



WEEK 5 Sunday, 25 January 2026 Saturday, 31 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
25/01/2026	500	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				
25/01/2026	530	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				
25/01/2026	625	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				
25/01/2026	630	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				
25/01/2026	700	Travel	Audra's Eat, Roam, Relish	Meri And Barro	1	5	After harvesting the prized Gulaf Apung in a Noah palm rainforest, Audra travels to Meri Sarawak's second biggest city and its most modern.	AUSTRALIA	English-80, Malay-20	2024	RPT	PG			Y	
25/01/2026	730	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				
25/01/2026	835	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 rivalries 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	a s		Y	
25/01/2026	930	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 Kefta mizouara, 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	
25/01/2026	1035	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	PG				
25/01/2026	1105	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				
25/01/2026	1130	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				
25/01/2026	1200	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				
25/01/2026	1230	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				
25/01/2026	1325	Cooking	Please Eat Slowly Bitesize	Dumplings	1	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G				
25/01/2026	1330	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				

25/01/2026	1435	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 rivalries 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	a s	Y
25/01/2026	1530	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 Kofta mkousous, 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
25/01/2026	1640	Travel	A New Zealand Food Story	Wairarapa	3	5	Ben meets a gin maker, an Italian charcuter and celebrates a wine maker committed to the principles of sustainable farming. Ben milks sheep and learns how next generation farmers are diversifying their business.	NEW ZEALAND	English-100	2023	RPT	PG		
25/01/2026	1705	Travel	Food Trail South Africa	Wild Kwa-Zulu Natal	2	3	The wild northeast coast of South Africa is like nothing you've seen. And it's here Warren will find himself romanced by empty beaches, rugged open oceans, and waterways filled with wild hippopotamus.	AUSTRALIA	English-100	2023	RPT	PG		Y
25/01/2026	1730	Travel	Cheese: Searching For A Taste Of Place	France	1	6	When it comes to cheese, the world has some catching up to do to match the French. Cheese in France is a national treasure, and, yes, they do have more cheese shops than McDonalds stores.	AUSTRALIA	English-100	2024	RPT	G		Y
25/01/2026	1830	Travel	Gordon Ramsay: Uncharted	Croatia's Coastal Adventure	3	4	Chef Ramsay explores the untouched peninsula of Istria, Croatia for ingredients that rival the best of Italy in their world-class quality. He fights for oxygen freediving for local mollusks, risks his pride fishing for rare cuttlefish and chases after goats for cheese and donkeys for milk.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y
25/01/2026	1925	Cooking	Please Eat Slowly Bitesize	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G		
25/01/2026	1930	Cooking	Marcus Wareing's Kitchen Garden Tales	Rewilding	2	7	Marcus has noticed more and more deer on his land and wants to learn what he should be doing to manage them. He goes to Knepp Estate to meet Charlie and Ioy who have turned over their 3500-acre farm.	UNITED KINGDOM	English-100	2022	RPT	G		
25/01/2026	2000	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 6	1	6	Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home. He then turns his attention to a Middle Eastern classic, the smokey, spiced lamb Kofta.	AUSTRALIA	English-100	2022	RPT	G		Y
25/01/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 13	2	13	On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
25/01/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 14	2	14	In the town of Looe, Rick discovers a time when the Cornish were taken as slaves by Barbary Pirates. He joins one of the last fishing boats in St Mawes and uses the catch of Lemon Sole to make a delicious warm salad. In Newlyn he meets with two entrepreneur chefs who are cooking mackerel to perfection.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
25/01/2026	2130	Travel	Mind Of A Chef	Noodle	1	1	Chang makes instant ramen dishes and tsukemen and takes a trip to Japan to visit a noodle factory.	USA	English-100	2012	RPT	PG		Y
25/01/2026	2200	Cooking	Deliciously Twisted Classics	Twists/ Childhood Classics	1	2	Everyone has a childhood favorite food, including the top chefs in the country, but some chefs are adding unique twists to these classic dishes to make them into foods adults would love.	USA	English-100	2023		PG		
25/01/2026	2230	Cooking	Andrew Zimmern's Wild Game Kitchen	Striped Bass	4	7	Chef Andrew Zimmern showcases two distinct preparations of fresh-caught striped bass that celebrate summer's bounty.	USA	English-100	2024	RPT	G		
25/01/2026	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Duck	4	8	In this episode of Wild Game Kitchen, Andrew Zimmern transforms wild duck into two dishes that showcase the versatility of this delicious game bird.	USA	English-100	2024	RPT	G		
25/01/2026	2330	Travel	A New Zealand Food Story	Wairarapa	3	5	Ben meets a gin maker, an Italian charcuter and celebrates a wine maker committed to the principles of sustainable farming. Ben milks sheep and learns how next generation farmers are diversifying their business.	NEW ZEALAND	English-100	2023	RPT	PG		

25/01/2026	2400	Travel	Food Trail South Africa	Wild Kwa-Zulu Natal	2	3	The wild northeast coast of South Africa is like nothing you've seen. And it's here Warren will find himself romanced by empty beaches, rugged open oceans, and waterways filled with wild hippopotamus.	AUSTRALIA	English-100	2023	RPT	PG		Y
25/01/2026	2430	Travel	Cheese: Searching For A Taste Of Place	France	1	6	When it comes to cheese, the world has some catching up to do to match the French. Cheese in France is a national treasure, and, yes, they do have more cheese shops than McDonalds stores.	AUSTRALIA	English-100	2024	RPT	G		Y
25/01/2026	2530	Travel	Gordon Ramsay: Uncharted	Croatia's Coastal Adventure	3	4	Chef Ramsay explores the untouched peninsula of Istria, Croatia for ingredients that rival the best of Italy in their world-class quality. He fights for oxygen freediving for local mollusks, risks his pride fishing for rare cuttlefish and chases after goats for cheese and donkeys for milk.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y
25/01/2026	2625	Cooking	Please Eat Slowly Bitesize	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G		
25/01/2026	2630	Cooking	Marcus Wareing's Kitchen Garden Tales	Rewilding	2	7	Marcus has noticed more and more deer on his land and wants to learn what he should be doing to manage them. He goes to Knepp Estate to meet Charlie and Issy who have turned over their 3500-acre farm.	UNITED KINGDOM	English-100	2022	RPT	G		
25/01/2026	2700	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 6	1	6	Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home. He then turns his attention to a Middle Eastern classic, the smoky, spiced lamb Kofta.	AUSTRALIA	English-100	2022	RPT	G		Y
25/01/2026	2730	Travel	Mind Of A Chef	Noodle	1	1	Chang makes instant ramen dishes and tsukemen and takes a trip to Japan to visit a noodle factory.	USA	English-100	2012	RPT	PG		Y
25/01/2026	2800	Cooking	Deliciously Twisted Classics	Twistin' Childhood Classics	1	2	Everyone has a childhood favorite food, including the top chefs in the country, but some chefs are adding unique twists to these classic dishes to make them into foods adults would love.	USA	English-100	2023	RPT	PG		
25/01/2026	2830	Cooking	Andrew Zimmern's Wild Game Kitchen	Striped Bass	4	7	Chef Andrew Zimmern showcases two distinct preparations of fresh-caught striped bass that celebrate summer's bounty.	USA	English-100	2024	RPT	G		
26/01/2026	500	Cooking	Andrew Zimmern's Wild Game Kitchen	Duck	4	8	In this episode of Wild Game Kitchen, Andrew Zimmern transforms wild duck into two dishes that showcase the versatility of this delicious game bird.	USA	English-100	2024	RPT	G		
26/01/2026	530	Travel	A New Zealand Food Story	Wairarapa	3	5	Ben meets a gin maker, an Italian chacoutier and celebrates a wine maker committed to the principles of sustainable farming. Ben milks sheep and learns how next generation farmers are diversifying their business.	NEW ZEALAND	English-100	2023	RPT	PG		
26/01/2026	600	Travel	Food Trail South Africa	Wild Kwa-Zulu Natal	2	3	The wild northeast coast of South Africa is like nothing you've seen. And it's here Warren will find himself romanced by empty beaches, rugged open oceans, and waterways filled with wild hippopotamus.	AUSTRALIA	English-100	2023	RPT	PG		Y
26/01/2026	630	Travel	Cheese: Searching For A Taste Of Place	France	1	6	When it comes to cheese, the world has some catching up to do to match the French. Cheese in France is a national treasure, and, yes, they do have more cheese shops than McDonalds stores.	AUSTRALIA	English-100	2024	RPT	G		Y
26/01/2026	730	Travel	Gordon Ramsay: Uncharted	Croatia's Coastal Adventure	3	4	Chef Ramsay explores the untouched peninsula of Istria, Croatia for ingredients that rival the best of Italy in their world-class quality. He fights for oxygen freediving for local mollusks, risks his pride fishing for rare cuttlefish and chases after goats for cheese and donkeys for milk.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y
26/01/2026	825	Cooking	Please Eat Slowly Bitesize	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G		
26/01/2026	830	Cooking	Marcus Wareing's Kitchen Garden Tales	Rewilding	2	7	Marcus has noticed more and more deer on his land and wants to learn what he should be doing to manage them. He goes to Knepp Estate to meet Charlie and Issy who have turned over their 3500-acre farm.	UNITED KINGDOM	English-100	2022	RPT	G		

