutritious crop too.	UNITED KINGDOM	English-100	2022	RPT	G		
5/01/2026	900	Travel	Outback Gourmet	Outback Gourmet Series 1 Ep 3	1	3	Justine visits Marksie's Stockman's Camp kitchen in Katherine and prepares some bush tucker, and later visits a family run Barramundi Farm outside of Darwin.	AUSTRALIA	English-100	2018	RPT	G		
5/01/2026	930	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	2	7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
5/01/2026	1000	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	2	8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100	2022	RPT	PG	a	

5/01/2026	1030	Cooking	Andrew Zimmern's Wild Game Kitchen	Shellfish	3	5	Chef Andrew Zimmern demystifies cooking clams, mussels and oysters - all three incredible, sustainable seafood options that are fun to forage. First up, Andrew cooks a pot of creamy clam chowder with a fortified clam broth. Then, he shares a simple but impressive recipe for mussels fra diavolo - mussels cooked in a spicy tomato broth.	USA	English-100	2022	RPT	G		
5/01/2026	1100	Cooking	Andrew Zimmern's Wild Game Kitchen	Braised Pigeon	3	6	Chef Andrew Zimmern cooks one of his favourite recipes, braised squab with olives and vinegar, a perfect meal for a fall evening around the fire. He pairs this comfort food classic with homemade herbed gnocchi drenched in browned butter, and a simple apple and Manchego cheese salad.	USA	English-100	2022	RPT	G		
5/01/2026	1130	Travel	A New Zealand Food Story	Northland	3	2	He discovers a peanut farm, meets tropical papaya fruit growers and catches up with a team of scientists cultivating kingfish like never before.	NEW ZEALAND	English-100	2023	RPT	PG	a l w	
5/01/2026	1200	Travel	Food Trail South Africa	Johannesburg	1	10	Warren concludes his travels by a vibrant trip to Johannesburg. He creates his spin on the traditional '7 Colours' meal - made up of seven foods, drawn from different cuisines across the country.	AUSTRALIA	English-100	2021	RPT	PG		
5/01/2026	1230	Cooking	Jeremy Pang's Asian Kitchen	Lighter Bites	1	1	Jeremy kicks things off with fragrant turmeric and dill fish, a Vietnamese stir fried dish, then Joe Swash steps into the kitchen to try his his hand at duck spring rolls.	UNITED KINGDOM	English-100	2022	RPT	G		
5/01/2026	1325	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		
5/01/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Kiruna, Sweden	1	7	Tareq arrives in Kiruna, over 200km north of the Arctic Circle. With the weather getting down to -30C, this does not deter the locals from being outside for sport and food preparation.	SWEDEN	English-100	2013	RPT	PG		
5/01/2026	1400	Food Lifestyle	My Greatest Dishes	Ollie Dabbous	1	4	Ollie Dabbous could never have imagined he would be instantly propelled into stardom. His ambition knows no bounds and he cooks four great dishes, starting with a summer clafouts and mixed alliums with pine.	UNITED KINGDOM	English-100	2019	RPT	G		
5/01/2026	1430	Cooking	Kris Kitchen	Yellow River: Mark Bin Sali	1	3	Ali & Mitch travel with Mark north of Broome to a popular fishing spot. They make Spicy Joombood Patties with Chille & Raw Skippy (fish) with lemon, chilli, garlic, soya & vinegar Sashimi.	AUSTRALIA	English-100	2014	RPT	G	Y	
5/01/2026	1500	Biography	The Next Thing You Eat	Breakfast: An Illusion Of Choice	1	4	Big Breakfast is pulling the strings on what we eat for the most important meal of the day - from coffee to Captain Crunch. The future of breakfast needs to embrace diversity and optimisation.	USA	English-100	2021	RPT	PG	s	Y
5/01/2026	1530	Travel	Taste Of Australia With Hayden Quin	Townsville	6	9	Just off Townsville is the famous Magnetic Island which is Hayden's destination, but first he heads out to meet a young sweet potato farmer, and pick up some pineapples. Then it's over to Maggie for a sea kayak tour before it's time to cook.	AUSTRALIA	English-100	2022	RPT	G		
5/01/2026	1600	Cooking	Lidia's Kitchen	Cook Together	12	19	There are occasions where a recipe calls for more-more time, more hands, more fun in the kitchen together.	USA	English-100	2023		G		
5/01/2026	1630	Cooking	My Market Kitchen	Episode 36	8	36	Laura is in the heart of the Barossa Valley, making her mum's Coconut Cake. She then teams up with produce expert Catherine Velisha for a pickling masterclass.	AUSTRALIA	English-100	2023		PG		
5/01/2026	1700	Travel	Paradise Kitchen Bali	Jackfruit	1	1	Amidst the lush landscapes of Bali, Lauren Camilleri embarks on an adventurous culinary journey featuring the fascinating jackfruit. She explores its tropical origins and partners with a local Balinese chef who reveals age-old recipes and techniques for incorporating jackfruit into traditional dishes.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G	Y	Y
5/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 81	8	81	Justine visits the beautiful Darwin Waterfront during her trip to the Northern Territory to prepare a Vietnamese Barramundi Salad.	AUSTRALIA	English-100	2018		G		
5/01/2026	1800	Cooking	Eva Pau's Asian Kitchen	Episode 6	1	6	The making of gyoza, wontons or bao buns are just as meaningful as eating them and Eva shares her favourite Asian Street Food classics to create with your loved ones.	UNITED KINGDOM	English-100	2025	RPT	G		

5/01/2026	1830	Cooking	Mark Moriarty - Cook Like A Chef	Cooking Over Flame	1	6	In this episode of Cook Like a Chef, Mark Moriarty fires up three incredible dishes that are all about flavour, texture, and a little bit of drama.	UNITED KINGDOM	English-100	2025		PG			
5/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Supper Club, The	7	40	It's Easy Entertaining with cosy but expertly curated food, as Adam starts a supper club with his guests, Wok Boi Aldwin Hidayat and The Lucky Dragon Supper Club's Stephanie Fisher.	AUSTRALIA	English-100	2024	RPT	G		Y	
5/01/2026	1930	Cooking	Donal's Family Kitchen	Quick Fix And Cravable	1	3	When you've had a long day, it's easy to feel uninspired to cook something that you're going to get excited about.	UNITED KINGDOM	English-100	2021		G			
5/01/2026	2000	Cooking	Hot Dish With Franco	Memorable Meal, A	1	1	Franco Noriega recreates the meal that made him fall in love with New York City.	USA	English-70; Spanish-30	2023					
5/01/2026	2030	Culture & Society	Eva Longoria: Searching For Spain	Marbella	1	7	After falling in love with Marbella 20 years ago Eva has moved there, and what better way to celebrate her new home than throwing a party with family and friends, showcasing the rich diversity of dishes and produce of the city alongside the people she loves.	USA	English-68; Spanish-32	2024	RPT	PG	a l w	Y	Y
5/01/2026	2130	Cooking	The Cook And The Chef	Soup And Rice	2	23	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice, so while Simon reveals the secrets to one of his favourite Chinese dishes, Maggie tackles a true Mediterranean classic.	AUSTRALIA	English-100	2007	RPT	G			
5/01/2026	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 81	8	81	Justine visits the beautiful Darwin Waterfront during her trip to the Northern Territory to prepare a Vietnamese Barramundi Salad.	AUSTRALIA	English-100	2018	RPT	G			
5/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Supper Club, The	7	40	It's Easy Entertaining with cosy but expertly curated food, as Adam starts a supper club with his guests, Wok Boi Aldwin Hidayat and The Lucky Dragon Supper Club's Stephanie Fisher.	AUSTRALIA	English-100	2024	RPT	G		Y	
5/01/2026	2300	Food Lifestyle	Cheese Slices	Artisan Cheese Champions: Wales	5	6	Many people think the only traditional cheese made in Wales is mild young crumbly Caerphilly, but they're wrong. Will travels to Caws dairy to meet a family responsible for re-creating farmhouse Caerphilly before catching up with an old friend at Gorwydd farm who is now making this benchmark cheese from raw cow's milk and two cheese makers responsible for putting Wales back on the specialist cheese map of Britain.	AUSTRALIA	English-100	2011	RPT	G			
5/01/2026	2330	Cooking	Donal's Family Kitchen	Quick Fix And Cravable	1	3	When you've had a long day, it's easy to feel uninspired to cook something that you're going to get excited about.	UNITED KINGDOM	English-100	2021	RPT	G			
5/01/2026	2400	Cooking	Hot Dish With Franco	Memorable Meal, A	1	1	Franco Noriega recreates the meal that made him fall in love with New York City.	USA	English-70; Spanish-30	2023	RPT				
5/01/2026	2430	Culture & Society	Eva Longoria: Searching For Spain	Marbella	1	7	After falling in love with Marbella 20 years ago Eva has moved there, and what better way to celebrate her new home than throwing a party with family and friends, showcasing the rich diversity of dishes and produce of the city alongside the people she loves.	USA	English-68; Spanish-32	2024	RPT	PG	a l w	Y	Y
5/01/2026	2530	Cooking	The Cook And The Chef	Soup And Rice	2	23	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice, so while Simon reveals the secrets to one of his favourite Chinese dishes, Maggie tackles a true Mediterranean classic.	AUSTRALIA	English-100	2007	RPT	G			
5/01/2026	2600	Travel	Tareq Taylor's Nordic Cookery	Kiruna, Sweden	1	7	Tareq arrives in Kiruna, over 200km north of the Arctic Circle. With the weather getting down to -30C, this does not deter the locals from being outside for sport and food preparation.	SWEDEN	English-100	2013	RPT	PG			
5/01/2026	2630	Cooking	Jeremy Pang's Asian Kitchen	Lighter Bites	1	1	Jeremy kicks things off with fragrant turmeric and dill fish, a Vietnamese stir fried dish, then Joe Swash steps into the kitchen to try his hand at duck spring rolls.	UNITED KINGDOM	English-100	2022	RPT	G			
5/01/2026	2725	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			

