



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
18/01/2026	500	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				
18/01/2026	530	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			
18/01/2026	625	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
18/01/2026	630	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				
18/01/2026	705	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
18/01/2026	730	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				
18/01/2026	835	Culture & Society	Secret World Of Snacks	Sandwiches	2	4	Jo Brand tells the story of the fight to be Britain's samie supremo. From the first M and S pre-packaged samies, to Pret A Manger's sandwich shop revolution and the mass market appeal of Subway, industry insiders lift the lid on the industry's closest kept secrets and business battles.	UNITED KINGDOM	English-100	2022	RPT	PG	a l			Y
18/01/2026	930	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
18/01/2026	1040	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				
18/01/2026	1105	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				
18/01/2026	1135	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			
18/01/2026	1230	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				
18/01/2026	1305	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
18/01/2026	1330	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				
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18/01/2026	1530	Animation	Rick Stein's Mediterranean Escapes	Mallorca And Catalonia	1	5	From Cork, 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
18/01/2026	1640	Travel	A New Zealand Food Story	Marlborough / Canterbury / Masterton	3	4	Ben checks out a sustainably farmed green shell mussel farm and visits a peanut butter factory. He travels to Canterbury to meet an ostrich farmer and cooks ostrich for the first time ever!	NEW ZEALAND	English-100	2023	RPT	PG		
18/01/2026	1705	Travel	Food Trail South Africa	Eating Johannesburg	2	2	Johannesburg: the gateway city to exploring South Africa. In this episode Warren indulges in the vibrant international flavours and surrounds of the Sandton neighbourhood.	AUSTRALIA	English-100	2023	RPT	G		Y
18/01/2026	1730	Travel	Cheese: Searching For A Taste Of Place	Greece And Cyprus	1	5	Feta and halloumi are the two great Mediterranean cheeses. Loved worldwide, they are also copied worldwide.	AUSTRALIA	English-100	2024	RPT	PG		Y
18/01/2026	1830	Travel	Gordon Ramsay: Uncharted	Maine Ingredient, The	3	3	Chef Ramsay discovers why Maine, US, is called the 'lobster capital of the world'. Along the rugged coastline, he struggles to keep up with a team of lobster fisherwomen and tests his lumberjack skills.	UNITED KINGDOM	English-100	2021	RPT	PG	a/w	Y
18/01/2026	1925	Cooking	Destination Flavour China Bitesize	Tibetan Yak Belly Stew	1	12	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
18/01/2026	1930	Cooking	Marcus Wareing's Kitchen Garden Tales	Smoked Trout	2	6	Interested in diversifying his cooking at the small holding, Marcus decides to build a smoker. But first, he needs something to smoke in it.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
18/01/2026	2000	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 5	1	5	Dan whips up one of his favourites, Zha Jiang Mian, a quintessential Northern Chinese dish of fried noodles topped with a rich sauce. Next it's crusty baguettes filled with succulent meats, crunchy salads and sweet pickled vegetables in Dan's take on Vietnam's Dan Banh Mi.	AUSTRALIA	English-100	2022	RPT	PG		Y
18/01/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 11	2	11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangarro Clams.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
18/01/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 12	2	12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
18/01/2026	2130	Travel	Anthony Bourdain: A Cook's Tour	Bbq Triangle, The	2	11	Which style of BBQ reigns supreme - Kansas City, Houston, or North Carolina? Tony journeys to all three cities to taste for himself the secrets behind sauces, wood pits, and slow smokers.	USA	English-100	2003	RPT	PG		
18/01/2026	2200	Travel	Anthony Bourdain: A Cook's Tour	My Friend Linh	2	12	Tony returns to Hanoi, Vietnam to visit his friend, Linh, for the Vietnamese lunar New Year holiday of Tet. Together they enjoy the holiday and indulge in all the delectable Vietnamese culture offers.	USA	English-100	2003	RPT	PG		
18/01/2026	2230	Cooking	Andrew Zimmern's Wild Game Kitchen	Bison	4	3	In this episode of Wild Game Kitchen, chef Andrew Zimmern is making two great recipes with one of his favorite proteins, bison.	USA	English-100	2024	RPT	G		
18/01/2026	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Rabbit	4	4	Andrew Zimmern is on a mission to get the world to eat more rabbit. They are mild, have an incredible amount of meat on a small frame, they're quick to raise with little impact on the environment.	USA	English-100	2024	RPT	G		
18/01/2026	2330	Travel	Cheese: Searching For A Taste Of Place	Greece And Cyprus	1	5	Feta and halloumi are the two great Mediterranean cheeses. Loved worldwide, they are also copied worldwide.	AUSTRALIA	English-100	2024	RPT	PG		Y
18/01/2026	2430	Travel	Gordon Ramsay: Uncharted	Maine Ingredient, The	3	3	Chef Ramsay discovers why Maine, US, is called the 'lobster capital of the world'. Along the rugged coastline, he struggles to keep up with a team of lobster fisherwomen and tests his lumberjack skills.	UNITED KINGDOM	English-100	2021	RPT	PG	a/w	Y

18/01/2026	2525	Cooking	Destination Flavour China Bitesize	Tibetan Yak Belly Stew	1	12	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G	Y	Y
18/01/2026	2530	Cooking	Marcus Wareing's Kitchen Garden Tales	Smoked Trout	2	6	Interested in diversifying his cooking at the small holding, Marcus decides to build a smoker. But first, he needs something to smoke in it.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
18/01/2026	2600	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 5	1	5	Dan whips up one of his favourites, Zha Jiang Mian, a quintessential Northern Chinese dish of fried noodles topped with a rich sauce. Next it's crusty baguettes filled with succulent meats, crunchy salads and sweet pickled vegetables in Dan's take on Vietnam's Dan Banh Mi.	AUSTRALIA	English-100	2022	RPT	PG		Y
18/01/2026	2630	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 11	2	11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangarri Clams.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
18/01/2026	2700	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 12	2	12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
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18/01/2026	2800	Travel	Anthony Bourdain: A Cook's Tour	My Friend Linh	2	12	Tony returns to Hanoi, Vietnam to visit his friend, Linh, for the Vietnamese lunar New Year holiday of Tet. Together they enjoy the holiday and indulge in all the delicacies Vietnamese culture offers.	USA	English-100	2003	RPT	PG		
18/01/2026	2830	Cooking	Andrew Zimmern's Wild Game Kitchen	Bison	4	3	In this episode of Wild Game Kitchen, chef Andrew Zimmern is making two great recipes with one of his favorite proteins, bison.	USA	English-100	2024	RPT	G		
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19/01/2026	600	Travel	Food Trail South Africa	Eating Johannesburg	2	2	Johannesburg: the gateway city to exploring South Africa. In this episode Warren indulges in the vibrant international flavours and surrounds of the Sandton neighbourhood.	AUSTRALIA	English-100	2023	RPT	G		Y
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19/01/2026	730	Travel	Gordon Ramsay: Uncharted	Maine Ingredient, The	3	3	Chef Ramsay discovers why Maine, US, is called the 'lobster capital of the world'. Along the rugged coastline, he struggles to keep up with a team of lobster fisherwomen and tests his lumberjack skills.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y
19/01/2026	825	Cooking	Destination Flavour China Bitesize	Tibetan Yak Belly Stew	1	12	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G	Y	Y
19/01/2026	830	Cooking	Marcus Wareing's Kitchen Garden Tales	Smoked Trout	2	6	Interested in diversifying his cooking at the small holding, Marcus decides to build a smoker. But first, he needs something to smoke in it.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
19/01/2026	900	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 5	1	5	Dan whips up one of his favourites, Zha Jiang Mian, a quintessential Northern Chinese dish of fried noodles topped with a rich sauce. Next it's crusty baguettes filled with succulent meats, crunchy salads and sweet pickled vegetables in Dan's take on Vietnam's Dan Banh Mi.	AUSTRALIA	English-100	2022	RPT	PG		Y