26/01/2026	900	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 6	1	6	Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home. He then turns his attention to a Middle Eastern classic, the smokey, spiced lamb Kofta.	AUSTRALIA	English-100	2022	RPT	G	Y
26/01/2026	930	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 13	2	13	On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story.	UNITED KINGDOM	English-100	2022	RPT	PG	a w
26/01/2026	1000	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 14	2	14	In the town of Looe, Rick discovers a time when the Cornish were taken as slaves by Barbary Pirates. He joins one of the last fishing boats in St Mawes and uses the catch of Lemon Sole to make a delicious warm salad. In Newlyn he meets with two entrepreneur chefs who are cooking mackerel to perfection.	UNITED KINGDOM	English-100	2022	RPT	PG	a w
26/01/2026	1030	Travel	Mind Of A Chef	Noodle	1	1	Chang makes instant ramen dishes and tsukemen and takes a trip to Japan to visit a noodle factory.	USA	English-100	2012	RPT	PG	Y
26/01/2026	1100	Cooking	Deliciously Twisted Classics	Twistin' Childhood Classics	1	2	Everyone has a childhood favorite food, including the top chefs in the country, but some chefs are adding unique twists to these classic dishes to make them into foods adults would love.	USA	English-100	2023	RPT	PG	
26/01/2026	1130	Cooking	Andrew Zimmern's Wild Game Kitchen	Striped Bass	4	7	Chef Andrew Zimmern showcases two distinct preparations of fresh-caught striped bass that celebrate summer's bounty.	USA	English-100	2024	RPT	G	
26/01/2026	1200	Cooking	Andrew Zimmern's Wild Game Kitchen	Duck	4	8	In this episode of Wild Game Kitchen, Andrew Zimmern transforms wild duck into two dishes that showcase the versatility of this delicious game bird.	USA	English-100	2024	RPT	G	
26/01/2026	1230	Food Lifestyle	Andi Oliver's Fabulous Feasts	Merthyr Tydfil	1	6	Former Mr Gay Wales, Paul calls on Andi to help make Merthyr Tydfil's first Pride a roaring success. Can Andi bring more joy to this momentous event by creating a flamboyant feast?	UNITED KINGDOM	English-100	2024	RPT	G	
26/01/2026	1335	Travel	Tareq Taylor's Nordic Cookery	Fyn	3	2	Tareq visits Fyn, the fairy tale capital of the world. Famous as the birth place of Hans Christian Andersen, Fyn is also known as the garden of Denmark.	SWEDEN	English-100	2015	RPT	PG	a w
26/01/2026	1405	Food Lifestyle	My Greatest Dishes	Michael Caines	1	19	Michael Caines is one of Britain's most distinguished chefs. Despite great hardships, he proved his worth. Dishes include: Apple tart, braised turbot, beef with red wine sauce, and a potsticker soufflé.	UNITED KINGDOM	English-100	2019	RPT	G	
26/01/2026	1430	Cooking	Kirol Kitchen	Elijah Prewitt: Asian Style Crayfish With Green Pawpaw Salad	2	8	Elijah's cooking influence comes from living in Broome and growing up with many of his mates, eating whatever was caught from the ocean and the islands.	AUSTRALIA	English-100	2014	RPT	G	Y
26/01/2026	1500	Cooking	My Market Kitchen	Episode 51	8	51	Laura sources the highest-quality mushrooms as she assembles a dish of Miso and Honey Mushrooms to share with the Mushroom Man himself Marco.	AUSTRALIA	English-100	2023		PG	
26/01/2026	1530	Cooking	Wild Kitchen With Clayton Donovan	Episode 1	1	1	This episode is set in the heart of Gumbaynggirr country where Clayton travels up the Nambucca River to find out what goes into growing some of the country's freshest oysters.	AUSTRALIA	English-100	2014	RPT	G	
26/01/2026	1600	Cooking	Wild Kitchen With Clayton Donovan	Episode 2	1	2	Clayton heads out to sea in Bunjalung country and becomes the boat's good luck charm when they pull in one of the best spanner crab catches to date.	AUSTRALIA	English-100	2014	RPT	PG	
26/01/2026	1630	Cooking	Wild Kitchen With Clayton Donovan	Episode 3	1	3	At the top of Mount Yariabinni, Clayton finds out about totems and their significance to Aboriginal cultures.	AUSTRALIA	English-100	2014	RPT	PG	a w
26/01/2026	1700	Travel	The Cook Up With Adam Liaw	Tropical Traditions	8	51	Captivating comedian Jay Wymarra and bestselling author Samantha Martin-ASA Bush Tulka Woman join NAOOC Week host Normie Bero to share their tasty tropical traditions.	AUSTRALIA	English-Slt, Meriam Me-1; Torres Strait Creole-1	2025	RPT	G	Y Y

26/01/2026	1730	Travel	The Cook Up With Adam Liaw	With A Cuppa	8	52	Bushfood legend Rayleen Brown and stand-up sensation Andy Saunders join host Norrie Bero for a NAIDOC Week afternoon tea celebration.	AUSTRALIA	English-100	2025	RPT	G	Y	
26/01/2026	1800	Travel	The Cook Up With Adam Liaw	One Pan	8	53	Host Norrie Bero returns to celebrate NAIDOC Week with chef Chris Jordan, journalist Rae Johnston and a big night of one pan cooking.	AUSTRALIA	English-100	2025	RPT	G	Y	
26/01/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 1	4	1	Justine jumps back into things with some beautiful ricotta dumplings and some delicious herb and shallot crepes while Leta Berry comes in to show you her zucchini chocolate chip mini-muffins.	AUSTRALIA	English-100	2014	RPT	G		
26/01/2026	1900	Food Lifestyle	The Cook Up With Adam Liaw	Beach Dinner	5	6	NAIDOC Week host Norrie Bero is joined by presenter Matty Mills and visual artist Gail Mabro to make memorable beach dinners.	AUSTRALIA	English-100	2023	RPT	G	Y	Y
26/01/2026	1930	Cooking	Donal's Family Kitchen	Sunday Night Comfort	1	6	The Sunday slump can be a struggle, whether it's been an exhausting weekend or you're not sure what the week ahead holds, these recipes are the ultimate comforting meals for nights like these.	UNITED KINGDOM	English-100	2021		G		
26/01/2026	2000	Cooking	Hot Dish With Franco	Easy Entertaining	1	4	Franco Noriega makes a quick and easy weeknight meal full of flavor that's perfect for entertaining.	USA	English-70; Spanish-30	2023		PG		
26/01/2026	2030	Food Lifestyle	River Cottage Everyday	Fish	1	2	Hugh takes on the challenge of converting a house full of student girls to the delights of fresh fish with dishes ranging from marvellous mussels to tempting Thai fish curries.	UNITED KINGDOM	English-100	2010		PG		
26/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Heartland	6	12	Tony sets out to the American Heartland to find the unsung heroes of the food scene—chefs who are fighting the good fight in cities all over America, creating heroic food that could compete with New York's finest.	USA	English-100	2010	RPT	PG		Y
26/01/2026	2225	Travel	Destination Flavour China Bitesize	Longing Prawns	1	5	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
26/01/2026	2230	Food Lifestyle	The Cook Up With Adam Liaw	Beach Dinner	5	6	NAIDOC Week host Norrie Bero is joined by presenter Matty Mills and visual artist Gail Mabro to make memorable beach dinners.	AUSTRALIA	English-100	2023	RPT	G	Y	Y
26/01/2026	2300	Cooking	The Cook And The Chef	Party Time	2	38	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time, and how to prepare some dishes with the help of some shop-bought bases and toppings.	AUSTRALIA	English-100	2007	RPT	G		
26/01/2026	2330	Food Lifestyle	Cheese Slices	Sweden - Jamtland Cheese	7	6	Will travels to the beautiful Jamtland region in central of Sweden to learn about traditional cave ripened goats milk cheese, and an ancient way of preserving long milk. Here he discovers the world's most expensive cheese made from moose milk, before heading into the mountains to visit the Myhrbodarna Dairy and chef Magnus Nilsson at Fäkälen.	AUSTRALIA	English-100	2014	RPT	G		
26/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Fyn	3	2	Tareq visits Fyn, the fairy tale capital of the world. Famous as the birth place of Hans Christian Andersen, Fyn is also known as the garden of Denmark.	SWEDEN	English-100	2015	RPT	PG	a w	
26/01/2026	2430	Cooking	Donal's Family Kitchen	Sunday Night Comfort	1	6	The Sunday slump can be a struggle, whether it's been an exhausting weekend or you're not sure what the week ahead holds, these recipes are the ultimate comforting meals for nights like these.	UNITED KINGDOM	English-100	2021	RPT	G		
26/01/2026	2500	Cooking	Hot Dish With Franco	Easy Entertaining	1	4	Franco Noriega makes a quick and easy weeknight meal full of flavor that's perfect for entertaining.	USA	English-70; Spanish-30	2023	RPT	PG		
26/01/2026	2530	Food Lifestyle	River Cottage Everyday	Fish	1	2	Hugh takes on the challenge of converting a house full of student girls to the delights of fresh fish with dishes ranging from marvellous mussels to tempting Thai fish curries.	UNITED KINGDOM	English-100	2010	RPT	PG		

