



WEEK 3 Sunday, 11 January 2026 Saturday, 17 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 |
|------------|------------|-------------------|--|----------------------|--------|---------|--|-------------------|----------------------|------|--------|----------------|-----------------|-----------------|-----------|-------------------|
| 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 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         |                   |
| 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; pastriso and baked Greek omelette 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 casserole 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 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         |                   |

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|------------|------|-----------|---|--|---|----|---|----------------|-------------|------|-----|----|----|---|
| 11/01/2026 | 1530 | Animation | <b>Rick Stein's Mediterranean Escapes</b>     | 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  |   |
| 11/01/2026 | 1635 | Travel    | <b>A New Zealand Food Story</b>               | 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    | <b>Food Trail South Africa</b>                | 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    | <b>Cheese: Searching For A Taste Of Place</b> | 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 | aw |   |
| 11/01/2026 | 1830 | Travel    | <b>Gordon Ramsay: Uncharted</b>               | 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 | aw | Y |
| 11/01/2026 | 1925 | Cooking   | <b>Destination Flavour China Bitesize</b>     | Mapo Tofu                                | 1 | 14 | All the best moments and bites 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   | <b>Marcus Wareing's Kitchen Garden Tales</b>  | 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    | <b>The Streets With Dan Hong</b>              | 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 savory 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    | <b>Rick Stein's Cornwall</b>                  | Rick Stein's Cornwall Series 2 Ep 9      | 2 | 9  | Rick's in Falmouth to discover that far from being 'far 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 | aw |   |
| 11/01/2026 | 2100 | Travel    | <b>Rick Stein's Cornwall</b>                  | 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 | aw |   |
| 11/01/2026 | 2130 | Travel    | <b>Anthony Bourdain: A Cook's Tour</b>        | 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 | aw |   |
| 11/01/2026 | 2200 | Travel    | <b>Anthony Bourdain: A Cook's Tour</b>        | 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 Geylang Serai Market.   | USA            | English-100 | 2003 | RPT | PG |    |   |
| 11/01/2026 | 2230 | Cooking   | <b>Andrew Zimmern's Wild Game Kitchen</b>     | 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 miso-tuna salad with citrus dressing.  | USA            | English-100 | 2022 | RPT | G  |    |   |
| 11/01/2026 | 2300 | Cooking   | <b>Andrew Zimmern's Wild Game Kitchen</b>     | 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 slaw and a fried egg, jumbo shrimp, a humble macaroni salad and a heaping scoop of white rice.  | USA            | English-100 | 2022 | RPT | G  |    |   |
| 11/01/2026 | 2330 | Travel    | <b>Cheese: Searching For A Taste Of Place</b> | 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 | aw |   |
| 11/01/2026 | 2430 | Travel    | <b>Gordon Ramsay: Uncharted</b>               | 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 | aw | Y |

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|------------|------|---------|---|--|---|----|--|----------------|-------------|------|-----|----|-------|---|
| 11/01/2026 | 2525 | Cooking | <b>Destination Flavour China Bitesize</b>     | Mapo Tofu                                | 1 | 14 | All the best moments and bites 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 | <b>Marcus Wareing's Kitchen Garden Tales</b>  | 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  | <b>The Streets With Dan Hong</b>              | 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 | 2630 | Travel  | <b>Rick Stein's Cornwall</b>                  | Rick Stein's Cornwall Series 2 Ep 9      | 2 | 9  | Rick's in Falmouth to discover that far from being 'bottled 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  | <b>Rick Stein's Cornwall</b>                  | 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 teams 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  | <b>Anthony Bourdain: A Cook's Tour</b>        | 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  | <b>Anthony Bourdain: A Cook's Tour</b>        | 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 Geylang Serai Market.  | USA            | English-100 | 2003 | RPT | PG |       |   |
| 11/01/2026 | 2830 | Cooking | <b>Andrew Zimmern's Wild Game Kitchen</b>     | 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 Niçoise tuna salad with citrus dressing.  | USA            | English-100 | 2022 | RPT | G  |       |   |
| 12/01/2026 | 500  | Cooking | <b>Andrew Zimmern's Wild Game Kitchen</b>     | 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  | <b>A New Zealand Food Story</b>               | 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  | <b>Food Trail South Africa</b>                | 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  | <b>Cheese: Searching For A Taste Of Place</b> | 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  | <b>Gordon Ramsay: Uncharted</b>               | 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 | <b>Destination Flavour China Bitesize</b>     | Mapo Tofu                                | 1 | 14 | All the best moments and bites 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 | <b>Marcus Wareing's Kitchen Garden Tales</b>  | 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  | <b>The Streets With Dan Hong</b>              | 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 |