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19/01/2026	1000	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 12	2	12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100	2022	RPT	PG	a w
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19/01/2026	1230	Food Lifestyle	Andi Oliver's Fabulous Feasts	Cornwall	1	1	Andi goes to Cornwall to help a local chef put on a feast to thank NHS staff. Her idea of holding a feast for 80 on a long table, on a beach, is tricky, but will it be amazing?	UNITED KINGDOM	English-100	2024	RPT	G	
19/01/2026	1335	Travel	Tareq Taylor's Nordic Cookery	Kristianstad, Sweden	2	9	Located in Sweden's south, beautiful Kristianstad is a 400-year old town surrounded by the ocean, fertile farmland and protected wetlands to aid the environment.	SWEDEN	English-100	2013	RPT	PG	
19/01/2026	1405	Food Lifestyle	My Greatest Dishes	Tetsuya Wakuda	1	14	Tetsuya Wakuda is one of Australia's most globally recognised chefs. He shares recipes for his mother's Japanese fried chicken, slow roasted rouget, roasted scalpi, and confit of ocean trout.	UNITED KINGDOM	English-100	2019	RPT	PG	
19/01/2026	1430	Cooking	Knot Kitchen	Hasimah Haji Noor: Spicy Chicken, Fried Chilli Eggs & Spicy Malay Noodles	2	3	All of the dishes like Malaysian Spicy Chicken, Fried Chilli Eggs and Spicy Malay Noodles have come across the ocean from Malaysia and Singapore, to Broome, from Hasimah's father.	AUSTRALIA	English-100	2014	RPT	G	Y Y
19/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Elevated Farmhouse	2024	8	Laura and James's tiny kitchen is bursting at the seams with five kids. Ellen gets creative to maximize space.	USA	English-100	2024	RPT	G	
19/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 9	5	9	Hayden heads to the Central Queensland Highlands this week for an Aussie adventure: waking up at Camarvon Gorge, checking out a cattle property, and sampling tasty hand-made Emerald goodies.	AUSTRALIA	English-100	2022	RPT	G	
19/01/2026	1600	Cooking	Lidia's Kitchen	Eggs All Day	6	3	Lidia shows you how to brunch Italian-style with herb frittata roll-ups, pancetta with fennel-flavoured eggs and apples, and lastly potato egg frico.	USA	English-100	2019	RPT	PG	
19/01/2026	1630	Cooking	My Market Kitchen	Episode 46	8	46	Laura brings a little bit of Fiji to the Adelaide Central Market when she makes a super fresh Fijian Kokoda. Then she's on the farm with produce expert Catherine Velisha	AUSTRALIA	English-100	2023	RPT	PG	
19/01/2026	1700	Cooking	Marcus In The Med: Mallorca	Sunny Lunches	1	1	Marcus is exploring the culinary delights of Mallorca, a food lovers' paradise with incredible produce, markets, restaurants, and bars. He'll be discovering the local hotspots and lesser known eateries.	UNITED KINGDOM	English-100	2024	RPT	G	
19/01/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Mediterranean Charred Chicken Salad With Scallion Pesto	2	1	In this two-for-one episode, Rachael shows us a unique take on traditional pesto sauce with a base of herbs and charred onions that pairs with a Mediterranean chicken salad.	USA	English-100	2024			
19/01/2026	1800	Cooking	Jamie At Home	Strawberries	1	10	Jamie makes some great game recipes starting with his very own Essex Fried Rabbit. His local gamekeeper brings Jamie some venison and they have a chat about the free range nature of deer.	UNITED KINGDOM	English-100	2007	RPT	PG	

19/01/2026	1830	Cooking	Secrets Of The Curry Kitchen	Finding Flavour	1	6	Chef Asma Khan celebrates herbs and marinades. Fenugreek Methi Chicken, the Hariyali baked version, and mouthwatering Tamarind Prawns.	UNITED KINGDOM	English-100	2025	RPT	G
19/01/2026	1900	Cooking	The Cook Up With Adam Law	Thrifty Dinner Club, The	7	50	It's Easy Entertaining and easy on the budget, too, as cookbook author Chelsea Goodwin and Olympic diver Sam Fricker join Adam's thrifty dinner club.	AUSTRALIA	English-100	2024	RPT	G
19/01/2026	1930	Cooking	Donal's Family Kitchen	Kitchen Keepers	1	5	These recipes are Donal's tried and tested go-tos that he can pretty much make with his eyes closed, yet still loves them as much as the first time he made them.	UNITED KINGDOM	English-100	2021	RPT	G
19/01/2026	2000	Cooking	Hot Dish With Franco	Brunch	1	3	Franco Noriega's brunch game is strong with his piled-high Avocado Toast and an elevated take on a Tex-Mex Huevos Rancheros with fried tortilla strips.	USA	English-70; Spanish-30	2023	RPT	PG
19/01/2026	2030	Food Lifestyle	River Cottage Everyday	Meat	1	1	Hugh believes the way to make organic free range meat fit your budget, is to eat and enjoy cheap cuts rather than cheap meat.	UNITED KINGDOM	English-100	2010	RPT	G
19/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Techniques Special	6	6	Some of the world's best chefs demonstrate classic and simple dishes.	USA	English-100	2010	RPT	PG
19/01/2026	2225	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G
19/01/2026	2230	Cooking	The Cook Up With Adam Law	Thrifty Dinner Club, The	7	50	It's Easy Entertaining and easy on the budget, too, as cookbook author Chelsea Goodwin and Olympic diver Sam Fricker join Adam's thrifty dinner club.	AUSTRALIA	English-100	2024	RPT	G
19/01/2026	2300	Cooking	The Cook And The Chef	Spatchcocks And Terrines	2	33	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives. The Barossa valley is rich in history, with wine and food very much at the heart of it.	AUSTRALIA	English-100	2007	RPT	G
19/01/2026	2330	Food Lifestyle	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	7	1	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra range to learn about the traditional farm cheeses and Pain de Quelp before heading further south to the remote Campos Altos region to discover a unique cheese made from the milk long-horn cattle, and enjoys a traditional BBQ before returning to São Paulo for a lesson in grilling Coxinho cheese.	AUSTRALIA	English-100	2014	RPT	PG
19/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Kristianstad, Sweden	2	9	Located in Sweden's south, beautiful Kristianstad is a 400-year old town surrounded by the ocean, fertile farmland and protected wetlands to aid the environment.	SWEDEN	English-100	2013	RPT	PG
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20/01/2026	800	Cooking	Lidia's Kitchen	Eggs All Day	6	3	Lidia shows you how to brunch Italian-style with herb frittata roll-ups, pancetta with fennel-flavoured eggs and apples, and lastly potato egg frico.	USA	English-100	2019	RPT	PG		
20/01/2026	830	Cooking	My Market Kitchen	Episode 46	8	46	Laura brings a little bit of Fiji to the Adelaide Central Market when she makes a super fresh Fijian Kokoda. Then she's on the farm with produce expert Catherine Velsha.	AUSTRALIA	English-100	2023	RPT	PG		
20/01/2026	900	Cooking	Marcus In The Med: Mallorca	Sunny Lunches	1	1	Marcus is exploring the culinary delights of Mallorca, a food lovers' paradise with incredible produce, markets, restaurants, and bars. He'll be discovering the local hotspots and lesser known eateries.	UNITED KINGDOM	English-100	2024	RPT	G		
20/01/2026	930	Cooking	Rachael Ray's Meals In Minutes	Mediterranean Charred Chicken Salad With Scallop Pesto	2	1	In this two-for-one episode, Rachael shows us a unique take on traditional pesto sauce with a base of herbs and charred onions that pairs with a Mediterranean chicken salad.	USA	English-100	2024	RPT			
20/01/2026	1000	Cooking	Jamie At Home	Strawberries	1	10	Jamie makes some great game recipes starting with his very own Essex Fried Rabbit. His local gamekeeper brings Jamie some venison and they have a chat about the free range nature of deer.	UNITED KINGDOM	English-100	2007	RPT	PG		
20/01/2026	1030	Cooking	Secrets Of The Curry Kitchen	Finding Flavour	1	6	Chef Asma Khan celebrates herbs and marinades. Fenugreek Methi Chicken, the Hariyali baked version, and mouthwatering Tamarind Prawns.	UNITED KINGDOM	English-100	2025	RPT	G		
20/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Thrity Dinner Club, The	7	50	It's Easy Entertaining and easy on the budget, too, as cookbook author Chelsea Goodwin and Olympic diver Sam Fricker join Adam's thrifty dinner club.	AUSTRALIA	English-100	2024	RPT	G	Y	
20/01/2026	1130	Food Lifestyle	River Cottage Everyday	Meat	1	1	Hugh believes the way to make organic free range meat fit your budget, is to eat and enjoy cheap cuts rather than cheap meat.	UNITED KINGDOM	English-100	2010	RPT			

