



WEEK 3

Sunday, 11 January 2026

Saturday, 17 January 2026

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
11/01/2026	500	Cooking	Andrew Zimmern's Wild Game Kitchen	Nashville Pheasant	3	8	Chef Andrew Zimmern takes one of his favourite dishes, Nashville-style hot fried chicken, and reinterprets it for wild pheasant. Hot and spicy, 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				
11/01/2026	530	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				
11/01/2026	625	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G				
11/01/2026	630	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			
11/01/2026	700	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
11/01/2026	730	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				
11/01/2026	835	Culture & Society	Secret World Of Snacks	Sweets	2	3	Jo Brand peeks behind the curtain of the world of sweets and unpacks the historic rivalry between Rowntree's and Basset'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
11/01/2026	930	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; postiso and baked Greek omellette with wild greens and herbs, leeks and feta.	UNITED KINGDOM	English-100	2007	RPT	G		Y		
11/01/2026	1040	Cooking	Andrew Zimmern's Wild Game Kitchen	Goat	3	7	Learn how to break down and butcher a whole goat, utilising the leg and backstrap for a beautiful braised curry and saving some of the animal's offal for a delicious chef's snack on the grill. Chef Andrew Zimmern finishes the meal with a classic tomato and cucumber salad and rice pilaf with caramelised onions.	USA	English-100	2022	RPT	G				
11/01/2026	1105	Cooking	Andrew Zimmern's Wild Game Kitchen	Nashville Pheasant	3	8	Chef Andrew Zimmern takes one of his favourite dishes, Nashville-style hot fried chicken, and reinterprets it for wild pheasant. Hot and spicy, 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				
11/01/2026	1135	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				
11/01/2026	1230	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			
11/01/2026	1300	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
11/01/2026	1330	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				
11/01/2026	1435	Culture & Society	Secret World Of Snacks	Sweets	2	3	Jo Brand peeks behind the curtain of the world of sweets and unpacks the historic rivalry between Rowntree's and Basset'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

11/01/2026	1530	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 omellete with wild greens and herbs, leeks and feta.	UNITED KINGDOM	English-100	2007	RPT	G	Y
11/01/2026	1635	Travel	A New Zealand Food Story	Waikato	3	3	Ben picks the 3 varieties. He meets a farmer and understands the benefits of grass-fed beef. Ben catches up with the Soil Sisters, a movement focussed on growing your own fruit and vegetables.	NEW ZEALAND	English-100	2023	RPT	PG	
11/01/2026	1700	Travel	Food Trail South Africa	Kruger Safari	2	1	Warren commences his second Food Trail of South Africa in the world famous Kruger National Park and surrounds.	AUSTRALIA	English-100	2023	RPT	G	Y
11/01/2026	1730	Travel	Cheese: Searching For A Taste Of Place	Australia	1	4	This is the story of the battle to allow Australians to make and enjoy world class cheese. There are just four raw-milk artisan cheese-makers in Australia.	AUSTRALIA	English-100	2024	RPT	PG	a w
11/01/2026	1830	Travel	Gordon Ramsay: Uncharted	Portugal's Rugged Coast	3	2	Chef Ramsay explores the rugged landscape of Portugal. He'll need to roll up his sleeves and bring his A-game in order to beat local chef, Kiko Martins, in an epic feast for the Mayor of Nazare.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w Y
11/01/2026	1925	Cooking	Destination Flavour China BiteSize	Mapo Tofu	1	14	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G	Y Y
11/01/2026	1930	Cooking	Marcus Wareing's Kitchen Garden Tales	Salt Marsh Lamb	2	5	Having cooked with salt marsh lamb for years, Marcus decides to venture out to the Romney Marshes to meet shepherd Chris and his flock. Here he learns what gives this lamb its delicate flavour.	UNITED KINGDOM	English-100	2022	RPT	G	
11/01/2026	2000	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 4	1	4	Dan explores one of Taiwan's most popular street foods, crispy fried chicken. Zesty flavours of Peruvian ceviche are showcased as Dan prepares some of the freshest street food around, before adding a tropical flavour with his coconut ceviche. Dan wraps things up with a savoury Martabak, spiced meat, folded and panfried until crispy and golden, it's no wonder this is a street food favourite from Java to Jakarta.	AUSTRALIA	English-100	2022	RPT	G	Y
11/01/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	2	9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port today.	UNITED KINGDOM	English-100	2022	RPT	PG	a
11/01/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 10	2	10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100	2022	RPT	PG	a w
11/01/2026	2130	Travel	Anthony Bourdain: A Cook's Tour	Mad Tony: The Food Warrior	2	7	Tony embarks on a pilgrimage to Sydney, Australia so he may indulge in a meal made by one of the world's best chefs - Tetsuya Wakuda.	USA	English-100	2003	RPT	PG	a w
11/01/2026	2200	Travel	Anthony Bourdain: A Cook's Tour	Singapore: New York In Twenty Years	2	8	Tony sets out to find the real Singapore, with its multicultural restaurants and food markets. He samples prescription food dishes and explores the Oldland Serai Market.	USA	English-100	2003	RPT	PG	
11/01/2026	2230	Cooking	Andrew Zimmern's Wild Game Kitchen	Tuna	3	9	Chef Andrew Zimmern breaks down a whole tuna and serves it three ways. Centre cut tuna steaks are grilled and topped with a sweet and salty mustard miso sauce. Not wasting anything, he creates a beautiful tuna tartare from the tuna trim. And finally, he poaches tuna belly for his take on a classic nicoise tuna salad with citrus dressing.	USA	English-100	2022	RPT	G	
11/01/2026	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Hawaiian Plate Lunch	3	10	The iconic Hawaiian plate lunch is an overloaded plate of delicious food. Andrew Zimmern reimagines this meal with a hand chopped venison burger topped with homemade sravv and a fried eaz, lumbo utilised shrimps, a humble macaroni salad and a heaoina scoop of white rice.	USA	English-100	2022	RPT	G	
11/01/2026	2330	Travel	Cheese: Searching For A Taste Of Place	Australia	1	4	This is the story of the battle to allow Australians to make and enjoy world class cheese. There are just four raw-milk artisan cheese-makers in Australia.	AUSTRALIA	English-100	2024	RPT	PG	a w
11/01/2026	2430	Travel	Gordon Ramsay: Uncharted	Portugal's Rugged Coast	3	2	Chef Ramsay explores the rugged landscape of Portugal. He'll need to roll up his sleeves and bring his A-game in order to beat local chef, Kiko Martins, in an epic feast for the Mayor of Nazare.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w Y

11/01/2026	2525	Cooking	Destination Flavour China BiteSize	Mopo Tofu	1	14	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
11/01/2026	2530	Cooking	Marcus Wareing's Kitchen Garden Tales	Salt Marsh Lamb	2	5	Having cooked with salt marsh lamb for years, Marcus decides to venture out to the Romney Marshes to meet shepherd Chris and his flock. Here he learns what gives this lamb its delicate flavour.	UNITED KINGDOM	English-100	2022	RPT	G			
11/01/2026	2600	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 4	1	4	Dan explores one of Taiwan's most popular street foods, crispy fried chicken. Zesty flavours of Peruvian ceviche are showcased as Dan prepares some of the freshest street food around, before adding a tropical flavour with his coconut ceviche. Dan wraps things up with a savoury Martabak, soiced meat, folded and panfried until crisp and golden. It's no wonder this is a street food favourite from Java to Jakarta.	AUSTRALIA	English-100	2022	RPT	G		Y	
11/01/2026	2630	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	2	9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port today.	UNITED KINGDOM	English-100	2022	RPT	PG	a		
11/01/2026	2700	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 10	2	10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100	2022	RPT	PG	a w		
11/01/2026	2730	Travel	Anthony Bourdain: A Cook's Tour	Mad Tony: The Food Warrior	2	7	Tony embarks on a pilgrimage to Sydney, Australia so he may indulge in a meal made by one of the world's best chefs - Tetsuya Wakuda.	USA	English-100	2003	RPT	PG	a w		
11/01/2026	2800	Travel	Anthony Bourdain: A Cook's Tour	Singapore: New York In Twenty Years	2	8	Tony sets out to find the real Singapore, with its multicultural restaurants and food markets. He samples prescription food dishes and explores the Geyland Serai Market.	USA	English-100	2003	RPT	PG			
11/01/2026	2830	Cooking	Andrew Zimmern's Wild Game Kitchen	Tuna	3	9	Chef Andrew Zimmern breaks down a whole tuna and serves it three ways. Centre cut tuna steaks are grilled and topped with a sweet and salty mustard miso sauce. Not wasting anything, he creates a beautiful tuna tartare from the tuna trim. And finally, he poaches tuna belly for his take on a classic: seared tuna salad with citrus dressing.	USA	English-100	2022	RPT	G			
12/01/2026	500	Cooking	Andrew Zimmern's Wild Game Kitchen	Hawaiian Plate Lunch	3	10	The iconic Hawaiian plate lunch is an overloaded plate of delicious food. Andrew Zimmern reimagines this meal with a hand-chopped venison burger topped with homemade gravy and a fried egg, jumbo-grilled shrimp, a humble macaroni salad and a heaping scoop of white rice.	USA	English-100	2022	RPT	G			
12/01/2026	530	Travel	A New Zealand Food Story	Waikato	3	3	Ben picks the 3 varieties. He meets a farmer and understands the benefits of grass-fed beef. Ben catches up with the Soil Sisters, a movement focussed on growing your own fruit and vegetables.	NEW ZEALAND	English-100	2023	RPT	PG			
12/01/2026	600	Travel	Food Trail South Africa	Kruger Safari	2	1	Warren commences his second Food Trail of South Africa in the world-famous Kruger National Park and surrounds.	AUSTRALIA	English-100	2023	RPT	G			Y
12/01/2026	630	Travel	Cheese: Searching For A Taste Of Place	Australia	1	4	This is the story of the battle to allow Australians to make and enjoy world-class cheese. There are just four raw-milk artisan cheese-makers in Australia.	AUSTRALIA	English-100	2024	RPT	PG	a w		
12/01/2026	730	Travel	Gordon Ramsay: Uncharted	Portugal's Rugged Coast	3	2	Chef Ramsay explores the rugged landscape of Portugal. He'll need to roll up his sleeves and bring his A-game in order to beat local chef, Kiko Martins, in an epic feast for the Mayor of Nazare.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w		Y
12/01/2026	825	Cooking	Destination Flavour China BiteSize	Mopo Tofu	1	14	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
12/01/2026	830	Cooking	Marcus Wareing's Kitchen Garden Tales	Salt Marsh Lamb	2	5	Having cooked with salt marsh lamb for years, Marcus decides to venture out to the Romney Marshes to meet shepherd Chris and his flock. Here he learns what gives this lamb its delicate flavour.	UNITED KINGDOM	English-100	2022	RPT	G			
12/01/2026	900	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 4	1	4	Dan explores one of Taiwan's most popular street foods, crispy fried chicken. Zesty flavours of Peruvian ceviche are showcased as Dan prepares some of the freshest street food around, before adding a tropical flavour with his coconut ceviche. Dan wraps things up with a savoury Martabak, spiced meat, folded and panfried until crispy and golden. It's no wonder this is a street food favourite from Java to Jakarta.	AUSTRALIA	English-100	2022	RPT	G		Y	