26/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Heartland	6	12	Tony sets out to the American Heartland to find the unsung heroes of the food scene—chefs who are fighting the good fight in cities all over America, creating heroic food that could compete with New York's finest.	USA	English-100	2010	RPT	PG			Y
26/01/2026	2725	Travel	Destination Flavour China Bitesize	Longing Prawns	1	5	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
26/01/2026	2730	Food Lifestyle	The Cook Up With Adam Liaw	Beach Dinner	5	6	NAIDOC Week host Norrie Bero is joined by presenter Matty Mills and visual artist Gail Mabro to make memorable beach dinners.	AUSTRALIA	English-100	2023	RPT	G		Y	Y
26/01/2026	2800	Cooking	The Cook And The Chef	Party Time	2	38	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time, and how to prepare some dishes with the help of some shop-bought bases and toppings.	AUSTRALIA	English-100	2007	RPT	G			
26/01/2026	2830	Food Lifestyle	Cheese Slices	Sweden - Jamtland Cheese	7	6	Will travels to the beautiful Jamtland region in central of Sweden to learn about traditional cave ripened goats milk cheese, and an ancient way of preserving long milk. Here he discovers the world's most expensive cheese made from moose milk, before heading into the mountains to visit the Myhrbodarna Dairy and chef Magnus Nilsson at Fäcken.	AUSTRALIA	English-100	2014	RPT	G			
27/01/2026	500	Food Lifestyle	My Greatest Dishes	Michael Caines	1	19	Michael Caines is one of Britain's most distinguished chefs. Despite great hardships, he proved his worth. Dishes include: Apple tart, braised turbot, beef with red wine sauce, and a pistachio soufflé.	UNITED KINGDOM	English-100	2019	RPT	G			
27/01/2026	530	Food Lifestyle	Andi Oliver's Fabulous Feasts	Merthyr Tydfil	1	6	Former Mr Gay Wales, Paul calls on Andi to help make Merthyr Tydfil's first Pride a roaring success. Can Andi bring more joy to this momentous event by creating a flamboyant feast?	UNITED KINGDOM	English-100	2024	RPT	G			
27/01/2026	630	Cooking	Kisiel Kitchen	Elijah Prewitt: Asian Style Crayfish With Green Pampaw Salad	2	8	Elijah's cooking influence comes from living in Broome and growing up with many of his mates, eating whatever was caught from the ocean and the islands.	AUSTRALIA	English-100	2014	RPT	G		Y	
27/01/2026	700	Cooking	My Market Kitchen	Episode 51	8	51	Laura sources the highest-quality mushrooms as she assembles a dish of Miso and Honey Mushrooms to share with the Mushroom Man himself Marco.	AUSTRALIA	English-100	2023	RPT	PG			
27/01/2026	730	Cooking	Wild Kitchen With Clayton Donovan	Episode 1	1	1	This episode is set in the heart of Gumbaynggirr country where Clayton travels up the Nambucca River to find out what goes into growing some of the country's freshest oysters.	AUSTRALIA	English-100	2014	RPT	G			
27/01/2026	800	Cooking	Wild Kitchen With Clayton Donovan	Episode 2	1	2	Clayton heads out to sea in Bunjalung country and becomes the boat's good luck charm when they pull in one of the best spanner crab catches to date.	AUSTRALIA	English-100	2014	RPT	PG			
27/01/2026	830	Cooking	Wild Kitchen With Clayton Donovan	Episode 3	1	3	At the top of Mount Yarrabinni, Clayton finds out about totems and their significance to Aboriginal cultures.	AUSTRALIA	English-100	2014	RPT	PG	a w		
27/01/2026	900	Travel	The Cook Up With Adam Liaw	Tropical Traditions	8	51	Captivating comedian Jay Wymarra and bestselling author Samantha Martin AKA Bush Tuukka Woman join NAIDOC Week host Norrie Bero to share their tasty tropical traditions.	AUSTRALIA	English-98; Meriam Mir-1; Torres Strait Creole-1	2025	RPT	G		Y	Y
27/01/2026	930	Travel	The Cook Up With Adam Liaw	With A Cuppa	8	52	Bushhood legend Rayleen Brown and stand-up sensation Andy Saunders join host Norrie Bero for a NAIDOC Week afternoon tea celebration.	AUSTRALIA	English-100	2025	RPT	G		Y	
27/01/2026	1000	Travel	The Cook Up With Adam Liaw	One Pan	8	53	Host Norrie Bero returns to celebrate NAIDOC Week with chef Chris Jordan, journalist Rae Johnston and a big night of one pan cooking.	AUSTRALIA	English-100	2025	RPT	G		Y	
27/01/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 1	4	1	Justine jumps back into things with some beautiful ricotta dumplings and some delicious herb and shallot crepes while Lola Berry comes in to show you her zucchini chocolate chip mini-muffins.	AUSTRALIA	English-100	2014	RPT	G			

27/01/2026	1100	Food Lifestyle	The Cook Up With Adam Liaw	Beach Dinner	5	6	NAIDOC Week host Norrie Bero is joined by presenter Matty Mills and visual artist Gail Mabso to make memorable beach dinners.	AUSTRALIA	English-100	2023	RPT	G	Y	Y
27/01/2026	1130	Food Lifestyle	River Cottage Everyday	Fish	1	2	Hugh takes on the challenge of converting a house full of student girls to the delights of fresh fish with dishes ranging from marvellous mussels to tempting Thai fish curries.	UNITED KINGDOM	English-100	2010	RPT	PG		
27/01/2026	1230	Food Lifestyle	Andi Oliver's Fabulous Feasts	Burnley	1	7	Andi's in Burnley superizing a cricket match between members of local Mosques & Clergy. Will her bid to create the ultimate cricket tea, & add razmatazz, be stumped by a storm?	UNITED KINGDOM	English-100	2024	RPT	G		
27/01/2026	1335	Travel	Tamq Taylor's Nordic Cookery	Hoga Kusten	3	3	Created thousands of years ago, the High Coast in the northern part of Sweden is the highest coast in the world.	SWEDEN	English-100	2015	RPT	PG		
27/01/2026	1405	Food Lifestyle	My Greatest Dishes	Tommi Miers	1	20	In 2005, Thomasina Miers was crowned MasterChef champion and launched her career. Her four greatest: Paris breast with praline, chicken hazelnut ravioli, sweet potato taquito, lamb shoulder.	UNITED KINGDOM	English-100	2019	RPT	G		
27/01/2026	1435	Cooking	Krisol Kitchen	Cauline & Bubba Masuda: Black Bean Fish With Cabbage & Sesami	2	9	Drawing on their father's Japanese and mother's Bard heritage, Bubba prepare two dishes that have us going back down memory lane of our childhoods.	AUSTRALIA	English-100	2014	RPT	G	Y	Y
27/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Meredith & Dan's Family Fix	2025	5	Meredith juggles two kids, gluten-free cooking & full-time mum life while Dan works 70+ hours for the LA Rams. With no space, scattered supplies & growing stress. She asks Ellen for a calm kitchen.	USA	English-100	2025	RPT	PG		
27/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Chinatown, Sydney	4	4	Hayden explores Chinatown with the one and only Reynold Poer, who shares a classic wonton noodle soup recipe with Hayden which they cook together in front of the Chinese Garden of Friendship.	AUSTRALIA	English-100	2021	RPT	G		
27/01/2026	1600	Cooking	Lidia's Kitchen	Northern Italian Comforts	6	8	Comfort food is loved in America, and today, Lidia shares comfort foods Italians love to make. Beef and potato goulash with sweet Hungarian paprika, country salad, and hazelnut parfait.	USA	English-100	2019	RPT	G		
27/01/2026	1630	Cooking	My Market Kitchen	Episode 52	8	52	Laura has your next cheese night sorted with Whipped Brie, Honey and Almond at the Adelaide Central Markets. MasterChef contestant Connor Curran makes a delicious Greek soup.	AUSTRALIA	English-100	2023		PG		
27/01/2026	1700	Cooking	Marcus In The Med: Mallorca	Fiesta Food	1	6	Marcus is discovering what Mallorcans like to feast on for a special occasion. He discovers some amazing cakes at a traditional bakery in Palma, then makes his own version of the local favourite, almond cake.	UNITED KINGDOM	English-100	2024	RPT	G		
27/01/2026	1730	Cooking	Rachael Ray's Meals In Minutes	BBQ Salmon Dish	2	6	Rachael makes a smoky, Asian-inspired barbecue sauce to slather over Sockeye Salmon cooked with crispy breadcrumbs and green onions, served with white Basmati rice.	USA	English-100	2024		PG		
27/01/2026	1800	Cooking	Jamie At Home	Leeks	2	2	Leeks are not only a beautiful plant - they're a versatile asset in the kitchen. Jamie makes delicious pappardelle with slow-roasted leeks and a clever concertina squid with grilled leeks.	UNITED KINGDOM	English-100	2008	RPT	G		
27/01/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 2	4	2	Today Justine whips up her grilled zaganaki and sweet potato salad and then shares a classic beef ravioli recipe.	AUSTRALIA	English-100	2014	RPT	G		
27/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Springtime Feast, The	7	55	It's Easy Entertaining and a springtime feast as Adam is joined in the kitchen by fitness legend Michelle Bridges and chef Wesley Cooper Jones.	AUSTRALIA	English-100	2024	RPT	G	Y	
27/01/2026	1930	Cooking	Silvia's Italian Masterclass	Easy Meals & Hacks	1	7	Running low on time or ingredients? In this episode, Silvia shows you how to save time in the kitchen, while still executing recipes so good they'll be impossible to resist.	AUSTRALIA	English-100	2024	RPT	G		
27/01/2026	2000	Cooking	The Big Irish Food Tour	County Tipperary With Una Healy	1	14	Anna travels inland to the agricultural powerhouse of Ireland, Tipperary. Once the home of ancient Kings, Anna's guide to this county is proud local and pop sensation Una Healy.	UNITED KINGDOM	English-100	2024	RPT	G		

27/01/2026	2030	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 3	1	3	In this episode Hotel Chocolat moves into the world of cakes and pastries as they launch their first ever in-store bakery.	UNITED KINGDOM	English-100	2025		PG			
27/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Madrid	6	13	In this chapter of No Reservations, Tony takes a trip during the World Cup to Madrid-a city he describes as the political, geographical and cultural center of Spain, and a melting pot of people and foods from all over the country.	USA	English-100	2010	RPT	PG	d		Y
27/01/2026	2225	Cooking	Destination Flavour China Bitesize	Yangzhou Fried Rice	1	6	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
27/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Springtime Feast, The	7	55	It's Easy Entertaining and a springtime feast as Adam is joined in the kitchen by fitness legend Michelle Bridges and chef Wesley Cooper Jones.	AUSTRALIA	English-100	2024	RPT	G		Y	
27/01/2026	2300	Cooking	The Cook And The Chef	Some Favourites From The Year	2	39	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100	2007	RPT	G			
27/01/2026	2330	Food Lifestyle	Cheese Slices	USA - New Farmstead Producers Of Washington State	7	7	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market. After a lesson in how to make the world's best 'mac and cheese', Will heads inland to meet some of the state's new farmstead cheese makers.	AUSTRALIA	English-100	2014	RPT	G			
27/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Hoga Kusten	3	3	Created thousands of years ago, the High Coast in the northern part of Sweden is the highest coast in the world.	SWEDEN	English-100	2015	RPT	PG			
27/01/2026	2430	Cooking	Silvia's Italian Masterclass	Easy Meals & Hacks	1	7	Running low on time or ingredients? In this episode, Silvia shows you how to save time in the kitchen, while still executing recipes so good they'll be impossible to resist.	AUSTRALIA	English-100	2024	RPT	G			
27/01/2026	2500	Cooking	The Big Irish Food Tour	County Tipperary With Una Healy	1	14	Anna travels inland to the agricultural powerhouse of Ireland, Tipperary. Once the home of ancient Kings, Anna's guide to this county is proud local and pop sensation Una Healy.	UNITED KINGDOM	English-100	2024	RPT	G			
27/01/2026	2530	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 3	1	3	In this episode Hotel Chocolat moves into the world of cakes and pastries as they launch their first ever in-store bakery.	UNITED KINGDOM	English-100	2025	RPT	PG			
27/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Madrid	6	13	In this chapter of No Reservations, Tony takes a trip during the World Cup to Madrid-a city he describes as the political, geographical and cultural center of Spain, and a melting pot of people and foods from all over the country.	USA	English-100	2010	RPT	PG	d		Y
27/01/2026	2725	Cooking	Destination Flavour China Bitesize	Yangzhou Fried Rice	1	6	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
27/01/2026	2730	Cooking	The Cook Up With Adam Liaw	Springtime Feast, The	7	55	It's Easy Entertaining and a springtime feast as Adam is joined in the kitchen by fitness legend Michelle Bridges and chef Wesley Cooper Jones.	AUSTRALIA	English-100	2024	RPT	G		Y	
27/01/2026	2800	Cooking	The Cook And The Chef	Some Favourites From The Year	2	39	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100	2007	RPT	G			
27/01/2026	2830	Food Lifestyle	Cheese Slices	USA - New Farmstead Producers Of Washington State	7	7	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market. After a lesson in how to make the world's best 'mac and cheese', Will heads inland to meet some of the state's new farmstead cheese makers.	AUSTRALIA	English-100	2014	RPT	G			
28/01/2026	500	Food Lifestyle	My Greatest Dishes	Tommi Miers	1	20	In 2005, Thomasina Miers was crowned MasterChef champion and launched her career. Her four greatest: Paris brest with praline, chicken hazelnut ravioli, sweet potato taquito, lamb shoulder.	UNITED KINGDOM	English-100	2019	RPT	G			