20/01/2026	1230	Food Lifestyle	Andi Oliver's Fabulous Feasts	Bristol	1	2	Andi's in Bristol to put on a party with a Caribbean flavour, to launch a community cafe at a pioneering homeless project that turns shipping containers into temporary housing.	UNITED KINGDOM	English-100	2024	RPT	G
20/01/2026	1335	Travel	Tareq Taylor's Nordic Cookery	Sydvästjylland, Denmark	2	10	Tareq starts the next leg of his journey by visiting Sydvästjylland-a unique area in Denmark filled with endless contrasts.	SWEDEN	English-100	2013	RPT	PG
20/01/2026	1405	Food Lifestyle	My Greatest Dishes	Rosemary Shrager	1	15	Rosemary Shrager is one of Britain's beloved chefs. She cooks her four greatest dishes - tuille biscuit with mango ice cream, quail breasts with chicken mousse, cod with banana, and chicken potato pie.	UNITED KINGDOM	English-100	2019	RPT	PG
20/01/2026	1430	Cooking	Kris Kitchen	Ali & Mitch Torres: Birringa Birringa (Poppies) Soup & Goolit (Turtle) Chilli Tamarind Sambal	2	4	Drawing on the local seafood from Roebuck Bay, Ali and Mitch takes us to a childhood location that has on many occasions fed their family well with shellfish, fish and turtle aplenty.	AUSTRALIA	English-100	2014	RPT	G
20/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Perfect Patio Pizza, Please	2025	1	Stephanie & John are back-but this time, the makeover's headed outside. With baby no.2 on the way & a toddler who's asleep by 7, indoor cooking is off-limits.	USA	English-100	2025	RPT	PG
20/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 10	5	10	Hayden heads to Canberra. Lots of great autumnal colours and activities with mountain bike riding on Mount Stromlo, a trip to the National Arboretum, and an epic cook with Chef Mark Glenn.	AUSTRALIA	English-100	2022	RPT	G
20/01/2026	1600	Cooking	Lidia's Kitchen	Party Favourites	6	4	Italians love entertaining and celebrating life with family, friends, and food. Lidia shares recipes that fit any party - stewed savory peppers, a delicious antipasto, and a pear bellini.	USA	English-100	2019	RPT	G
20/01/2026	1630	Cooking	My Market Kitchen	Episode 47	8	47	Laura sources a beautiful steak from Marino Meat and Food Store at the Adelaide Central Markets and pairs it with a peppercorn sauce.	AUSTRALIA	English-100	2023	PG	
20/01/2026	1700	Cooking	Marcus In The Heat: Mallorca	Cooking Over Fire	1	2	Marcus learns about Mallorca's obsession with cooking over fire. He visits a chef who flame grills steak and a bar cooking sausages over coals. Inspired, he fires up his BBQ to make pork chops with white beans and BBQ spice rubbed poussin.	UNITED KINGDOM	English-100	2024	RPT	G
20/01/2026	1730	Cooking	Rachael Ray's Meals In Minutes	White Ragu With Papardelle	2	2	Rachael shows us how to make a beautiful, white, quick cooking ragu sauce that she'll serve over ribbons of papardelle pasta cooked al dente style.	USA	English-100	2024		
20/01/2026	1800	Cooking	Jamie At Home	Peas And Broadbeans	1	11	Jamie's garden has a bumper crop of fascinating varieties of pumpkin and squash.	UNITED KINGDOM	English-100	2007	RPT	PG
20/01/2026	1830	Cooking	Secrets Of The Curry Kitchen	Sumptuous Snacks	1	7	Chef Asma Khan makes spiced Kabab Burgers, crispy Monsoon Pakoras, flavourful Koftas and indulgent Chili Cheese Toasties-perfect sumptuous snacks.	UNITED KINGDOM	English-100	2025	RPT	G
20/01/2026	1900	Cooking	The Cook Up With Adam Lww	Cabbage & Friends	7	51	It's time to make friends with cabbage. Adam and his guests, chef Kane Pollard and comedian Jenny Tian have a ball with brassicas.	AUSTRALIA	English-100	2024	RPT	G
20/01/2026	1930	Cooking	Silvia's Italian Masterclass	Hearty Stuff, The	1	6	With the weather slowly migrating into colder territory, there's nothing better than a comforting, hearty meal. Silvia has curated the perfect selection of dishes for this trans-seasonal period or for whenever you're craving something a little more filling.	AUSTRALIA	English-100	2024	RPT	G
20/01/2026	2000	Cooking	The Big Irish Food Tour	County Galway With Bundee Aki	1	13	Galway is the cultural heart of Ireland and Anna's guide to this county is none other than the international sporting legend, Bundee Aki.	UNITED KINGDOM	English-100	2024	RPT	G
20/01/2026	2030	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 2	1	2	Manager Aaron and his staff go all out to open the company's new Thanet store on time, chocolate sculptress Rhona accepts the challenge of creating a showstopping centrepiece for the big launch.	UNITED KINGDOM	English-100	2025		
20/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Harbin, China	6	7	Anthony Bourdain visits China for the fourth time, this time to China's north-eastern area formerly known as Manchuria. Arriving in the cold of winter, Tony savours stews, vegetables and dumplings influenced by Russian and Korean cuisine.	USA	English-100	2010	RPT	M

20/01/2026	2225	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	2024	RPT	G		
20/01/2026	2230	Cooking	The Cook Up With Adam Law	Cabbage & Friends	7	51	It's time to make friends with cabbage. Adam and his guests, chef Kane Pollard and comedian Jenny Tian have a ball with brassicas.	AUSTRALIA	English-100	2024	RPT	G	Y	
20/01/2026	2300	Cooking	The Cook And The Chef	Sugar	2	34	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks - Maggie's rack of lamb and Simon's rack of sugarcane prawns.	AUSTRALIA	English-100	2007	RPT	G		
20/01/2026	2330	Food Lifestyle	Cheese Slices	Spain - Traditional Galician Cheese	7	2	Galicia is known as 'Green Spain' and its high rainfall and mild maritime are perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past and the pilgrim city of Santiago de Compostela. Will learns about the origins of its AOP breast shaped cheeses Queso Testa.	AUSTRALIA	English-100	2014	RPT	G		
20/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Sydvästjylland, Denmark	2	10	Tareq starts the next leg of his journey by visiting Sydvästjylland-a unique area in Denmark filled with endless contrasts.	SWEDEN	English-100	2013	RPT	PG		
20/01/2026	2430	Cooking	Silvia's Italian Masterclass	Hearty Stuff, The	1	6	With the weather slowly migrating into colder territory, there's nothing better than a comforting, hearty meal. Silvia has curated the perfect selection of dishes for this trans-seasonal period or for whenever you're craving something a little more filling.	AUSTRALIA	English-100	2024	RPT	G		
20/01/2026	2500	Cooking	The Big Irish Food Tour	County Galway With Bundee Aki	1	13	Galway is the cultural heart of Ireland and Anna's guide to this county is none other than the international sporting legend, Bundee Aki.	UNITED KINGDOM	English-100	2024	RPT	G		
20/01/2026	2530	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 2	1	2	Manager Aaron and his staff go all out to open the company's new Thanet store on time, chocolate sculptress Rhona accepts the challenge of creating a showstopping centrepiece for the big launch.	UNITED KINGDOM	English-100	2025	RPT			
20/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Harbin, China	6	7	Anthony Bourdain visits China for the fourth time, this time to China's north-eastern area formerly known as Manchuria. Arriving in the cold of winter, Tony savours steers, vegetables and dumplings influenced by Russian and Korean cuisine.	USA	English-100	2010	RPT	M	L	Y
20/01/2026	2725	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	2024	RPT	G		
20/01/2026	2730	Cooking	The Cook Up With Adam Law	Cabbage & Friends	7	51	It's time to make friends with cabbage. Adam and his guests, chef Kane Pollard and comedian Jenny Tian have a ball with brassicas.	AUSTRALIA	English-100	2024	RPT	G	Y	
20/01/2026	2800	Cooking	The Cook And The Chef	Sugar	2	34	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks - Maggie's rack of lamb and Simon's rack of sugarcane prawns.	AUSTRALIA	English-100	2007	RPT	G		
20/01/2026	2830	Food Lifestyle	Cheese Slices	Spain - Traditional Galician Cheese	7	2	Galicia is known as 'Green Spain' and its high rainfall and mild maritime are perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past and the pilgrim city of Santiago de Compostela. Will learns about the origins of its AOP breast shaped cheeses Queso Testa.	AUSTRALIA	English-100	2014	RPT	G		
21/01/2026	500	Travel	Tareq Taylor's Nordic Cookery	Sydvästjylland, Denmark	2	10	Tareq starts the next leg of his journey by visiting Sydvästjylland-a unique area in Denmark filled with endless contrasts.	SWEDEN	English-100	2013	RPT	PG		
21/01/2026	530	Food Lifestyle	Andi Oliver's Fabulous Feasts	Bristol	1	2	Andi's in Bristol to put on a party with a Caribbean flavour, to launch a community cafe at a pioneering homeless project that turns shipping containers into temporary housing.	UNITED KINGDOM	English-100	2024	RPT	G		
21/01/2026	635	Cooking	Kriol Kitchen	Ali & Mitch Torres: Birriga Birriga (Pipolies) Soup & Gooliti (Turtle) Chili Tamarind Sambal	2	4	Drawing on the local seafood from Roebuck Bay, Ali and Mitch takes us to a childhood location that has on many occasions fed their family well with shellfish, fish and turtle aplenty.	AUSTRALIA	English-100	2014	RPT	G	Y	