12/01/2026	930	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	2	9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port today.	UNITED KINGDOM	English-100	2022	RPT	PG	a
12/01/2026	1000	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 10	2	10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100	2022	RPT	PG	a w
12/01/2026	1030	Cooking	Andrew Zimmern's Wild Game Kitchen	Tuna	3	9	Chef Andrew Zimmern breaks down a whole tuna and serves it three ways. Centre cut tuna steaks are grilled and topped with a sweet and salty mustard miso sauce. Not wasting anything, he creates a beautiful tuna tartare from the tuna trim. And finally, he poaches tuna belly for his take on a classic nicpoise tuna salad with citrus dressing.	USA	English-100	2022	RPT	G	
12/01/2026	1100	Cooking	Andrew Zimmern's Wild Game Kitchen	Hawaiian Plate Lunch	3	10	The iconic Hawaiian plate lunch is an overloaded plate of delicious food. Andrew Zimmern reimagines this meal with a hand chopped venison burger topped with homemade gravy and a fried egg, jumbo grilled shrimp, a humble macaroni salad and a heaping scoop of white rice.	USA	English-100	2022	RPT	G	
12/01/2026	1130	Travel	A New Zealand Food Story	Waikato	3	3	Ben picks the 3 varieties. He meets a farmer and understands the benefits of grass-fed beef. Ben catches up with the Soil Sisters, a movement focussed on growing your own fruit and vegetables.	NEW ZEALAND	English-100	2023	RPT	PG	
12/01/2026	1200	Travel	Food Trail South Africa	Kruger Safari	2	1	Warren commences his second Food Trail of South Africa in the world famous Kruger National Park and surrounds.	AUSTRALIA	English-100	2023	RPT	G	Y
12/01/2026	1230	Cooking	Jeremy Pang's Asian Kitchen	Bit Of Spice, A	1	6	In this episode all the dishes have a bit of spice, even the pudding. Jeremy starts with Sichuanese mouth-watering Chicken, a warming dish using Sichuan Peppercorns to create a unique numbing.	UNITED KINGDOM	English-100	2022	RPT	G	
12/01/2026	1325	Cooking	Destination Flavour Singapore Bitebite	Hainanese Chicken	1	1	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y
12/01/2026	1330	Travel	Tareo Taylor's Nordic Cookery	Trival. Norway	2	4	The mountains and months of snowfall in Trival mean that this winter soorts town has to be creative when it comes to what they can do locally.	SWEDEN	English-100	2013	RPT	PG	
12/01/2026	1400	Food Lifestyle	My Greatest Dishes	Angela Hartnett	1	9	Angela Hartnett's Italian roots have shaped her culinary career for the last three decades. She makes fresh anolini, lemon mezingue pie, a crispy sweetbread dish, and roasted oison with beetroot.	UNITED KINGDOM	English-100	2019	RPT	PG	
12/01/2026	1430	Cooking	Kriol Kitchen	Broome: Ali & Mitch	1	8	Mushroom Chicken with Vermicelli and Gubinge Custard - Mushroom and Chicken is a popular dish in Kriol cooking. Handed down by families who had a Chinese connection, this dish has many variations.	AUSTRALIA	English-100	2014	RPT	G	Y
12/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Tiny To Timeless	2024	3	Natalie's new house needs more kitchen space. Ellen will transform this tiny kitchen into something amazing.	USA	English-100	2024	RPT	G	
12/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 4	5	4	A bush pizza made with native ancient grains, anyone? Hayden heads to Goondwindi, but first he catches up with bush food guide, Kerrie Saunders, then learns how to make the dish.	AUSTRALIA	English-99; Gamilaraay-1	2022	RPT	G	Y
12/01/2026	1600	Cooking	Lida's Kitchen	Frugal Feast, A	12	24	Lida reminds viewers that cooking doesn't have to be expensive, you just have to get creative in the kitchen.	USA	English-100	2023		G	
12/01/2026	1630	Cooking	My Market Kitchen	Episode 41	8	41	Laura heads to the beautiful Barossa Valley, where a delicious Pear and Frangipane Tart is on the menu.	AUSTRALIA	English-100	2023		PG	
12/01/2026	1700	Travel	Paradise Kitchen Bali	Banana	1	6	Lauren's celebration of the humble banana is a tribute to its glorious versatility. She skillfully crafts a variety of recipes that revolve around this beloved fruit.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G	Y

12/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 86	8	86	Justine shares her tips for the Ultimate Brunch Cook-up. She also joined by Little Miss Korea, Chung Jae Lee on her trip to the Northern Territory who helps her prepare Lobster Wonton.	AUSTRALIA	English-100	2018		PG					
12/01/2026	1800	Cooking	Jamie At Home	Onions	1	5	Jamie pulls up some of his first onions of the year and makes a crisp and fresh cheese and onion salad. The red onions he uses in an onion and potato ai forno with tender roast pork.	UNITED KINGDOM	English-100	2007	RPT	G					
12/01/2026	1830	Cooking	Secrets Of The Curry Kitchen	Patient Cook: The	1	1	Chef Asma Khan celebrates being a patient cook with dishes that are worth the wait. Slow cooked mutton Kosha Mansho. a divine Duck Bhuna.	UNITED KINGDOM	English-100	2025	RPT	G					
12/01/2026	1900	Cooking	The Cook Up With Adam Liae	Dinner Of Champions, The	7	45	It's BYO medals for an Easy Entertaining dinner of champions, and both of Adam's guests, Paralympic swimmers Ellie Cole and Col Pearce, have stacks of silverware.	AUSTRALIA	English-100	2024	RPT	PG			Y		
12/01/2026	1930	Cooking	Donal's Family Kitchen	Just Because Celebration	1	4	Confetti Cake on a Thursday-why not? Steak Frites on a rainy Tuesday. Bring it on!	UNITED KINGDOM	English-100	2021		G					
12/01/2026	2000	Cooking	Hot Dish With Franco	Comfort Food	1	2	Franco Noriega's Peruvian inspired feast is the classic comfort food meal. Crispy and fluffy Baby Arepas with melted cheese and chorizo are the perfect appetizer, and there's nothing more comforting than juicy Pollo a la Brasa with crispy skin, smothered in a spicy green sauce.	USA	English-70; Spanish-30	2023							
12/01/2026	2030	Culture & Society	Eva Longoria: Searching For Spain	Spain's Big Bang	1	8	Eva explores how on earth Spain transformed from its humble culinary roots to a gastronomic supernova in the space of a single generation, becoming one the world's most exciting cuisines.	USA	English-70; Spanish-21	2024	RPT	PG	a w	Y		Y	
12/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Panama	6	1	Panama - Anthony Bourdain travels Panama, a country that in the modern day, seems to be described simply by 'abundance' and truly embraces crossroad cultures and adapts them for their own. Anthony examines the effects of a land ruled by a former dictator. (S.6 Ep.1) (From the US) (Food Series) (Class. tba)	USA	English-100	2010	RPT	PG	a d			Y	
12/01/2026	2225	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					
12/01/2026	2230	Cooking	The Cook Up With Adam Liae	Dinner Of Champions, The	7	45	It's BYO medals for an Easy Entertaining dinner of champions, and both of Adam's guests, Paralympic swimmers Ellie Cole and Col Pearce, have stacks of silverware.	AUSTRALIA	English-100	2024	RPT	PG			Y		
12/01/2026	2300	Cooking	The Cook And The Chef	Baking	2	28	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100	2007	RPT	G					
12/01/2026	2330	Food Lifestyle	Cheese Slices	Israel: Israeli Artisan Cheese	6	2	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA	English-100	2012	RPT	G					
12/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Trysil, Norway	2	4	The mountains and months of snowfall in Trysil mean that this winter sports town has to be creative when it comes to what they can do locally.	SWEDEN	English-100	2013	RPT	PG					
12/01/2026	2430	Cooking	Donal's Family Kitchen	Just Because Celebration	1	4	Confetti Cake on a Thursday-why not? Steak Frites on a rainy Tuesday. Bring it on!	UNITED KINGDOM	English-100	2021	RPT	G					
12/01/2026	2500	Cooking	Hot Dish With Franco	Comfort Food	1	2	Franco Noriega's Peruvian inspired feast is the classic comfort food meal. Crispy and fluffy Baby Arepas with melted cheese and chorizo are the perfect appetizer, and there's nothing more comforting than juicy Pollo a la Brasa with crispy skin, smothered in a spicy green sauce.	USA	English-70; Spanish-30	2023	RPT						
12/01/2026	2530	Culture & Society	Eva Longoria: Searching For Spain	Spain's Big Bang	1	8	Eva explores how on earth Spain transformed from its humble culinary roots to a gastronomic supernova in the space of a single generation, becoming one the world's most exciting cuisines.	USA	English-70; Spanish-21	2024	RPT	PG	a w	Y		Y	

