



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

ALL MARKETS

| Date      | Start Time | Genre             | Title                                | Episode Title        | Series | Episode | TV Guide Text   | Country of Origin | Language             | Year | Repeat | Classification | Consumer Advice | Closed Captions | Subtitles | Audio Description |
|-----------|------------|-------------------|--------------------------------------|----------------------|--------|---------|---|-------------------|----------------------|------|--------|----------------|-----------------|-----------------|-----------|-------------------|
| 4/01/2026 | 500        | 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              |                 |                 |           |                   |
| 4/01/2026 | 530        | 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               |           |                   |
| 4/01/2026 | 635        | 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              |                 |                 |           |                   |
| 4/01/2026 | 730        | 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              |                 |                 |           |                   |
| 4/01/2026 | 800        | 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               |           |                   |
| 4/01/2026 | 830        | 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             |                 |           |                   |
| 4/01/2026 | 935        | 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               |           |                   |
| 4/01/2026 | 1030       | 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               |           |                   |
| 4/01/2026 | 1135       | 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              |                 |                 |           |                   |
| 4/01/2026 | 1230       | 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              |                 |                 |           |                   |
| 4/01/2026 | 1300       | 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               |           |                   |
| 4/01/2026 | 1330       | 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             |                 |           |                   |
| 4/01/2026 | 1435       | 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               |           |                   |
| 4/01/2026 | 1530       | 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               |           |                   |
| 4/01/2026 | 1635       | 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           |                 |           |                   |

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|-----------|------|---------|---|---|---|----|--|----------------|-------------|------|-----|----|---------|---|
| 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 | all w   | Y |
| 4/01/2026 | 1925 | 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 | 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 Markise'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 | all 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 | all 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 | all w   | Y |

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|-----------|------|---------|---|---|---|----|--|----------------|-------------|------|-----|----|-------|---|
| 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 Markie'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 | al sw |   |
| 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 | al 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 | al 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 Markie'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   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 hand at duck spring rolls.  | UNITED KINGDOM | English-100             | 2022 | RPT | G  |       |   |
| 5/01/2026 | 1325 | 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  |       |   |
| 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 clafoutis and mixed alliums with pine.   | UNITED KINGDOM | English-100             | 2019 | RPT | G  |       |   |
| 5/01/2026 | 1430 | Cooking        | Kriol 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 Chilli & 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 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  |       |   |
| 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 | RPT | 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 | RPT | 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 | RPT | G  |       |   |
| 5/01/2026 | 1800 | 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  |       |   |

|           |      |                   |   |                                 |   |    |   |                |                        |      |     |    |      |   |
|-----------|------|-------------------|---|---------------------------------|---|----|---|----------------|------------------------|------|-----|----|------|---|
| 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            | 2015 | 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 Hidjat and The Lucky Dragon Supper Club's Stephanie Feher.   | AUSTRALIA      | English-100            | 2024 | RPT | G  | Y    |   |
| 5/01/2026 | 1930 | Cooking           | Donald'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 | ai w | 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 Hidjat and The Lucky Dragon Supper Club's Stephanie Feher.   | 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 Caer dairy to meet a family responsible for re-creating famous Caerphilly before catching up with an old friend at Gwydir 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           | Donald'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 | ai w | 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 | <a href="#">My Greatest Dishes</a>                      | 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        | <a href="#">Kriol Kitchen</a>                           | Yellow River: Mark Bin Sall      | 1  | 3  | Alli & 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, soya & vinegar Sashimi.  | AUSTRALIA      | English-100             | 2014 | RPT | G  | Y |   |
| 5/01/2026 | 2830 | Biography      | <a href="#">The Next Thing You Eat</a>                  | 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 optimization.   | USA            | English-100             | 2021 | RPT | PG | S |   |
| 6/01/2026 | 500  | Travel         | <a href="#">Taste Of Australia With Hayden Quinn</a>    | 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        | <a href="#">Lidia's Kitchen</a>                         | 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        | <a href="#">My Market Kitchen</a>                       | 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 | RPT | PG |   |   |
| 6/01/2026 | 630  | Travel         | <a href="#">Paradise Kitchen Bali</a>                   | 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 |
| 6/01/2026 | 700  | Cooking        | <a href="#">Everyday Gourmet With Justine Schofield</a> | 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        | <a href="#">Jeremy Pang's Asian Kitchen</a>             | 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        | <a href="#">Please Eat Slowly Bitesize</a>              | 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         | <a href="#">Tareq Taylor's Nordic Cookery</a>           | 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        | <a href="#">Eva Pau's Asian Kitchen</a>                 | 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             | 2015 | RPT | G  |   |   |
| 6/01/2026 | 930  | Cooking        | <a href="#">Dona's Family Kitchen</a>                   | 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        | <a href="#">Hot Dish With Franco</a>                    | 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        | <a href="#">Mark Moriarty - Cook Like A Chef</a>        | 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             | 2015 | RPT | PG |   |   |
| 6/01/2026 | 1100 | Cooking        | <a href="#">The Cook Up With Adam Liaw</a>              | 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 |   |