21/01/2026	705	Food Lifestyle	Kitchen Glow Up	Perfect Patio Pizza, Please	2025	1	Stephanie & John are back-but this time, the makeover's headed outside. With baby no.2 on the way & a toddler who's asleep by 7, indoor cooking is off-limits.	USA	English-100	2025	RPT	PG	Y
21/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 10	5	10	Hayden heads to Canberra. Lots of great autumnal colours and activities with mountain bike riding on Mount Stromlo, a trip to the National Arboretum, and an epic cook with Chef Mark Glenn.	AUSTRALIA	English-100	2022	RPT	G	
21/01/2026	800	Cooking	Lidia's Kitchen	Party Favourites	6	4	Italians love entertaining and celebrating life with family, friends, and food. Lidia shares recipes that fit any party - stewed savory peppers, a delicious antipasto, and a pear bellini.	USA	English-100	2019	RPT	G	
21/01/2026	830	Cooking	My Market Kitchen	Episode 47	8	47	Laura sources a beautiful steak from Marino Meat and Food Store at the Adelaide Central Markets and pairs it with a peppercorn sauce.	AUSTRALIA	English-100	2023	RPT	PG	
21/01/2026	900	Cooking	Marcus In The Med: Mallorca	Cooking Over Fire	1	2	Marcus learns about Mallorca's obsession with cooking over fire. He visits a chef who flame grills steak and a bar cooking sausages over coals. Inspired, he fires up his BBQ to make pork chops with white beans and BBQ spice rubbed pouzouin.	UNITED KINGDOM	English-100	2024	RPT	G	Y
21/01/2026	930	Cooking	Rachael Ray's Meals In Minutes	White Ragu With Papardelle	2	2	Rachael shows us how to make a beautiful, white, quick cooking ragu sauce that she'll serve over ribbony pappardelle pasta cooked al dente style.	USA	English-100	2024	RPT		
21/01/2026	1000	Cooking	Jamie At Home	Peas And Broadbeans	1	11	Jamie's garden has a bumper crop of fascinating varieties of pumpkin and squash.	UNITED KINGDOM	English-100	2007	RPT	PG	
21/01/2026	1030	Cooking	Secrets Of The Curry Kitchen	Sumptuous Snacks	1	7	Chef Asma Khan makes spiced Kabab Burgers, crispy Monsoon Pakoras, flavourful Koftas and indulgent Chilli Cheese Toasties-perfect sumptuous snacks.	UNITED KINGDOM	English-100	2025	RPT	G	Y
21/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Cabbage & Friends	7	51	It's time to make friends with cabbage. Adam and his guests, chef Kane Pollard and comedian Jenny Tuan have a ball with brassicas.	AUSTRALIA	English-100	2024	RPT	G	Y
21/01/2026	1130	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 2	1	2	Manager Aaron and his staff go all out to open the company's new Thanet store on time, chocolate sculptress Rhona accepts the challenge of creating a showstopping centrepiece for the big launch.	UNITED KINGDOM	English-100	2025	RPT		
21/01/2026	1230	Food Lifestyle	Andi Oliver's Fabulous Feasts	Bridlington	1	3	Andi heads to the lobster capital of Europe, Bridlington, to convince young people to take up a job in fishing and create a feast to get the town excited about the lobster caught locally.	UNITED KINGDOM	English-100	2024	RPT	PG	aw
21/01/2026	1335	Travel	Tareq Taylor's Nordic Cookery	Nynashamn, Sweden	2	11	Sunny Nynashamn is a resort town close to Stockholm, but there is more here than the sea.	SWEDEN	English-100	2013	RPT	G	
21/01/2026	1405	Food Lifestyle	My Greatest Dishes	Atul Kochhar	1	16	Trollblazing chef Atul Kochhar has revolutionised Indian cuisine. His four greatest dishes are: his mother's daal, stuffed aubergine steaks pay, Indian British lamb gosht, and traditional bhapa daal.	UNITED KINGDOM	English-100	2019	RPT	G	
21/01/2026	1430	Cooking	Kriol Kitchen	Dwes Wiggin - Dann: Chilli Fish & Mango Cheesecake With Bush Passionfruit Topping	2	5	Dwes cooks a favourite dish shared with him by one of his Aunties, and gives the Malaysian chilli fish dish a local twist.	AUSTRALIA	English-100	2014	RPT	G	Y
21/01/2026	1500	Food Lifestyle	Kitchen Glow Up	From Burnout To Cook-Off	2025	2	Barrie & Morgan are new homeowners & expecting parents. Barrie runs a catering business from home, but with bad storage, a leaky stove hood and no flow.	USA	English-100	2025	RPT	PG	

21/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Bondi Beach, Sydney	4	1	<p>Hayden kicks things off at world-famous Bondi Beach with a sunrise workout with the legendary Leah Simmons. Then Leah and Hayden take on the iconic Bondi to Bronte walk, washed down with the infamous green smoothie. He then meets up with his friend chef Guy Turland for a spot of beach foraging, before wrapping the day with a stunning sunset cook at North Bondi. Doesn't get any better than that!</p>	AUSTRALIA	English-100	2021	RPT	PG	
21/01/2026	1600	Cooking	Lidia's Kitchen	Seaside Buffet, A	6	5	<p>Fish is a staple in Lidia's kitchen and she loves planning dinner parties based on seafood. The menu includes swordfish skewers and stuffed calamari with bread crumbs.</p>	USA	English-100	2019	RPT	PG	
21/01/2026	1630	Cooking	My Market Kitchen	Episode 48	8	48	<p>Laura heads to the beautiful Barossa Valley to bake a Sicilian Apple Cream Pie before catching up with produce farmer Catherine Velisha on her farm, where they prepare a Caesar Salad.</p>	AUSTRALIA	English-100	2022		PG	
21/01/2026	1700	Cooking	Marcus In The Med: Mallorca	Taste Of The Sea	1	3	<p>A passion for fresh fish and seafood permeates the Balearic capital Mallorca and Marcus is on the hunt for the freshest catch on the island.</p>	UNITED KINGDOM	English-100	2024	RPT	PG	a w
21/01/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Spaghetti With Semi-Dried Tomato Pesto & Broccolini	2	3	<p>Semi-dried tomatoes, a fairly new staple in American grocery stores, are both bitter and sweet at the same time: they have big flavor, an easy chew and Rachael demonstrates how to use them as the star in her recipe for a pesto that's paired with broccolini and served with sausage.</p>	USA	English-100	2024			
21/01/2026	1800	Cooking	Jamie At Home	Summer Brassicas	1	12	<p>A quick trip around Jamie's vegetable garden produces an army of colourful ingredients to make inspired winter salads.</p>	UNITED KINGDOM	English-100	2007	RPT	PG	G
21/01/2026	1830	Cooking	Secrets Of The Curry Kitchen	Star Vegetables	1	8	<p>Chef Asma Khan celebrates vegetables with Shimla Mirch Paneer, 9 Jewel Korma, Pumpkin Nirvash & a delicious Watermelon Curry-a feast of spices.</p>	UNITED KINGDOM	English-100	2025	RPT	PG	
21/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Speed Date Dinners	7	52	<p>Tonight, you'll fall in love with Adam's, comedian Lizzy Hoo's and relationship expert Chantelle Otten's speed date dinners.</p>	AUSTRALIA	English-100	2024	RPT	PG	s Y
21/01/2026	1930	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	5	<p>Sarah meets Deniz Orhun for a walk through Kadıñlar Pazarı to look at dessert ingredients and talk about the variety of desserts in Turkish cuisine: desserts with syrup, milk or dough.</p>	TURKEY	English-50; Turkish-50	2018	RPT	PG	G
21/01/2026	2000	Cooking	Global Soul Kitchen	Cajun Steak Diane With Foie Gras Dirty Rice	1	6	<p>Chef Deborah VonTrece makes a soulful Southern twist on Steak Diane, a pan-fried beef steak, by adding Cajun spices to the marinade and serving it with Foie Gras and Creole dirty rice.</p>	USA	English-100	2025		PG	
21/01/2026	2030	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 1	1	1	<p>The first round of cooks pitch the concept of their book to the judges for the first time and will be judged on the food they prepare.</p>	UNITED KINGDOM	English-100	2022			
21/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Maine	6	9	<p>Anthony Bourdain travels to Maine with his long-time cameraman and native Mainec, Zach Zamboni. Zach exposes Tony to the food and people of the 'two Mainer': the civilised coastal area and the sparsely popular, unspoiled, interior region.</p>	USA	English-100	2010	RPT	PG	
21/01/2026	2225	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	<p>For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.</p>	AUSTRALIA	English-100	2024	RPT	PG	
21/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Speed Date Dinners	7	52	<p>Tonight, you'll fall in love with Adam's, comedian Lizzy Hoo's and relationship expert Chantelle Otten's speed date dinners.</p>	AUSTRALIA	English-100	2024	RPT	PG	s Y
21/01/2026	2300	Cooking	The Cook And The Chef	Alice, The	2	35	<p>Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition. Her experiences of the local foods became the inspiration behind this week's cooking.</p>	AUSTRALIA	English-100	2007	RPT	PG	G
21/01/2026	2330	Food Lifestyle	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	7	3	<p>The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia. Will visits Vancouver before taking a sea plane to Salt Spring Island where he visits two fascinating small cheese dairies. Then he heads through the beautiful Rockies to meet a new farmstead producer making 'mountain' cheese Canadian style.</p>	AUSTRALIA	English-100	2014	RPT	PG	
21/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Nynashamn, Sweden	2	11	<p>Sunny Nynashamn is a resort town close to Stockholm, but there is more here than the sea.</p>	SWEDEN	English-100	2013	RPT	PG	G