12/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Panama	6	1	Panama - Anthony Bourdain travels Panama, a country that in the modern day, seems to be described simply by 'abundance' and truly embraces crossroad cultures and adapts them for their own. Anthony examines the effects of a land ruled by a former dictator. (S.6 Ep.1) (From the US) (Food Series) (Classt. 184)	USA	English-100	2010	RPT	PG	a d	Y
12/01/2026	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		
12/01/2026	2730	Cooking	The Cook Up With Adam Liew	Dinner Of Champions, The	7	45	It's BYO medals for an Easy Entertaining dinner of champions, and both of Adam's guests, Paralympic swimmers Ellie Cole and Coli Pearce, have stacks of silverware.	AUSTRALIA	English-100	2024	RPT	PG		Y
12/01/2026	2850	Cooking	The Cook And The Chef	Baking	2	28	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100	2007	RPT	G		
12/01/2026	2830	Food Lifestyle	Cheese Slices	Israel: Israeli Artisan Cheese	6	2	Will visits Jerusalem to meet the eodfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA	Enlish-100	2012	RPT	G		
13/01/2026	500	Food Lifestyle	My Greatest Dishes	Angela Hartnett	1	9	Angela Hartnett's Italian roots have shaped her culinary career for the last three decades. She makes fresh anolini, lemon meringue pie, a crispy sweetbread dish, and roasted pigeon with beetroot.	UNITED KINGDOM	English-100	2019	RPT	PG		
13/01/2026	530	Cooking	Jeremy Pang's Asian Kitchen	Bit Of Spice, A	1	6	In this episode all the dishes have a bit of spice, even the pudding. Jeremy starts with Sichuanese mouth-watering Chicken, a warming dish using Sichuan Peppercorns to create a unique numbing.	UNITED KINGDOM	English-100	2022	RPT	G		
13/01/2026	625	Cooking	Destination Flavour Singapore Bitesize	Hainanese Chicken	1	1	The best bits of Adam Liew's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
13/01/2026	630	Cooking	Kriel Kitchen	Broome: All & Misch	1	8	Mushroom Chicken with Vermicelli and Gubinge Custard - Mushroom and Chicken is a popular dish in Kriel cooking. Handed down by families who had a Chinese connection, this dish has many variations.	AUSTRALIA	English-100	2014	RPT	G		Y
13/01/2026	700	Food Lifestyle	Kitchen Glow Up	Tiny To Timeless	2024	3	Natalie's new house needs more kitchen space. Ellen will transform this tiny kitchen into something amazing.	USA	English-100	2024	RPT	G		
13/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 4	5	4	A bush pizza made with native ancient grains, anyone? Hayden heads to Goondwindi, but first he catches up with bush food guide, Kerrie Saunders, then learns how to make the dish.	AUSTRALIA	English-99; Gamilaraay-1	2022	RPT	G		Y
13/01/2026	800	Cooking	Lidia's Kitchen	Frugal Feast, A	12	24	Lidia reminds viewers that cooking doesn't have to be expensive, you just have to get creative in the kitchen.	USA	English-100	2023	RPT	G		
13/01/2026	830	Cooking	My Market Kitchen	Episode 41	8	41	Laura heads to the beautiful Barossa Valley, where a delicious Pear and Frangipane Tart is on the menu.	AUSTRALIA	English-100	2023	RPT	PG		
13/01/2026	900	Travel	Paradise Kitchen Bali	Banana	1	6	Lauren's celebration of the humble banana is a tribute to its glorious versatility. She skillfully crafts a variety of recipes that revolve around this beloved fruit.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G		Y
13/01/2026	930	Cooking	Everday Gourmet With Justine Schofield	Episode 86	8	86	Justine shares her tips for the Ultimate Brunch Cook-up. She also joined by Little Miss Korea, Chung Jae Lee on her trip to the Northern Territory who helps her prepare Lobster Wonton.	AUSTRALIA	Enlish-100	2018	RPT	PG		
13/01/2026	1000	Cooking	Jamie At Home	Onions	1	5	Jamie pulls up some of his first onions of the year and makes a crisp and fresh cheese and onion salad. The red onions he uses in an onion and ootarto al forno with tender roast pork.	UNITED KINGDOM	Enlish-100	2007	RPT	G		

13/01/2026	1030	Cooking	Secrets Of The Curry Kitchen	Patient Cook, The	1	1	Chef Ama Khan celebrates being a patient cook with dishes that are worth the wait. Slow cooked mutton Kosha Mangsho, a divine Duck Bhuna.	UNITED KINGDOM	English-100	2025	RPT	G		
13/01/2026	1100	Cooking	The Cook Us With Adam Liew	Dinner Of Champions. The	7	45	It's BYO medals for an Easy Entertaining dinner of champions, and both of Adam's guests, Paralympic swimmers Ellie Cole and Col Pearce, have stacks of silverware.	AUSTRALIA	English-100	2024	RPT	PG		Y
13/01/2026	1130	Cooking	Donal's Family Kitchen	Just Because Celebration	1	4	Confetti Cake on a Thursday- why not? Steak Frites on a rainy Tuesday. Brins! It on!	UNITED KINGDOM	English-100	2021	RPT	G		
13/01/2026	1200	Cooking	Hot Dish With Franco	Comfort Food	1	2	Franco Noriega's Peruvian inspired feast is the classic comfort food meal. Crispy and fluffy Baby Arepas with melted cheese and chorizo are the perfect appetizer, and there's nothing more comforting than juicy Pollo a la Brasa with crisov skin, smothered in a soicy arien sauce.	USA	English-70: Spanish-30	2023	RPT			
13/01/2026	1230	Cooking	Jeremy Pang's Asian Kitchen	Quick And Easy	1	7	Jeremy shares dishes that are not only tasty but can be made in minutes: chilli oil noodles, steamed aubergine, and Kung Pao chicken.	UNITED KINGDOM	English-100	2022	RPT	PG		
13/01/2026	1325	Cooking	Destination Flavour Singapore Bitesize	Hari Raya	1	2	The best bits of Adam Liew's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
13/01/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Aland Part 2	2	5	After making an initial trip to this special archipelago in Season 1, Tareq goes back to Aland to explore more of this island territory.	SWEDEN	English-100	2013	RPT	G		
13/01/2026	1400	Food Lifestyle	My Greatest Dishes	David Thompson	1	10	David's celebration of authentic Thai cuisine is represented in his greatest dishes; orange curry and yam pak, fruit and vegetable salad, and his mother's hard sauce.	UNITED KINGDOM	English-100	2019	RPT	PG		
13/01/2026	1430	Cooking	Krisi Kitchen	Broomie: Ali & Mitch Torres Final Episode	1	9	Kangaroo Stew with bacon, soya & vegetables & Kangaroo Satays with a Spicy Chilli Peanut Sauce: Ali & Mitch draw on their family influences from the Djupara/Gooniyandi & Philipino & Malay heritage.	AUSTRALIA	English-100	2014	RPT	G		Y
13/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Chef In Need	2024	4	Kat is a successful restaurateur and chef who also happens to be a friend of Ellen's. The pressure is on to give her kitchen a proper glow up!	USA	English-100	2024	RPT	PG		
13/01/2026	1530	Travel	Taste Of Australia With Haylen Quinn	Ep 5	5	5	Wine, olives, lavender and free-range chicken - what more could you ask for! Kicking off in Queensland's Granite Belt, Hayden visits Twisted Gum Wines, before heading to Coolmunda Olives.	AUSTRALIA	English-100	2022	RPT	G		
13/01/2026	1600	Cooking	Lidia's Kitchen	Dream Of Summer	12	25	Nothing compares to the anticipation of summer. Seeing those first few flowers reminds me of Grandma Rosa's garden.	USA	English-100	2023		PG		
13/01/2026	1630	Cooking	My Market Kitchen	Episode 42	8	42	Laura heads to the beautiful McLaren Vale to make an Indian-style Fish Curry.	AUSTRALIA	English-100	2023		PG		
13/01/2026	1700	Travel	Paradise Kitchen Bali	Mushrooms	1	7	Lauren dives into the fascinating world of mushrooms, exploring their flavours, textures, and health benefits. She shows how to make savoury mushroom sausage rolls and mouth-watering mushroom steaks.	NETHERLANDS	English-90: Balinese-10	2022	RPT	G	Y	Y
13/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 87	8	87	Shanika Fernando joins Justine to prepare a Lentil Burger with Vegan Mayo and Curry Leaf Pesto. Justine also shares her tips for The Perfect Steak.	AUSTRALIA	English-100	2018		PG		
13/01/2026	1800	Cooking	Jamie At Home	Carrots And Beets	1	6	Purple, white and gold carrots, pink and white striped beetroots. The garden throws up a multicoloured feast of beautiful carrots and beets that form the basis of Jamie's recipes.	UNITED KINGDOM	English-100	2007	RPT	PG		
13/01/2026	1830	Cooking	Secrets Of The Curry Kitchen	Classics, The	1	2	Celebrate timeless Indian classics. Dal, Jhal Farsal, Aloo Gobi Matter and 1st Class Railway Curry- each dish rich in flavour, heat and history.	UNITED KINGDOM	English-100	2025	RPT	G		