5/01/2026	2730	Food Lifestyle	My Greatest Dishes	Ollie Dabbous	1	4	Ollie Dabbous could never have imagined he would be instantly propelled into stardom. His ambition knows no bounds and he cooks four great dishes, starting with a summer clafoutis and mixed alliums with pine.	UNITED KINGDOM	English-100	2019	RPT	G		
5/01/2026	2800	Cooking	Krist Kitchen	Yellow River: Mark Bin Sall	1	3	Ali & Mitch travel with Mark north of Broome to a popular fishing spot. They make Spicy Joombood Patties with Chilli & Raw Skippy (fish) with lemon, chilli, garlic, soy & vinegar Sashimi.	AUSTRALIA	English-100	2014	RPT	G		Y
5/01/2026	2830	Biography	The Next Thing You Eat	Breakfast: An Illusion Of Choice	1	4	Big breakfast is pulling the strings on what we eat for the most important meal of the day - from coffee to Captain Crunch. The future of breakfast needs to embrace diversity and optimisation.	USA	English-100	2021	RPT	PG	S	Y
6/01/2026	500	Travel	Taste Of Australia With Hayden Quinn	Townsville	6	9	Just off Townsville is the famous Magnetic Island which is Hayden's destination, but first he heads out to meet a young sweet potato farmer, and pick up some pineapples. Then it's over to Maggie for a sea kayak tour before it's time to cook.	AUSTRALIA	English-100	2022	RPT	G		
6/01/2026	530	Cooking	Lidia's Kitchen	Cook Together	12	19	There are occasions where a recipe calls for more-more time, more hands, more fun in the kitchen together.	USA	English-100	2023	RPT	G		
6/01/2026	600	Cooking	My Market Kitchen	Episode 36	8	36	Laura is in the heart of the Barossa Valley, making her mum's Coconut Cake. She then teams up with produce expert Catherine Velissha for a picking masterclass.	AUSTRALIA	English-100	2023	RPT	PG		
6/01/2026	630	Travel	Paradise Kitchen Bali	Jackfruit	1	1	Amidst the lush landscapes of Bali, Lauren Camilleri embarks on an adventurous culinary journey featuring the fascinating jackfruit. She explores its tropical origins and partners with a local Balinese chef who reveals age-old recipes and techniques for incorporating jackfruit into traditional dishes.	NETHERLANDS	English-90; Balinese-30	2022	RPT	G	Y	Y
6/01/2026	700	Cooking	Everyday Gourmet With Justine Schofield	Episode 81	8	81	Justine visits the beautiful Darwin Waterfront during her trip to the Northern Territory to prepare a Vietnamese Barramundi Salad.	AUSTRALIA	English-100	2018	RPT	G		
6/01/2026	730	Cooking	Jeremy Pang's Asian Kitchen	Lighter Bites	1	1	Jeremy kicks things off with fragrant turmeric and dill fish, a Vietnamese stir fried dish, then Joe Swash steps into the kitchen to try his hand at duck spring rolls.	UNITED KINGDOM	English-100	2022	RPT	G		
6/01/2026	825	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		
6/01/2026	830	Travel	Tareq Taylor's Nordic Cookery	Kiruna, Sweden	1	7	Tareq arrives in Kiruna, over 200km north of the Arctic Circle. With the weather getting down to -30C, this does not deter the locals from being outside for sport and food preparation.	SWEDEN	English-100	2013	RPT	PG		
6/01/2026	900	Cooking	Eva Pau's Asian Kitchen	Episode 6	1	6	The making of gyozas, wontons or bao buns are just as meaningful as eating them and Eva shares her favourite Asian Street Food classics to create with your loved ones.	UNITED KINGDOM	English-100	2025	RPT	G		
6/01/2026	930	Cooking	Donal's Family Kitchen	Quick Fix And Cravable	1	3	When you've had a long day, it's easy to feel uninspired to cook something that you're going to get excited about.	UNITED KINGDOM	English-100	2021	RPT	G		
6/01/2026	1000	Cooking	Hot Dish With Franco	Memorable Meal, A	1	1	Franco Noriega recreates the meal that made him fall in love with New York City.	USA	English-70; Spanish-30	2023	RPT			
6/01/2026	1030	Cooking	Mark Moriarty - Cook Like A Chef	Cooking Over Flame	1	6	In this episode of Cook Like a Chef, Mark Moriarty fires up three incredible dishes that are all about flavour, texture, and a little bit of drama.	UNITED KINGDOM	English-100	2025	RPT	PG		
6/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Supper Club, The	7	40	It's Easy Entertaining with cosy but expertly curated food, as Adam starts a supper club with his guests, Wok Boi Aldwin Hidayat and The Lucky Dragon Supper Club's Stephanie Feher.	AUSTRALIA	English-100	2024	RPT	G		Y

6/01/2026	1130	Culture & Society	Eva Longoria: Searching For Spain	Marbella	1	7	After falling in love with Marbella 20 years ago Eva has moved there, and what better way to celebrate her new home than throwing a party with family and friends, showcasing the rich diversity of dishes and produce of the city alongside the people she loves.	USA	English-68; Spanish-32	2024	RPT	PG	a l w	Y	Y
6/01/2026	1230	Cooking	Jeremy Pang's Asian Kitchen	Family Feasts	1	2	Who doesn't love to cook for the ones they love? Jeremy showcases the Asian dishes perfect for family feasts, starting with Malaysian chicken curry and Korean BBQ beef.	UNITED KINGDOM	English-100	2022	RPT	G			
6/01/2026	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			
6/01/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Aland	1	8	Tareq heads out to Aland, a group of 6700 islands situated between Sweden and Finland.	SWEDEN	English-100	2013	RPT	PG	a w		
6/01/2026	1400	Food Lifestyle	My Greatest Dishes	Levi Roots	1	5	Levi Roots is an icon of Caribbean cuisine, inspiring a generation to fall in love with his childhood foods. He makes ackee and salt fish, goat curry, chicken with rice and peas, and apple crumble.	UNITED KINGDOM	English-100	2019	RPT	G			
6/01/2026	1430	Cooking	Kristi Kitchen	Broome: Carol, Amy & Lexie Tang Wei	1	4	Family Chinese Long Soup: Under the guidance of Lexie Tang Wei, daughters Amy and Carol and granddaughters Lauren and Marli make their famous Chinese Long Soup from scratch.	AUSTRALIA	English-100	2014	RPT	G		Y	
6/01/2026	1500	Biography	The Next Thing You Eat	Sushi: Say Goodbye	1	5	So much of what we know about sushi is a lie - and it's causing us to destroy this beloved food. How do we change our eating habits in order for sushi to survive?	USA	English-100	2021	RPT	PG	a w		Y
6/01/2026	1535	Travel	Taste Of Australia With Hayden Quinn	Cudgen	6	10	It's our season finale this week, and Hayden is back in the NSW Northern Rivers to check out a paddock to plate farm where he stocks up on some super fresh organic produce, before heading to Casino to catch up with Friends Dave and Bianca.	AUSTRALIA	English-100	2022	RPT	PG			
6/01/2026	1600	Cooking	Lidia's Kitchen	Know Your Cheese	12	20		USA	English-100	2023		G			
6/01/2026	1630	Cooking	My Market Kitchen	Episode 37	8	37	Laura starts the show in the beautiful McLaren Vale, making her Minestrone Soup.	AUSTRALIA	English-100	2023		PG			
6/01/2026	1700	Travel	Paradise Kitchen Ball	Coconuts	1	2	Lauren goes beyond the norms of what can be created in the kitchen with this exotic nut by recreating a calamari dish out of coconut flesh.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G		Y	Y
6/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 82	8	82	Chef Adrian Richardson stops by to prepare Korean Dumplings and Justine shares her trick for incredibly creamy Scrambled Eggs.	AUSTRALIA	English-100	2018		G			
6/01/2026	1800	Cooking	Jamie At Home	Tomatoes	1	1	Jamie Oliver cooks tomato salad, fusilli with salsa rossa cruda, oven-baked sausage ragu, pale pink tomato and vodka consommé top and tails.	UNITED KINGDOM	English-100	2007	RPT	G			
6/01/2026	1830	Cooking	Mark Moriarty - Cook Like A Chef	Take On The Takeaway	1	7	This week on Cook Like a Chef, Mark Moriarty is taking on takeaway classics, proving that with the right techniques and a few fresh ingredients, homemade is always better.	UNITED KINGDOM	English-100	2025		PG			
6/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Perfect Potatoes	7	41	No spud's a dud as Adam and his guests, Alone contestant Tamika Simpson and chef Jean Paul El Tom make perfect potatoes.	AUSTRALIA	English-100	2024	RPT	G		Y	
6/01/2026	1930	Cooking	Silvia's Italian Masterclass	Mediterranean Feasts	1	4	Appetitivo, dinner, refreshments and dessert are served. Silvia guides you through a full Mediterranean feast fit for a king.	AUSTRALIA	English-100	2024	RPT	G			
6/01/2026	2000	Cooking	The Big Irish Food Tour	Wicklow Coast With Laura Whitmore	1	11	Wicklow is known as the Garden of Ireland-mountains, forests, waterfalls, beaches. Wicklow has them all. That's why, despite now living in London, this stretch of coastline will always be home.	UNITED KINGDOM	English-100	2024	RPT	G			