28/01/2026	530	Food Lifestyle	Andi Oliver's Fabulous Feasts	Burnley	1	7	Andi's in Burnley supersizing a cricket match between members of local Mosques & Clergy. Will her bid to create the ultimate cricket tea, & add razmatazz, be stamped by a storm?	UNITED KINGDOM	English-100	2024	RPT	G		
28/01/2026	635	Cooking	Kriel Kitchen	Cauline & Bubbie Masurds: Black Bean Fish With Cabbage & Sesame	2	9	Drawing on their father's Japanese and mother's Bard heritage, Bubbie prepare two dishes that have us going back down memory lane of our childhoods.	AUSTRALIA	English-100	2014	RPT	G	Y	Y
28/01/2026	700	Food Lifestyle	Kitchen Glow Up	Meredith & Dan's Family Fix	2025	5	Meredith juggles two kids, gluten-free cooking & full-time mom life while Dan works 70+ hours for the LA Rams. With no space, scattered supplies & growing stress. She asks Ellen for a calm kitchen.	USA	English-100	2025	RPT	PG		
28/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Chinatown, Sydney	4	4	Hayden explores Chinatown with the one and only Reynold Poon, who shares a classic wonton noodle soup recipe with Hayden which they cook together in front of the Chinese Garden of Friendship.	AUSTRALIA	English-100	2021	RPT	G		
28/01/2026	800	Cooking	Lidia's Kitchen	Northern Italian Comforts	6	8	Comfort food is loved in America, and today, Lidia shares comfort foods Italians love to make. Beef and potato goulash with sweet Hungarian paprika, country salad, and hazelnut parfait.	USA	English-100	2019	RPT	G		
28/01/2026	830	Cooking	My Market Kitchen	Episode 52	8	52	Laura has your next cheese night sorted with Whipped Brie, Honey and Almond at the Adelaide Central Markets. MasterChef contestant Conor Curran makes a delicious Greek soup.	AUSTRALIA	English-100	2023	RPT	PG		
28/01/2026	900	Cooking	Marcus In The Med: Mallorca	Fiesta Food	1	6	Marcus is discovering what Mallorcans like to feast on for a special occasion. He discovers some amazing cakes at a traditional bakery in Palma, then makes his own version of the local favourite, almond cake.	UNITED KINGDOM	English-100	2024	RPT	G		
28/01/2026	930	Cooking	Rachael Ray's Meals In Minutes	Blq Salmon Dish	2	6	Rachael makes a smoky, Asian-inspired barbecue sauce to slather over Sockeye Salmon cooked with crispy breadcrumbs and green onions, served with white Basmati rice.	USA	English-100	2024	RPT	PG		
28/01/2026	1000	Cooking	Jamie At Home	Leeks	2	2	Leeks are not only a beautiful plant - they're a versatile asset in the kitchen. Jamie makes delicious pappardelle with slow-roasted leeks and a clever concertina squid with grilled leeks.	UNITED KINGDOM	English-100	2008	RPT	G		
28/01/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 2	4	2	Today Justine whips up her grilled saganaki and sweet potato salad and then shares a classic beef ravioli recipe.	AUSTRALIA	English-100	2014	RPT	G		
28/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Springtime Feast, The	7	55	It's Easy Entertaining and a springtime feast as Adam is joined in the kitchen by fitness legend Michelle Bridges and chef Wesley Cooper Jones.	AUSTRALIA	English-100	2024	RPT	G	Y	
28/01/2026	1130	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 3	1	3	In this episode Hotel Chocolat moves into the world of cakes and pastries as they launch their first ever in-store bakery.	UNITED KINGDOM	English-100	2025	RPT	PG		
28/01/2026	1230	Food Lifestyle	Andi Oliver's Fabulous Feasts	Trellick	1	8	In her old neighbourhood of Notting Hill, Andi revisits her past with daughter Miquita, to make her most fabulous feast yet, celebrating the incredible work of the community.	UNITED KINGDOM	English-100	2024	RPT	G		
28/01/2026	1335	Travel	Tareq Taylor's Nordic Cookery	North Denmark	3	4	North Jutland has a rich and fascinating culinary history. The unique conditions have created equally unique products.	SWEDEN	English-100	2015	RPT	PG	a w	
28/01/2026	1405	Food Lifestyle	Field To Feast	Roma Tomatoes	1	1	Thank 'The Fruit Nerd' Truong takes a deep dive into Australian tomatoes, more specifically Roma tomatoes, and enjoys a traditional Italian feast whilst making home-made passata and gnocchi.	AUSTRALIA	English-100	2023	RPT	G		

28/01/2026	1435	Cooking	Knot Kitchen	Al & Mitch Torres: Bami (Goan) Caesar Salad & PAN Fried Damper	2	10	Al and Mitch take the bush goanna and give it a dressing up in this recipe of the traditional Caesar Salad, replacing the chicken and eggs with chunky pieces of Bami and served with damper.	AUSTRALIA	English-100	2014	RPT	G	Y		
28/01/2026	1500	Food Lifestyle	Kitchen Glow Up	Designing Joy	2025	6	Noelle, a designer at Hedley & Bennett & her husband Tim love to cook-but their small kitchen has killed the joy. With awkward cabinets, lost appliances & no counter space they need Ellen to bring order & fun back to their family's favorite room.	USA	English-100	2025	RPT	PG			
28/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Everleigh, Sydney	4	5	Hayden is in historic Everleigh this week and he's going to be smashing some molten metal to make his own knife with blacksmith Matt Newburn. Plus he's checking out a roof-top Australian native garden designed by Clarence Stocker, sampling some zero-waste cocktails at and to finish off strong, Hayden's cooking smoking-hot wings to feed his new friends. Classic stuff.	AUSTRALIA	English-100	2021	RPT	G			
28/01/2026	1600	Cooking	Lida's Kitchen	An Easy Holiday	6	9	Lida makes stress-free dishes: marinated mushrooms that can be part of an antipasto spread or as a nibble with drinks, vin brule (an Italian version of mulled wine), and turkey breast with apricots.	USA	English-100	2019	RPT	PG			
28/01/2026	1630	Cooking	My Market Kitchen	Episode 53	8	53	Laura brings a bit of Sicily to the Barossa Valley by making her Sicilian Apple Cake, before Desi Madafferi prepares the popular Greek dessert Ravgan.	AUSTRALIA	English-100	2023		PG			
28/01/2026	1700	Cooking	Marcus In The Med: Mallorca	Med Light Bites	1	7	Marcus is in search of the ultimate light bites and heads to Port de Soller on Mallorca's west coast, to try their famous Soller prawns.	UNITED KINGDOM	English-100	2024	RPT	G			
28/01/2026	1730	Cooking	Rachael Ray's Meals in Minutes	Greek Meatballs And Spaghetti With Feta Sauce	2	7	Rachael is taking us on a Grecian adventure from her kitchen with this recipe for Greek-style lamb meatballs and her very own creation, feta-spaghetti, a spaghetti dish served with a white feta sauce.	USA	English-100	2024		PG			
28/01/2026	1800	Cooking	Jamie At Home	Winter Veg	2	3	It may be November but the garden is still offering up some beautiful winter veg. Jamie explores what the garden has proffered and takes his finds to the kitchen to make a seasonal winter veg coleslaw. More of the fabulous veg gets used for the best bubble & squeak.	UNITED KINGDOM	English-100	2008	RPT	PG	I		
28/01/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 3	4	3	Daniel Wilson visits the everyday gourmet kitchen to make his iconic Hartsburger. Justine makes her fricassee of chicken in cider and finishes up with a delicious thyme panna cotta.	AUSTRALIA	English-100	2014	RPT	PG			
28/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Mediterranean Made Easy	7	56	Forget booking a flight, head to the Med with these recipes from Adam, gluten-free cookbook author Helen Zouganatos and showman Rob Mills instead!	AUSTRALIA	English-100	2024	RPT	G	Y		
28/01/2026	1930	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	6	Food stylists add a lot to the looks of the food, and Sara meets Eda Ildam who takes her to see the styling of some beautiful cakes. She then goes to Mea Zee - a hub for aspiring Turkish artists and designers.	TURKEY	English-50; Turkish-50	2018	RPT	G			
28/01/2026	2000	Cooking	Global Soul Kitchen	Meatloaf Wellington With Sorghum Mustard	1	7	Chef Deborah VanTrece cooks a dish inspired by American meatloaf, blending the recipe with an English-style Wellington.	USA	English-100	2025		G			
28/01/2026	2030	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 2	1	2	The second 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		PG			
28/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Liberia	6	14	Tony heads back to Africa to visit Liberia - the first independent nation in Africa settled by newly-freed American slaves in 1847. Over a sampling of the nation's traditional culinary offerings, Tony meets with many of the locals to hear stories about their lives in Africa and of Liberia's readiness to move on from its troubling past.	USA	English-100	2010	RPT	M	a	Y	
28/01/2026	2225	Cooking	Destination Flavour China Bitesize	Lion Head Meatballs	1	7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG	a w	Y	Y
28/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Mediterranean Made Easy	7	56	Forget booking a flight, head to the Med with these recipes from Adam, gluten-free cookbook author Helen Zouganatos and showman Rob Mills instead!	AUSTRALIA	English-100	2024	RPT	G	Y		
28/01/2026	2300	Cooking	The Cook And The Chef	Raspberries And Barramundi	3	1	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a tall-proof sponge while Simon works magic with a raspberry, lamb, and pea combination.	AUSTRALIA	English-100	2008	RPT	G			