13/01/2026	1900	Cooking	The Cook Up With Adam Liew	Serve With Bread	7	46	Sporting great Lisa Curry and French food great Damien Pignolet (join Adam in the kitchen to make food that's best served with bread.	AUSTRALIA	English-100	2024	RPT	G	Y
13/01/2026	1930	Cooking	Silvia's Italian Masterclass	Just Desserts	1	5	There are few people who can resist a sweet treat. Especially when it's an authentic, Italian offering. From biscotti to an espresso swirl cake, Silvia's twist on classic recipes are sure to delight.	AUSTRALIA	English-100	2024	RPT	G	
13/01/2026	2000	Cooking	The Big Irish Food Tour	County Clare With Liz Bonnin	1	12	Wildlife broadcaster Liz Bonnin has travelled from the Amazon to the Arctic, seeing some of the most amazing places on our planet.	UNITED KINGDOM	English-100	2024	RPT	G	
13/01/2026	2030	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 1	1	1	In this new series we step inside the world of Hotel Chocolat from their magical inventing rooms and factory floor, to the cacao filled tropical forests.	UNITED KINGDOM	English-100	2025			
13/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Istanbul	6	2	Istanbul - Istanbul has been subjected to stereotypes that minimise the food to lamb on a stick and the culture to belly dancing. Tony soon discovers the faults in these misconceptions as he encounters food and culture inspired by history and religion. (S.6 Ep.2) (From the US) (Food Series) (Class. tba)	USA	English-100	2010	RPT	PG	
13/01/2026	2225	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	
13/01/2026	2230	Cooking	The Cook Up With Adam Liew	Serve With Bread	7	46	Sporting great Lisa Curry and French food great Damien Pignolet (join Adam in the kitchen to make food that's best served with bread.	AUSTRALIA	English-100	2024	RPT	G	Y
13/01/2026	2300	Cooking	The Cook And The Chef	Quails And Momos	2	29	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chili quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100	2007	RPT	G	
13/01/2026	2330	Food Lifestyle	Cheese Slices	Bhutan: Yak's Cheese And Butter	6	3	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA	English-100	2012	RPT	G	
13/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Aland Part 2	2	5	After making an initial trip to this special archipelago in Season 1, Tareq goes back to Aland to explore more of this island territory.	SWEDEN	English-100	2013	RPT	G	
13/01/2026	2430	Cooking	Silvia's Italian Masterclass	Just Desserts	1	5	There are few people who can resist a sweet treat. Especially when it's an authentic, Italian offering. From biscotti to an espresso swirl cake, Silvia's twist on classic recipes are sure to delight.	AUSTRALIA	English-100	2024	RPT	G	
13/01/2026	2500	Cooking	The Big Irish Food Tour	County Clare With Liz Bonnin	1	12	Wildlife broadcaster Liz Bonnin has travelled from the Amazon to the Arctic, seeing some of the most amazing places on our planet.	UNITED KINGDOM	English-100	2024	RPT	G	
13/01/2026	2530	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 1	1	1	In this new series we step inside the world of Hotel Chocolat from their magical inventing rooms and factory floor, to the cacao filled tropical forests.	UNITED KINGDOM	English-100	2025	RPT		
13/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Istanbul	6	2	Istanbul - Istanbul has been subjected to stereotypes that minimise the food to lamb on a stick and the culture to belly dancing. Tony soon discovers the faults in these misconceptions as he encounters food and culture inspired by history and religion. (S.6 Ep.2) (From the US) (Food Series) (Class. tba)	USA	English-100	2010	RPT	PG	
13/01/2026	2725	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G	
13/01/2026	2730	Cooking	The Cook Up With Adam Liew	Serve With Bread	7	46	Sporting great Lisa Curry and French food great Damien Pignolet (join Adam in the kitchen to make food that's best served with bread.	AUSTRALIA	English-100	2024	RPT	G	Y

13/01/2026	2800	Cooking	The Cook And The Chef	Quails And Momos	2	29	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chili quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100	2007	RPT	G		
13/01/2026	2830	Food Lifestyle	Cheese Slices	Bhutan: Yak's Cheese And Butter	6	3	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA	English-100	2012	RPT	G		
14/01/2026	500	Food Lifestyle	My Greatest Dishes	David Thomsson	1	10	David's celebration of authentic Thai cuisine is represented in his greatest dishes; orange curry and yam pok, fruit and vegetable salad, and his mother's hard sauce.	UNITED KINGDOM	English-100	2019	RPT	PG		
14/01/2026	530	Cooking	Jeremy Pang's Asian Kitchen	Quick And Easy	1	7	Jeremy shares dishes that are not only tasty but can be made in minutes: chili oil noodles, steamed aubergine, and Kung Pao chicken.	UNITED KINGDOM	English-100	2022	RPT	PG		
14/01/2026	625	Cooking	Destination Flavour Singapore Bitesize	Hari Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
14/01/2026	630	Cooking	Krisol Kitchen	Broome: Ali & Mitch Torres Final Episode	1	9	Kangaroo Stew with bacon, soya & vegetables & Kangaroo Satays with a Spicy Chili Peanut Sauce: Ali & Mitch draw on their family influences from the Djupara/Gooniyandi & Pilgango & Malay heritage.	AUSTRALIA	English-100	2014	RPT	G		Y
14/01/2026	700	Food Lifestyle	Kitchen Glow Up	Chef In Need	2024	4	Kat is a successful restaurateur and chef who also happens to be a friend of Ellen's. The pressure is on to give her kitchen a proper glow up!	USA	English-100	2024	RPT	PG		
14/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 5	5	5	Wine, olives, lavender and free-range chicken - what more could you ask for! Kicking off in Queensland's Granite Belt, Hayden visits Twisted Gum Winery, before heading to Coolimunda Olives.	AUSTRALIA	English-100	2022	RPT	G		
14/01/2026	800	Cooking	Lidia's Kitchen	Dream Of Summer	12	25	Nothing compares to the anticipation of summer. Seeing those first few flowers reminds me of Grandma Rosa's garden.	USA	English-100	2023	RPT	PG		
14/01/2026	830	Cooking	My Market Kitchen	Episode 42	8	42	Laura heads to the beautiful McLaren Vale to make an Indian-style Fish Curry.	AUSTRALIA	English-100	2023	RPT	PG		
14/01/2026	900	Travel	Paradise Kitchen Bali	Mushrooms	1	7	Lauren dives into the fascinating world of mushrooms, exploring their flavours, textures, and health benefits. She shows how to make savoury mushroom sausage rolls and mouth-watering mushroom steaks.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G	Y	Y
14/01/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 87	8	87	Shanika Fernando joins Justine to prepare a Lentil Burger with Vegan Mayo and Curry Leaf Pesto. Justine also shares her tips for The Perfect Steak.	AUSTRALIA	English-100	2018	RPT	PG		
14/01/2026	1000	Cooking	Jamie At Home	Carrots And Beets	1	6	Purple, white and gold carrots, pink and white striped beetroots. The garden throws up a multicoloured feast of beautiful carrots and beets that form the basis of Jamie's recipes.	UNITED KINGDOM	English-100	2007	RPT	PG		
14/01/2026	1030	Cooking	Secrets Of The Curry Kitchen	Classics: The	1	2	Celebrate timeless Indian classics. Dal, Jhal Farsal, Aloo Gobi Matter and 1st Class Railwv Curry-each dish rich in flavour, heat and history.	UNITED KINGDOM	English-100	2025	RPT	G		
14/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Serve With Bread	7	46	Spoortime erent Lisa Curry and French food erent Damien Pimodet join Adam in the kitchen to make food that's best served with bread.	AUSTRALIA	English-100	2024	RPT	G		Y

14/01/2026	1130	Cooking	Silvia's Italian Masterclass	Just Desserts	1	5	There are few people who can resist a sweet treat. Especially when it's an authentic, Italian offering. From biscotti to an espresso sweet cake, Silvia's twist on classic recipes are sure to delight.	AUSTRALIA	English-100	2024	RPT	G		
14/01/2026	1200	Cooking	The Big Irish Food Tour	County Clare With Liz Bonnin	1	12	Wildlife broadcaster Liz Bonnin has travelled from the Amazon to the Arctic, seeing some of the most amazing places on our planet.	UNITED KINGDOM	Enlish-100	2024	RPT	G		
14/01/2026	1230	Cooking	Jeremy Pami's Asian Kitchen	Dishes To Impress	1	8	Jeremy shares his recipes for the perfect dishes to impress: BBQ chicken wings with soicy slaw, Malaysian fried rice and drunken crawms.	UNITED KINGDOM	Enlish-100	2022	RPT	PG	a	
14/01/2026	1325	Cooking	Destination Flavour Singapore Bitebite	Lamb Kibabs	1	3	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	Enlish-100	2017	RPT	G		Y
14/01/2026	1330	Travel	Tareo Taylor's Nordic Cookery	Torredalen, Sweden	2	6	There are not many places in Sweden like Torredalen. A rushing river has provided for locals for centuries, and the very fertile land has yielded amazing crops for centuries.	SWEDEN	Enlish-100	2013	RPT	PG	a w	
14/01/2026	1400	Food Lifestyle	My Greatest Dishes	Richard Bainbridge	1	11	Classically trained Richard Bainbridge rose quickly through the ranks. He now shares his four greatest dishes - prawn cocktail, roasted quail, a classic lemon tart, and Nan's freestanding trifle.	UNITED KINGDOM	English-100	2019	RPT	G		
14/01/2026	1430	Cooking	Krist Kitchen	Broomie: Pat Torres	1	10	Gubinge Jam with Bush Fig & Bush Fig Cup Cakes with a Bush Passion Fruit Icing: Ali & Mitch join their cousin Pat to learn how to whip up some sweet treats using local bush fruits found in the region.	AUSTRALIA	English-100	2014	RPT	G		Y
14/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Spanish Revival Home Done Right	2024	5	Margaret and Keith have big ideas for their old home's kitchen. Can Ellen handle their big expectations?	USA	English-100	2024	RPT	PG		
14/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 6	5	6	Hayden is back in Brisbane.Tracking down fresh produce from Loop Growers, on the hunt for epic mushrooms grown in the city, learning about winemaking, and catches up with Chef Louis Trianam.	AUSTRALIA	English-100	2022	RPT	G		
14/01/2026	1600	Cooking	Lidia's Kitchen	Keep It Fresh	12	26	Let's focus on all things fresh. Summertime recipes always create a colorful dish that allows the ingredients to shine.	USA	English-100	2023		G		
14/01/2026	1630	Cooking	My Market Kitchen	Episode 43	8	43	Laura is in the heart of South Australia's most famous wine region, the Barossa Valley, whipping up some family-friendly Cornflake Cookies. Chef Charlie Carrington shares the perfect vegan camp dish.	AUSTRALIA	English-100	2023		PG		
14/01/2026	1700	Travel	Paradise Kitchen Bali	Potato	1	8	Lauren shows us the culinary possibilities of the humble potato. On how to make perfect crispy potato wedges, a hearty potato and vegetable curry, and homemade gnocchi that is hard to beat.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G	Y	Y
14/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 88	8	88	Justine prepares Roast Wattle Seed Cheese Topped Damper and Gem Scones during her recent trip to the Northern Territory.	AUSTRALIA	English-100	2018		PG		
14/01/2026	1800	Cooking	Jamie At Home	Potatoes	1	7	Everyone loves potatoes. Jamie enthuses about these underground jewels and makes the perfect potato salad using freshly dug wonderful new potatoes at their best.	UNITED KINGDOM	English-100	2007	RPT	PG		
14/01/2026	1830	Cooking	Secrets Of The Curry Kitchen	Tamara: Kolkata's China Town	1	3	Chef Alma Khan's recipes inspired by Kolkata's China-Town. Fried Chicken, Chili Steak with spicy Mash and mouthwatering Tangra Prawns. Tantalising Indo-Chinese flavours.	UNITED KINGDOM	Enlish-100	2025	RPT	G		
14/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Pan Fried Perfection	7	47	Adam is joined by chef Clayton Wells and footy star turned radio host Moana Hope for a night of pan friend perfection.	AUSTRALIA	English-100	2024	RPT	G		Y
14/01/2026	1930	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	4	Sara is invited to 'Istanbul Fashion Week'; she is the guest of Tulin Sahin, one of the top models in Turkey. Sara sits the front row and enjoys Turkish designer Cihan Nacar's new season collection.	TURKEY	English-50; Turkish-50	2018	RPT	G		