21/01/2026	2430	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	5	Sarah meets Deniz Orhan for a walk through Kadıhıtar Pazar? to look at dessert ingredients and talk about the variety of desserts in Turkish cuisine: desserts with syrup, milk or dough.	TURKEY	English-50; Turkish-50	2018	RPT	G		
21/01/2026	2500	Cooking	Global Soul Kitchen	Cajun Steak Diane With Foie Gras Dirty Rice	1	6	Chef Deborah VanTrece makes a soulful Southern twist on Steak Diane, a pan-fried beef steak, by adding Cajun spices to the marinade and serving it with Foie Gras and Creole dirty rice.	USA	English-100	2025	RPT	G		
21/01/2026	2530	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 1	1	1	The first round of cooks pitch the concept of their book to the judges for the first time and will be judged on the food they prepare.	UNITED KINGDOM	English-100	2022	RPT			
21/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Maine	6	9	Anthony Bourdain travels to Maine with his long-time cameraman and native Mainer, Zach Zamboni. Zach exposes Tony to the food and people of the 'two Maines': the civilised coastal area and the sparsely popular, untamed, interior region.	USA	English-100	2010	RPT	PG		
21/01/2026	2725	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G		
21/01/2026	2730	Cooking	The Cook Up With Adam Uaw	Speed Date Dinners	7	52	Tonight, you'll fall in love with Adam's, comedian Lizzy Hoo's and relationship expert Chantelle Otten's speed date dinners.	AUSTRALIA	English-100	2024	RPT	PG	s	Y
21/01/2026	2800	Cooking	The Cook And The Chef	Alice, The	2	35	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition. Her experiences of the local foods became the inspiration behind this week's cooking.	AUSTRALIA	English-100	2007	RPT	G		
21/01/2026	2830	Food Lifestyle	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	7	3	The growing consumer awareness of artisan cheeses in Canada has recently spread to the Pacific West Coast of British Columbia. Will visits Vancouver before taking a seaplane to Salt Spring Island where he visits two fascinating small cheese dairies. Then he heads through the beautiful Rockies to meet a new farmstead producer making 'mountain' cheese Canadian style.	AUSTRALIA	English-100	2014	RPT	G		
22/01/2026	500	Travel	Tareq Taylor's Nordic Cookery	Nynashamn, Sweden	2	11	Sunny Nynashamn is a resort town close to Stockholm, but there is more here than the sea.	SWEDEN	English-100	2013	RPT	G		
22/01/2026	530	Food Lifestyle	Andi Oliver's Fabulous Feasts	Bridlington	1	3	Andi heads to the lobster capital of Europe, Bridlington, to convince young people to take up a job in fishing and create a feast to get the town excited about the lobster caught locally.	UNITED KINGDOM	English-100	2024	RPT	PG	a w	
22/01/2026	635	Cooking	Krio Kitchen	Dwes Wign - Dame: Chilli Fish & Mango Cheesecake With Bush Passionfruit Topping	2	5	Dwes cooks a favourite dish shared with him by one of his Aunty's, and gives the Malaysian chilli fish dish a local twist.	AUSTRALIA	English-100	2014	RPT	G		Y
22/01/2026	705	Food Lifestyle	Kitchen Glow Up	From Burnout To Cook-Off	2025	2	Barrie & Morgan are new homeowners & expecting parents. Barrie runs a catering business from home, but with bad storage, a leaky stove hood and no flow.	USA	English-100	2025	RPT	PG		
22/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Bondi Beach, Sydney	4	1	Hayden kicks things off at world famous Bondi Beach with a sunrise workout with the legendary Leah Simmons. Then Leah and Hayden take on the iconic Bondi to Bronte walk, washed down with the infamous green smoothie. He then meets up with his friend chef Guy Turfard for a spot of beach foraging, before wrapping the day with a stunning sunset cook at North Bondi. Doesn't get any better than this!	AUSTRALIA	English-100	2021	RPT	G		
22/01/2026	800	Cooking	Lidia's Kitchen	Seaside Buffet, A	6	5	Fish is a staple in Lidia's kitchen and she loves planning dinner parties based on seafood. The menu includes swordfish skewers and stuffed calamari with bread crumbs.	USA	English-100	2019	RPT	PG		
22/01/2026	830	Cooking	My Market Kitchen	Episode 48	8	48	Laura heads to the beautiful Barossa Valley to bake a Sicilian Apple Cream Pie before catching up with produce farmer Catherine Velisha on her farm, where they prepare a Caesar Salad.	AUSTRALIA	English-100	2023	RPT	PG		
22/01/2026	900	Cooking	Marcus In The Med: Mallorca	Taste Of The Sea	1	3	A passion for fresh fish and seafood permeates the Balearic capital Mallorca and Marcus is on the hunt for the freshest catch on the island.	UNITED KINGDOM	English-100	2024	RPT	PG	a w	
22/01/2026	930	Cooking	Rachael Ray's Meals In Minutes	Spaghetti With Semi-Dried Tomato Pesto & Broccolini	2	3	Semi-dried tomatoes, a fairly new staple in American grocery stores, are both bitter and sweet at the same time; they have big flavor, an easy chew and Rachael demonstrates how to use them as the star in her recipe for a pesto that's paired with broccolini and served with sausage.	USA	English-100	2024	RPT			
22/01/2026	1000	Cooking	Jamie At Home	Summer Brassicas	1	12	A quick trip around Jamie's vegetable garden produces an army of colourful ingredients to make inspired winter salads.	UNITED KINGDOM	English-100	2007	RPT	G		

22/01/2026	1030	Cooking	Secrets Of The Curry Kitchen	Star Vegetables	1	8	Chef Asma Khan celebrates vegetables with Shimla Mirch Paneer, 9 Jewel Korma, Pumpkin Niramish & a delicious Watermelon Curry-a feast of spices.	UNITED KINGDOM	English-100	2025	RPT	G	
22/01/2026	1100	Cooking	The Cook Up With Adam Law	Speed Date Dinners	7	52	Tonight, you'll fall in love with Adam's, comedian Lizzy Hoo's and relationship expert Chantelle Otten's speed date dinners.	AUSTRALIA	English-100	2024	RPT	PG	s Y
22/01/2026	1130	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 1	1	1	The first round of cooks pitch the concept of their book to the judges for the first time and will be judged on the food they prepare.	UNITED KINGDOM	English-100	2022	RPT		
22/01/2026	1230	Food Lifestyle	Andi Oliver's Fabulous Feasts	Stoke	1	4	Andi's in the home of UK Ceramics, Stoke-on-Trent, to put on a festival for an arts project. Can she overcome her creative demons to make a feast that channels the area's artistry?	UNITED KINGDOM	English-100	2024	RPT	PG	
22/01/2026	1335	Travel	Tareq Taylor's Nordic Cookery	Vimmerby, Sweden	2	12	Vimmerby is known as the birthplace of Astrid Lindgren, Sweden's most loved children's book author (creator of Pippi Longstocking). However, Tareq finds that the area is well-regarded for its cuisine.	SWEDEN	English-100	2013	RPT	G	
22/01/2026	1405	Food Lifestyle	My Greatest Dishes	Monica Galetti	1	17	Monica Galetti went from humble beginnings to cooking in one of the world's most demanding kitchens. Her dishes: Samoan raw fish, scallops, toffee pop and hokey dessert, and a citrus marinated salmon.	UNITED KINGDOM	English-100	2019	RPT	PG	
22/01/2026	1430	Cooking	Kriol Kitchen	Lloyd Pogram: Pork Adobo & Boab Custard With Bush Passionfruit Topping	2	6	Lloyd draws on his Filipino heritage and his Auntie's recipe for this locally loved dish with a humble bush fruit Boab to make a custard, and a bush passionfruit topping.	AUSTRALIA	English-100	2014	RPT	G	Y
22/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Baker's Dozen Problems, A	2025	3	Kandis is a home baker with a booming gluten-free business-but her tiny, chaotic kitchen is crumbling under pressure.	USA	English-100	2025	RPT	PG	
22/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Enmore, Sydney	4	2	Hayden checks out the local music scene in Sydney's ever cool Enmore. He hangs out with the band, heads to Cottonmouth Records to spin up some vinyl, and he's gone all vegan for the cool! Classic stuff.	AUSTRALIA	English-100	2021	RPT	PG	
22/01/2026	1600	Cooking	Lidia's Kitchen	Best Bar Food, The	6	6	Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot, and next on the menu is fried onion rings.	USA	English-100	2019	RPT	G	
22/01/2026	1630	Cooking	My Market Kitchen	Episode 49	8	49	Laura brings a touch of Taiwan to the beautiful Adelaide Hills as she makes Fried Taiwanese Chicken.	AUSTRALIA	English-100	2023		PG	
22/01/2026	1700	Cooking	Marcus In The Med: Mallorca	Tasty Tapas	1	4	Marcus is exploring one of the most popular ways of eating in the whole of Spain and finding out how Mallorca does tapas differently. He starts with a visit to the hugely popular El Camino in Palma.	UNITED KINGDOM	English-100	2024	RPT	PG	
22/01/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Spicy Charred Tomato Pasta With Hot Sausage Or Chickpeas	2	4	Rachael shows us how to spice up a charred tomato sauce and pasta dinner in two ways, in minutes. In one dish she's serving the pasta over sausage and in the other dish she pairs the pasta with chickpeas that are seasoned for heat.	USA	English-100	2024			
22/01/2026	1800	Cooking	Jamie At Home	Pickles And Preserves	1	13	Jamie Oliver provides tips on how to choose the best and most succulent bird for a family Christmas dinner.	UNITED KINGDOM	English-100	2007	RPT	G	
22/01/2026	1830	Cooking	Secrets Of The Curry Kitchen	Street Food	1	9	Chef Asma Khan celebrates the joy of street food, featuring Chicken Momos, Potato and Sweetcorn Patties, Lamb Jali Kabab and Paneer Skewers.	UNITED KINGDOM	English-100	2025	RPT	G	
22/01/2026	1900	Cooking	The Cook Up With Adam Law	Cookies	7	53	Shh! Nobody tell the Cookie Monster that Adam and his guests, baker Natalie Paull and ballet star David Hallberg, are making cookies.	AUSTRALIA	English-100	2024	RPT	G	Y
22/01/2026	1930	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 4	1	4	Chef Khanh Ong travels to the spectacular Eyre Peninsula, cooks some fresh southern rock lobster on the beach and battles the elements to cook up a feast with our good friend Ben.	AUSTRALIA	English-100	2022	RPT	PG	a w Y