6/01/2026	2030	Travel	Jose Andres And Family In Spain	Lanzarote	1	6	On Spain's volcanic island of Lanzarote, Chef Jose Andres and his three daughters discover how the resourceful local community harnesses their amazing natural environment to produce incredible tastes.	UNITED KINGDOM	English-50; Spanish-50	2022		PG	
6/01/2026	2130	Cooking	The Cook And The Chef	Winter Menus	2	24	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100	2007	RPT	G	
6/01/2026	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 82	8	82	Chef Adrian Richardson stops by to prepare Korean Dumplings and Justine shares her trick for incredibly creamy Scrambled Eggs.	AUSTRALIA	English-100	2018	RPT	G	
6/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Perfect Potatoes	7	41	No spud's a dud as Adam and his guests, Alone contestant Tamika Simpson and chef Jean Paul El Tom make perfect potatoes.	AUSTRALIA	English-100	2024	RPT	G	Y
6/01/2026	2300	Food Lifestyle	Cheese Slices	Traditional Cheeses Of Provence: France	5	7	Will travels to Provence in the South East of France to try Banon, a traditional benchmark goat's milk cheese wrapped in dried chestnut leaves, where he also discovers a rare cheese called Brousse du Rove. After driving north to the Vercors plateau to investigate St Marcelin Will comes across an extraordinary small dried goat cheese whose name literally means 'the feet of god'.	AUSTRALIA	English-100	2011	RPT	G	
6/01/2026	2330	Cooking	Silvia's Italian Masterclass	Mediterranean Feasts	1	4	Appetitive, dinner, refreshments and dessert are served. Silvia guides you through a full Mediterranean feast fit for a king.	AUSTRALIA	English-100	2024	RPT	G	
6/01/2026	2400	Cooking	The Big Irish Food Tour	Wicklow Coast With Laura Whitmore	1	11	Wicklow is known as the Garden of Ireland-mountains, forests, waterfalls, beaches. Wicklow has them all. That's why, despite now living in London, this stretch of coastline will always be home.	UNITED KINGDOM	English-100	2024	RPT	G	
6/01/2026	2430	Travel	Jose Andres And Family In Spain	Lanzarote	1	6	On Spain's volcanic island of Lanzarote, Chef Jose Andres and his three daughters discover how the resourceful local community harnesses their amazing natural environment to produce incredible tastes.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	PG	
6/01/2026	2530	Cooking	The Cook And The Chef	Winter Menus	2	24	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100	2007	RPT	G	
6/01/2026	2600	Travel	Tareq Taylor's Nordic Cookery	Aland	1	8	Tareq heads out to Aland, a group of 6700 islands situated between Sweden and Finland.	SWEDEN	English-100	2013	RPT	PG	a w
6/01/2026	2630	Cooking	Jeremy Pang's Asian Kitchen	Family Feasts	1	2	Who doesn't love to cook for the ones they love? Jeremy showcases the Asian dishes perfect for family feasts, starting with Malaysian chicken curry and Korean BBQ beef.	UNITED KINGDOM	English-100	2022	RPT	G	
6/01/2026	2725	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	
6/01/2026	2730	Food Lifestyle	My Greatest Dishes	Levi Roots	1	5	Levi Roots is an icon of Caribbean cuisine, inspiring a generation to fall in love with his childhood foods. He makes ackee and salt fish, goat curry, chicken with rice and peas, and apple crumble.	UNITED KINGDOM	English-100	2019	RPT	G	
6/01/2026	2800	Cooking	Krist Kitchen	Broome: Carol, Amy & Lexie Tang Wei	1	4	Family Chinese Long Soup: Under the guidance of Lexie Tang Wei, daughters Amy and Carol and granddaughters Lauren and Marli make their famous Chinese Long Soup from scratch.	AUSTRALIA	English-100	2014	RPT	G	Y
6/01/2026	2825	Biography	The Next Thing You Eat	Sushi: Say Goodbye	1	5	So much of what we know about sushi is a lie - and it's causing us to destroy this beloved food. How do we change our eating habits in order for sushi to survive?	USA	English-100	2021	RPT	PG	a w Y
7/01/2026	500	Travel	Taste Of Australia With Hayden Quin	Cudgen	6	10	It's our season finale this week, and Hayden is back in the NSW Northern Rivers to check out a paddock to plate farm where he stocks up on some super fresh organic produce, before heading to Casino to catch up with friends Dave and Bianca.	AUSTRALIA	English-100	2022	RPT	PG	

7/01/2026	530	Cooking	Lidia's Kitchen	Know Your Cheese	12	20	Italy boasts over 2500 traditional varieties of cheese, and I plan on introducing you to a few favorites today.	USA	English-100	2023	RPT	G		
7/01/2026	600	Cooking	My Market Kitchen	Episode 37	8	37	Laura starts the show in the beautiful McLaren Vale, making her Minestrone Soup.	AUSTRALIA	English-100	2023	RPT	PG		
7/01/2026	630	Travel	Paradise Kitchen Ball	Coconuts	1	2	Lauren goes beyond the norms of what can be created in the kitchen with this exotic nut by recreating a calamari dish out of coconut flesh.	NETHERLANDS	English-90, Balinese-10	2022	RPT	G	Y	Y
7/01/2026	700	Cooking	Everyday Gourmet With Justine Schofield	Episode 82	8	82	Chef Adrian Richardson stops by to prepare Korean Dumplings and Justine shares her trick for incredibly creamy Scrambled Eggs.	AUSTRALIA	English-100	2018	RPT	G		
7/01/2026	730	Cooking	Jeremy Pang's Asian Kitchen	Family Feasts	1	2	Who doesn't love to cook for the ones they love? Jeremy showcases the Asian dishes perfect for family feasts, starting with Malaysian chicken curry and Korean BBQ beef.	UNITED KINGDOM	English-100	2022	RPT	G		
7/01/2026	825	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		
7/01/2026	830	Travel	Tareq Taylor's Nordic Cookery	Aland	1	8	Tareq heads out to Aland, a group of 6700 islands situated between Sweden and Finland.	SWEDEN	English-100	2013	RPT	PG	a w	
7/01/2026	900	Cooking	Jamie At Home	Tomatoes	1	1	Jamie Oliver cooks tomato salad, fusilli with salsa rossa cruda, oven-baked sausage ragu, pale pink tomato and vodka consomme top and tails.	UNITED KINGDOM	English-100	2007	RPT	G		
7/01/2026	930	Cooking	Silvia's Italian Masterclass	Mediterranean Feasts	1	4	Appertivo, dinner, refreshments and dessert are served. Silvia guides you through a full Mediterranean feast fit for a king.	AUSTRALIA	English-100	2024	RPT	G		
7/01/2026	1000	Cooking	The Big Irish Food Tour	Wicklow Coast With Laura Whitmore	1	11	Wicklow is known as the Garden of Ireland-mountains, forests, waterfalls, beaches. Wicklow has them all. That's why, despite now living in London, this stretch of coastline will always be home.	UNITED KINGDOM	English-100	2024	RPT	G		
7/01/2026	1030	Cooking	Mark Moriarty - Cook Like A Chef	Take On The Takeaway	1	7	This week on Cook Like a Chef, Mark Moriarty is taking on takeaway classics, proving that with the right techniques and a few fresh ingredients, homemade is always better.	UNITED KINGDOM	English-100	2025	RPT	PG		
7/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Perfect Potatoes	7	41	No spud's a dud as Adam and his guests, Alone contestant Tamika Simpson and chef Jean Paul El Tom make perfect potatoes.	AUSTRALIA	English-100	2024	RPT	G	Y	
7/01/2026	1130	Travel	Jose Andres And Family In Spain	Lanzarote	1	6	On Spain's volcanic island of Lanzarote, Chef Jose Andres and his three daughters discover how the resourceful local community harnesses their amazing natural environment to produce incredible tastes.	UNITED KINGDOM	English-50, Spanish-50	2022	RPT	PG		
7/01/2026	1230	Cooking	Jeremy Pang's Asian Kitchen	Single Suppers	1	3	Jeremy proves that Asian cooking can be perfect for a midweek meal by cooking steamed salmon with chilli bean, sesame prawn toast, and lemongrass porkchops.	UNITED KINGDOM	English-100	2022	RPT	G		
7/01/2026	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		