14/01/2026	2000	Cooking	Global Soul Kitchen	Smothered Meatballs With Spaetzle	1	5	Chef Deborah VanHece makes a classic German dish of smothered chicken meatballs and Spaetzle inspired by the traditional Southern meal of chicken and dumplings.	USA	English-100	2025		G			
14/01/2026	2030	Travel	Two Greedy Italians	Saints And Miracles	1	4	Antonio and Gemaro eat their way along a culinary pilgrimage through Puglia's monasteries, holy shrines and festivals. Later, they join an olive harvest, eat at a straw-fired bread oven and join in a unique celebration of the Day of the Dead.	UNITED KINGDOM	English-100	2011	RPT	PG		Y	Y
14/01/2026	2140	Travel	Anthony Bourdain: No Reservations	Hudson Valley, Ny	6	3	Hudson Valley, NY - Only 60 or so miles up the Hudson River from Manhattan, the Hudson Valley is a luscious land rich with history. While Henry Hudson once searched for a path to china, Tony will seek, well, the usual - good food, good drink and good people. (S.6 Ep.3) (From the US) (Cooking Series)	USA	English-100	2010	RPT	PG			
14/01/2026	2230	Cooking	The Cook Up With Adam Liew	Pan Fried Perfection	7	47	Adam is joined by chef Clayton Wells and footy star turned radio host Moana Hope for a night of pan friend perfection.	AUSTRALIA	English-100	2024	RPT	G		Y	
14/01/2026	2300	Cooking	The Cook And The Chef	Truffles	2	30	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100	2007	RPT	G			
14/01/2026	2330	Food Lifestyle	Cheese Slices	Turkey: Traditional Cheeses Of Turkey	6	4	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA	English-100	2012	RPT	G			
14/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Tornedalen, Sweden	2	6	There are not many places in Sweden like Tornedalen. A rushing river has provided for locals for centuries, and the very fertile land has yielded amazing crops for centuries.	SWEDEN	English-100	2013	RPT	PG		a w	
14/01/2026	2430	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	4	Sara is invited to Istanbul Fashion Week; she is the guest of Tulin Sahin, one of the top models in Turkey. Sara sits the front row and enjoys Turkish designer Cihan Nacar's new season collection.	TURKEY	English-50; Turkish-50	2018	RPT	G			
14/01/2026	2500	Cooking	Global Soul Kitchen	Smothered Meatballs With Spaetzle	1	5	Chef Deborah VanHece makes a classic German dish of smothered chicken meatballs and Spaetzle inspired by the traditional Southern meal of chicken and dumplings.	USA	English-100	2025	RPT	G			
14/01/2026	2530	Travel	Two Greedy Italians	Saints And Miracles	1	4	Antonio and Gemaro eat their way along a culinary pilgrimage through Puglia's monasteries, holy shrines and festivals. Later, they join an olive harvest, eat at a straw-fired bread oven and join in a unique celebration of the Day of the Dead.	UNITED KINGDOM	English-100	2011	RPT	PG		Y	Y
14/01/2026	2640	Travel	Anthony Bourdain: No Reservations	Hudson Valley, Ny	6	3	Hudson Valley, NY - Only 60 or so miles up the Hudson River from Manhattan, the Hudson Valley is a luscious land rich with history. While Henry Hudson once searched for a path to china, Tony will seek, well, the usual - good food, good drink and good people. (S.6 Ep.3) (From the US) (Cooking Series)	USA	English-100	2010	RPT	PG			
14/01/2026	2730	Cooking	The Cook Up With Adam Liew	Pan Fried Perfection	7	47	Adam is joined by chef Clayton Wells and footy star turned radio host Moana Hope for a night of pan friend perfection.	AUSTRALIA	English-100	2024	RPT	G		Y	
14/01/2026	2800	Cooking	The Cook And The Chef	Truffles	2	30	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100	2007	RPT	G			
14/01/2026	2830	Food Lifestyle	Cheese Slices	Turkey: Traditional Cheeses Of Turkey	6	4	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA	English-100	2012	RPT	G			
15/01/2026	500	Food Lifestyle	My Greatest Dishes	Richard Bainbridge	1	11	Classically trained Richard Bainbridge rose quickly through the ranks. He now shares his four greatest dishes - prawn cocktail, roasted quail, a classic lemon tart, and Nan's freestanding trifle.	UNITED KINGDOM	English-100	2019	RPT	G			
15/01/2026	530	Cooking	Jeremy Pang's Asian Kitchen	Dishes To Impress	1	8	Jeremy shares his recipes for the perfect dishes to impress: BBQ chicken wings with spicy slaw, Malaysian fried rice and drunken prawns.	UNITED KINGDOM	English-100	2022	RPT	PG		a	
15/01/2026	625	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	1	3	The best bits of Adam Liew's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y	
15/01/2026	630	Cooking	Krisi Kitchen	Broome: Pat Torres	1	10	Cubbinge Jam with Bush Fig & Bush Fig Cup Cakes with a Bush Passion Fruit Icing: Ali & Mitch join their cousin Pat to learn how to whip up some sweet treats using local bush fruits found in the region.	AUSTRALIA	English-100	2014	RPT	G		Y	

15/01/2026	700	Food Lifestyle	Kitchen Glow Up	Spanish Reveal Home Done Right	2024	5	Margaret and Keith have big ideas for their old home's kitchen. Can Ellen handle their big expectations?	USA	English-100	2024	RPT	PG		
15/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 6	5	6	Hayden is back in Brisbane.Tracking down fresh produce from Loop Growers, on the hunt for epic mushrooms grown in the city, learning about winemaking, and catches up with Chef Louis Tikaram.	AUSTRALIA	English-100	2022	RPT	G		
15/01/2026	800	Cooking	Lida's Kitchen	Keep It Fresh	12	26	Let's focus on all things fresh. Summertime recipes always create a colorful dish that allows the ingredients to shine.	USA	English-100	2023	RPT	G		
15/01/2026	830	Cooking	My Market Kitchen	Episode 43	8	43	Laura is in the heart of South Australia's most famous wine region, the Barossa Valley, whipping up some family-friendly Cornflake Cookies. Chef Charlie Carrington shares the perfect vegan camp dish.	AUSTRALIA	English-100	2023	RPT	PG		
15/01/2026	900	Travel	Paradise Kitchen Bali	Potato	1	8	Lauren shows us the culinary possibilities of the humble potato. On how to make perfect crispy potato wedges, a hearty potato and vegetable curry, and homemade gnocchi that is hard to beat.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G	Y	Y
15/01/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 88	8	88	Justine prepares Roast Wattle Seed Cheese Topped Damper and Gem Scones during her recent trip to the Northern Territory.	AUSTRALIA	English-100	2018	RPT	PG		
15/01/2026	1000	Cooking	Jamie At Home	Potatoes	1	7	Everyone loves potatoes. Jamie enthuses about these underground jewels and makes the perfect potato salad using freshly dug wonderful new potatoes at their best.	UNITED KINGDOM	English-100	2007	RPT	PG		
15/01/2026	1030	Cooking	Secrets Of The Curry Kitchen	Tangra: Kolkata's China Town	1	3	Chef Ajma Khan's recipes inspired by Kolkata's China-Town. Fried Chicken, Chili Steak with spicy Mash and mouthwatering Tanga Prawns. Tantalising Indo-Chinese flavours.	UNITED KINGDOM	English-100	2025	RPT	G		
15/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Pan Fried Perfection	7	47	Adam is joined by chef Clayton Wells and footy star turned radio host Moana Hope for a night of pan-fried perfection.	AUSTRALIA	English-100	2024	RPT	G	Y	
15/01/2026	1130	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	4	Sara is invited to 'Istanbul Fashion Week; she is the guest of Tulin Sahin, one of the top models in Turkey. Sara sits the front row and enjoys Turkish designer Cihan Nacar's new season collection.	TURKEY	English-50; Turkish-50	2018	RPT	G		
15/01/2026	1200	Cooking	Global Soul Kitchen	Smothered Meatballs With Spaetzle	1	5	Chef Deborah VanFrece makes a classic German dish of smothered chicken meatballs and Spaetzle inspired by the traditional Southern meal of chicken and dumplings.	USA	English-100	2025	RPT	G		
15/01/2026	1230	Cooking	Jeremy Pang's Asian Kitchen	Crowd Pleasers	1	9	Jeremy is making dishes to feed and please a crowd, starting with delicious steamed bao, salt and pepper chilli squid, a soy chicken burnt, and pandan swiss rolls.	UNITED KINGDOM	English-100	2022	RPT	PG		
15/01/2026	1325	Cooking	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	1	4	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	a w	Y
15/01/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Nordjylland, Denmark	2	7	At the northern-most part of Denmark, you are always close to raw, beautiful nature, and incredible sunlight that has drawn artists here for over 100 years.	SWEDEN	English-100	2013	RPT	PG		
15/01/2026	1400	Food Lifestyle	My Greatest Dishes	Daniel Clifford	1	12	Daniel Clifford is one of Britain's most renowned chefs. He shares four dishes - Nan's cheese scones, mushroom risotto, scallops with truffle, veal kidneys with a chicken and snail mousse.	UNITED KINGDOM	English-100	2019	RPT	PG		
15/01/2026	1430	Cooking	Krisi Kitchen	Ali & Mitch Torres: Stinky Pearl Shell & Garlic Butter Pearl Meat	2	1	Ali and Mitch share two recipes they grew up with that their father used to make - a condiment made from the intestines of the pearl shell and also a dish made from the muscle of the shell.	AUSTRALIA	English-100	2014	RPT	G	Y	
15/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Think Outside The Kitchen	2024	6	New mom Stephanie loves cooking and gets inspiration from India. Ellen's determined to help this young family!	USA	English-100	2024	RPT	PG		Y