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|-----------|------|-------------------|---|-------------------------------------|----|----|--|----------------|-------------------------|------|-----|----|-------|---|---|
| 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   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           | Kriol 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 Bali                   | 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 rosso cruda, oven-baked sausage ragu, pale pink tomato and vodka consomme 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  | Appetivo, 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  |       |   |   |

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|-----------|------|----------------|---|---|---|----|--|----------------|------------------------|------|-----|----|
| 6/01/2026 | 2030 | Travel         | <a href="#">Jose Andres And Family In Spain</a>         | 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 | 2130 | Cooking        | <a href="#">The Cook And The Chef</a>                   | 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        | <a href="#">Everyday Gourmet With Justine Schofield</a> | 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        | <a href="#">The Cook Up With Adam Liaw</a>              | 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  |
| 6/01/2026 | 2300 | Food Lifestyle | <a href="#">Cheese Slices</a>                           | 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 Marcellin 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        | <a href="#">Silvia's Italian Masterclass</a>            | 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  |
| 6/01/2026 | 2400 | Cooking        | <a href="#">The Big Irish Food Tour</a>                 | 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         | <a href="#">Jose Andres And Family In Spain</a>         | 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        | <a href="#">The Cook And The Chef</a>                   | 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         | <a href="#">Tareq Taylor's Nordic Cookery</a>           | Aland                                   | 1 | 8  | Tareq heads out to Aland, a group of 6700 islands situated between Sweden and Finland.   | SWEDEN         | English-100            | 2013 | RPT | PG |
| 6/01/2026 | 2630 | Cooking        | <a href="#">Jeremy Pang's Asian Kitchen</a>             | 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        | <a href="#">Please Eat Slowly Bitesize</a>              | 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 | <a href="#">My Greatest Dishes</a>                      | 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        | <a href="#">Kriol Kitchen</a>                           | 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  |
| 6/01/2026 | 2825 | Biography      | <a href="#">The Next Thing You Eat</a>                  | 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 |
| 7/01/2026 | 500  | Travel         | <a href="#">Taste Of Australia With Hayden Quinn</a>    | 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 |

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|-----------|------|---------|--|-----------------------------------|----|----|--|----------------|-------------------------|------|-----|----|-----|
| 7/01/2026 | 530  | Cooking | <b>Lidia's Kitchen</b>                         | 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 | <b>My Market Kitchen</b>                       | 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  | <b>Paradise Kitchen Bali</b>                   | 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 | <b>Everyday Gourmet With Justine Schofield</b> | 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 | <b>Jeremy Pang's Asian Kitchen</b>             | 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 | <b>Please Eat Slowly Bitesize</b>              | 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  | <b>Tareq Taylor's Nordic Cookery</b>           | 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 | <b>Jamie At Home</b>                           | 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 | <b>Silvia's Italian Masterclass</b>            | 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 | <b>The Big Irish Food Tour</b>                 | 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 | <b>Mark Moriarty - Cook Like A Chef</b>        | 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 | <b>The Cook Up With Adam Liaw</b>              | 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  | <b>Jose Andres And Family In Spain</b>         | 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 | <b>Jeremy Pang's Asian Kitchen</b>             | 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 | 1325 | Cooking | <b>Please Eat Slowly Bitesize</b>              | 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  |     |

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|-----------|------|----------------|---|-----------------------------------|----|----|--|----------------|-------------------------|------|-----|----|---|
| 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        | Kriol Kitchen                           | Broome: Neil Hamaguchi            | 1  | 5  | Steamed Barramundi with Ginger/shalots, 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 sparks 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 | RPT | 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 | RPT | PG |   |
| 7/01/2026 | 1700 | 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 Urap 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 |
| 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 | RPT | 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 utilize 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 Pryles 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 Kurucesme to meet Cem Pasinli. He is a restaurateur who has three restaurants, each specialising in a different cuisine: Mediterranean, a winehouse and a fish/vegan 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 | RPT | 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 Gennaro 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 |
| 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 Liaw              | 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 Bergkäse, Will visits a small biodynamic farm to discover how Germany's most popular fresh cheese, Quark, is made. After venturing north to taste some Tillster, Will finally calls in on a cheese-maker monk who sings as he makes ewer'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 Kurucesme to meet Cem Pasicik. He is a restauranteur who has three restaurants, each specialising in a different cuisine: Mediterranean, a winehouse and a fish/legger 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 Borgofranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever. He and Gianni 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 | 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        | Kriol 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 Urap 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 Kurucesme to meet Cem Pasinli. He is a restauranteur who has three restaurants, each specialising in a different cuisine: Mediterranean, a winehouse and a fish/vegan 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 Pryles 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 Borgofranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever. He and Gemma 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 |
| 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 been 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 souffle suisse.   | UNITED KINGDOM | English-100             | 2019 | RPT | G  |     |   |
| 8/01/2026 | 1430 | Cooking        | Kröl Kitchen                            | Goobaragun: Kathleen Cox          | 1    | 6  | Ali 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 & Chilli 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's 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 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  |     |   |
| 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 Green tree 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 | Justine's 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 Green tree 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 Biggell's blue cheese and leatherwood honey, King Island cream and lobster, Heidi Reitste, 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 Bitesize      | Cattail Milk Soup                             | 1 | 9  | All the best moments and bites 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 been a struggle for survival.   | SWEDEN         | English-100 | 2013 | RPT | PG | a w |   |