28/01/2026	2330	Food Lifestyle	Cheese Slices	New Zealand	7	8	New Zealand produces more than 30 percent of the world's traded commodity dairy products and the giant cooperative system will not pick up milk from farms with less than 50 cows. But in the past two decades, Dutch migrant cheese makers have introduced a range of new artisan cheese types. After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of this new movement, and learns about their battle for the right to make cheese from raw milk.	AUSTRALIA	English-100	2014	RPT	G				
28/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	North Denmark	3	4	North Jutland has a rich and fascinating culinary history. The unique conditions have created equally unique products.	SWEDEN	English-100	2015	RPT	PG		a w		
28/01/2026	2430	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	6	Food stylists add a lot to the looks of the food, and Sara meets Eda Ildam who takes her to see the styling of some beautiful cakes. She then goes to Mavi Zey - a hub for aspiring Turkish artists and designers.	TURKEY	English-50; Turkish-50	2018	RPT	G				
28/01/2026	2500	Cooking	Global Soul Kitchen	Meatloaf Wellington With Sorghum Mustard	1	7	Chef Deborah VanFrece cooks a dish inspired by American meatloaf, blending the recipe with an English-style Wellington.	USA	English-100	2025	RPT	G				
28/01/2026	2530	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 2	1	2	The second 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	PG				
28/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Liberia	6	14	Tony heads back to Africa to visit Liberia - the first independent nation in Africa settled by newly freed American slaves in 1847. Over a sampling of the nation's traditional culinary offerings, Tony meets with many of the locals to hear stories about their lives in Africa and of Liberia's readiness to move on from its troubling past.	USA	English-100	2010	RPT	M	a			Y
28/01/2026	2725	Cooking	Destination Flavour China Bitesize	Lion Head Meatballs	1	7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG		a w	Y	Y
28/01/2026	2730	Cooking	The Cook Up With Adam Liaw	Mediterranean Made Easy	7	56	Forget booking a flight, head to the Med with these recipes from Adam, gluten-free cookbook author Helen Tzouganatos and showman Rob Mills instead!	AUSTRALIA	English-100	2024	RPT	G			Y	
28/01/2026	2800	Cooking	The Cook And The Chef	Raspberries And Barramundi	3	1	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a foil-proof sponge while Simon works magic with a raspberry, lamb, and pea combination.	AUSTRALIA	English-100	2008	RPT	G				
28/01/2026	2830	Food Lifestyle	Cheese Slices	New Zealand	7	8	New Zealand produces more than 30 percent of the world's traded commodity dairy products and the giant cooperative system will not pick up milk from farms with less than 50 cows. But in the past two decades, Dutch migrant cheese makers have introduced a range of new artisan cheese types. After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of this new movement, and learns about their battle for the right to make cheese from raw milk.	AUSTRALIA	English-100	2014	RPT	G				
29/01/2026	500	Food Lifestyle	Field To Feast	Roma Tomatoes	1	1	Thank 'The Fruit Nerd' Truong takes a deep dive into Australian tomatoes, more specifically Roma tomatoes, and enjoys a traditional Italian feast whilst making home-made passata and gnocchi.	AUSTRALIA	English-100	2023	RPT	G				
29/01/2026	530	Food Lifestyle	Andi Oliver's Fabulous Feasts	Trelick	1	8	In her old neighbourhood of Notting Hill, Andi revisits her past with daughter Miquita, to make her most fabulous feast yet, celebrating the incredible work of the community.	UNITED KINGDOM	English-100	2024	RPT	G				
29/01/2026	635	Cooking	Kiriol Kitchen	Ali & Mitch Torres: Bami (Goanna) Caesar Salad & PAN Fried Damper	2	10	Ali and Mitch take the bush goanna and give it a dressing up in this recipe of the traditional Caesar Salad, replacing the chicken and eggs with chunky pieces of Bami and served with damper.	AUSTRALIA	English-100	2014	RPT	G			Y	
29/01/2026	700	Food Lifestyle	Kitchen Glow Up	Designing Joy	2025	6	Noelle, a designer at Hedley & Bennett & her husband Tim love to cook but their small kitchen has killed the joy. With awkward cabinets, lost appliances & no counter space they need Ellen to bring order & fun back to their family's favorite room.	USA	English-100	2025	RPT	PG				
29/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Eveleigh, Sydney	4	5	Hayden is in historic Eveleigh this week and he's going to be smashing some molten metal to make his own knife with blacksmith Matt Mewburn. Plus he's checking out a roof-top Australian native garden designed by Clarence Slocock, sampling some zero-waste cocktails at and to finish off strong, Hayden's cooking smoking-hot wings to feed his new friends. Classic stuff.	AUSTRALIA	English-100	2021	RPT	G				
29/01/2026	800	Cooking	Lidia's Kitchen	An Easy Holiday	6	9	Lidia makes stress-free dishes: marinated mushrooms that can be part of an antipasto spread or as a nibble with drinks, vin brule (an Italian version of mulled wine), and turkey breast with apricots.	USA	English-100	2019	RPT	PG				
29/01/2026	830	Cooking	My Market Kitchen	Episode 53	8	53	Laura brings a bit of Sicily to the Barossa Valley by making her Sicilian Apple Cake, before Desi Madafferi prepares the popular Greek dessert Rizogalo.	AUSTRALIA	English-100	2023	RPT	PG				
29/01/2026	900	Cooking	Marcus In The Med: Mallorca	Med Light Bites	1	7	Marcus is in search of the ultimate light bites and heads to Port de Soller on Mallorca's west coast, to try their famous Soller prawns.	UNITED KINGDOM	English-100	2024	RPT	G				

29/01/2026	930	Cooking	Rachael Ray's Meals In Minutes	Greek Meatballs And Spaghetti With Feta Sauce	2	7	Rachael is taking us on a Grecian adventure from her kitchen with this recipe for Greek-style lamb meatballs and her very own creation, feta-sghetti, a spaghetti dish served with a white feta sauce.	USA	English-100	2024	RPT	PG		
29/01/2026	1000	Cooking	Jamie At Home	Winter Veg	2	3	It may be November but the garden is still offering up some beautiful winter veg. Jamie explores what the garden has proffered and takes his finds to the kitchen to make a seasonal winter veg coleslaw. More of the fabulous veg gets used for the best bubble & squeak.	UNITED KINGDOM	English-100	2008	RPT	PG	I	
29/01/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 3	4	3	Daniel Wilson visits the everyday gourmet kitchen to make his iconic Huttaburger. Justine makes her fricassée of chicken in cider and finishes up with a delicious thyme panna cotta.	AUSTRALIA	English-100	2014	RPT	PG		
29/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Mediterranean Made Easy	7	56	Forget booking a flight, head to the Med with these recipes from Adam, gluten-free cookbook author Helen Tsouganatos and showman Rob Mills instead!	AUSTRALIA	English-100	2024	RPT	G	Y	
29/01/2026	1130	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 2	1	2	The second 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	PG		
29/01/2026	1230	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Dijon	5	1	The Halles de Dijon is a huge expanse hosting over 700 stalls in 4 pavilions. Its size matches the sheer variety of specialities coming from the Burgundy region.	FRANCE	English-60; French-40	2024	RPT	G	Y	Y
29/01/2026	1335	Travel	Tareq Taylor's Nordic Cookery	Uppsala	3	5	Situated in the beautiful region of Uppland in the middle of Sweden, Uppsala is the city of knowledge: home to the oldest university in Scandinavia.	SWEDEN	English-100	2015	RPT	G		
29/01/2026	1405	Food Lifestyle	Field To Feast	Persimmons	1	2	Drying persimmons is a Korean culinary method that takes months. Thanh follows the epic journey the persimmon takes from the farm, into a Korean kitchen and onto his plate.	AUSTRALIA	English-100	2023	RPT	PG		
29/01/2026	1435	Cooking	Kriel Kitchen	Patty Mamid: Creamy Chilli Squid & Soybean Seafood Soup	3	1	Patty Mamid shows us how to prepare creamy chilli squid and soybean seafood soup. Drawing on her multicultural heritage, Patty cooks up two dishes of her own making.	AUSTRALIA	English-100	2014	RPT	G	Y	
29/01/2026	1505	Food Lifestyle	Kitchen Glow Up	From Chaos To Calm	2025	7	Gustave & Carissa's dream kitchen has become a nightmare. With bulky gear everywhere, poor storage & broken appliances, cooking is chaos. Can Ellen transform their dysfunctional space into a safe, warm & functional kitchen for their growing family?	USA	English-100	2025	RPT	PG		
29/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Western Sydney	4	6	Hayden explores Western Sydney, starting with a Filipino food exploration alongside the wonderful Luisa Brimble, culminating in a mouth-watering charcoal roasted pig.	AUSTRALIA	English-100	2021	RPT	G		
29/01/2026	1600	Cooking	Lidia's Kitchen	Italian All Stars	6	10	Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, pizza rolls with broccoli rabe and sausage, ricotta, leeks.	USA	English-100	2019	RPT	G		
29/01/2026	1630	Cooking	My Market Kitchen	Episode 54	8	54	In the heart of the historic Adelaide Central Markets, Laura prepares a nostalgic dish- Fried White Bait. Meanwhile, Charlie Carrington cooks a gourmet Japanese Curry.	AUSTRALIA	English-100	2023		PG		
29/01/2026	1700	Cooking	Marcus In The Med: Mallorca	Lazy Breakfasts	1	8	Marcus wants to discover unique Mallorcan breakfasts and he begins his search at Mistrall, the first cafe on the island to roast their own coffee.	UNITED KINGDOM	English-100	2024	RPT	G		
29/01/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Deviled Popcorn Chicken With Fiery Cheese Popcorn	2	8	In this episode Rachael's in party mode and she's firing up popcorn with popcorn chicken and if you like those both super spicy, you're in the right place at the right time.	USA	English-100	2024		PG		
29/01/2026	1800	Cooking	Jamie At Home	Furred Game	2	4	Most people think nothing of eating a chicken but what about a rabbit?	UNITED KINGDOM	English-100	2008	RPT	PG	a s w	
29/01/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 4	4	4	Chef, Scott Pickett joins Justine today to plate up his delightful mango and passion fruit Eton mess. Justine serves up her easy lamb and harissa sausage rolls.	AUSTRALIA	English-100	2014	RPT	G		