15/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 7	5	7	Hayden heads to the Sunshine Coast and kicks things off in the hinterland at Mateny Dairies, then drops in on Australia's organic farmer of the year. Then to an epic sunset beach cook!	AUSTRALIA	English-100	2022	RPT	G			
15/01/2026	1600	Cooking	Lida's Kitchen	Crowd Pleasers	6	1	Lida cooks up recipes that all your guests will love, no matter whom you are hosting - sausages and apples, a flavourful one-pot meal that is great for family-style dining.	USA	English-100	2019	RPT	PG			
15/01/2026	1630	Cooking	My Market Kitchen	Episode 44	8	44	Old meets new as Laura is in the historic Adelaide Central Market, cooking a viral recipe sensation: Rice Paper Tacos. Back in her home kitchen.	AUSTRALIA	English-100	2023		PG			
15/01/2026	1700	Travel	Paradise Kitchen Bali	Tofu	1	9	Lauren delves into the world of tofu, discovering its potential to create delicious and nutritious dishes. She experiments with different tofu textures and flavours, pushing the soybean to its limits.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G	Y		Y
15/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 89	8	89	Warren Mendes joins Justine to prepare his show stopping Banoffee Pavlova.	AUSTRALIA	English-100	2018		PG			
15/01/2026	1800	Cooking	Jamie At Home	Summer Salad	1	8	Jamie explains the history of pickling and preserving. If you have grown your own produce, you'll want to save it and keep it for as long as you can, or use the excess when you have a bumper crop.	UNITED KINGDOM	English-100	2007	RPT	G			
15/01/2026	1830	Cooking	Secrets Of The Curry Kitchen	Sweet Things	1	4	Chef Asma Khan makes Indian desserts with unique quality. Delicious Kheer, a spiced bread & butter pudding, a chocolate treat and banana fritters.	UNITED KINGDOM	English-100	2025	RPT	G			
15/01/2026	1900	Cooking	The Cook Up With Adam Liao	Savoury Tarts	7	48	The task is savoury tarts, and Adam and his guests, chefs Noora Heiska and Louis Tikaram are more than up for the challenge.	AUSTRALIA	English-100	2024	RPT	G		Y	
15/01/2026	1930	Travel	Khanh Ooi's Wild Food	Khanh Ooi's Wild Food Series 1 Ep 3	1	3	Chef Khanh Ooi travels to Cairns, Australia where he learns how to hunt mud crabs on the traditional fishing grounds of the Kuku Yalanji people, and cooks a whole wild ooi over a fire.	AUSTRALIA	English-100	2022	RPT	PG	a l w		Y
15/01/2026	2030	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	2	1	Rick travels to Bامburgh and tastes some Scotch Pies. After visiting Mies Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb. Next stop is Seahouses, where Rick visits the Swallow smokehouse. run by Patrick Wilkin.	UNITED KINGDOM	English-100	2003	RPT	G			
15/01/2026	2100	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	2	2	Rick and Chalky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Cust Tart, a local variety of cheesecake.	UNITED KINGDOM	English-100	2003	RPT	PG	a w		
15/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Prague	6	4	Tony visits Prague, capital of the Czech Republic. 'Prague may be on the precipice of a revolution, this time culinary. With the help of some local experts, Tony tests the new culinary landscape of the 'city of saints'.	USA	English-100	2010	RPT	PG			
15/01/2026	2225	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			
15/01/2026	2230	Cooking	The Cook Up With Adam Liao	Savoury Tarts	7	48	The task is savoury tarts, and Adam and his guests, chefs Noora Heiska and Louis Tikaram are more than up for the challenge.	AUSTRALIA	English-100	2024	RPT	G		Y	
15/01/2026	2300	Cooking	The Cook And The Chef	Cattle Drive	2	31	Beef is on the menu this week as Maggie dons her boots and olskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100	2007	RPT	G			
15/01/2026	2330	Food Lifestyle	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	6	5	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA	English-100	2012	RPT	G			

15/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Nordjylland, Denmark	2	7	At the northern-most part of Denmark, you are always close to raw, beautiful nature, and incredible sunlight that has drawn artists here for over 100 years.	SWEDEN	English-100	2013	RPT	PG			
15/01/2026	2430	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 3	1	3	Chef Khanh Ong travels to Cairns, Australia where he learns how to hunt mud crabs on the traditional fishing grounds of the Kuku Yalanji people, and cooks a whole wild pig over a fire.	AUSTRALIA	English-100	2022	RPT	PG	a l w	Y	
15/01/2026	2525	Cooking	Destination Flavour China BiteSize	Chairman Mao's Pork	1	13	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	Enlish-100	2018	RPT	G		Y	Y
15/01/2026	2530	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	2	1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb. Next stop is Seahouses, where Rick visits the Swallow smokehouse, run by Patrick Wilkin.	UNITED KINGDOM	English-100	2003	RPT	G			
15/01/2026	2600	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	2	2	Rick and Chulky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Cust Tart, a local variety of cheesecake.	UNITED KINGDOM	English-100	2003	RPT	PG	a w		
15/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Prague	6	4	Tony visits Prague, capital of the Czech Republic. Prague may be on the precipice of a revolution, this time culinary. With the help of some local experts, Tony tests the new culinary landscape of the 'city of spires'.	USA	English-100	2010	RPT	PG			
15/01/2026	2725	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			
15/01/2026	2730	Cooking	The Cook Up With Adam Liaw	Savoury Tarts	7	48	The task is savoury tarts, and Adam and his guests, chefs Noora Heiska and Louis Tikaram are more than up for the challenge.	AUSTRALIA	English-100	2024	RPT	G		Y	
15/01/2026	2800	Cooking	The Cook And The Chef	Cattle Drive	2	31	Beef is on the menu this week as Maggie dons her boots and olskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100	2007	RPT	G			
15/01/2026	2830	Food Lifestyle	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	6	5	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA	English-100	2012	RPT	G			
16/01/2026	500	Food Lifestyle	Mr Greatest Dishes	Daniel Clifford	1	12	Daniel Clifford is one of Britain's most renowned chefs. He shares four dishes - Nan's cheese scones, mushroom risotto, scallops with truffle, veal kidneys with a chicken and snail mousse.	UNITED KINGDOM	English-100	2019	RPT	PG			
16/01/2026	530	Cooking	Jeremy Pang's Asian Kitchen	Crowd Pleasers	1	9	Jeremy is making dishes to feed and please a crowd, starting with delicious steamed bao, salt and pepper chilli squid, a soy chicken burnt, and pandan swiss rolls.	UNITED KINGDOM	English-100	2022	RPT	PG			
16/01/2026	625	Cooking	Destination Flavour Singapore BiteSize	Singapore Chilli Crab	1	4	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	a w	Y	
16/01/2026	630	Cooking	Kiri Kitchen	Ali & Mitch Torres: Stinky Pearl Shell & Garlic Butter Pearl Meat	2	1	Ali and Mitch share two recipes they grew up with that their father used to make - a condiment made from the intestines of the pearl shell and also a dish made from the muscle of the shell.	AUSTRALIA	English-100	2014	RPT	G		Y	
16/01/2026	700	Food Lifestyle	Kitchen Glow Up	Think Outside The Kitchen	2024	6	New mom Stephanie loves cooking and gets inspiration from India. Ellen is determined to help this young family!	USA	English-100	2024	RPT	PG			Y
16/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 7	5	7	Hayden heads to the Sunshine Coast and kicks things off in the Hinterland at Maleny Dairies, then drops in on Australia's organic farmer of the year. Then to an epic sunset beach cook!	AUSTRALIA	English-100	2022	RPT	G			
16/01/2026	800	Cooking	Lida's Kitchen	Crowd Pleasers	6	1	Lida cooks up recipes that all your guests will love, no matter whom you are hosting - sausages and apples, a flavourful one-pot meal that is great for family-style dining.	USA	English-100	2019	RPT	PG			