7/01/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Roros, Norway	2	1	In each episode, chef Tareq Taylor explores a Nordic region, searching out fantastic ingredients, meeting extraordinary people, and preparing his own versions of delicious recipes along the way.	SWEDEN	English-100	2013	RPT	PG		
7/01/2026	1400	Food Lifestyle	My Greatest Dishes	Giorgio Locatelli	1	6	Giorgio Locatelli is celebrated for elevating Italian cookery and his four dishes reflects his progression; blackberry yoghurt dessert, parpadelle with bean puree, scallops, and veal sweetbreads.	UNITED KINGDOM	English-100	2019	RPT	G		
7/01/2026	1430	Cooking	Krisl Kitchen	Broome: Neil Hamaguchi	1	5	Steamed Barramundi with Ginger/shallots, soya, pickled Chinese cabbage drizzled with crunchy garlic oil & Pearl shell Sashimi: If there was ever a dish that took care of itself then this would be it.	AUSTRALIA	English-100	2014	RPT	G	Y	
7/01/2026	1500	Biography	The Next Thing You Eat	2050: Look Ahead	1	6	Pop culture loves to imagine the future of food, but it rarely gets it right. What will life be like in 2050? We'll probably have a lot more sporks but will fast food take over?	USA	English-100	2021	RPT	PG		Y
7/01/2026	1535	Travel	Taste Of Australia With Hayden Quinn	Ep 1	5	1	Hayden Quinn is back on the road in northern NSW, checking out Southview Orchard and John's amazing figs, dropping in at Tweed Real Food to meet Julia and sample her wonderful range of products.	AUSTRALIA	English-100	2022	RPT	G		
7/01/2026	1600	Cooking	Lidia's Kitchen	Family Meal	12	21	For me, there is nothing more important than gathering around the table with my family to share a meal.	USA	English-100	2023		G		
7/01/2026	1630	Cooking	My Market Kitchen	Episode 38	8	38	Laura teams up with vegetable guru Catherine Velisha to create wonderful Prawn Dumplings, with spring onions as the hero ingredient.	AUSTRALIA	English-100	2023		PG		
7/01/2026	1700	Travel	Paradise Kitchen Ball	Turmeric	1	3	Lauren explores the vibrant world of turmeric, a spice known for its health benefits and vibrant color. She incorporates turmeric into her cooking, creating flavourful traditional Balinese dishes like a Urap Pakis to even making a traditional health drink called Jamu with the picturesque backdrop of Mount Agung.	NETHERLANDS	English-90, Balinese-30	2022	RPT	G	Y	
7/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 83	8	83	Justine shows you how to make your own English Muffins with Mixed Berry Jam. She is also joined by Olivia Anderson to make Campfire Pizzas, a wonderful child friendly recipe.	AUSTRALIA	English-100	2018		G		
7/01/2026	1800	Cooking	Jamie At Home	Courgettes	1	2	There's a bumper crop of courgettes in Jamie's garden and he shows us how to utilise them whilst they are in season. Not only do they come in all shapes, sizes and colours but the delicate flowers are edible too.	UNITED KINGDOM	English-100	2007	RPT	G		
7/01/2026	1830	Travel	Taste Of Australia In Vietnam	Hanoi	1	1	In Hanoi, Luke learns about the work of pioneering social enterprise, KOTO, and enjoys some of his favourite street food, including the city's signature dish of Cha Ca.	AUSTRALIA	English-100	2024	RPT	G		Y
7/01/2026	1900	Cooking	The Cook Up With Adam Liaw	One Pan Favourites	7	42	One pan, three favourite recipes, Adam and his guests, grilling guru Jess Pyles and actor Gary Sweet, make dinner a breeze and washing up even easier.	AUSTRALIA	English-100	2024	RPT	G	Y	
7/01/2026	1930	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	3	Sara heads to Kurucome to meet Cem Pasini. He is a restaurateur who has three restaurants, each specialising in a different cuisine: Mediterranean, a winelhouse and a fish/Aegean restaurant.	TURKEY	English-50, Turkish-50	2018	RPT	PG		Y
7/01/2026	2000	Cooking	Global Soul Kitchen	Chicken Gizzard And Poutine	1	4	Chef Deborah VanTrece makes a smothered chicken gizzard poutine, which mixes traditional, Southern fried chicken gizzards with French-Canadian fries, gravy, and cheese curds for a decadent global meal.	USA	English-100	2025		G		
7/01/2026	2030	Travel	Two Greedy Italians	Regional Pride	1	3	Chef Antonio Carluccio returns to his home town of Borgofranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever. He and Gemmaro Contaldo take part in traditional celebrations in Asti, where tension reaches boiling point during a horse race, and discover the new array of ingredients brought in by immigrants at the Turin vegetable market.	UNITED KINGDOM	English-100	2011	RPT	G	Y	Y
7/01/2026	2135	Cooking	The Cook And The Chef	Oysters And Pastry	2	25	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula. Oysters and pastry may seem an odd combination, but once again the Cook and the Chef blend unlikely ingredients to create unique and delightful dishes.	AUSTRALIA	English-100	2007	RPT	G		
7/01/2026	2205	Cooking	Everyday Gourmet With Justine Schofield	Episode 83	8	83	Justine shows you how to make your own English Muffins with Mixed Berry Jam. She is also joined by Olivia Anderson to make Campfire Pizzas, a wonderful child friendly recipe.	AUSTRALIA	English-100	2018	RPT	G		

7/01/2026	2235	Cooking	The Cook Up With Adam Liew	One Pan Favourites	7	42	One pan, three favourite recipes, Adam and his guests, grilling guru Jess Pryles and actor Gary Sweet, make dinner a breeze and washing up even easier.	AUSTRALIA	English-100	2024	RPT	G	Y	
7/01/2026	2305	Food Lifestyle	Cheese Slices	Artisan Cheeses Of Germany	5	8	Germany has a long history of cheese-making dating back to pre-Roman times, and is also the largest producer of cheese in Europe. After travelling to the Alps to look at a seasonal mountain cheese called Bergkase, Will visits a small biodynamic farm to discover how Germany's most popular fresh cheese, quark, is made. After venturing north to taste some Tilsiter, Will finally calls in on a cheese-maker monk who sings as he makes ewe's cheese from the milk of his beloved flock.	AUSTRALIA	English-100	2011	RPT	G		
7/01/2026	2330	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	3	Sara heads to Kurucosme to meet Cem Pasinli. He is a restaurateur who has three restaurants, each specialising in a different cuisine: Mediterranean, a winelhouse and a fish/Aegean restaurant.	TURKEY	English-50; Turkish-50	2018	RPT	PG	Y	
7/01/2026	2400	Cooking	Global Soul Kitchen	Chicken Gizzard And Poutine	1	4	Chef Deborah VanTrece makes a smothered chicken gizzard poutine, which mixes traditional, Southern fried chicken gizzards with French-Canadian fries, gravy, and cheese curds for a decadent global meal.	USA	English-100	2025	RPT	G		
7/01/2026	2430	Travel	Two Greedy Italians	Regional Pride	1	3	Chef Antonio Carluccio returns to his home town of Borgoranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever. He and Gennaro Contado take part in traditional celebrations in Asti, where tension reaches boiling point during a horse race, and discover the new array of ingredients brought in by immigrants at the Turin vegetable market.	UNITED KINGDOM	English-100	2011	RPT	G	Y	Y
7/01/2026	2535	Cooking	The Cook And The Chef	Oysters And Pastry	2	25	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula. Oysters and pastry may seem an odd combination, but once again the Cook and the Chef blend unlikely ingredients to create unique and delightful dishes.	AUSTRALIA	English-100	2007	RPT	G		
7/01/2026	2605	Travel	Tareq Taylor's Nordic Cookery	Roros, Norway	2	1	In each episode, chef Tareq Taylor explores a Nordic region, searching out fantastic ingredients, meeting extraordinary people, and preparing his own versions of delicious recipes along the way.	SWEDEN	English-100	2013	RPT	PG		
7/01/2026	2635	Cooking	Jeremy Pang's Asian Kitchen	Simple Suppers	1	3	Jeremy proves that Asian cooking can be perfect for a midweek meal by cooking steamed salmon with chilli bean, sesame prawn toast, and lemongrass porkchops.	UNITED KINGDOM	English-100	2022	RPT	G		
7/01/2026	2730	Food Lifestyle	My Greatest Dishes	Giorgio Locatelli	1	6	Giorgio Locatelli is celebrated for elevating Italian cookery and his four dishes reflects his progression; blackberry yoghurt dessert, parpadelle with bean puree, scallops, and veal sweetbreads.	UNITED KINGDOM	English-100	2019	RPT	G		
7/01/2026	2755	Cooking	Krisl Kitchen	Broome: Neil Hamaguchi	1	5	Steamed Barramundi with Ginger/shallots, soya, pickled Chinese cabbage drizzled with crunchy garlic oil & Pearl shell Sashimi: if there was ever a dish that took care of itself then this would be it.	AUSTRALIA	English-100	2014	RPT	G	Y	
7/01/2026	2825	Biography	The Next Thing You Eat	2050: Look Ahead	1	6	Pop culture loves to imagine the future of food, but it rarely gets it right. What will life be like in 2050? We'll probably have a lot more sporks but will fast food take over?	USA	English-100	2021	RPT	PG	Y	
8/01/2026	500	Travel	Taste Of Australia With Hayden Quinn	Ep 1	5	1	Hayden Quinn is back on the road in northern NSW, checking out Southview Orchard and John's amazing figs, dropping in at Tweed Real Food to meet Julia and sample her wonderful range of products.	AUSTRALIA	English-100	2022	RPT	G		
8/01/2026	530	Cooking	Lidia's Kitchen	Family Meal	12	21	For me, there is nothing more important than gathering around the table with my family to share a meal.	USA	English-100	2023	RPT	G		
8/01/2026	600	Cooking	My Market Kitchen	Episode 38	8	38	Laura teams up with vegetable guru Catherine Velisha to create wonderful Prawn Dumplings, with spring onions as the hero ingredient.	AUSTRALIA	English-100	2023	RPT	PG		
8/01/2026	630	Travel	Paradise Kitchen Bali	Turmeric	1	3	Lauren explores the vibrant world of turmeric, a spice known for its health benefits and vibrant color. She incorporates turmeric into her cooking, creating flavourful traditional Balinese dishes like a Limp Pakis to even making a traditional health drink called Jamu with the picturesque backdrop of Mount Agung.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G	Y	
8/01/2026	700	Cooking	Everyday Gourmet With Justine Schofield	Episode 83	8	83	Justine shows you how to make your own English Muffins with Mixed Berry Jam. She is also joined by Olivia Anderson to make Campfire Pizzas, a wonderful child friendly recipe.	AUSTRALIA	English-100	2018	RPT	G		
8/01/2026	730	Cooking	Jeremy Pang's Asian Kitchen	Simple Suppers	1	3	Jeremy proves that Asian cooking can be perfect for a midweek meal by cooking steamed salmon with chilli bean, sesame prawn toast, and lemongrass porkchops.	UNITED KINGDOM	English-100	2022	RPT	G		
8/01/2026	825	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		