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|------------|-------|----------------|---|--------------------------------------|------|----|---|----------------|--------------------------|------|-----|----|----|
| 12/01/2026 | 9:30  | Travel         | <b>Rick Stein's Cornwall</b>                  | 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 | S  |
| 12/01/2026 | 10:00 | Travel         | <b>Rick Stein's Cornwall</b>                  | 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 teams from a professional forager who takes him on a tour around the beautiful Camel Estuary.  | UNITED KINGDOM | English-100              | 2022 | RPT | PG | aw |
| 12/01/2026 | 10:30 | Cooking        | <b>Andrew Zimmern's Wild Game Kitchen</b>     | 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  |    |
| 12/01/2026 | 11:00 | Cooking        | <b>Andrew Zimmern's Wild Game Kitchen</b>     | Hawaiian Plate Lunch                 | 3    | 10 | The iconic Hawaiian plate lunch is an over-loaded 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 | 11:30 | Travel         | <b>A New Zealand Food Story</b>               | 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 | 12:00 | Travel         | <b>Food Trail South Africa</b>                | 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 | 12:30 | Cooking        | <b>Jeremy Pang's Asian Kitchen</b>            | 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 | 13:25 | Cooking        | <b>Destination Flavour Singapore Bitesize</b> | 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 | 13:30 | Travel         | <b>Tara Taylor's Nordic Cookery</b>           | Trollst, Norway                      | 2    | 4  | The mountains and months of snowfall in Trollst 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 | 14:00 | Food Lifestyle | <b>Mv Greatest Dishes</b>                     | Anneli 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 oiseon with beetroot.  | UNITED KINGDOM | English-100              | 2019 | RPT | PG |    |
| 12/01/2026 | 14:30 | Cooking        | <b>Knol Kitchen</b>                           | Broome: Ali & Mitch                  | 1    | 8  | Mushroom Chicken with Vermicelli and Gubinge Custard - Mushroom and Chicken is a popular dish in Knol 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 | 15:00 | Food Lifestyle | <b>Kitchen Glow Up</b>                        | 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 | 15:30 | Travel         | <b>Taste Of Australia With Hayden Quinn</b>   | Ep 4                                 | 5    | 4  | A bush pizza made with native ancient grains, anyone? Hayden heads to Goondiwindi, 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 | 16:00 | Cooking        | <b>Lidia's Kitchen</b>                        | 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  |    |
| 12/01/2026 | 16:30 | Cooking        | <b>My Market Kitchen</b>                      | 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 |    |
| 12/01/2026 | 17:00 | Travel         | <b>Paradise Kitchen Bali</b>                  | Banana                               | 1    | 6  | Lauren's celebration of the humble banana is a tribute to its glorious versatility. She skilfully crafts a variety of recipes that revolve around this beloved fruit.   | NETHERLANDS    | English-90; Balinese-10  | 2022 | RPT | G  | Y  |