22/01/2026	2030	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	2	3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire, which is as rich in gastronomic delights as it is in history.	UNITED KINGDOM	English-100	2003	RPT	PG	a w
22/01/2026	2100	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	2	4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding. From her village shop in this tiny pretty village, truckloads of puddings are transported daily to all parts of Britain.	UNITED KINGDOM	English-100	2003	RPT	PG	
22/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Food Porn 2	6	10	Now that some time has passed and the post-food porn euphoria has worn off, Tony, with the help of a few friends - including the illustrious Ron Jeremy - is ready to gear up for an even steamer round two.	USA	English-100	2010	RPT	PG	s
22/01/2026	2225	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G	
22/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Cookies	7	53	Shh! Nobody tell the Cookie Monster that Adam and his guests, baker Natalie Pault and ballet star David Hallberg, are making cookies.	AUSTRALIA	English-100	2024	RPT	G	Y
22/01/2026	2300	Cooking	The Cook And The Chef	Prawns	2	36	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm nestled right in the shadow of Hinchinbrook Island. Maggie doesn't have to travel far for her main ingredient - she uses vine leaves from her own Barossa vines to wrap fish for the barbecue.	AUSTRALIA	English-100	2007	RPT	G	
22/01/2026	2330	Food Lifestyle	Cheese Slices	France - The Lyonnais Cheese Revolution	7	4	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system. Will investigates Maconais and Charolais goat cheese and visits Guillotau dairy in the Dauphine to learn about a very modern new cheese making technique.	AUSTRALIA	English-100	2014	RPT	G	
22/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Vimmerby, Sweden	2	12	Vimmerby is known as the birthplace of Astrid Lindgren, Sweden's most loved children's book author (creator of Pippi Longstocking). However, Tareq finds that the area is well-regarded for its cuisine.	SWEDEN	English-100	2013	RPT	G	
22/01/2026	2430	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 4	1	4	Chef Khanh Ong travels to the spectacular Eyre Peninsula, cooks some fresh southern rock lobster on the beach and battles the elements to cook up a feast with our good friend Ben.	AUSTRALIA	English-100	2022	RPT	PG	a w
22/01/2026	2525	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G	Y
22/01/2026	2530	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	2	3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire, which is as rich in gastronomic delights as it is in history.	UNITED KINGDOM	English-100	2003	RPT	PG	a w
22/01/2026	2600	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	2	4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding. From her village shop in this tiny pretty village, truckloads of puddings are transported daily to all parts of Britain.	UNITED KINGDOM	English-100	2003	RPT	PG	
22/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Food Porn 2	6	10	Now that some time has passed and the post-food porn euphoria has worn off, Tony, with the help of a few friends - including the illustrious Ron Jeremy - is ready to gear up for an even steamer round two.	USA	English-100	2010	RPT	PG	s
22/01/2026	2725	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G	
22/01/2026	2730	Cooking	The Cook Up With Adam Liaw	Cookies	7	53	Shh! Nobody tell the Cookie Monster that Adam and his guests, baker Natalie Pault and ballet star David Hallberg, are making cookies.	AUSTRALIA	English-100	2024	RPT	G	Y
22/01/2026	2800	Cooking	The Cook And The Chef	Prawns	2	36	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm nestled right in the shadow of Hinchinbrook Island. Maggie doesn't have to travel far for her main ingredient - she uses vine leaves from her own Barossa vines to wrap fish for the barbecue.	AUSTRALIA	English-100	2007	RPT	G	

22/01/2026	2830	Food Lifestyle	Cheese Slices	France - The Lyonnais Cheese Revolution	7	4	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boards two of the newest cheeses to be recognised under the prestigious French AOC system. Will investigates Maconais and Charentais goat cheese and visits Guillotau dairy in the Dauphine to learn about a very modern new cheese making technique.	AUSTRALIA	English-100	2014	RPT	G
23/01/2026	500	Travel	Tareq Taylor's Nordic Cookery	Vimmerby, Sweden	2	12	Vimmerby is known as the birthplace of Astrid Lindgren, Sweden's most loved children's book author (creator of Pippi Longstocking). However, Tareq finds that the area is well-regarded for its cuisine.	SWEDEN	English-100	2013	RPT	G
23/01/2026	530	Food Lifestyle	Andi Oliver's Fabulous Feasts	Stoke	1	4	Andi's in the home of UK Ceramics, Stoke-on-Trent, to put on a festival for an arts project. Can she overcome her creative demons to make a feast that channels the area's artistry?	UNITED KINGDOM	English-100	2024	RPT	PG
23/01/2026	635	Cooking	Kris Kitchen	Lloyd Pigram: Pork Adobo & Boab Custard With Bush Passionfruit Topping	2	6	Lloyd draws on his Filipino heritage and his Auntie's recipe for this locally loved dish with a humble bush fruit Boab to make a custard, and a bush passionfruit topping.	AUSTRALIA	English-100	2014	RPT	G
23/01/2026	705	Food Lifestyle	Kitchen Glow Up	Baker's Dozen Problems, A	2025	3	Kandi is a home baker with a booming gluten-free business-but her tiny, chaotic kitchen is crumbling under pressure.	USA	English-100	2015	RPT	PG
23/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Enmore, Sydney	4	2	Hayden checks out the local music scene in Sydney's ever-cool Enmore. He hangs out with the band, heads to Cottonmouth Records to spin up some vinyl, and he's gone all vegan for the cool Classic stuff.	AUSTRALIA	English-100	2021	RPT	PG
23/01/2026	800	Cooking	Lidia's Kitchen	Best Bar Food, The	6	6	Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot, and next on the menu is fried onion rings.	USA	English-100	2019	RPT	G
23/01/2026	830	Cooking	My Market Kitchen	Episode 49	8	49	Laura brings a touch of Taiwan to the beautiful Adelaide Hills as she makes Fried Taiwanese Chicken.	AUSTRALIA	English-100	2023	RPT	PG
23/01/2026	900	Cooking	Marcus In The Med: Mallorca	TastyTapas	1	4	Marcus is exploring one of the most popular ways of eating in the whole of Spain and finding out how Mallorca does tapas differently. He starts with a visit to the hugely popular El Camino in Palma.	UNITED KINGDOM	English-100	2024	RPT	PG
23/01/2026	930	Cooking	Rachael Ray's Meals In Minutes	Spicy Charred Tomato Pasta With Hot Sausage Or Chickpeas	2	4	Rachael shows us how to spice up a charred tomato sauce and pasta dinner in two ways, in minutes. In one dish she's serving the pasta over sausage and in the other dish she pairs the pasta with chickpeas that are seasoned for heat.	USA	English-100	2024	RPT	
23/01/2026	1000	Cooking	Jamie At Home	Pickles And Preserves	1	13	Jamie Oliver provides tips on how to choose the best and most succulent bird for a family Christmas dinner.	UNITED KINGDOM	English-100	2007	RPT	G
23/01/2026	1030	Cooking	Secrets Of The Curry Kitchen	Street Food	1	9	Chef Asma Khan celebrates the joy of street food, featuring Chicken Momos, Potato and Sweetcorn Patties, Lamb Jali Kabab and Paneer Skewers.	UNITED KINGDOM	English-100	2025	RPT	G
23/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Cookies	7	53	Shh! Nobody tell the Cookie Monster that Adam and his guests, baker Natalie Paul and ballet star David Hallberg, are making cookies.	AUSTRALIA	English-100	2024	RPT	G
23/01/2026	1130	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	2	3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire, which is as rich in gastronomic delights as it is in history.	UNITED KINGDOM	English-100	2003	RPT	PG
23/01/2026	1200	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	2	4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding. From her village shop in this tiny pretty village, truckloads of puddings are transported daily to all parts of Britain.	UNITED KINGDOM	English-100	2003	RPT	PG
23/01/2026	1230	Food Lifestyle	Andi Oliver's Fabulous Feasts	Folkestone	1	5	Andi's in Folkestone to help local singer-songwriter Sophia stage a spectacular festival at the old Victorian bandstand, celebrating its unsung music heritage & cultural diversity.	UNITED KINGDOM	English-100	2024	RPT	G
23/01/2026	1335	Travel	Tareq Taylor's Nordic Cookery	Varmland	3	1	Located in the middle of Sweden, Varmland is home to many of Sweden's most famous authors, engineers, and inventors, including Alfred Nobel.	SWEDEN	English-100	2015	RPT	G