8/01/2026	830	Travel	Tareq Taylor's Nordic Cookery	Roros, Norway	2	1	In each episode, chef Tareq Taylor explores a Nordic region, searching out fantastic ingredients, meeting extraordinary people, and preparing his own versions of delicious recipes along the way.	SWEDEN	English-100	2013	RPT	PG		
8/01/2026	900	Cooking	Jamie At Home	Courgettes	1	2	There's a bumper crop of courgettes in Jamie's garden and he shows us how to utilise them whilst they are in season. Not only do they come in all shapes, sizes and colours but the delicate flowers are edible too.	UNITED KINGDOM	English-100	2007	RPT	G		
8/01/2026	930	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	3	Sara heads to Kurucome to meet Cem Pasinli. He is a restaurateur who has three restaurants, each specialising in a different cuisine: Mediterranean, a winehouse and a fish/Aegean restaurant.	TURKEY	English-50; Turkish-50	2018	RPT	PG		Y
8/01/2026	1000	Cooking	Global Soul Kitchen	Chicken Gizzard And Poutine	1	4	Chef Deborah VanTrece makes a smothered chicken gizzard poutine, which mixes traditional, Southern fried chicken gizzards with French-Canadian fries, gravy, and cheese curds for a decadent global meal.	USA	English-100	2025	RPT	G		
8/01/2026	1030	Travel	Taste Of Australia In Vietnam	Hanoi	1	1	In Hanoi, Luke learns about the work of pioneering social enterprise, KOTO, and enjoys some of his favourite street food, including the city's signature dish of Cha Ca.	AUSTRALIA	English-100	2024	RPT	G		Y
8/01/2026	1100	Cooking	The Cook Up With Adam Liaw	One Pan Favourites	7	42	One pan, three favourite recipes, Adam and his guests, grilling guru Jess Pyles and actor Gary Sweet, make dinner a breeze and washing up even easier.	AUSTRALIA	English-100	2024	RPT	G		Y
8/01/2026	1130	Travel	Two Greedy Italians	Regional Pride	1	3	Chef Antonio Carluccio returns to his home town of Borgoranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever. He and Gemaro Cortalido take part in traditional celebrations in Asti, where tension reaches boiling point during a horse race, and discover the new array of ingredients brought in by immigrants at the Turin vegetable market.	UNITED KINGDOM	English-100	2011	RPT	G	Y	Y
8/01/2026	1235	Cooking	Jeremy Pang's Asian Kitchen	Restaurant Classics	1	4	Jeremy explores the dishes everyone has seen on Asian restaurant menus, but with a special twist, starting with crispy pork belly.	UNITED KINGDOM	English-100	2022	RPT	G		
8/01/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Faroe Islands	2	2	Situated north of Scotland, living on this collection of eighteen islands has always be a struggle for survival.	SWEDEN	English-100	2013	RPT	PG	a w	
8/01/2026	1400	Food Lifestyle	My Greatest Dishes	Michel Roux Jr	1	7	Michel has become the modern master. His four greatest dishes include griddled veal tongue, chicken liver mousse with hollandaise, tender squid stuffed with lobster rice, and soufflé suisses.	UNITED KINGDOM	English-100	2019	RPT	G		
8/01/2026	1430	Cooking	Krist Kitchen	Goobaragun: Kathleen Cox	1	6	All and Mitch travel two hours north of Broome to a tourist camping destination named Goobaragun and spend the day with Kathleen Cox. They make Blue Bone Soup & Chili Fish.	AUSTRALIA	English-100	2014	RPT	G		Y
8/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Take It To The Ceiling	2024	1	Pro cook & designer Ellen Bennett works with homeowners to reimagine their kitchens through a chef's eyes.	USA	English-100	2024	RPT	G		Y
8/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 2	5	2	Hayden is on the hunt for some local prawns this week, and so it's an early start at Evans Head to meet Ben as he brings the catch in. Then it's into Casino to see Dave and Bianca's team at work.	AUSTRALIA	English-100	2022	RPT	G		
8/01/2026	1600	Cooking	Lidia's Kitchen	Think Seasonally	12	22	I live by the seasons. It's just what feels natural to me. Making a risotto is all about the technique, but, for me, the flavoring is all about capturing the tastes and aromas of the seasons.	USA	English-100	2023		G		
8/01/2026	1630	Cooking	My Market Kitchen	Episode 39	8	39	Laura is in the beautiful Adelaide Hills, creating a winter warmer: Mushroom Pies.	AUSTRALIA	English-100	2023		PG		
8/01/2026	1700	Travel	Paradise Kitchen Ball	Rice	1	4	Lauren delves into the staple ingredient of many Asian cuisine - rice. She discovers different varieties of rice and shares a couple of little tricks. She also explores unique rice-based dishes with her own twist.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G	Y	Y
8/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 84	8	84	Justine Mum Francoise is back to share her incredible Crepes Suzette recipe.	AUSTRALIA	English-100	2018		PG		