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|------------|------|-------------------|---|--------------------------------|---|----|---|----------------|------------------------|------|-----|----|-----|---|
| 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 al 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 Manzho, a divine Duck Bhuna.   | UNITED KINGDOM | English-100            | 2025 | RPT | G  |     |   |
| 12/01/2026 | 1900 | Cooking           | The Cook Up With Adam Liaw              | 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 Cate 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 chontzo 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 |
| 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 Liaw              | 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 Cate 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  | Wili 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 chontzo 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 |

|            |      |                |  |                                |      |    |   |                |                          |      |     |    |    |   |
|------------|------|----------------|--|--------------------------------|------|----|---|----------------|--------------------------|------|-----|----|----|---|
| 12/01/2026 | 2630 | Travel         | <b>Anthony Bourdain: No Reservations</b>       | 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: 10a) | USA            | English-100              | 2010 | RPT | PG | ad | Y |
| 12/01/2026 | 2725 | Cooking        | <b>Please Eat Slowly Bitesize</b>              | 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        | <b>The Cook Up With Adam Liaw</b>              | 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 Cate Pearce, have stacks of silverware.   | AUSTRALIA      | English-100              | 2024 | RPT | PG |    | Y |
| 12/01/2026 | 2800 | Cooking        | <b>The Cook And The Chef</b>                   | 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 | <b>Cheese Slices</b>                           | 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  |    |   |
| 13/01/2026 | 500  | Food Lifestyle | <b>My Greatest Dishes</b>                      | 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        | <b>Jeremy Pang's Asian Kitchen</b>             | 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        | <b>Destination Flavour Singapore Bitesize</b>  | 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 |
| 13/01/2026 | 630  | Cooking        | <b>Kriot Kitchen</b>                           | Broome: Ali & Mitch            | 1    | 8  | Mushroom Chicken with Vermicelli and Gubinge Custard - Mushroom and Chicken is a popular dish in Kriot 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 | <b>Kitchen Glow Up</b>                         | 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         | <b>Taste Of Australia With Hayden Quinn</b>    | Ep 4                           | 5    | 4  | A bush pizza made with native ancient grains, anyone? Hayden heads to Goondiwindi, but first he catches up with bush food guide, Kerie Saunders, then learns how to make the dish.  | AUSTRALIA      | English-99; Gamilaraay-1 | 2022 | RPT | G  |    | Y |
| 13/01/2026 | 800  | Cooking        | <b>Lidia's Kitchen</b>                         | 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        | <b>My Market Kitchen</b>                       | 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         | <b>Paradise Kitchen Bali</b>                   | Banana                         | 1    | 6  | Lauren's celebration of the humble banana is a tribute to its glorious versatility. She skilfully 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        | <b>Everyday Gourmet With Justine Schofield</b> | 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 holds her crepes! Lobster Wonton.  | AUSTRALIA      | English-100              | 2018 | RPT | PG |    |   |
| 13/01/2026 | 1000 | Cooking        | <b>Jamie At Home</b>                           | 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 al forno with tender roast pork.  | UNITED KINGDOM | English-100              | 2007 | RPT | G  |    |   |