16/01/2026	830	Cooking	My Market Kitchen	Episode 44	8	44	Old meets new as Laura is in the historic Adelaide Central Market, cooking a viral recipe sensation: Rice Paper Tacos. Back in her home kitchen.	AUSTRALIA	English-100	2023	RPT	PG		
16/01/2026	900	Travel	Paradise Kitchen Bali	Tofu	1	9	Lauren delves into the world of tofu, discovering its potential to create delicious and nutritious dishes. She experiments with different tofu textures and flavours, pushing the soybean to its limits.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G	Y	Y
16/01/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 89	8	89	Warren Mendes joins Justine to prepare his show stopping Banoffee Pavlova.	AUSTRALIA	English-100	2018	RPT	PG		
16/01/2026	1000	Cooking	Jamie At Home	Summer Salad	1	8	Jamie explains the history of pickling and preserving. If you have grown your own produce, you'll want to save it and keep it for as long as you can, or use the excess when you have a bumper crop.	UNITED KINGDOM	Enlish-100	2007	RPT	G		
16/01/2026	1030	Cooking	Secrets Of The Curry Kitchen	Sweet Things	1	4	Chef Asma Khan makes Indian desserts with unique quality. Delicious Kheer, a spiced bread & butter pudding, a chocolate treat and banana bitters.	UNITED KINGDOM	English-100	2025	RPT	G		
16/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Savoury Tarts	7	48	The task is savoury tarts, and Adam and his guests, chefs Noora Heiska and Louis Tikaram are more than up for the challenge.	AUSTRALIA	English-100	2024	RPT	G	Y	
16/01/2026	1130	Travel	Khanh On's Wild Food	Khanh On's Wild Food Series 1 Ep 3	1	3	Chef Khanh Ong travels to Cairns, Australia where he learns how to hunt mud crabs on the traditional fishing grounds of the Kuku Yalanji people, and cooks a whole wild oia over a fire.	AUSTRALIA	Enlish-100	2022	RPT	PG	a l w	Y
16/01/2026	1225	Cooking	Destination Flavour China BiteSize	Chairman Mao's Pork	1	13	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G	Y	Y
16/01/2026	1230	Cooking	Jeremy Pang's Asian Kitchen	Comforting Cooking	1	10	Jeremy's dishes this week are all comfort food, starting with a meal from his childhood: Guangxi steamed chicken.	UNITED KINGDOM	English-100	2022	RPT	PG		
16/01/2026	1325	Cooking	Destination Flavour Singapore BiteSize	Fish Head Curry	1	5	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	Y	
16/01/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Ost Danmark (Denmark)	2	8	East Denmark contains some of Denmark's most fertile lands, and many formerly traditional farmers are converting to organic production and winning awards for their specialist cheeses and wine.	SWEDEN	English-100	2013	RPT	PG		
16/01/2026	1400	Food Lifestyle	My Greatest Dishes	Tom Kitchen	1	13	Tom Kitchen is one of Britain's most esteemed and respected chefs. He showcases his four greatest dishes - steak and kidney pie, rolled pigs head, razor clams, and finally smoked salmon lasagne.	UNITED KINGDOM	English-100	2019	RPT	G		
16/01/2026	1430	Cooking	Krisi Kitchen	Clifton Mamid: Tempura Fish & Blachung With Asian Style Salad	2	2	Clifton Mamid is a trained chef who draws on his grandfather's Malaysian influence and whips up three separate dishes that make for a scrumptious meal.	AUSTRALIA	Enlish-100	2014	RPT	G	Y	
16/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Organisation Over Everything	2024	7	Andrew and Leah's home has a kitchen that feels out of place. Ellen pushes it to the limit on a small budget.	USA	English-100	2024	RPT	G		
16/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 8	5	8	Hayden pushes further north this week as he heads to Bundaberg! Hayden also visits the Mon Repos Turtle Centre for a chance to see baby leatherhead turtles hatchling!	AUSTRALIA	English-100	2022	RPT	PG		
16/01/2026	1600	Cooking	Lidia's Kitchen	Cheesy Craving, A	6	2	Italians love cheese, and back in the kitchen, Lidia shares her favourite cheesy appetizers - baked goat cheese, fava, and artichoke dip, baked to golden perfection; and lastly stuffed vegetables.	USA	English-100	2019	RPT	PG		
16/01/2026	1630	Cooking	My Market Kitchen	Episode 45	8	45	Laura is in the beautiful Adelaide Hills, whipping up a traditional Italian Mortadella Pinino, while David Mann and chef extraordinaire Charlie Carrington cook a delicious Grilled Barramundi.	AUSTRALIA	English-100	2023		PG		
16/01/2026	1700	Travel	Paradise Kitchen Bali	Chocolate	1	10	In this indulgent episode, Lauren explores the world of chocolate. She learns about the different types of chocolate and their characteristics, while creating a mix of savoury and sweet recipes.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G	Y	

16/01/2026	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 90	8	90	Inspired by her trip to the Northern Territory Justine prepares a Bush Kangaroo Stew and shares her recipe for a Lemon Myrtle Dutch Baby.	AUSTRALIA	English-100	2018		PG			
16/01/2026	1800	Cooking	Jamie At Home	Pizza	1	9	Jamie searches for edible wild mushrooms in a local forest with his mentor, Gennaro Contaldo. Then he uses them to make bruschetta, risotto and venison Strogonoff.	UNITED KINGDOM	English-100	2007	RPT	G			
16/01/2026	1830	Cooking	Secrets Of The Curry Kitchen	Of Rice And Bread	1	5	Rice & bread dishes are popular-especially the Aloo Paratha. Chef Asma Kahn cooks Prawn Biryani, Friendship Rotis made to share and a syrupy sweet.	UNITED KINGDOM	English-100	2025	RPT	G			
16/01/2026	1900	Cooking	The Cook Up With Adam Liew	Crispy Snacks	7	49	What's better than snacks? Crispy snacks! Chef Mika Chae and food writer Mandy Hall join Adam for crunch time.	AUSTRALIA	English-100	2024	RPT	G		Y	
16/01/2026	1930	Travel	Beyond Bali With Lara Lee	South Lombok: Coastlines And Community	1	4	In southern Lombok, Lara Lee finds soulful seafood, skilled craftswomen, and stunning coastlines on an island where tradition and regeneration are powerfully entwined.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G		Y	Y
16/01/2026	2030	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cakes On A Plane	1	4	When Buddy gets a request from Anthony Shriver to create a cake for the Best Buddies Challenge, a charity event held at the Kennedy compound, he's thrilled.	USA	English-100	2023		PG			Y
16/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Ecuador	6	5	Ecuador - Anthony Bourdain savours all the simple stews, fresh fish, and exotic fruits that Ecuador's eateries and street vendors have to offer.	USA	English-100	2010	RPT	PG	I		Y
16/01/2026	2225	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G			
16/01/2026	2230	Cooking	The Cook Up With Adam Liew	Crispy Snacks	7	49	What's better than snacks? Crispy snacks! Chef Mika Chae and food writer Mandy Hall join Adam for crunch time.	AUSTRALIA	English-100	2024	RPT	G		Y	
16/01/2026	2300	Cooking	The Cook And The Chef	Sunday Cooking	2	32	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal - such the perfect steak sandwich or the ultimate gourmet toasted cheese sandwich.	AUSTRALIA	English-100	2007	RPT	G			
16/01/2026	2330	Food Lifestyle	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	6	6	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA	English-100	2012	RPT	G			
16/01/2026	2400	Travel	Tareo Taylor's Nordic Cookery	Ost Danmark (Denmark)	2	8	East Denmark contains some of Denmark's most fertile lands, and many formerly traditional farmers are converting to organic production and winning awards for their specialist cheeses and wine.	SWEDEN	English-100	2013	RPT	PG			
16/01/2026	2430	Travel	Beyond Bali With Lara Lee	South Lombok: Coastlines And Community	1	4	In southern Lombok, Lara Lee finds soulful seafood, skilled craftswomen, and stunning coastlines on an island where tradition and regeneration are powerfully entwined.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G		Y	Y
16/01/2026	2530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cakes On A Plane	1	4	When Buddy gets a request from Anthony Shriver to create a cake for the Best Buddies Challenge, a charity event held at the Kennedy compound, he's thrilled.	USA	English-100	2023	RPT	PG			Y
16/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Ecuador	6	5	Ecuador - Anthony Bourdain savours all the simple stews, fresh fish, and exotic fruits that Ecuador's eateries and street vendors have to offer.	USA	English-100	2010	RPT	PG	I		Y

16/01/2026	2725	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G	
16/01/2026	2730	Cooking	The Cook Up With Adam Liao	Crispy Snacks	7	49	What's better than snacks? Crispy snacks! Chef Mika Chae and food writer Mandy Hui join Adam for crunch time.	AUSTRALIA	English-100	2024	RPT	G	Y
16/01/2026	2800	Cooking	The Cook And The Chef	Sunday Cooking	2	32	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal - such the perfect steak sandwich or the ultimate gourmet toasted cheese sandwich.	AUSTRALIA	English-100	2007	RPT	G	
16/01/2026	2830	Food Lifestyle	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	6	6	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA	English-100	2012	RPT	G	
17/01/2026	500	Food Lifestyle	My Greatest Dishes	Tom Kitchin	1	13	Tom Kitchin is one of Britain's most esteemed and respected chefs. He showcases his four greatest dishes - steak and kidney pie, rolled pigs head, razor clams, and finally smoked salmon lasagne.	UNITED KINGDOM	English-100	2019	RPT	G	
17/01/2026	530	Cooking	Jeremy Pang's Asian Kitchen	Comforting Cooking	1	10	Jeremy's dishes this week are all comfort food, starting with a meal from his childhood: Guangxi steamed chicken.	UNITED KINGDOM	English-100	2022	RPT	PG	
17/01/2026	625	Cooking	Destination Flavour Singapore Bitesize	Fish Head Curry	1	5	The best bits of Adam Liao's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	Y
17/01/2026	630	Cooking	Krisi Kitchen	Clifton Mamid: Tempura Fish & Blachung With Asian Style Salad	2	2	Clifton Mamid is a trained chef who draws on his grandfather's Malaysian influence and whips up three separate dishes that make for a scrumptious meal.	AUSTRALIA	English-100	2014	RPT	G	Y
17/01/2026	700	Food Lifestyle	Kitchen Glow Up	Organisation Over Everything	2024	7	Andrew and Leah's home has a kitchen that feels out of place. Ellen pushes it to the limit on a small budget.	USA	English-100	2024	RPT	G	
17/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 8	5	8	Hayden pushes further north this week as he heads to Bundaberg! Hayden also visits the Mon Repos Turtle Centre for a chance to see baby loggerhead turtles hatching!	AUSTRALIA	English-100	2022	RPT	PG	
17/01/2026	800	Cooking	Lidia's Kitchen	Cheesy Crawling, A	6	2	Italians love cheese, and back in the kitchen, Lidia shares her favourite cheesy appetizers - baked goat cheese, fava, and artichoke dip, baked to golden perfection; and lastly stuffed vegetables.	USA	English-100	2019	RPT	PG	
17/01/2026	830	Cooking	My Market Kitchen	Episode 45	8	45	Laura is in the beautiful Adelaide Hills, whipping up a traditional Italian Mortadella Pinino, while David Mann and chef extraordinaire Charlie Carrington cook a delicious Grilled Barramundi.	AUSTRALIA	English-100	2023	RPT	PG	
17/01/2026	900	Travel	Paradise Kitchen Bali	Chocolate	1	10	In this indulgent episode, Lauren explores the world of chocolate. She learns about the different types of chocolate and their characteristics, while creating a mix of savoury and sweet recipes.	NETHERLANDS	English-90; Italianese-10	2022	RPT	G	Y