|           |      |                |   |                                     |      |    |   |                |                         |      |     |    |     |   |
|-----------|------|----------------|---|-------------------------------------|------|----|---|----------------|-------------------------|------|-----|----|-----|---|
| 8/01/2026 | 2630 | Cooking        | <a href="#">Jeremy Pang's Asian Kitchen</a>             | 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        | <a href="#">Please Eat Slowly Bitesize</a>              | 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 | <a href="#">My Greatest Dishes</a>                      | 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 souffle suisse.                        | UNITED KINGDOM | English-100             | 2019 | RPT | G  |     |   |
| 8/01/2026 | 2800 | Cooking        | <a href="#">Kriol Kitchen</a>                           | Goobargun: Kathleen Cox             | 1    | 6  | Ali and Mitch travel two hours north of Broome to a tourist camping destination named Goobargun and spend the day with Kathleen Cox. They make Blue Bone Soup & Chilli Fish.  | AUSTRALIA      | English-100             | 2014 | RPT | G  | Y   |   |
| 8/01/2026 | 2830 | Food Lifestyle | <a href="#">Kitchen Glow Up</a>                         | 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         | <a href="#">Taste Of Australia With Hayden Quinn</a>    | 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        | <a href="#">Lidia's Kitchen</a>                         | 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        | <a href="#">My Market Kitchen</a>                       | 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         | <a href="#">Paradise Kitchen Bali</a>                   | 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        | <a href="#">Everyday Gourmet With Justine Schofield</a> | Episode 84                          | 8    | 84 | Justine's Mum Francoise is back to share her incredible Crepes Suzette recipe.  | AUSTRALIA      | English-100             | 2018 | RPT | PG |     |   |
| 9/01/2026 | 730  | Cooking        | <a href="#">Jeremy Pang's Asian Kitchen</a>             | 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        | <a href="#">Please Eat Slowly Bitesize</a>              | 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         | <a href="#">Tareq Taylor's Nordic Cookery</a>           | 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 | z w |   |
| 9/01/2026 | 900  | Cooking        | <a href="#">Jamie At Home</a>                           | 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         | <a href="#">Khanh Ong's Wild Food</a>                   | 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 | z w | Y |
| 9/01/2026 | 1025 | Cooking        | <a href="#">Destination Flavour China Bitesize</a>      | Cattail Milk Soup                   | 1    | 9  | All the best moments and bites 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         | <a href="#">Taste Of Australia In Vietnam</a>           | 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 Green tree and Jee 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 Walberthwaite, 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        | Kris Kitchen                            | Minariny: Sylvia Clarke                       | 1    | 7  | Ali and Mitch travel north of Broome on Djabber Djabber country. They make whiting 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    | 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 | all 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 | z 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        | Kriol Kitchen                           | Minariny: Sylvia Clarke                                    | 1    | 7  | Ali and Mitch travel north of Broome on Djabber Djabber country. They make whiting 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  | 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  |       |   |
| 10/01/2026 | 500  | 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 Esteris, into Moree to check out some amazing art, then a visit to a lamb farm.   | AUSTRALIA      | English-100               | 2022 | RPT | G  |       |   |

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|------------|------|----------------|---|----------------------------------|----|----|--|----------------|---------------------------|------|-----|----|-----|
| 10/01/2026 | 530  | 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 | 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 Chilli 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 takes us 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 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   |
| 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 Ball                    | 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 supersized 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 peers 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 |

|            |      |           |  |                                       |   |   |   |                |                      |      |     |    |       |
|------------|------|-----------|--|---------------------------------------|---|---|---|----------------|----------------------|------|-----|----|-------|
| 10/01/2026 | 2030 | Animation | <a href="#">Rick Stein's Mediterranean Escapes</a>       | 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    | <a href="#">Anthony Bourdain: A Cook's Tour</a>          | 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    | <a href="#">Anthony Bourdain: A Cook's Tour</a>          | 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   | <a href="#">Andrew Zimmern's Wild Game Kitchen</a>       | 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   | <a href="#">Andrew Zimmern's Wild Game Kitchen</a>       | 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, batter 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   | <a href="#">Toast The Host: How To Entertain At Home</a> | 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    | <a href="#">Audra's Eat, Roam, Relish</a>                | 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 peers 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 a rice pilaf with caramelised onions.                               | USA            | English-100 | 2022 | RPT | G  |       |   |