23/01/2026	1405	Food Lifestyle	My Greatest Dishes	Theo Randall	1	18	Head chef at the famed Italian restaurant, Theo Randall shares his four best dishes; apple pie, squab pigeon on fried bread, rotolo di spinaci, and a luxurious fish stew.	UNITED KINGDOM	English-100	2019	RPT	PG	
23/01/2026	1430	Cooking	Kröl Kitchen	Ali & Mitch Torres: Chilli Tamarind Jinnup (Stingray) & Cockle Salad	2	7	Inspired by their mother's cooking, Ali and Mitch prepare two seafood dishes.	AUSTRALIA	English-100	2014	RPT	G	Y
23/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Vlad & Olga's Culinary Clash	2025	4	Vlad & Olga's cramped condo kitchen is straining their marriage. He wants function, she wants minimalism & DIY fixes only cause fights.	USA	English-100	2025	RPT	PG	Y
23/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Sydney City	4	3	Hayden wakes up overlooking Sydney Harbour, ready for a city adventure. First he catches up with architect Eoghan Lewis for an eye-opening tour of the city, before exploring some of the hidden laneways in the CBD. To top things off, Hayden finds one of the best spots ever to cook a feed for his new friends.	AUSTRALIA	English-100	2021	RPT	G	
23/01/2026	1600	Cooking	Lidia's Kitchen	Pasta Party	6	7	Pasta is a staple in any Italian home and today, Lidia prepares three pasta recipes; Ziti with kale pesto and crispy bacon, fusilli with tomato pesto, and campanelle with shrimp and fennel.	USA	English-100	2019	RPT	G	
23/01/2026	1630	Cooking	My Market Kitchen	Episode 50	8	50	Laura is on the farm with farmer Catherine Velisha, making delicious Cabbage and Pork Dumplings	AUSTRALIA	English-100	2023	RPT	PG	
23/01/2026	1700	Cooking	Marcus In The Med: Mallorca	Food On The Go	1	5	Marcus explores the food Malloricans eat on the go. He tries the island's answer to pizza, coca de trampo, with food guide Paula.	UNITED KINGDOM	English-100	2024	RPT	PG	
23/01/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Que Pasta: Mexican Street Corn Pasta	2	5	Rachael is going to show us how to take your favorite summer staple of grilled corn on the cob to a whole new level by combining it with spicy chili and cotija cheese.	USA	English-100	2024			
23/01/2026	1800	Cooking	Jamie At Home	Lamb	2	1	Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.	UNITED KINGDOM	English-100	2008	RPT	G	
23/01/2026	1830	Cooking	Secrets Of The Curry Kitchen	Best Of Bengal	1	10	Asma loves cooking Bengali influenced food. On the menu is her mother's Prawn Matarikari, spicy omelette, a rich fish curry & a coconut dessert.	UNITED KINGDOM	English-100	2025	RPT	G	
23/01/2026	1900	Cooking	The Cook Up With Adam Liaw	10 Minute Noodles	7	54	Like three minute noodles, but seven minutes tastier! Adam and his guests, musician Elly-May Barnes and chef Hamish Ingham haveoodles of fun with 10 minute noodles.	AUSTRALIA	English-100	2024	RPT	G	Y
23/01/2026	1930	Travel	Beyond Bali With Lara Lee	Sumba: Between Past And Present	1	5	In the wild and wondrous island of Sumba, Lara Lee uncovers ancient beliefs, powerful community bonds and unique local flavours from spicy anchovy sambal to smoky goat roasted on an open fire.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G	Y
23/01/2026	2030	Food Lifestyle	Buddy Valastro's Cake Dynasty	Neil Patrick Harris Cake	1	5	Work collides with family life when Buddy is tasked with creating a magic-themed birthday cake for Neil Patrick Harris on the same week as Junior's prom and graduation.	USA	English-100	2023	RPT	PG	I
23/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Caribbean Island Hopping	6	11	In the southernmost end of the Caribbean, Tony and his crew sample the local cuisine and explore the Caribbean lifestyle while going scuba diving, fishing and hunting for a local delicacy.	USA	English-100	2010	RPT	PG	
23/01/2026	2225	Cooking	A Taste Of Island Dreams	Island Dreams No-Rice "Rice" Pudding	1	6	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA	English-100	2024	RPT	G	
23/01/2026	2230	Cooking	The Cook Up With Adam Liaw	10 Minute Noodles	7	54	Like three minute noodles, but seven minutes tastier! Adam and his guests, musician Elly-May Barnes and chef Hamish Ingham haveoodles of fun with 10 minute noodles.	AUSTRALIA	English-100	2024	RPT	G	Y
23/01/2026	2300	Cooking	The Cook And The Chef	Feastive Dishes	2	37	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leeks in a delicious spring salad. Vodka, a favourite beverage of Simon's then features in a jelly, and Maggie makes a creamy barley risotto using a favourite spring vegetable, asparagus.	AUSTRALIA	English-100	2007	RPT	G	
23/01/2026	2330	Food Lifestyle	Cheese Slices	Italy - Cheeses Of The Great Track	7	5	Will follows the ancient shepherds trail known as the Tratturo Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese, including a unique example coagulated with pig's rennet. After learning all about the local stretched curd cheeses of Molise he visits a traditional producer of Burrata cheese in the city of Andria.	AUSTRALIA	English-100	2014	RPT	G	

23/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Varmland	3	1	Located in the middle of Sweden, Varmland is home to many of Sweden's most famous authors, engineers, and inventors, including Alfred Nobel.	SWEDEN	English-100	2015	RPT	G		
23/01/2026	2430	Travel	Beyond Bali With Lara Lee	Sumba: Between Past And Present	1	5	In the wild and wondrous island of Sumba, Lara Lee uncovers ancient beliefs, powerful community bonds and unique local flavours from spicy anchovy sambal to smoky goat roasted on an open fire.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G	Y	Y
23/01/2026	2530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Neil Patrick Harris Cake	1	5	Work collides with family life when Buddy is tasked with creating a magic-themed birthday cake for Neil Patrick Harris on the same week as Junior's prom and graduation.	USA	English-100	2023	RPT	PG	I	
23/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Caribbean Island Hopping	6	11	In the southernmost end of the Caribbean, Tony and his crew sample the local cuisine and explore the Caribbean lifestyle while going scuba diving, fishing and hunting for a local delicacy.	USA	English-100	2010	RPT	PG		
23/01/2026	2725	Cooking	A Taste Of Island Dreams	Island Dreams No-Rice "Rice" Pudding"	1	6	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA	English-100	2024	RPT	G		
23/01/2026	2730	Cooking	The Cook Up With Adam Liaw	10 Minute Noodles	7	54	Like three minute noodles, but seven minutes tastier! Adam and his guests, musician Ely-May Barnes and chef Hamish Ingham haveoodles of fun with 10 minute noodles.	AUSTRALIA	English-100	2024	RPT	G	Y	
23/01/2026	2800	Cooking	The Cook And The Chef	Favourite Dishes	2	37	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leeks in a delicious spring salad. Vodka, a favourite beverage of Simon's then features in a jelly, and Maggie makes a creamy barley risotto using a favourite spring vegetable, asparagus.	AUSTRALIA	English-100	2007	RPT	G		
23/01/2026	2830	Food Lifestyle	Cheese Slices	Italy - Cheeses Of The Great Track	7	5	Will follows the ancient shepherds trail known as the Tratturo Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese, including a unique example coagulated with pig's rennet. After learning all about the local stretched curd cheeses of Molise he visits a traditional producer of Burrata cheese in the city of Andria.	AUSTRALIA	English-100	2014	RPT	G		
24/01/2026	500	Travel	Tareq Taylor's Nordic Cookery	Varmland	3	1	Located in the middle of Sweden, Varmland is home to many of Sweden's most famous authors, engineers, and inventors, including Alfred Nobel.	SWEDEN	English-100	2015	RPT	G		
24/01/2026	530	Food Lifestyle	Andi Oliver's Fabulous Feasts	Folkestone	1	5	Andi's in Folkestone to help local singer-songwriter Sophia stage a spectacular festival at the old Victorian bandstand, celebrating its unsung music heritage & cultural diversity.	UNITED KINGDOM	English-100	2024	RPT	G		
24/01/2026	635	Cooking	Knot Kitchen	Ali & Mitch Torres: Chilli Tamarind Jollof (Smugay) & Cockle Salad	2	7	Inspired by their mother's cooking, Ali and Mitch prepare two seafood dishes.	AUSTRALIA	English-100	2014	RPT	G	Y	
24/01/2026	705	Food Lifestyle	Kitchen Glow Up	Vlad & Olga's Culinary Clash	2025	4	Vlad & Olga's cramped condo kitchen is straining their marriage. He wants function, she wants minimalism & DIY fixes only cause fights.	USA	English-100	2025	RPT	PG	Y	
24/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Sydney City	4	3	Hayden wakes up overlooking Sydney Harbour, ready for a city adventure. First he catches up with architect Eoghan Lewis for an eye-opening tour of the city, before exploring some of the hidden laneways in the CBD. To top things off, Hayden finds one of the best spots ever to cook a feed for his new friends.	AUSTRALIA	English-100	2021	RPT	G		
24/01/2026	800	Cooking	Lidia's Kitchen	Pasta Party	6	7	Pasta is a staple in any Italian home and today, Lidia prepares three pasta recipes; Ziti with kale pesto and crispy bacon, fusilli with tomato pesto, and campanelle with shrimp and fennel.	USA	English-100	2019	RPT	G		
24/01/2026	830	Cooking	My Market Kitchen	Episode 50	8	50	Laura is on the farm with farmer Catherine Veilsha, making delicious Cabbage and Pork Dumplings	AUSTRALIA	English-100	2023	RPT	PG		

