



WEEK 07 Sunday, 8 February 2026 Saturday, 14 February 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
8/02/2026	500	Cooking	Andrew Zimmern's Wild Game Kitchen	Halibut	5	4	Chef Andrew Zimmern showcases two different approaches to preparing pristine California halibut.	USA	English-100	2024	RPT	G				
8/02/2026	530	Travel	Jason Atherton's Dubai Dishes	Tea And Coffee	1	7	Jason makes delicious recipes flavoured with tea and coffee, and learns how to serve a traditional Emirati cup of coffee. Chef Nick Alvis will be making a delicious sea bass and celeriac dish.	UNITED KINGDOM	English-100	2023	RPT	PG				
8/02/2026	625	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y	
8/02/2026	630	Travel	Hairy Bikers Go West	Devon	1	7	The Bikers travel to Devon and Dorset for the final leg of their Go West Tour, discovering rare hidden food gems amongst the stunning coast and countryside.	UNITED KINGDOM	English-100	2024	RPT	G				
8/02/2026	735	Health, Science & Technology	Eat Smart Secrets Of The Glucose Goddess	Episode 2	1	2	Biochemist Jessie Inchupse helps volunteers improve health by controlling blood sugar. With recipes and science-backed hacks, she tackles diabetes, skin issues, and weight. Joined by Dr. Rupy Aujla, Jessie aims for life-changing results in six weeks for Sophie, Arron, and Hannah.	USA	English-100	2025	RPT	PG	a	Y		
8/02/2026	830	Travel	Rick Stein's Long Weekends	Bordeaux	1	1	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters. At home he cooks a memorable dish of Steak Frites with Bordelaise Sauce.	UNITED KINGDOM	English-100	2016	RPT	G				
8/02/2026	935	Travel	Mind Of A Chef	Spain	1	4	This episode is about Spain's influence on Chang's career. He visits with some of his idols, Juan Mari Arzak and Andoni Aduriz, makes fideos, salt cod omelet, and a sponge cake from chef Albert Adrià.	USA	English-100	2012	RPT	G		Y		
8/02/2026	1000	Cooking	Deliciously Twisted Classics	Twists On A Stick	1	5	Classic dishes are twisted right off the plate and into your hand! These handheld bites are fun to eat, with no knives or forks required because they're served on a stick!	USA	English-100	2023	RPT	PG				
8/02/2026	1030	Cooking	Andrew Zimmern's Wild Game Kitchen	Venison	5	3	In this episode of Wild Game Kitchen, Andrew Zimmern demonstrates two distinct approaches to cooking venison.	USA	English-100	2024	RPT	G				
8/02/2026	1100	Cooking	Andrew Zimmern's Wild Game Kitchen	Halibut	5	4	Chef Andrew Zimmern showcases two different approaches to preparing pristine California halibut.	USA	English-100	2024	RPT	G				
8/02/2026	1130	Travel	Jason Atherton's Dubai Dishes	Tea And Coffee	1	7	Jason makes delicious recipes flavoured with tea and coffee, and learns how to serve a traditional Emirati cup of coffee. Chef Nick Alvis will be making a delicious sea bass and celeriac dish.	UNITED KINGDOM	English-100	2023	RPT	PG				
8/02/2026	1225	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y	
8/02/2026	1230	Travel	Hairy Bikers Go West	Devon	1	7	The Bikers travel to Devon and Dorset for the final leg of their Go West Tour, discovering rare hidden food gems amongst the stunning coast and countryside.	UNITED KINGDOM	English-100	2024	RPT	G				
8/02/2026	1335	Health, Science & Technology	Eat Smart Secrets Of The Glucose Goddess	Episode 2	1	2	Biochemist Jessie Inchupse helps volunteers improve health by controlling blood sugar. With recipes and science-backed hacks, she tackles diabetes, skin issues, and weight. Joined by Dr. Rupy Aujla, Jessie aims for life-changing results in six weeks for Sophie, Arron, and Hannah.	USA	English-100	2025	RPT	PG	a	Y		
8/02/2026	1430	Travel	Rick Stein's Long Weekends	Bordeaux	1	1	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters. At home he cooks a memorable dish of Steak Frites with Bordelaise Sauce.	UNITED KINGDOM	English-100	2016	RPT	G		Y		

8/02/2026	1535	Cooking	Deliciously Twisted Classics	Twists On A Stick	1	5	Classic dishes are twisted right off the plate and into your hand! These handheld bites are fun to eat, with no knives or forks required because they're served on a stick!	USA	English-100	2023	RPT	PG		
8/02/2026	1605	Cooking	Toast The Host: How To Entertain At Home	Boozy Book Club	1	5	Whether you're bringing friends together for a book club or you just need some down time and a debrief in good company, afternoon tea is a lovely way to spend the latter part of the day.	AUSTRALIA	English-100	2024	RPT	G		