|            |      |                |  |  |      |    |  |                |                         |      |     |    |   |
|------------|------|----------------|--|--|------|----|--|----------------|-------------------------|------|-----|----|---|
| 13/01/2026 | 1030 | 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 Mangsho, a divine Duck Bhuna. UNITED KINGDOM  | English-100    | 2025                    | RPT  | G   |    |   |
| 13/01/2026 | 1100 | Cooking        | The Cook Up With Adam Law              | Dinner Of Champions, The                 | 7    | 45 | It's BVD medals for an Easy Entertaining dinner of champions, and both of Adam's guests, Paralympic swimmers Ellie Cole and ColPearse, have stacks of silverware.  | AUSTRALIA      | English-100             | 2024 | RPT | PG | Y |
| 13/01/2026 | 1130 | Cooking        | Donald'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  |   |
| 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 chontzo 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 |    |   |
| 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 | Harri 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 |
| 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 Åland 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        | Knot Kitchen                           | Broome: Ali & Mitch Torres Final Episode | 1    | 9  | Kangaroo Stew with bacon, soga & vegetables & Kangaroo Satays with a Spicy Chilli Peanut Sauce: Ali & Mitch draw on their family influences from the Djupan/Goonyandi & Phillipine & 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 Hayden Quinn   | Ep 5                                     | 5    | 5  | Wine, olive, 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 Coomurunda 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 | RPT | 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 | RPT | 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 sausages rolls and mouth-watering mushroom steaks.   | NETHERLANDS    | English-90; Balinese-10 | 2022 | RPT | G  | Y |
| 13/01/2026 | 1730 | Cooking        | Everdav Gourmet With Justine Schofield | Episode 87                               | 8    | 87 | Shanaka 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 |   |
| 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 multi-coloured 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 Farezi, Aloo Gobi Matar 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        | <a href="#">The Cook Up With Adam Liaw</a>        | 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        | <a href="#">Silvia's Italian Masterclass</a>      | 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        | <a href="#">The Big Irish Food Tour</a>           | 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 | <a href="#">Hotel Chocolat: Unwrapped</a>         | 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         | <a href="#">Anthony Bourdain: No Reservations</a> | 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        | <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  |   |
| 13/01/2026 | 2230 | Cooking        | <a href="#">The Cook Up With Adam Liaw</a>        | 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        | <a href="#">The Cook And The Chef</a>             | Quails And Momos                | 2 | 29 | Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.  | AUSTRALIA      | English-100 | 2007 | RPT | G  |   |
| 13/01/2026 | 2330 | Food Lifestyle | <a href="#">Cheese Slices</a>                     | 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         | <a href="#">Tareq Taylor's Nordic Cookery</a>     | 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        | <a href="#">Silvia's Italian Masterclass</a>      | 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        | <a href="#">The Big Irish Food Tour</a>           | 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 | <a href="#">Hotel Chocolat: Unwrapped</a>         | 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         | <a href="#">Anthony Bourdain: No Reservations</a> | 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        | <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  |   |
| 13/01/2026 | 2730 | Cooking        | <a href="#">The Cook Up With Adam Liaw</a>        | 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                   | Qualia And Memos                         | 2    | 29 | Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli 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 | Mv Greatest Dishes                      | David Thompson                           | 1    | 10 | David's celebration of authentic Thai cuisine is represented in his greatest dishes; orange curry and jam pak, 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: chilli oil noodles, steamed aubergine, and Kung Pao chicken.   | UNITED KINGDOM | English-100             | 2022 | RPT | PG |   |   |
| 14/01/2026 | 625  | Cooking        | Destination Flavour Singapore Bitesize  | Harri 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        | Kriol Kitchen                           | Broome: Ali & Mitch Torres Final Episode | 1    | 9  | Kangaroo Stew with bacon, soga & vegetables & Kangaroo Satays with a Spicy Chilli Peanut Sauce: Ali & Mitch draw on their family influences from the Djaigar/Goorayandi & Phillipine & 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 Wines, before heading to Coolmunda 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        | Mv 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 | Shanaka 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 multi-coloured 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 Farezi, Aloo Gobi Mutter and 1st Class Railway 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 | Soirée great Lisa Curry and French food great Damien Pimblett 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 swirl 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 | English-100             | 2024 | RPT | G  |     |   |
| 14/01/2026 | 1230 | Cooking        | Jeremy Pana'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 draws.  | UNITED KINGDOM | English-100             | 2022 | RPT | PG | a   |   |
| 14/01/2026 | 1325 | Cooking        | Destination Flavour Singapore Bitesize  | Lamb Kebabs                       | 1    | 3  | 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 | 1330 | Travel         | Tara 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 | 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        | Krio Kitchen                            | Broome: 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 nation. | 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 Tikaram.          | 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 | RPT | 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 | RPT | 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 Wattie Seed Cheese Topped Damper and Gem Scones during her recent trip to the Northern Territory.   | AUSTRALIA      | English-100             | 2018 | RPT | 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            | Tantra: Kolkata's China Town      | 1    | 3  | Chef Asma Khan's recipes inspired by Kolkata's China Town. Fried Chicken, Chilli Steak with spicy Mash and mouthwatering Tangra Prawns. Tantalising Indo-Chinese flavours.                               | UNITED KINGDOM | English-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  |     |   |