29/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Ultimate Family Chicken	7	57	Adam is joined by chef Ruben Lopez Mesa and radio host Megan Burstein. Their mission? Ultimate family chicken!	AUSTRALIA	English-100	2024	RPF	G		Y
29/01/2026	1930	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 5	1	5	Khanh embarks on an epic road trip through Central Gippsland, and learns how to forage for ingredients for a wild salad from locals.	AUSTRALIA	English-100	2022	RPF	PG	a w	Y
29/01/2026	2030	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 5	2	5	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast to Waterford, a town usually renowned for its glass.	UNITED KINGDOM	English-100	2003	RPF	PG		
29/01/2026	2100	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 6	2	6	Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot. But Rick's attention is fixed firmly on the ground where the local new potatoes are free of pollution and full of flavour.	UNITED KINGDOM	English-100	2003	RPF	PG	a w	
29/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Kerala, India	6	15	Tony visits the state of Kerala - a state mostly devoid of the extreme poverty seen elsewhere in India and virtually untouched by Western chains or franchises. There Tony enjoys many of the spicy and flavorful dishes from street food to home-cooked meals and is granted a special visit with Kerala superstar Mammootty on the set of his newest action film.	USA	English-100	2010	RPF	PG		
29/01/2026	2225	Cooking	Destination Flavour China Bitesize	Shanghai Style Wonton Soup	1	8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPF	G		Y
29/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Ultimate Family Chicken	7	57	Adam is joined by chef Ruben Lopez Mesa and radio host Megan Burstein. Their mission? Ultimate family chicken!	AUSTRALIA	English-100	2024	RPF	G		Y
29/01/2026	2300	Cooking	The Cook And The Chef	Fish And Crabs	3	3	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish, while Simon is inspired to try out one of Rick's recipes, a mouth-watering fish paste.	AUSTRALIA	English-100	2008	RPF	G		
29/01/2026	2330	Food Lifestyle	Cheese Slices	Cheddar Cheese Of England	8	1	Will and daughter Ellie visit England's South West, a region famous for producing the world's finest cheddar cheese. They visit Jamie Montgomery, who makes one of England's benchmark cheddars, and has been busy perfecting some very exciting new regional cheeses.	AUSTRALIA	English-100	2016	RPF	G		
29/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	Uppsala	3	5	Situated in the beautiful region of Uppland in the middle of Sweden, Uppsala is the city of knowledge: home to the oldest university in Scandinavia.	SWEDEN	English-100	2015	RPF	G		
29/01/2026	2430	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 5	1	5	Khanh embarks on an epic road trip through Central Gippsland, and learns how to forage for ingredients for a wild salad from locals.	AUSTRALIA	English-100	2022	RPF	PG	a w	Y
29/01/2026	2525	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Aimah 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	RPF	G		
29/01/2026	2530	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 5	2	5	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast to Waterford, a town usually renowned for its glass.	UNITED KINGDOM	English-100	2003	RPF	PG		
29/01/2026	2600	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 6	2	6	Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot. But Rick's attention is fixed firmly on the ground where the local new potatoes are free of pollution and full of flavour.	UNITED KINGDOM	English-100	2003	RPF	PG	a w	
29/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Kerala, India	6	15	Tony visits the state of Kerala - a state mostly devoid of the extreme poverty seen elsewhere in India and virtually untouched by Western chains or franchises. There Tony enjoys many of the spicy and flavorful dishes from street food to home-cooked meals and is granted a special visit with Kerala superstar Mammootty on the set of his newest action film.	USA	English-100	2010	RPF	PG		
29/01/2026	2725	Cooking	Destination Flavour China Bitesize	Shanghai Style Wonton Soup	1	8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPF	G		Y

29/01/2026	2730	Cooking	The Cook Up With Adam Liaw	Ultimate Family Chicken	7	57	Adam is joined by chef Ruben Lopez Mesa and radio host Megan Buraslem. Their mission? Ultimate family chicken!	AUSTRALIA	English-100	2024	RPT	G		Y
29/01/2026	2800	Cooking	The Cook And The Chef	Fish And Crabs	3	3	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish, while Simon is inspired to try out one of Rick's recipes, a mouth-watering fish paste.	AUSTRALIA	English-100	2008	RPT	G		
29/01/2026	2830	Food Lifestyle	Cheese Slices	Cheddar Cheese Of England	8	1	Will and daughter Ellie visit England's South West, a region famous for producing the world's finest cheddar cheese. They visit Jamie Montgomery, who makes one of England's benchmark cheddars, and has been busy perfecting some very exciting new regional cheeses.	AUSTRALIA	English-100	2016	RPT	G		
30/01/2026	500	Food Lifestyle	Field To Feast	Persimmons	1	2	Drying persimmons is a Korean culinary method that takes months. Thanh follows the epic journey the persimmon takes from the farm, into a Korean kitchen and onto his plate.	AUSTRALIA	English-100	2023	RPT	PG		
30/01/2026	530	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Dijon	5	1	The Halles de Dijon is a huge expanse hosting over 700 stalls in 4 pavilions. Its size matches the sheer variety of specialities coming from the Burgundy region.	FRANCE	English-60; French-40	2024	RPT	G	Y	Y
30/01/2026	635	Cooking	Knot Kitchen	Patty Mami: Creamy Chili Squid & Soybean Seafood Soup	3	1	Patty Mami shows us how to prepare creamy chili squid and soybean seafood soup. Drawing on her multicultural heritage, Patty cooks up two dishes of her own making.	AUSTRALIA	English-100	2014	RPT	G		Y
30/01/2026	705	Food Lifestyle	Kitchen Glow Up	From Chaos To Calm	2025	7	Gustavo & Carissa's dream kitchen has become a nightmare. With baby gear everywhere, poor storage & broken appliances, cooking is chaos. Can Ellen transform their dysfunctional space into a safe, warm & functional kitchen for their growing family?	USA	English-100	2025	RPT	PG		
30/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Western Sydney	4	6	Hayden explores Western Sydney, starting with a Filipino food exploration alongside the wonderful Luisa Brimble, culminating in a mouth-watering charcoal roasted pig.	AUSTRALIA	English-100	2021	RPT	G		
30/01/2026	800	Cooking	Lidia's Kitchen	Italian All Stars	6	10	Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, pizza rolls with broccoli rabe and sausage, ricotta, leeks.	USA	English-100	2019	RPT	G		
30/01/2026	830	Cooking	My Market Kitchen	Episode 54	8	54	In the heart of the historic Adelaide Central Markets, Laura prepares a nostalgic dish- Fried White Bat. Meanwhile, Charlie Carrington cooks a gourmet Japanese Curry.	AUSTRALIA	English-100	2023	RPT	PG		
30/01/2026	900	Cooking	Marcus In The Med: Mallorca	Lazy Breakfasts	1	8	Marcus wants to discover unique Mallorcan breakfasts and he begins his search at Mistrall, the first cafe on the island to roast their own coffee.	UNITED KINGDOM	English-100	2024	RPT	G		
30/01/2026	930	Cooking	Rachael Ray's Meals In Minutes	Deviled Popcorn Chicken With Fiery Cheese Popcorn	2	8	In this episode Rachael's in party mode and she's firing up popcorn with popcorn chicken and if you like those both super spicy, you're in the right place at the right time.	USA	English-100	2024	RPT	PG		
30/01/2026	1000	Cooking	Jamie At Home	Furred Game	2	4	Most people think nothing of eating a chicken but what about a rabbit?	UNITED KINGDOM	English-100	2008	RPT	PG	a s w	
30/01/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 4	4	4	Chef, Scott Pickett joins Justine today to plate up his delightful mango and passion fruit Eton mess. Justine serves up her easy lamb and harissa sausage rolls.	AUSTRALIA	English-100	2014	RPT	G		
30/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Ultimate Family Chicken	7	57	Adam is joined by chef Ruben Lopez Mesa and radio host Megan Buraslem. Their mission? Ultimate family chicken!	AUSTRALIA	English-100	2024	RPT	G		Y
30/01/2026	1130	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 5	2	5	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast to Waterford, a town usually renowned for its glass.	UNITED KINGDOM	English-100	2003	RPT	PG		
30/01/2026	1200	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 6	2	6	Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot. But Rick's attention is fixed firmly on the ground where the local new potatoes are free of pollution and full of flavour.	UNITED KINGDOM	English-100	2003	RPT	PG	a w	