8/02/2026	1640	Travel	A New Zealand Food Story	Episode 1	4	1	Ben's food journey starts in the West Coast of the South Island. He meets the only NZ cranberry producer at a farm in Hokitika and travels to Blackball to learn how chorizo is made. He cooks a range of dishes at the beach incorporating these local delicacies, matched with a local beer.	NEW ZEALAND	English-100	2024	RPT	PG	I	
8/02/2026	1710	Travel	Food Trail South Africa	Garden Route, The	2	5	A true hidden gem of South Africa, the Garden Route is a 200km stretch of coastal highway known for its beguiling diversity and unparalleled spirit of wilderness.	AUSTRALIA	English-100	2023	RPT	G	Y	
8/02/2026	1735	Travel	Adam Richman Eats Football	Chelsea	2024	3	Adams heads to West London to take in a Chelsea match at Stamford Bridge. Before the game he sets about exploring the food culture connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G		
8/02/2026	1800	Travel	Adam Richman Eats Football	Aston Villa	2024	4	Adam is in Birmingham to take in an Aston Villa home match. While in town he plans to explore the best of the food scene connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G		
8/02/2026	1830	Travel	Gordon Ramsay: Uncharted	Great Smoky Mountains, The	3	6	Chef Ramsay is pushed to his limits in the Smoky Mountains. In his quest to unearth the culinary secrets of the region, Gordon must rappel down a treacherous waterfall, kayak through raging rapids, and trek deep into the forest, attempting to find the most delicious ingredients in this magnificent mountain range.	UNITED KINGDOM	English-100	2021	RPT	PG	I	Y
8/02/2026	1925	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		
8/02/2026	1930	Cooking	Marcus Wareing's Kitchen Garden Tales	Sussex Cattle	2	9	One of Marcus's favourite things about the farm is having livestock grazing on the fields. To expand his herd, he visits the nearby Buckhurst estate to learn about traditional Sussex cattle.	UNITED KINGDOM	English-100	2022	RPT	G		
8/02/2026	2000	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 8	1	8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100	2022	RPT	G	Y	
8/02/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 2	3	2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100	2022	RPT	G		
8/02/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 3	3	3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea leaf and plum compote.	UNITED KINGDOM	English-100	2022	RPT	G		
8/02/2026	2130	Travel	Mind Of A Chef	Rotten	1	5	There is something rotten in David Chang's kitchen and that's a good thing. Rotten is delicious. Chang explores katsuobushi in Japan's XO sauce, rotten bananas with Christina Tosi, and kimchi.	USA	English-100	2012	RPT	G	Y	
8/02/2026	2200	Cooking	Deliciously Twisted Classics	Xi Twists	1	6	We hope you came hungry because this episode is full of oversized twists that'll leave you stuffed. See how massive a bagel, pizza, burger, chocolate cake, and fortune cookie can get.	USA	English-100	2023		PG		
8/02/2026	2230	Cooking	Andrew Zimmern's Wild Game Kitchen	Quail	5	5	In this episode of Wild Game Kitchen, Andrew Zimmern explores the delicate yet versatile nature of quail with two distinct recipes.	USA	English-100	2024	RPT	PG		
8/02/2026	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Wild Mushrooms	5	6	Chef Andrew Zimmern explores Minnesota's rich forests, creating meals from wild, foraged mushrooms.	USA	English-100	2024	RPT	G		

8/02/2026	2330	Travel	A New Zealand Food Story	Episode 1	4	1	Ben's food journey starts in the West Coast of the South Island. He meets the only NZ cranberry producer at a farm in Hokitika and travels to Blackball to learn how chorizo is made. He cooks a range of dishes at the beach incorporating these local delicacies, matched with a local beer.	NEW ZEALAND	English-100	2024	RPT	PG	I	
8/02/2026	2400	Travel	Food Trail South Africa	Garden Route, The	2	5	A true hidden gem of South Africa, the Garden Route is a 200km stretch of coastal highway known for its beguiling diversity and unparalleled spirit of wilderness.	AUSTRALIA	English-100	2023	RPT	G		Y