8/01/2026	1800	Cooking	Jamie At Home	Barbecue	1	3	Jamie has a genius barbeque day as he cooks up everything from shellfish to lamb, chicken, ribs and even onions on the barbeque.	UNITED KINGDOM	English-100	2007	RPT	G		
8/01/2026	1830	Travel	Taste Of Australia In Vietnam	Ho Chi Minh City And Dalat	1	2	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100	2024	RPT	G		Y
8/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Long Or The Short Of It: Noodles Or Rice, The	7	43	Noodles or rice. That's the long or the short of it, as Adam and his guests, chefs Trisha Greenlee and Jae Bang, must make their choice.	AUSTRALIA	English-100	2024	RPT	G		Y
8/01/2026	1930	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 2	1	2	Khanh journeys to Port Lincoln in South Australia to unlock the secrets of the local seafood. From locals he learns how to trawl for wild prawns, harvest oysters, and forage for unique ingredients.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y
8/01/2026	2030	Travel	Rick Stein's Food Heroes	North East England And Scotland	1	9	In Tyne, Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for eight generations, earning them a royal seal of approval.	UNITED KINGDOM	English-100	2002	RPT	G		
8/01/2026	2100	Travel	Rick Stein's Food Heroes	North Scotland	1	10	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front, and obtaining oatmeal from a watermill in the Tay Valley to make the famous Scottish dessert, Cranachan.	UNITED KINGDOM	English-100	2002	RPT	PG	a w	
8/01/2026	2130	Cooking	The Cook And The Chef	Tasmanian Fresh	2	26	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer. Magnificent Bruny Island, an hour drive south of Hobart is a place Maggie has wanted to visit for over thirty years.	AUSTRALIA	English-100	2007	RPT	G		
8/01/2026	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 84	8	84	Justines Mum Françoise is back to share her Incredible Crepes Suzette recipe.	AUSTRALIA	English-100	2018	RPT	PG		
8/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Long Or The Short Of It: Noodles Or Rice, The	7	43	Noodles or rice. That's the long or the short of it, as Adam and his guests, chefs Trisha Greenlee and Jae Bang, must make their choice.	AUSTRALIA	English-100	2024	RPT	G		Y
8/01/2026	2300	Food Lifestyle	Cheese Slices	New Cheese Pioneers: Tasmania, The	5	9	Will invites his friend Tetsuya Wakuda to accompany him on a tour of Tasmania and to demonstrate a few of his unusual recipe ideas with the local dairy produce. New artisan cheese-makers who have proudly put the country back on this special features Bruny Island cheese and wood-fired oysters, artisan cider produced from heritage apples, handmade cultured butter from Elgar Farm, John Bignell's blue cheese and leatherwood honey, King Island cream and lobster, Heidi Ricketts, and even a Wasabi flavoured cheese.	AUSTRALIA	English-100	2011	RPT	G		
8/01/2026	2330	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 2	1	2	Khanh journeys to Port Lincoln in South Australia to unlock the secrets of the local seafood. From locals he learns how to trawl for wild prawns, harvest oysters, and forage for unique ingredients.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y
8/01/2026	2425	Cooking	Destination Flavour China Biscite	Cattail Milk Soup	1	9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG		Y Y
8/01/2026	2430	Travel	Rick Stein's Food Heroes	North East England And Scotland	1	9	In Tyne, Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for eight generations, earning them a royal seal of approval.	UNITED KINGDOM	English-100	2002	RPT	G		
8/01/2026	2500	Travel	Rick Stein's Food Heroes	North Scotland	1	10	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front, and obtaining oatmeal from a watermill in the Tay Valley to make the famous Scottish dessert, Cranachan.	UNITED KINGDOM	English-100	2002	RPT	PG	a w	
8/01/2026	2530	Cooking	The Cook And The Chef	Tasmanian Fresh	2	26	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer. Magnificent Bruny Island, an hour drive south of Hobart is a place Maggie has wanted to visit for over thirty years.	AUSTRALIA	English-100	2007	RPT	G		
8/01/2026	2600	Travel	Tareq Taylor's Nordic Cookery	Faroe Islands	2	2	Situated north of Scotland, living on this collection of eighteen islands has always be a struggle for survival.	SWEDEN	English-100	2013	RPT	PG	a w	

8/01/2026	2630	Cooking	Jeremy Pang's Asian Kitchen	Restaurant Classics	1	4	Jeremy explores the dishes everyone has seen on Asian restaurant menus, but with a special twist, starting with crispy pork belly.	UNITED KINGDOM	English-100	2022	RPT	G			
8/01/2026	2725	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			
8/01/2026	2730	Food Lifestyle	My Greatest Dishes	Michel Roux Jr	1	7	Michel has become the modern master. His four greatest dishes include griddled veal tongue, chicken liver mousse with hollandaise, tender squid stuffed with lobster rice, and soufflé suisses.	UNITED KINGDOM	English-100	2019	RPT	G			
8/01/2026	2800	Cooking	Krisl Kitchen	Goobaragun: Kathleen Cox	1	6	All and Mitch travel two hours north of Broome to a tourist camping destination named Goobaragun and spend the day with Kathleen Cox. They make Blue Bone Soup & Chili Fish.	AUSTRALIA	English-100	2014	RPT	G		Y	
8/01/2026	2830	Food Lifestyle	Kitchen Glow Up	Take It To The Ceiling	2024	1	Pro cook & designer Ellen Bennett works with homeowners to reimagine their kitchens through a chef's eyes.	USA	English-100	2024	RPT	G			Y
9/01/2026	500	Travel	Taste Of Australia With Hayden Quinn	Ep 2	5	2	Hayden is on the hunt for some local prawns this week, and so it's an early start at Evans Head to meet Ben as he brings the catch in. Then it's into Casino to see Dave and Bianca's team at work.	AUSTRALIA	English-100	2022	RPT	G			
9/01/2026	530	Cooking	Lidia's Kitchen	Think Seasonally	12	22	I live by the seasons. It's just what feels natural to me. Making a risotto is all about the technique, but, for me, the flavoring is all about capturing the tastes and aromas of the seasons.	USA	English-100	2023	RPT	G			
9/01/2026	600	Cooking	My Market Kitchen	Episode 39	8	39	Laura is in the beautiful Adelaide Hills, creating a winter warmer: Mushroom Pies.	AUSTRALIA	English-100	2023	RPT	PG			
9/01/2026	630	Travel	Paradise Kitchen Ball	Rice	1	4	Lauren delves into the staple ingredient of many Asian cuisine - rice. She discovers different varieties of rice and shares a couple of little tricks. She also explores unique rice-based dishes with her own twist.	NETHERLANDS	English-90, Balinese-10	2022	RPT	G		Y	Y
9/01/2026	700	Cooking	Everyday Gourmet With Justine Schofield	Episode 84	8	84	Justines Mum Françoise is back to share her incredible Crepes Suzette recipe.	AUSTRALIA	English-100	2018	RPT	PG			
9/01/2026	730	Cooking	Jeremy Pang's Asian Kitchen	Restaurant Classics	1	4	Jeremy explores the dishes everyone has seen on Asian restaurant menus, but with a special twist, starting with crispy pork belly.	UNITED KINGDOM	English-100	2022	RPT	G			
9/01/2026	825	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			
9/01/2026	830	Travel	Tareq Taylor's Nordic Cookery	Faroe Islands	2	2	Situated north of Scotland, living on this collection of eighteen islands has always be a struggle for survival.	SWEDEN	English-100	2013	RPT	PG		a w	
9/01/2026	900	Cooking	Jamie At Home	Barbecue	1	3	Jamie has a genius barbecue day as he cooks up everything from shellfish to lamb, chicken, ribs and even onions on the barbecue.	UNITED KINGDOM	English-100	2007	RPT	G			
9/01/2026	930	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 2	1	2	Khanh journeys to Port Lincoln in South Australia to unlock the secrets of the local seafood. From locals he learns how to trawl for wild prawns, harvest oysters, and forage for unique ingredients.	AUSTRALIA	English-100	2022	RPT	PG		a w	Y
9/01/2026	1025	Cooking	Destination Flavour China Bitesize	Cattail Milk Soup	1	9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG		Y	Y
9/01/2026	1030	Travel	Taste Of Australia In Vietnam	Ho Chi Minh City And Dalat	1	2	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100	2024	RPT	G			Y