30/01/2026	1230	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Hamburg	5	2	Nearly a km long, the Isenmarkt in Hamburg is one of the most significant bi-weekly markets the city can boast. 200 stalls full of fruit, bread, vegetables, fish, baked products and the best bionboms in town can be found under the U-Bahn viaduct.	FRANCE	English-65; German-35	2024	RPT	G		Y	Y
30/01/2026	1335	Travel	Tareq Taylor's Nordic Cookery	North Sealand	3	6	Known as the royal retreat or the rivers of Denmark, North Zealand has been a playground of the rich and famous since the fifteenth century.	SWEDEN	English-100	2015	RPT	PG	a w		
30/01/2026	1405	Food Lifestyle	Field To Feast	Mushrooms	1	3	Thanh visits the biggest mushroom farm in Australia and compares their produce to wild foraged pine mushrooms, all to be enjoyed using an unconventional cooking approach.	AUSTRALIA	English-100	2023	RPT	G			
30/01/2026	1435	Cooking	Kielot Kitchen	Neville Poelina: Orange Duck & Curry Bush Turkey	3	2	Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty-four gallon homemade bush oven.	AUSTRALIA	English-100	2014	RPT	G		Y	
30/01/2026	1505	Food Lifestyle	Kitchen Glow Up	Chef's Dream Kitchen, A	2025	8	Culinary event producer Caryl Chinn's 1970s kitchen is a design disaster, embarrassing her during tastings with top chefs. With broken appliances, wasted space & clutter everywhere, she's counting on Ellen to deliver a kitchen fit for work & play.	USA	English-100	2025	RPT	PG			
30/01/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Sydney Harbour	4	7	Hayden is back in Sydney to meet with Auntie Margaret Campbell to explore Indigenous history, then learns about growing microgreens in a car park!	AUSTRALIA	English-100	2021	RPT	G			
30/01/2026	1600	Cooking	Lidia's Kitchen	Italy's Heartland	6	11	Lidia loves entertaining; she shares recipes that are fit for any Italian dinner party - cannellini and pancetta bruschetta, and beef and root vegetables braised in red wine.	USA	English-100	2019	RPT	PG			
30/01/2026	1630	Cooking	My Market Kitchen	Episode 55	8	55	Laura is in the beautiful McLaren Vale, using a portable pizza oven to make Eggs in Sugs.	AUSTRALIA	English-100	2023		PG			
30/01/2026	1700	Cooking	Marcus In The Med: Mallorca	Veggie Days	1	9	You don't have to go far in Mallorca to discover an abundance of locally grown fruit and veg, and Marcus is celebrating it all with a visit to local beach restaurant Patis, where chef Bischo makes his signature cauliflower dish with preserved lemon yoghurt and pickled chillies.	UNITED KINGDOM	English-100	2024	RPT	G			
30/01/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Chicken Chow Fun	2	9	Rachael demonstrates how to make your own takeout at home and how to stock your pantry for a recipe called, Chicken Chow Fun, a Chinese-American takeout favorite with a rice-noodle base, chicken & veg.	USA	English-100	2024		PG			
30/01/2026	1800	Cooking	Jamie At Home	Pasty	2	5	Delicious pastry is the order of the day in this programme. Jamie shows us how to make a simple, short crust pastry that is versatile for sweet or savoury dishes.	UNITED KINGDOM	English-100	2008	RPT	PG			
30/01/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 5	4	5	Today on the show, Justine grills up some lamb cutlets with a super easy spinach sauce and then brings in Trish McKenzie to show you an indulgent chai, toffee and berry trifle.	AUSTRALIA	English-100	2014	RPT	G			
30/01/2026	1900	Cooking	The Cook Up With Adam Liaw	Fish & Fire	7	58	What could be more fantastic than fish and fire? Adam and his guests, Khanh Nguyen and the Bush Tukka Woman Samantha Martin, fire away with their fiery fares.	AUSTRALIA	English-100	2024	RPT	G		Y	
30/01/2026	1930	Travel	Beyond Bali With Lara Lee	Flores: The Maritime Splendour Of Komodo & Beyond	1	6	Arriving at the vibrant port of Labuan Bajo, in Flores, Lara Lee sets sail through the waters of the Komodo National Park to explore how the ocean shapes identity, cuisine and connection to Indonesia.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G		Y	Y
30/01/2026	2030	Food Lifestyle	Buddy Valastro's Cake Dynasty	Spumoni Surprise	1	6	When a local Italian Social Club asks Buddy to create a cake for their 'Prosciutto Open' golf event, Buddy and the team take an epic swing.	USA	English-100	2023		PG	i		
30/01/2026	2130	Travel	Anthony Bourdain: No Reservations	Making Of India	6	16	In this No Reservations special, enjoy an intimate look behind the scenes for a taste of all that must be done to complete each episode.	USA	English-100	2010	RPT	PG			Y
30/01/2026	2225	Cooking	Destination Flavour China Bitesize	Cattail Milk Soup	1	9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG		Y	Y
30/01/2026	2230	Cooking	The Cook Up With Adam Liaw	Fish & Fire	7	58	What could be more fantastic than fish and fire? Adam and his guests, Khanh Nguyen and the Bush Tukka Woman Samantha Martin, fire away with their fiery fares.	AUSTRALIA	English-100	2024	RPT	G		Y	

30/01/2026	2300	Cooking	The Cook And The Chef	Mangoes And Cheese	3	4	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavour of green, unripe mangoes. Maggie then whips up a 'sandwich' using delicate puff pastry and a bitty cheddar balanced with sweet quince paste, while Simon has spectacular success with twice baked goat cheese souffles.	AUSTRALIA	English-100	2008	RPT	G		
30/01/2026	2330	Food Lifestyle	Cheese Slices	Camembert And The Normandy Cheeses	8	2	Revisiting one of his favourite regions in Europe, Will Studd explores the challenges facing the traditional raw milk cheesemakers of Normandy, long renowned for its quality dairy products. Will introduces his daughter Ellie to the famous benchmark cheese Camembert de Normandie, and together they visit the last remaining organic, farmhouse producer of this iconic cheese.	AUSTRALIA	English-100	2016	RPT	PG		
30/01/2026	2400	Travel	Tareq Taylor's Nordic Cookery	North Zealand	3	6	Known as the royal retreat or the rivers of Denmark, North Zealand has been a playground of the rich and famous since the fifteenth century.	SWEDEN	English-100	2015	RPT	PG	a w	
30/01/2026	2430	Travel	Beyond Bali With Lara Lee	Flores: The Maritime Splendour Of Komodo & Beyond	1	6	Arriving at the vibrant port of Labuan Bajo, in Flores, Lara Lee sets sail through the waters of the Komodo National Park to explore how the ocean shapes identity, cuisine and connection to Indonesia.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G	Y	Y
30/01/2026	2530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Spumoni Surprise	1	6	When a local Italian Social Club asks Buddy to create a cake for their 'Prosciutto Open' golf event, Buddy and the team take an epic swing.	USA	English-100	2023	RPT	PG	I	
30/01/2026	2630	Travel	Anthony Bourdain: No Reservations	Making Of India	6	16	In this No Reservations special, enjoy an intimate look behind the scenes for a taste of all that must be done to complete each episode.	USA	English-100	2010	RPT	PG		Y
30/01/2026	2725	Cooking	Destination Flavour China Bitesize	Cattail Milk Soup	1	9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG	Y	Y
30/01/2026	2730	Cooking	The Cook Up With Adam Liaw	Fish & Fire	7	58	What could be more fantastic than fish and fire? Adam and his guests, Khanh Nguyen and the Bush Tukka Woman Samantha Martin, fire away with their fiery faves.	AUSTRALIA	English-100	2024	RPT	G	Y	
30/01/2026	2800	Cooking	The Cook And The Chef	Mangoes And Cheese	3	4	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes. Maggie then whips up a 'sandwich' using delicate puff pastry and a bitty cheddar balanced with sweet quince paste, while Simon has spectacular success with twice baked goat cheese souffles.	AUSTRALIA	English-100	2008	RPT	G		
30/01/2026	2830	Food Lifestyle	Cheese Slices	Camembert And The Normandy Cheeses	8	2	Revisiting one of his favourite regions in Europe, Will Studd explores the challenges facing the traditional raw milk cheesemakers of Normandy, long renowned for its quality dairy products. Will introduces his daughter Ellie to the famous benchmark cheese Camembert de Normandie, and together they visit the last remaining organic, farmhouse producer of this iconic cheese.	AUSTRALIA	English-100	2016	RPT	PG		
31/01/2026	500	Food Lifestyle	Field To Feast	Mushrooms	1	3	Thanh visits the biggest mushroom farm in Australia and compares their produce to wild foraged pine mushrooms, all to be enjoyed using an unconventional cooking approach.	AUSTRALIA	English-100	2023	RPT	G		
31/01/2026	530	Lifestyle	Food Markets: In The Belly Of The City	In The Belly Of Hamburg	5	2	Nearly a km long, the Isenmarkt in Hamburg is one of the most significant bi-weekly markets the city can boast. 200 stalls full of fruit, bread, vegetables, fish, baked products and the best bonbons in town can be found under the U-Bahn viaduct.	FRANCE	English-65; German-35	2024	RPT	G	Y	Y
31/01/2026	635	Cooking	Kristi Kitchen	Neville Poelina: Orange Duck & Curry Bush Turkey	3	2	Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty-four gallon homemade bush oven.	AUSTRALIA	English-100	2014	RPT	G	Y	
31/01/2026	705	Food Lifestyle	Kitchen Glow Up	Chef's Dream Kitchen,A	2025	8	Culinary event producer Caryl Chinn's 1970s kitchen is a design disaster, embarrassing her during tastings with top chefs. With broken appliances, wasted space & clutter everywhere, she's counting on Ellen to deliver a kitchen fit for work & play.	USA	English-100	2025	RPT	PG		
31/01/2026	730	Travel	Taste Of Australia With Hayden Quinn	Sydney Harbour	4	7	Hayden is back in Sydney to meet with Aunt Margaret Campbell to explore Indigenous history, then learns about growing microgreens in a car park!	AUSTRALIA	English-100	2021	RPT	G		