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|------------|------|----------------|--|---------------------------------------|---|----|--|----------------|------------------------|------|-----|----|----|
| 14/01/2026 | 2000 | Cooking        | Global Soul Kitchen                    | Smothered Meatballs With Spaetzle     | 1 | 5  | Chef Deborah VanTrece 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 | 2030 | Travel         | Two Greedy Italians                    | Saints And Miracles                   | 1 | 4  | Antonio and Gennaro 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  |
| 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 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 | 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 | aw |
| 14/01/2026 | 2430 | Travel         | Sara's Istanbul Delights               | Sara's Istanbul Delights Series 2     | 2 | 4  | Sara is invited to 'stanbul Fashion Week; she is the guest of Tulin Sahn, 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 VanTrece 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 Gennaro 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  |
| 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 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 | 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 trifles.   | 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 Liaw's travels in Singapore, as he explores its vibrant food scene.  | AUSTRALIA      | English-100            | 2017 | RPT | G  | Y  |
| 15/01/2026 | 630  | Cooking        | Kriss Kitchen                          | Broome: 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  |

|            |      |                |  |   |      |    |   |                |                         |      |     |    |     |   |
|------------|------|----------------|--|---|------|----|---|----------------|-------------------------|------|-----|----|-----|---|
| 15/01/2026 | 700  | Food Lifestyle | <b>Kitchen Glow Up</b>                         | 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 |     |   |
| 15/01/2026 | 730  | Travel         | <b>Taste Of Australia With Hayden Quinn</b>    | 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 Tizazam.         | AUSTRALIA      | English-100             | 2022 | RPT | G  |     |   |
| 15/01/2026 | 800  | Cooking        | <b>Lidia's Kitchen</b>                         | 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        | <b>My Market Kitchen</b>                       | 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         | <b>Paradise Kitchen Bali</b>                   | 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 pappadum that is hard to beat.          | NETHERLANDS    | English-90; Balinese-10 | 2022 | RPT | G  | Y   | Y |
| 15/01/2026 | 930  | Cooking        | <b>Everyday Gourmet With Justine Schofield</b> | Episode 98  | 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        | <b>Jamie At Home</b>                           | 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        | <b>Secrets Of The Curry Kitchen</b>            | Tangra: Kolkata's China Town                                      | 1    | 3  | Chef Asma Khan's recipes inspired by Kolkata's China-Town. Fried Chicken, Chilli Steak with spicy Mash and mouthwatering Tangra Prawns. Tantalising Indo-Chinese flavours.                              | UNITED KINGDOM | English-100             | 2025 | RPT | G  |     |   |
| 15/01/2026 | 1100 | Cooking        | <b>The Cook Up With Adam Liaw</b>              | 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 |
| 15/01/2026 | 1130 | Travel         | <b>Sara's Istanbul Delights</b>                | 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        | <b>Global Soul Kitchen</b>                     | Smothered Meatballs With Spaetzle                                 | 1    | 5  | Chef Deborah VanTrees 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        | <b>Jeremy Pang's Asian Kitchen</b>             | 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 burrit, and pandan swiss rolls.                                    | UNITED KINGDOM | English-100             | 2022 | RPT | PG |     |   |
| 15/01/2026 | 1325 | Cooking        | <b>Destination Flavour Singapore Bitesize</b>  | 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         | <b>Tareq Taylor's Nordic Cookery</b>           | Nordjylland, Denmark  | 2    | 7  | At the northern-most part of Denmark, you are always closer 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 | <b>My Greatest Dishes</b>                      | 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 shall mousse.            | UNITED KINGDOM | English-100             | 2019 | RPT | PG |     |   |
| 15/01/2026 | 1430 | Cooking        | <b>Kroki Kitchen</b>                           | 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 | <b>Kitchen Glow Up</b>                         | 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 |     |   |