9/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Long Or The Short Of It: Noodles Or Rice, The	7	43	Noodles or rice. That's the long or the short of it, as Adam and his guests, chefs Trisha Greenlee and Jae Bang, must make their choice.	AUSTRALIA	English-100	2024	RPT	G		Y
9/01/2026	1130	Travel	Rick Stein's Food Heroes	North East England And Scotland	1	9	In Tyne, Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for eight generations, earning them a royal seal of approval.	UNITED KINGDOM	English-100	2002	RPT	G		
9/01/2026	1200	Travel	Rick Stein's Food Heroes	North Scotland	1	10	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front, and obtaining oatmeal from a watermill in the Tay Valley to make the famous Scottish dessert, Cranachan.	UNITED KINGDOM	English-100	2002	RPT	PG	a w	
9/01/2026	1230	Cooking	Jeremy Pang's Asian Kitchen	Date Night	1	5	In Loch Ewe, Jeremy climbs aboard a fishing boat to join scallop diver Jamie, then cooks up the scallops in their shells to make an amazing dish.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
9/01/2026	1325	Cooking	Please Eat Slowly Bitesize	Claypot Rice	1	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G		
9/01/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Midtjylland, Denmark	2	3	Tareq pays a visit to the western part of Denmark, where he explores the region called Midtjylland.	SWEDEN	English-100	2013	RPT	PG	a l w	
9/01/2026	1400	Food Lifestyle	My Greatest Dishes	Nathan Outlaw	1	8	Nathan Outlaw's skill and palette has led to two Michelin stars. He shares the recipes for Toad in the Hole and sherry trifle, fish and chips, and lobster risotto that's been on his menu.	UNITED KINGDOM	English-100	2019	RPT	PG		
9/01/2026	1430	Cooking	Krist Kitchen	Minarinyi: Sylvia Clarke	1	7	All and Mitch travel north of Broome on Djabbur Djabbur country. They make whitening soup with chilli, garlic, and ginger and mullet soup with black bean.	AUSTRALIA	English-100	2014	RPT	G		Y
9/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Cluttered Craftsman Clean Up	2024	2	Nominated by their daughter Brittany, Susan and Brad have lived in their craftsman for over 30 years. Susan doesn't think her tiny kitchen needs a glow up, so Ellen will have to convince her that change is sometimes a good thing.	USA	English-100	2024	RPT	G		
9/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 3	5	3	One of our favourite starts ever, with Hayden enjoying the hot water at Millie Bore. Then it's off to meet legend, Dick Estens, into Moree to check out some amazing art, then a visit to a lamb farm.	AUSTRALIA	English-100	2022	RPT	G		
9/01/2026	1600	Cooking	Lidia's Kitchen	Take The Time	12	23	Inspired by my favorite restaurant on the beach in Fiumicino, Mussel Bruschetta always makes me think fondly of my long lunches with Gianfranco.	USA	English-100	2023		PG	a w	
9/01/2026	1630	Cooking	My Market Kitchen	Episode 40	8	40	Laura visits the wonderful Adelaide Central Markets and cooks up an Asian-inspired Kingfish Sashimi with Nahm Jim.	AUSTRALIA	English-100	2023		PG		
9/01/2026	1700	Travel	Paradise Kitchen Bali	Nuts	1	5	Lauren gets creative cooking with various nuts, exploring their culinary potential beyond snacking. She experiments with new ways to incorporate these nutrient-packed ingredients into her dishes.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G		Y
9/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 85	8	85	Justine visits Berry Springs Nature Park during her recent trip to the Northern Territory and prepares a Pawpaw Chilli Salad.	AUSTRALIA	English-100	2018		PG		
9/01/2026	1800	Cooking	Jamie At Home	Beans	1	4	The beautiful British summer time sees Jamie getting a thorough soaking as he picks the beans in his garden.	UNITED KINGDOM	English-100	2007	RPT	G		
9/01/2026	1830	Travel	Taste Of Australia In Vietnam	Con Dao, Phu Quoc And Bac Lieu	1	3	Luke gets up early on two of Vietnam's southern islands to learn about sea turtle conservation and join the local fishermen. In the Mekong Delta he visits a Vietnamese-Australian-run shrimp business.	AUSTRALIA	English-100	2024	RPT	G		Y
9/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Weeknight Winners	7	44	Put your dinner on the leaderboard with weeknight winners from Adam and his guests, chef Mindy Woods and comedian Sean Choolburra.	AUSTRALIA	English-100	2024	RPT	G		Y
9/01/2026	1930	Travel	Beyond Bali With Lara Lee	North Lombok: Cultural Surprises	1	3	In Lombok, Lara Lee discovers fiery spices and an extraordinary culture that offers unexpected insights into her own Chinese-Indonesian heritage from riverside harvests to scrumptious Peranakan curry.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G		Y

9/01/2026	2030	Food Lifestyle	Buddy Valastro's Cake Dynasty	Country Cake, A	1	3	When Buddy is tasked with making a cake for International Country Superstar Walker Hayes, the team must find a way to transform the lyrics to his hit song 'Fancy Like' into a sweet masterpiece!	USA	English-100	2023		PG			Y
9/01/2026	2130	Cooking	The Cook And The Chef	Desserts And Tagines	2	27	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100	2007	RPT	G			
9/01/2026	2200	Cooking	Everyday Gourmet With Justine Schofield	Episode 85	8	85	Justine visits Berry Springs Nature Park during her recent trip to the Northern Territory and prepares a Pawpaw Chilli Salad.	AUSTRALIA	English-100	2018	RPT	PG			
9/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Weeknight Winners	7	44	Put your dinner on the leaderboard with weeknight winners from Adam and his guests, chef Mindy Woods and comedian Sean Choolburra.	AUSTRALIA	English-100	2024	RPT	G			Y
9/01/2026	2300	Food Lifestyle	Cheese Slices	India: Indian Paneer And The Chennai Sweets Of West Bengal	6	1	Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai.	AUSTRALIA	English-100	2012	RPT	G			
9/01/2026	2330	Travel	Beyond Bali With Lara Lee	North Lombok: Cultural Surprises	1	3	In Lombok, Lara Lee discovers fiery spices and an extraordinary culture that offers unexpected insights into her own Chinese-Indonesian heritage-from riverside harvests to scrumptious Peranakan curry.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G		Y	Y
9/01/2026	2430	Food Lifestyle	Buddy Valastro's Cake Dynasty	Country Cake, A	1	3	When Buddy is tasked with making a cake for International Country Superstar Walker Hayes, the team must find a way to transform the lyrics to his hit song 'Fancy Like' into a sweet masterpiece!	USA	English-100	2023	RPT	PG			Y
9/01/2026	2530	Cooking	The Cook And The Chef	Desserts And Tagines	2	27	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100	2007	RPT	G			
9/01/2026	2600	Travel	Tareq Taylor's Nordic Cookery	Midtjylland, Denmark	2	3	Tareq pays a visit to the western part of Denmark, where he explores the region called Midtjylland.	SWEDEN	English-100	2013	RPT	PG		a l w	
9/01/2026	2630	Cooking	Jeremy Pang's Asian Kitchen	Date Night	1	5	In Loch Ewe, Jeremy climbs aboard a fishing boat to join scallop diver Jamie, then cooks up the scallops in their shells to make an amazing dish.	UNITED KINGDOM	English-100	2022	RPT	PG		a w	
9/01/2026	2725	Cooking	Please Eat Slowly Bitesize	Claypot Rice	1	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G			
9/01/2026	2730	Food Lifestyle	My Greatest Dishes	Nathan Outlaw	1	8	Nathan Outlaw's skill and palette has led to two Michelin stars. He shares the recipes for Toad in the Hole and sherry trifle, fish and chips, and lobster risotto that's been on his menu.	UNITED KINGDOM	English-100	2019	RPT	PG			
9/01/2026	2800	Cooking	Krisd Kitchen	Mixarinyi: Sylvia Clarke	1	7	Alli and Mitch travel north of Broome on Djabber Djabber country. They make whitening soup with chilli, garlic, and ginger and mullet soup with black bean.	AUSTRALIA	English-100	2014	RPT	G			Y
9/01/2026	2830	Food Lifestyle	Kitchen Glow Up	Cluttered Craftsman Clean Up	2024	2	Nonluded by their daughter Brittany, Susan and Brad have lived in their craftsman for over 30 years. Susan doesn't think her tiny kitchen needs a glow up, so Ellen will have to convince her that change is sometimes a good thing.	USA	English-100	2024	RPT	G			
10/01/2026	500	Travel	Taste Of Australia With Hayden Quine	Ep 3	5	3	One of our favourite starts ever, with Hayden enjoying the hot water at Millie Bore. Then it's off to meet legend, Dick Estens, into Moree to check out some amazing art, then a visit to a lamb farm.	AUSTRALIA	English-100	2022	RPT	G			

10/01/2026	530	Cooking	Lida's Kitchen	Take The Time	12	23	Inspired by my favorite restaurant on the beach in Fiumicino, Mussel Bruschetta always makes me think fondly of my long lunches with Gianfranco.	USA	English-100	2023	RPT	PG			a w
10/01/2026	600	Cooking	My Market Kitchen	Episode 40	8	40	Laura visits the wonderful Adelaide Central Markets and cooks up an Asian-inspired Kingfish Sashimi with Nahm Jim.	AUSTRALIA	English-100	2023	RPT	PG			
10/01/2026	630	Travel	Paradise Kitchen Bali	Nuts	1	5	Lauren gets creative cooking with various nuts, exploring their culinary potential beyond snacking. She experiments with new ways to incorporate these nutrient-packed ingredients into her dishes.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G			Y
10/01/2026	700	Cooking	Everyday Gourmet With Justine Schofield	Episode 85	8	85	Justine visits Berry Springs Nature Park during her recent trip to the Northern Territory and prepares a Pawpaw Chili Salad.	AUSTRALIA	English-100	2018	RPT	PG			
10/01/2026	730	Cooking	Jeremy Pang's Asian Kitchen	Date Night	1	5	In Loch Ewe, Jeremy climbs aboard a fishing boat to join scallop diver Jamie, then cooks up the scallops in their shells to make an amazing dish.	UNITED KINGDOM	English-100	2022	RPT	PG			a w
10/01/2026	825	Cooking	Please Eat Slowly Bitesize	Claypot Rice	1	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G			
10/01/2026	830	Travel	Tareq Taylor's Nordic Cookery	Midtjylland, Denmark	2	3	Tareq pays a visit to the western part of Denmark, where he explores the region called Midtjylland.	SWEDEN	English-100	2013	RPT	PG			a l w
10/01/2026	900	Cooking	Jamie At Home	Beans	1	4	The beautiful British summer-time sees Jamie getting a thorough soaking as he picks the beans in his garden.	UNITED KINGDOM	English-100	2007	RPT	G			
10/01/2026	930	Travel	Beyond Bali With Lara Lee	North Lombok: Cultural Surprises	1	3	In Lombok, Lara Lee discovers fiery spices and an extraordinary culture that offers unexpected insights into her own Chinese-Indonesian heritage from riverside harvests to scrumptious Peranakan curry.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G		Y	Y
10/01/2026	1030	Travel	Taste Of Australia In Vietnam	Con Dao, Phu Quoc And Bac Lieu	1	3	Luke gets up early on two of Vietnam's southern islands to learn about sea turtle conservation and join the local fishermen. In the Mekong Delta he visits a Vietnamese-Australian-run shrimp business.	AUSTRALIA	English-100	2024	RPT	G			Y
10/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Weeknight Winners	7	44	Put your dinner on the leaderboard with weeknight winners from Adam and his guests, chef Mindy Woods and comedian Sean Choolburra.	AUSTRALIA	English-100	2024	RPT	G			Y
10/01/2026	1130	Food Lifestyle	Buddy Valastro's Cake Dynasty	Country Cake, A	1	3	When Buddy is tasked with making a cake for International Country Superstar Walker Hayes, the team must find a way to transform the lyrics to his hit song 'Fancy Like' into a sweet masterpiece!	USA	English-100	2023	RPT	PG			Y
10/01/2026	1230	Cooking	My Market Kitchen	Episode 40	8	40	Laura visits the wonderful Adelaide Central Markets and cooks up an Asian-inspired Kingfish Sashimi with Nahm Jim.	AUSTRALIA	English-100	2023	RPT	PG			