31/01/2026	800	Cooking	Lidia's Kitchen	Italy's Heartland	6	11	Lidia loves entertaining, she shares recipes that are fit for any Italian dinner party - cannellini and pancetta bruschetta, and beef and root vegetables braised in red wine.	USA	English-100	2019	RPT	PG	
31/01/2026	830	Cooking	My Market Kitchen	Episode 55	8	55	Laura is in the beautiful McLaren Vale, using a portable pizza oven to make Eggs in Sugo.	AUSTRALIA	English-100	2023	RPT	PG	
31/01/2026	900	Cooking	Marcus In The Med: Mallorca	Veggie Days	1	9	You don't have to go far in Mallorca to discover an abundance of locally grown fruit and veg, and Marcus is celebrating it all with a visit to local beach restaurant Patki, where chef Bocho makes his signature cauliflower dish with preserved lemon yoghurt and pickled chillies.	UNITED KINGDOM	English-100	2024	RPT	G	
31/01/2026	930	Cooking	Rachael Ray's Meals In Minutes	Chicken Chow Fun	2	9	Rachael demonstrates how to make your own takeout at home and how to stock your pantry for a recipe called, Chicken Chow Fun, a Chinese-American takeout favorite with a rice-noodle base, chicken & veg.	USA	English-100	2024	RPT	PG	
31/01/2026	1000	Cooking	Jamie At Home	Pastry	2	5	Delicious pastry is the order of the day in this programme. Jamie shows us how to make a simple, short crust pastry that is versatile for sweet or savoury dishes.	UNITED KINGDOM	English-100	2008	RPT	PG	
31/01/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 5	4	5	Today on the show, Justine grills up some lamb cutlets with a super easy spinach sauce and then brings in Trish McKenzie to show you an indulgent chai, toffee and berry trifle.	AUSTRALIA	English-100	2014	RPT	G	
31/01/2026	1100	Cooking	The Cook Up With Adam Liaw	Fish & Fire	7	58	What could be more fantastic than fish and fire? Adam and his guests, Khush Niggen and the Bush Tukka Woman Samantha Martin, fire away with their fiery fares.	AUSTRALIA	English-100	2024	RPT	G	Y
31/01/2026	1130	Food Lifestyle	Buddy Valastro's Cake Dynasty	Spumoni Surprise	1	6	When a local Italian Social Club asks Buddy to create a cake for their 'Prosciutto Open' golf event, Buddy and the team take an epic swing.	USA	English-100	2023	RPT	PG	I
31/01/2026	1230	Travel	Tareq Taylor's Nordic Cookery	North Zealand	3	6	Known as the royal retreat or the rivera of Denmark, North Zealand has been a playground of the rich and famous since the fifteenth century.	SWEDEN	English-100	2015	RPT	PG	a w
31/01/2026	1300	Food Lifestyle	Field To Feast	Mushrooms	1	3	Thanh visits the biggest mushroom farm in Australia and compares their produce to wild foraged pine mushrooms, all to be enjoyed using an unconventional cooking approach.	AUSTRALIA	English-100	2023	RPT	G	
31/01/2026	1330	Cooking	Kiriol Kitchen	Neville Poelina: Orange Duck & Curry Bush Turkey	3	2	Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty four gallon homemade bush oven.	AUSTRALIA	English-100	2014	RPT	G	Y
31/01/2026	1400	Food Lifestyle	Kitchen Glow Up	Chef's Dream Kitchen, A	2025	8	Culinary event producer Caryl Chinn's 1970s kitchen is a design disaster, embarrassing her during tastings with top chefs. With broken appliances, wasted space & clutter everywhere, she's counting on Ellen to deliver a kitchen fit for work & play.	USA	English-100	2025	RPT	PG	
31/01/2026	1430	Travel	Taste Of Australia With Hayden Quinn	Sydney Harbour	4	7	Hayden is back in Sydney to meet with Auntie Margaret Campbell to explore Indigenous history, then learns about growing microgreens in a car park!	AUSTRALIA	English-100	2021	RPT	G	

31/01/2026	1500	Cooking	Lidia's Kitchen	Italy's Heartland	6	11	Lidia loves entertaining, she shares recipes that are fit for any Italian dinner party - cannellini and pancetta bruschetta, and beef and root vegetables braised in red wine.	USA	English-100	2019	RPT	PG	
31/01/2026	1530	Cooking	Marcus In The Med: Mallorca	Classics	1	10	Marcus has had an incredible time exploring the food of Mallorca and even though his journey is coming to an end there are still lots of classic dishes to discover, including cuarto and hot chocoate and Arroz Brut, a traditional rice dish which Marcus learns at a gathering of 4 generations of the same family.	UNITED KINGDOM	English-100	2024	RPT	G	
31/01/2026	1600	Cooking	Rachael Ray's Meals In Minutes	Fastest Arroz Con Pollo	2	10	Arroz con pollo or chicken and rice is a traditional Latin American dish loved by millions worldwide. Rachael will show you how to make it quickly and easily so that it becomes a household staple.	USA	English-100	2024		PG	
31/01/2026	1630	Travel	Jason Atherton's Dubai Dishes	Street Food	1	6	Jason celebrates quick bites and food on the go, Dubai style, showcasing oysters with a spicy dressing and grilled corn with chili and parmesan. He is joined by Arab pit master, Hattem Matter.	UNITED KINGDOM	English-100	2023	RPT	G	
31/01/2026	1725	Cooking	A Taste Of Island Dreams	Lemon Chili 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	
31/01/2026	1730	Cooking	Toast The Host: How To Entertain At Home	Kitchen Supper	1	4	Breaking up the working week by hosting a dinner with friends is a lovely way to bring the weekend closer. Here's how to make it a casual but memorable affair.	AUSTRALIA	English-100	2024	RPT	G	
31/01/2026	1805	Travel	Audra's Eat, Roam, Relish	New Kuching, The	1	6	Audra's final days in the highlands takes her to the coffee farms of Long Banga and the spiritual ascent of Prayer Mountain.	AUSTRALIA	English-80, Malay-20	2024	RPT	PG	Y
31/01/2026	1830	Travel	Hairy Bikers Go West	Bristol	1	6	The Hairy Bikers westward journey continues, bringing Dave and Si to the 220-mile River Severn, an area steeped in history and natural beauty and famous for its fusion of flavours.	UNITED KINGDOM	English-100	2024	RPT	G	
31/01/2026	1935	Health, Science & Technology	Eat Smart Secrets Of The Glucose Goddess	Episode 1	1	1	Jessie Inchauste leads a glucose revolution to improve Britain's health by changing how and when we eat. With expert chef Dr. Rupy Aujla, she creates tailored plans for volunteers battling ache, diabetes, and weight issues, aiming for life-changing results in just six weeks.	USA	English-100	2025	RPT	PG	Y
31/01/2026	2035	Travel	Rick Stein's Cabin Fever	Rick Stein's Cabin Fever	1	0	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of 'Rick Stein's French Odyssey' including his favourite dishes along the route and behind-the-scenes DV footage of the highlights and the trials and tribulations of such an undertaking.	UNITED KINGDOM	English-100	2006	RPT	PG	a l w
31/01/2026	2145	Travel	Mind Of A Chef	Pig	1	2	Chang travels to San Sebastian to discuss pork bushi, explores the role of bacteria and fungus in food, then travels to Montreal for fried bologna sandwiches.	USA	English-100	2012	RPT	PG	
31/01/2026	2210	Cooking	Deliciously Twisted Classics	Five Alarm Tasters	1	3	These chefs have a penchant for peppers so they're testing classic foods and cranking the heat up on fried chicken, Mexican street corn, mac and cheese, shrimp scampi, and BBQ brisket.	USA	English-100	2023		PG	

31/01/2026	2240	Cooking	Andrew Zimmern's Wild Game Kitchen	Seafood	4	9	Chef Andrew Zimmern demystifies working with live sea urchin and scallops, demonstrating how to properly handle and prepare some of the ocean's most prized ingredients.	USA	English-100	2024	RPT	G	
31/01/2026	2305	Cooking	Andrew Zimmern's Wild Game Kitchen	Mackerel	4	10	In this episode of Wild Game Kitchen, Andrew Zimmern champions the often-overlooked mackerel, demonstrating how this flavor-packed fish deserves a spot on every table.	USA	English-100	2024	RPT	G	
31/01/2026	2335	Travel	Jason Atherton's Dubai Dishes	Street Food	1	6	Jason celebrates quick bites and food on the go, Dubai style, showcasing oysters with a spicy dressing and grilled corn with chili and parmesan. He is joined by Arab pit master, Hattem Mattar.	UNITED KINGDOM	English-100	2023	RPT	G	
31/01/2026	2430	Cooking	Toast The Host: How To Entertain At Home	Kitchen Supper	1	4	Breaking up the working week by hosting a dinner with friends is a lovely way to bring the weekend closer. Here's how to make it a casual but memorable affair.	AUSTRALIA	English-100	2024	RPT	G	
31/01/2026	2505	Travel	Audra's Eat, Roam, Relish	New Kuching, The	1	6	Audra's final days in the highlands takes her to the coffee farms of Long Banga and the spiritual ascent of Prayer Mountain.	AUSTRALIA	English-80, Malay-20	2024	RPT	PG	Y
31/01/2026	2530	Travel	Hairy Bikers Go West	Bristol	1	6	The Hairy Bikers westward journey continues, bringing Dave and Si to the 220-mile River Severn, an area steeped in history and natural beauty and famous for its fusion of flavours.	UNITED KINGDOM	English-100	2024	RPT	G	
31/01/2026	2635	Health, Science & Technology	Eat Smart Secrets Of The Glucose Goddess	Episode 1	1	1	Jessie Inchauspe leads a glucose revolution to improve Britain's health by changing how and when we eat. With expert chef Dr. Rupy Aujla, she creates tailored plans for volunteers battling acne, diabetes, and weight issues, aiming for life-changing results in just six weeks.	USA	English-100	2025	RPT	PG	Y

31/01/2026	2730	Travel	Rick Stein's Cabin Fever	Rick Stein's Cabin Fever	1	0	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of 'Rick Stein's French Odyssey' including his favourite dishes along the route and behind-the-scenes DV footage of the highlights and the trials and tribulations of such an undertaking.	UNITED KINGDOM	English-100	2006	RPT	PG	a l w
31/01/2026	2835	Cooking	Andrew Zimmern's Wild Game Kitchen	Seafood	4	9	Chef Andrew Zimmern demystifies working with live sea urchin and scallops, demonstrating how to properly handle and prepare some of the ocean's most prized ingredients.	USA	English-100	2024	RPT	G	