|            |      |                |   |  |   |    |  |                |                         |      |     |    |    |   |
|------------|------|----------------|---|--|---|----|--|----------------|-------------------------|------|-----|----|----|---|
| 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 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  |    |   |
| 15/01/2026 | 1600 | Cooking        | Lidia's Kitchen                         | Crowd Pleasers                                 | 6 | 1  | Lidia 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 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 | 1930 | 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 deer over a fire.  | AUSTRALIA      | English-100             | 2022 | RPT | PG | aw | 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 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 | 2100 | Travel         | Rick Stein's Food Heroes                | Rick Stein's Food Heroes Series 2 Ep 2         | 2 | 2  | Rick and Chally 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 Cush Tart, a local variety of cheesecake.                                    | UNITED KINGDOM | English-100             | 2003 | RPT | PG | aw |   |
| 15/01/2026 | 2130 | Travel         | Anthony Bourdain: No Reservations       | Praeue   | 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 | 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 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 | 2300 | Cooking        | The Cook And The Chef                   | Cattle Drive                                   | 2 | 31 | Beef is on the menu this week as Maggie dons her boots and oilskin 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  |    |   |

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|------------|------|----------------|--|--|------|--|--|----------------|-------------|------|-----|----|------|
| 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 | aw Y |
| 15/01/2026 | 2525 | Cooking        | Destination Flavour China Bitesize     | Chairman Mao's Pork  | 1    | 13   | All the best moments and bites from Destination Flavour China, led by famed chef and author Adam Liaw.   | AUSTRALIA      | English-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 Wilson. | 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 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 Curd Tart, a local variety of cheesecake.                                    | UNITED KINGDOM | English-100 | 2003 | RPT | PG | aw   |
| 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 oilskin 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 | My Greatest Dishes                     | Daniel Clifford  | 1    | 12   | Daniel Clifford is one of Britain's most renowned chefs. He shares four dishes - Nari'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 burrit, 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 bites of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.   | AUSTRALIA      | English-100 | 2017 | RPT | PG | aw Y |
| 16/01/2026 | 630  | Cooking        | Kriol Kitchen                          | Alli & Mitch Torre: Stanley Pearl Shell & Garlic Butter Pearl Meat | 2    | 1  | Alli 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's 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    | 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        | Lidia's Kitchen                        | Crowd Pleasers   | 6    | 1  | Lidia 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        | <b>My Market Kitchen</b>                       | 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         | <b>Paradise Kitchen Bali</b>                   | 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        | <b>Everyday Gourmet With Justine Schofield</b> | 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        | <b>Jamie At Home</b>                           | 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  |      |   |
| 16/01/2026 | 1030 | Cooking        | <b>Secrets Of The Curry Kitchen</b>            | 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  |      |   |
| 16/01/2026 | 1100 | Cooking        | <b>The Cook Up With Adam Liaw</b>              | 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         | <b>Khanh Ong's Wild Food</b>                   | 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 deer over a fire.                | AUSTRALIA      | English-100             | 2022 | RPT | PG | ai w | Y |
| 16/01/2026 | 1225 | Cooking        | <b>Destination Flavour China Bitesize</b>      | Chairman Mao's Pork   | 1    | 13 | All the best moments and bites 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        | <b>Jeremy Pang's Asian Kitchen</b>             | 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        | <b>Destination Flavour Singapore Bitesize</b>  | Fish Head Curry   | 1    | 5  | The best bites 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         | <b>Tareq Taylor's Nordic Cookery</b>           | Ost Denmark (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 | <b>My Greatest Dishes</b>                      | 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  |      |   |
| 16/01/2026 | 1430 | Cooking        | <b>Kroli Kitchen</b>                           | 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 |
| 16/01/2026 | 1500 | Food Lifestyle | <b>Kitchen Glow Up</b>                         | 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         | <b>Taste Of Australia With Hayden Quinn</b>    | 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 |      |   |
| 16/01/2026 | 1600 | Cooking        | <b>Lidia's Kitchen</b>                         | 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        | <b>My Market Kitchen</b>                       | Episode 45  | 8    | 45 | Laura is in the beautiful Adelaide Hills, whipping up a traditional Italian Mortadella Panino, while David Mann and chef extraordinaire Charlie Carrington cook a delicious Grilled Barramundi.          | AUSTRALIA      | English-100             | 2023 | RPT | PG |      |   |
| 16/01/2026 | 1700 | Travel         | <b>Paradise Kitchen Bali</b>                   | 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 |