24/01/2026	900	Cooking	Marcus In The Med: Mallorca	Food On The Go	1	5	Marcus explores the food Mallorcans eat on the go. He tries the island's answer to pizza, coca de trampo, with food guide Paula.	UNITED KINGDOM	English-100	2024	RPT	PG		
24/01/2026	930	Cooking	Rachael Ray's Meals In Minutes	Que Pasta: Mexican Street Corn Pasta	2	5	Rachael is going to show us how to take your favorite summer staple of grilled corn on the cob to a whole new level by combining it with spicy chili and cotija cheese.	USA	English-100	2024	RPT			
24/01/2026	1000	Cooking	Jamie At Home	Lamb	2	1	Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.	UNITED KINGDOM	English-100	2008	RPT	G		
24/01/2026	1030	Cooking	Secrets Of The Curry Kitchen	Best Of Bengal	1	10	Asma loves cooking Bengali influenced food. On the menu is her mother's Prawn Malakari, spicy omelette, a rich fish curry & a coconut dessert.	UNITED KINGDOM	English-100	2025	RPT	G		
24/01/2026	1100	Cooking	The Cook Up With Adam Liaw	10 Minute Noodles	7	54	Like three minute noodles, but seven minutes tastier! Adam and his guests, musician Elly-May Barnes and chef Hamish Ingham have noodles of fun with 10 minute noodles.	AUSTRALIA	English-100	2024	RPT	G	Y	
24/01/2026	1130	Food Lifestyle	Buddy Valastro's Cake Dynasty	Neil Patrick Harris Cake	1	5	Work collides with family life when Buddy is tasked with creating a magic-themed birthday cake for Neil Patrick Harris on the same week as Junior's prom and graduation.	USA	English-100	2023	RPT	PG	I	
24/01/2026	1230	Cooking	My Market Kitchen	Episode 50	8	50	Laura is on the farm with farmer Catherine Velisha, making delicious Cabbage and Pork Dumplings	AUSTRALIA	English-100	2023	RPT	PG		
24/01/2026	1300	Cooking	Marcus In The Med: Mallorca	Food On The Go	1	5	Marcus explores the food Mallorcans eat on the go. He tries the island's answer to pizza, coca de trampo, with food guide Paula.	UNITED KINGDOM	English-100	2024	RPT	PG		
24/01/2026	1330	Cooking	Rachael Ray's Meals In Minutes	Que Pasta: Mexican Street Corn Pasta	2	5	Rachael is going to show us how to take your favorite summer staple of grilled corn on the cob to a whole new level by combining it with spicy chili and cotija cheese.	USA	English-100	2024	RPT			
24/01/2026	1400	Cooking	Jamie At Home	Lamb	2	1	Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.	UNITED KINGDOM	English-100	2008	RPT	G		
24/01/2026	1430	Travel	Beyond Bali With Lara Lee	Sumba: Between Past And Present	1	5	In the wild and wondrous island of Sumba, Lara Lee uncovers ancient beliefs, powerful community bonds and unique local flavours-from spicy anchovy sambal to smoky goat roasted on an open fire.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G	Y	Y
24/01/2026	1530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Neil Patrick Harris Cake	1	5	Work collides with family life when Buddy is tasked with creating a magic-themed birthday cake for Neil Patrick Harris on the same week as Junior's prom and graduation.	USA	English-100	2023	RPT	PG	I	
24/01/2026	1630	Travel	Jason Atherton's Dubai Dishes	Fruit	1	5	Jason uses beautiful produce from the Middle East to create delicious dishes that have fruit as the hero ingredient. His guest chef samples some fruity cocktails before making a lobster and mango dish.	UNITED KINGDOM	English-100	2023	RPT	PG		

24/01/2026	1725	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		
24/01/2026	1730	Cooking	Toast The Host: How To Entertain At Home	Bestie Brunch	1	3	When it's the morning after the night before, you need good company, sugar and carbs.	AUSTRALIA	English-100	2024	RPT	G		
24/01/2026	1800	Travel	Audra's Eat, Roam, Relish	Min And Baris	1	5	After harvesting the prized Gulf Apong in a Noah palm rainforest, Audra travels to Miri Sarawak's second biggest city and its most modern.	AUSTRALIA	English-80; Malay-20	2024	RPT	PG	Y	
24/01/2026	1830	Travel	Hairy Bikers Go West	North Wales	1	5	The Bikers continue their journey out West, this time in Northwest Wales, and discover a host of inspiring local producers celebrating the area's rich diversity.	UNITED KINGDOM	English-100	2024	RPT	G		
24/01/2026	1935	Culture & Society	Secret World Of Snacks	Cereal	2	5	There's no more important meal of the day and this episode charts the rise and riches of our favourite cereals. Narrated by Jo Brand, we meet the key brains behind the most iconic breakfast brands and hear about the battles that gave us the cereal winners.	UNITED KINGDOM	English-100	2022	RPT	PG	25	Y
24/01/2026	2030	Animation	Rick Stein's Mediterranean Escapes	Morocco And Turkey	1	6	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. Rick cooks the Moroccan dish of Kofte miaouara, a simple dish of onions, tomatoes, cumin, and paprika baked with spicy meatballs and eggs. His Mediterranean travels end in southeastern Turkey.	UNITED KINGDOM	English-100	2007	RPT	G		Y
24/01/2026	2140	Travel	Anthony Bourdain: A Cook's Tour	Thailand: One Night In Bangkok	2	13	A spontaneous layover in Bangkok, Thailand leads Tony into the city, where he tries dishes of deep-fried frog skins, and pla rah, a fishpaste that has fermented anywhere from three months to a year.	USA	English-100	2003	RPT	PG		
24/01/2026	2205	Cooking	Deliciously Twisted Classics	Don't Believe Your Eyes	1	1	These dishes may look like one thing but are actually surprising taste bud twists that your eyes won't believe.	USA	English-100	2023				
24/01/2026	2235	Cooking	Andrew Zimmern's Wild Game Kitchen	Pheasant	4	5	Learn how to butcher a whole pheasant and utilize the boneless meat for pheasant skewers basted with ginger juice and yakitori glaze.	USA	English-100	2024	RPT	G		
24/01/2026	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Pigeon	4	6	In this episode of Wild Game Kitchen, Andrew Zimmern makes two stunning dishes with pigeon that showcase both European and Asian influences.	USA	English-100	2024	RPT	G		
24/01/2026	2330	Travel	Jason Atherton's Dubai Dishes	Fruit	1	5	Jason uses beautiful produce from the Middle East to create delicious dishes that have fruit as the hero ingredient. His guest chef samples some fruity cocktails before making a lobster and mango dish.	UNITED KINGDOM	English-100	2023	RPT	PG		
24/01/2026	2425	Cooking	Please Eat Slowly Bitesize	Dumplings	1	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G		

24/01/2026	2430	Cooking	Toast The Host: How To Entertain At Home	Bestie Brunch	1	3	When it's the morning after the night before, you need good company, sugar and carbs.	AUSTRALIA	English-100	2024	RPT	G	
24/01/2026	2500	Travel	Audra's Eat, Roam, Relish	Min And Barrio	1	5	After harvesting the prized Gull Apong in a Noah palm rainforest, Audra travels to Min-Sarawak's second biggest city and its most modern.	AUSTRALIA	English-80; Malay-20	2024	RPT	PG	Y
24/01/2026	2530	Travel	Hairy Bikers Go West	North Wales	1	5	The Bikers continue their journey out West, this time in Northwest Wales, and discover a host of inspiring local producers celebrating the area's rich diversity.	UNITED KINGDOM	English-100	2024	RPT	G	
24/01/2026	2635	Animation	Rick Stein's Mediterranean Escapes	Morocco And Turkey	1	6	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. Rick cooks the Moroccan dish of Ketta mkaouara, a simple dish of onions, tomatoes, cumin, and paprika baked with spicy meatballs and eggs. His Mediterranean travels end in south-eastern Turkey.	UNITED KINGDOM	English-100	2007	RPT	G	Y
24/01/2026	2740	Travel	Anthony Bourdain: A Cook's Tour	Thailand: One Night In Bangkok	2	13	A spontaneous layover in Bangkok, Thailand leads Tony into the city, where he tries dishes of deep-fried frog skins, and pla rah, a fishpaste that has fermented anywhere from three months to a year.	USA	English-100	2003	RPT	PG	
24/01/2026	2805	Cooking	Deliciously Twisted Classics	Don't Believe Your Eyes	1	1	These dishes may look like one thing but are actually surprising taste bud twists that your eyes won't believe.	USA	English-100	2023	RPT		
24/01/2026	2835	Cooking	Andrew Zimmern's Wild Game Kitchen	Pheasant	4	5	Learn how to butcher a whole pheasant and utilize the boneless meat for pheasant skewers basted with ginger juice and yakitori glaze.	USA	English-100	2024	RPT	G	