17/01/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Episode 90	8	90	Inspired by her trip to the Northern Territory Justine prepares a Bush Kangaroo Stew and shares her recipe for a Lemon Myrtle Dutch Baby.	AUSTRALIA	English-100	2018	RPT	PG			
17/01/2026	1000	Cooking	Jamie At Home	Pizza	1	9	Jamie searches for edible wild mushrooms in a local forest with his mentor, Gennaro Contaldo. Then he uses them to make bruschetta, risotto and venison Stroganoff.	UNITED KINGDOM	English-100	2007	RPT	G			
17/01/2026	1030	Cooking	Secrets Of The Curry Kitchen	Of Rice And Bread	1	5	Rice & bread dishes are popular-especially the Aloo Paratha. Chef Asma Kahn cooks Prawn Biryani, Friendship Rotis made to share and a syrupy sweet.	UNITED KINGDOM	English-100	2025	RPT	G			
17/01/2026	1100	Cooking	The Cook Up With Adam Liao	Crispy Snacks	7	49	What's better than snacks? Crispy snacks! Chef Mika Chae and food writer Mandy Hall join Adam for crunch time.	AUSTRALIA	English-100	2024	RPT	G		Y	
17/01/2026	1130	Travel	Beyond Bali With Lara Lee	South Lombok: Coastlines And Community	1	4	In southern Lombok, Lara Lee finds soulful seafood, skilled craftswomen, and stunning coastlines on an island where tradition and regeneration are powerfully entwined.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G		Y	Y
17/01/2026	1230	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cakes On A Plane	1	4	When Buddy gets a request from Anthony Shriver to create a cake for the Best Buddies Challenge, a charity event held at the Kennedy compound, he's thrilled.	USA	English-100	2023	RPT	PG			Y
17/01/2026	1330	Cooking	The Cook And The Chef	Sunday Cooking	2	32	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal - such the perfect steak sandwich or the ultimate gourmet toasted cheese sandwich.	AUSTRALIA	English-100	2007	RPT	G			
17/01/2026	1400	Food Lifestyle	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	6	6	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA	English-100	2012	RPT	G			
17/01/2026	1430	Cooking	My Market Kitchen	Episode 45	8	45	Laura is in the beautiful Adelaide Hills, whipping up a traditional Italian Mortadella Pinino, while David Mann and chef extraordinaire Charlie Carimanton cook a delicious Grilled Barramundi.	AUSTRALIA	English-100	2023	RPT	PG			
17/01/2026	1500	Travel	Paradise Kitchen Bali	Chocolate	1	10	In this indulgent episode, Lauren explores the world of chocolate. She learns about the different types of chocolate and their characteristics, while creating a mix of savoury and sweet recipes.	NETHERLANDS	English-90; Balinese-10	2022	RPT	G		Y	
17/01/2026	1530	Cooking	Everyday Gourmet With Justine Schofield	Episode 90	8	90	Inspired by her trip to the Northern Territory Justine prepares a Bush Kangaroo Stew and shares her recipe for a Lemon Myrtle Dutch Baby.	AUSTRALIA	English-100	2018	RPT	PG			
17/01/2026	1600	Cooking	Jamie At Home	Pizza	1	9	Jamie searches for edible wild mushrooms in a local forest with his mentor, Gennaro Contaldo. Then he uses them to make bruschetta, risotto and venison Stroganoff.	UNITED KINGDOM	English-100	2007	RPT	G			

17/01/2026	1630	Travel	Jason Atherton's Dubai Dishes	Fish	1	4	Award winning chef Jason Atherton continues his journey through Dubai at the beach, where he cooks up some delicious fish and seafood recipes inspired by this beautiful coastal city.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
17/01/2026	1725	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	1	3	Some of your favourite moments and recipes from Adam Liew's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
17/01/2026	1730	Cooking	Toast The Host: How To Entertain At Home	Champers And Nibbly Things	1	2	Hosting a celebration at home is easy if you are prepared. This episode, party guru Simon James Bailey hosts a poolside engagement party with an 80's theme.	AUSTRALIA	English-100	2024	RPT	G		
17/01/2026	1805	Travel	Audra's Eat, Roam, Relish	Mukah And Betong	1	4	We travel to the coastal fishing town of Mukah, about 2hrs drive from Sibau, and famous for all things seafood. Audra visits a Talian village and goes fishing for big headed prawns.	AUSTRALIA	English-80; Malay-20	2024	RPT	G		Y
17/01/2026	1830	Travel	Hairy Bikers Go West	Merseyside	1	4	For their next adventure out West, Dave and Si explore Merseyside, an area renowned for its unbeatable musical heritage and cultural identity, with a food scene to match.	UNITED KINGDOM	English-100	2024	RPT	G		
17/01/2026	1935	Culture & Society	Secret World Of Snacks	Sandwiches	2	4	Jo Brand tells the story of the fight to be Britain's samie supremo. From the first M and S pre-packaged samies, to Pret A Manger's sandwich shop revolution and the mass-market appeal of Subway, industry insiders lift the lid on the industry's closest kept secrets and business battles.	UNITED KINGDOM	English-100	2022	RPT	PG	a l	Y
17/01/2026	2030	Animation	Rick Stein's Mediterranean Escapes	Mallorca And Catalonia	1	5	From Corfu, Rick heads to the Spanish island of Mallorca, where he eats what he describes as the most succulent lamb he has ever tasted. He interprets Mallorcan style cooking with his Chicken with sobrassada, a soft and spreadable Mallorcan sausage made with pork loin and fat, paprika, salt and cayenne pepper.	UNITED KINGDOM	English-100	2007	RPT	PG	a w	Y

17/01/2026	2140	Travel	Anthony Bourdain: A Cook's Tour	Down Under: The Wild West Of Cooking	2	9	Melbourne boasts eccentric lovers of food - Tony's kind of people. In search of the outlaws of food, Tony explores a pasteurization-free cheese factory, and an old-world cured jamon workshop.	USA	English-100	2003	RPT	PG	I	
17/01/2026	2205	Travel	Anthony Bourdain: A Cook's Tour	Let's Get Lost	2	10	Jumping into a Thai tuk tuk taxi, Tony attempts to soak up Thai culture, and get lost in the cuisine of Chiang Mai, Thailand.	USA	English-100	2003	RPT	G		
17/01/2026	2235	Cooking	Andrew Zimmern's Wild Game Kitchen	Snapper	4	1	A mild, white-fleshed fish, red snapper is universally beloved and readily available anywhere. In this episode, chef Andrew Zimmern makes two different dishes with red snapper.	USA	English-100	2024	RPT	G		
17/01/2026	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Antelope	4	2	It's antelope day on Wild Game Kitchen and chef Andrew Zimmern is preparing two very different dishes.	USA	English-100	2024	RPT	G		
17/01/2026	2330	Cooking	Toast The Host: How To Entertain At Home	Chambers And Nibble Things	1	2	Hosting a celebration at home is easy if you are prepared. This episode, party guru Simon James Bailey hosts a poolside engagement party with an 80's theme.	AUSTRALIA	English-100	2024	RPT	G		
17/01/2026	2405	Travel	Audra's Eat, Roam, Relish	Mukah And Betong	1	4	We travel to the coastal fishing town of Mukah, about 2hrs drive from Sibau, and famous for all things seafood. Audra visits a Telian village and goes fishing for big-headed prawns.	AUSTRALIA	English-80; Malay-20	2024	RPT	G	Y	
17/01/2026	2430	Travel	Hairy Bikers Go West	Merseyside	1	4	For their next adventure out West, Dave and Si explore Merseyside, an area renowned for its unbeatable musical heritage and cultural identity, with a food scene to match.	UNITED KINGDOM	English-100	2024	RPT	G		
17/01/2026	2535	Culture & Society	Secret World Of Snacks	Sandwiches	2	4	Jo Brand tells the story of the fight to be Britain's sarnie supremo. From the first M and S pre-packaged sarnies, to Pret A Manger's sandwich shop revolution and the mass-market appeal of Subway, industry insiders lift the lid on the industry's closest kept secrets and business battles.	UNITED KINGDOM	English-100	2022	RPT	PG	a l	Y
17/01/2026	2630	Animation	Rick Stein's Mediterranean Escapes	Mallorca And Catalonia	1	5	From Corfu, Rick heads to the Spanish island of Mallorca, where he eats what he describes as the most succulent lamb he has ever tasted. He interprets Mallorcan-style cooking with his Chicken with sobrassada, a soft and spreadable Mallorcan sausage made with pork loin and fat, saorika, salt and cayenne pepper.	UNITED KINGDOM	English-100	2007	RPT	PG	a w	Y
17/01/2026	2740	Travel	Anthony Bourdain: A Cook's Tour	Down Under: The Wild West Of Cooking	2	9	Melbourne boasts eccentric lovers of food - Tony's kind of people. In search of the outlaws of food, Tony explores a pasteurization-free cheese factory, and an old-world cured jamon workshop.	USA	English-100	2003	RPT	PG	I	
17/01/2026	2805	Travel	Anthony Bourdain: A Cook's Tour	Let's Get Lost	2	10	Jumping into a Thai tuk tuk taxi, Tony attempts to soak up Thai culture, and get lost in the cuisine of Chiang Mai, Thailand.	USA	English-100	2003	RPT	G		
17/01/2026	2835	Cooking	Andrew Zimmern's Wild Game Kitchen	Snapper	4	1	A mild, white-fleshed fish, red snapper is universally beloved and readily available anywhere. In this episode, chef Andrew Zimmern makes two different dishes with red snapper.	USA	English-100	2024	RPT	G		