10/01/2026	1300	Travel	Paradise Kitchen Bali	Nuts	1	5	Lauren gets creative cooking with various nuts, exploring their culinary potential beyond snacking. She experiments with new ways to incorporate these nutrient-packed ingredients into her dishes.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G		Y	
10/01/2026	1330	Cooking	Everyday Gourmet With Justine Schofield	Episode 85	8	85	Justine visits Berry Springs Nature Park during her recent trip to the Northern Territory and prepares a Pawpaw Chilli Salad.	AUSTRALIA	English-100	2018	RPT	PG			
10/01/2026	1400	Cooking	Jamie At Home	Beans	1	4	The beautiful British summer time sees Jamie getting a thorough soaking as he picks the beans in his garden.	UNITED KINGDOM	English-100	2007	RPT	G			
10/01/2026	1430	Travel	Taste Of Australia In Vietnam	Con Dao, Phu Quoc And Bac Lieu	1	3	Luke gets up early on two of Vietnam's southern islands to learn about sea turtle conservation and join the local fishermen. In the Mekong Delta he visits a Vietnamese-Australian-run shrimp business.	AUSTRALIA	English-100	2024	RPT	G		Y	
10/01/2026	1500	Cooking	The Cook Up With Adam Liaw	Weeknight Winners	7	44	Put your dinner on the leaderboard with weeknight winners from Adam and his guests, chef Mindy Woods and comedian Sean Choolburra.	AUSTRALIA	English-100	2024	RPT	G		Y	
10/01/2026	1530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Country Cake, A	1	3	When Buddy is tasked with making a cake for International Country Superstar Walker Hayes, the team must find a way to transform the lyrics to his hit song 'Fancy Like' into a sweet masterpiece!	USA	English-100	2023	RPT	PG		Y	
10/01/2026	1630	Travel	Jason Atherton's Dubai Dishes	Vegetables	1	3	Jason shares his love of fresh produce with a trip to a super-sized Dubai vegetable market as he makes dishes that include a tomato tartare with black olive tapenade and beetroot carrot pudding.	UNITED KINGDOM	English-100	2023	RPT	G			
10/01/2026	1725	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			
10/01/2026	1730	Cooking	Toast The Host: How To Entertain At Home	Keep It Simple Simon	1	1	Toast the Host is an amusing and educational television program designed to break down the daunting task of entertaining at home into bite-size pieces.	AUSTRALIA	English-100	2024	RPT	PG	I		
10/01/2026	1800	Travel	Audra's Eat, Roam, Relish	Sibu	1	3	Chef Alex Ting joins Audra for a tour around his home town. Sibu is largely populated by Chinese of Foochow descent from Fuzhou.	AUSTRALIA	English-80; Malay-20	2024	RPT	G		Y	
10/01/2026	1830	Travel	Hairy Bikers Go West	Lancashire	1	3	For their next adventure Out West, the Hairy Bikers are taking an emotional trip down memory lane as they explore Dave's home county of Lancashire.	UNITED KINGDOM	English-100	2024	RPT	G			
10/01/2026	1935	Culture & Society	Secret World Of Snacks	Sweets	2	3	Jo Brand peeks behind the curtain of the world of sweets and unpacks the historic rivalry between Rowntree's and Bassett's, before the cosy British sweet market gave way to a bitter battle after the arrival of Mars and Haribo.	UNITED KINGDOM	English-100	2022	RPT	G		Y	Y

10/01/2026	2030	Animation	Rick Stein's Mediterranean Escapes	Puglia And Corfu	1	4	Rick departs Italy and makes his way to the Greek island of Corfu, where he attends a family feast. He visits kitchens in restaurants all over the island and learns how to make authentic Greek dishes such as a Greek peasant salad with good quality feta and olives; pastitsio and baked Greek omelette with wild greens and herbs, leeks and feta.	UNITED KINGDOM	English-100	2007	RPT	G		Y
10/01/2026	2140	Travel	Anthony Bourdain: A Cook's Tour	Elements Of A Great Bar	2	5	Join Tony on his quest to characterize the perfect bar in New York City. Discover the importance of a maniacal bartender and the proper chemical makeup of drinks.	USA	English-100	2003	RPT	PG		a v w
10/01/2026	2205	Travel	Anthony Bourdain: A Cook's Tour	Struggle For The Soul Of America, The	2	6	Tony travels to the grain-belt capital of Minneapolis, Minnesota to experience firsthand the conflict between creative independent operators and generic franchises.	USA	English-100	2003	RPT	PG		i
10/01/2026	2230	Cooking	Andrew Zimmern's Wild Game Kitchen	Goat	3	7	Learn how to break down and butcher a whole goat, utilising the leg and backstrap for a beautiful braised curry and saving some of the animal's offal for a delicious chef's snack on the grill. Chef Andrew Zimmern finishes the meal with a classic tomato and cucumber salad and rice pilaf with caramelised onions.	USA	English-100	2022	RPT	G		
10/01/2026	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Nashville Pheasant	3	8	Chef Andrew Zimmern takes one of his favourite dishes, Nashville-style hot fried chicken, and reinterprets it for wild pheasant. Hot and spicy, butter coated, crispy fried pheasant is paired with a spinach salad topped with bacon vinaigrette and ice-cold mint basil lemonade.	USA	English-100	2022	RPT	G		
10/01/2026	2330	Cooking	Toast The Host: How To Entertain At Home	Keep It Simple Simon	1	1	Toast the Host is an amusing and educational television program designed to break down the daunting task of entertaining at home into bite-size pieces.	AUSTRALIA	English-100	2024	RPT	PG		i
10/01/2026	2400	Travel	Audra's Eat, Roam, Relish	Sibu	1	3	Chef Alex Ting joins Audra for a tour around his home town. Sibu is largely populated by Chinese of Foochow descent from Fuzhou.	AUSTRALIA	English-80, Malay-20	2024	RPT	G		Y

10/01/2026	2430	Travel	Hairy Bikers Go West	Lancashire	1	3	For their next adventure Out West, the Hairy Bikers are taking an emotional trip down memory lane as they explore Dave's home county of Lancashire.	UNITED KINGDOM	English-100	2024	RPT	G		
10/01/2026	2535	Culture & Society	Secret World Of Snacks	Sweets	2	3	Jo Brand peeks behind the curtain of the world of sweets and unpacks the historic rivalry between Rowntree's and Bassett's, before the cosy British sweet market gave way to a bitter battle after the arrival of Mars and Haribo.	UNITED KINGDOM	English-100	2022	RPT	G	Y	Y
10/01/2026	2630	Animation	Rick Stein's Mediterranean Escapes	Puglia And Corfu	1	4	Rick departs Italy and makes his way to the Greek island of Corfu, where he attends a family feast. He visits kitchens in restaurants all over the island and learns how to make authentic Greek dishes such as a Greek peasant salad with good quality feta and olives; pastitsio and baked Greek omelette with wild greens and herbs, leeks and feta.	UNITED KINGDOM	English-100	2007	RPT	G	Y	
10/01/2026	2740	Travel	Anthony Bourdain: A Cook's Tour	Elements Of A Great Bar	2	5	Join Tony on his quest to characterize the perfect bar in New York City. Discover the importance of a maniacal bartender and the proper chemical makeup of drinks.	USA	English-100	2003	RPT	PG	a v w	
10/01/2026	2805	Travel	Anthony Bourdain: A Cook's Tour	Struggle For The Soul Of America, The	2	6	Tony travels to the grain-belt capital of Minneapolis, Minnesota to experience firsthand the conflict between creative independent operators and generic franchises.	USA	English-100	2003	RPT	PG	i	
10/01/2026	2830	Cooking	Andrew Zimmern's Wild Game Kitchen	Goat	3	7	Learn how to break down and butcher a whole goat, utilising the leg and backstrap for a beautiful braised curry and saving some of the animal's offal for a delicious chef's snack on the grill. Chef Andrew Zimmern finishes the meal with a classic tomato and cucumber salad and rice pilaf with caramelised onions.	USA	English-100	2022	RPT	G		