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|------------|------|----------------|--|--|---|----|---|----------------|---------------------------|------|-----|----|---|---|
| 16/01/2026 | 1730 | Cooking        | <b>Everyday Gourmet With Justine Schofield</b> | 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        | <b>Jamie At Home</b>                           | 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  |   |   |
| 16/01/2026 | 1830 | Cooking        | <b>Secrets Of The Curry Kitchen</b>            | 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        | <b>The Cook Up With Adam Liaw</b>              | 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         | <b>Beyond Bali With Lara Lee</b>               | 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 | <b>Buddy Valastro's Cake Dynasty</b>           | 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         | <b>Anthony Bourdain: No Reservations</b>       | 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        | <b>Please Eat Slowly Bitesize</b>              | 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        | <b>The Cook Up With Adam Liaw</b>              | 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        | <b>The Cook And The Chef</b>                   | 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 | <b>Cheese Slices</b>                           | Italy: Rare Mountain Cheeses Of The North East | 6 | 6  | Wili 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         | <b>Tara Taylor's Nordic Cookery</b>            | Ost Denmark (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         | <b>Beyond Bali With Lara Lee</b>               | 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 | <b>Buddy Valastro's Cake Dynasty</b>           | 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         | <b>Anthony Bourdain: No Reservations</b>       | 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 Liaw             | 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 | 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 Liaw's travels in Singapore, as he explores its vibrant food scene.   | AUSTRALIA      | English-100             | 2017 | RPT | PG | Y |
| 17/01/2026 | 630  | Cooking        | Kroil Kitchen                          | Clifton Hamid: Tempura Fish & Blachung With Asian Style Sated | 2    | 2  | Clifton Hamid 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 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 tasty 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 Panino, 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; Balinese-10 | 2022 | RPT | G  | Y |

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|------------|------|----------------|---|--|---|----|---|----------------|---------------------------|------|-----|----|---|---|
| 17/01/2026 | 930  | Cooking        | Everdav 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 Babv.   | 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 Liaw              | 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 |   |   |
| 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        | Mv Market Kitchen                       | Episode 45                                     | 8 | 45 | Laura is in the beautiful Adelaide Hills, whipping up a traditional Italian Mortadella Panino, while David Mann and chef extraordinaire Charlie Carrington cook a delicious Grilled Barzamundi.   | 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  |   |   |
| 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 Babv.   | 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  |   |   |

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|------------|------|-------------------|--|---|---|---|--|----------------|----------------------|------|-----|----|-----|---|
| 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 Liaw'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 Sibu, 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 | 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 sandwich 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 sobrasada, 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 |

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|------------|------|-------------------|--|--------------------------------------|---|----|---|----------------|----------------------|------|-----|----|-----|---|
| 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 | l   |   |
| 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 | Chamers And Nibbly Thines            | 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 Belong                     | 1 | 4  | We travel to the coastal fishing town of Mukah, about 2hrs drive from Sibu, 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 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 | all | 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 sobrasada, a soft and spreadable Mallorcan sausage made with pork loin and fat, gazpacho, salt and cayenne pepper. | UNITED KINGDOM | English-100          | 2007 | RPT | PG | aw  | 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 | l   |   |
| 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  |     |   |