8/02/2026	2430	Travel	Adam Richman Eats Football	Chelsea	2024	3	Adams heads to West London to take in a Chelsea match at Stamford Bridge. Before the game he sets about exploring the food culture connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G		
8/02/2026	2500	Travel	Adam Richman Eats Football	Aston Villa	2024	4	Adam is in Birmingham to take in an Aston Villa home match. While in town he plans to explore the best of the food scene connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G		
8/02/2026	2530	Travel	Gordon Ramsay: Uncharted	Great Smoky Mountains, The	3	6	Chef Ramsay is pushed to his limits in the Smoky Mountains. In his quest to unearth the culinary secrets of the region, Gordon must rappel down a treacherous waterfall, kayak through raging rapids, and trek deep into the forest, attempting to find the most delicious ingredients in this magnificent mountain range.	UNITED KINGDOM	English-100	2021	RPT	PG	I	Y
8/02/2026	2625	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		
8/02/2026	2630	Cooking	Marcus Wareing's Kitchen Garden Tales	Sussex Cattle	2	9	One of Marcus's favourite things about the farm is having livestock grazing on the fields. To expand his herd, he visits the nearby Buckhurst estate to learn about traditional Sussex cattle.	UNITED KINGDOM	English-100	2022	RPT	G		
8/02/2026	2700	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 8	1	8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100	2022	RPT	G		Y
8/02/2026	2730	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 2	3	2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100	2022	RPT	G		
8/02/2026	2800	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 3	3	3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote.	UNITED KINGDOM	English-100	2022	RPT	G		
8/02/2026	2830	Travel	Mind Of A Chef	Rotten	1	5	There is something rotten in David Chang's kitchen and that's a good thing. Rotten is delicious. Chang explores katsuobushi in Japan's XO sauce, rotten bananas with Christina Tosi, and kimchi.	USA	English-100	2012	RPT	G		Y
9/02/2026	500	Cooking	Deliciously Twisted Classics	XI Twists	1	6	We hope you came hungry because this episode is full of oversized twists that'll leave you stuffed. See how massive a bagel, pizza, burger, chocolate cake, and fortune cookie can get.	USA	English-100	2023	RPT	PG		
9/02/2026	530	Cooking	Andrew Zimmern's Wild Game Kitchen	Quail	5	5	In this episode of Wild Game Kitchen, Andrew Zimmern explores the delicate yet versatile nature of quail with two distinct recipes.	USA	English-100	2024	RPT	PG		
9/02/2026	600	Cooking	Andrew Zimmern's Wild Game Kitchen	Wild Mushrooms	5	6	Chef Andrew Zimmern explores Minnesota's rich forests, creating meals from wild, foraged mushrooms.	USA	English-100	2024	RPT	G		
9/02/2026	630	Travel	A New Zealand Food Story	Episode 1	4	1	Ben's food journey starts in the West Coast of the South Island. He meets the only NZ cranberry producer at a farm in Hokitika and travels to Blackball to learn how chorizo is made. He cooks a range of dishes at the beach incorporating these local delicacies, matched with a local beer.	NEW ZEALAND	English-100	2024	RPT	PG	I	
9/02/2026	700	Travel	Food Trail South Africa	Garden Route, The	2	5	A true hidden gem of South Africa, the Garden Route is a 200km stretch of coastal highway known for its beguiling diversity and unparalleled spirit of wilderness.	AUSTRALIA	English-100	2023	RPT	G		Y

9/02/2026	730	Travel	Adam Richman Eats Football	Chelsea	2024	3	Adams heads to West London to take in a Chelsea match at Stamford Bridge. Before the game he sets about exploring the food culture connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G		
9/02/2026	800	Travel	Adam Richman Eats Football	Aston Villa	2024	4	Adam is in Birmingham to take in an Aston Villa home match. While in town he plans to explore the best of the food scene connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G		
9/01/2026	830	Travel	Gordon Ramsay: Uncharted	Great Smoky Mountains, The	3	6	Chef Ramsay is pushed to his limits in the Smoky Mountains. In his quest to unearth the culinary secrets of the region, Gordon must rappel down a treacherous waterfall, kayak through raging rapids, and trek deep into the forest, attempting to find the most delicious ingredients in this magnificent mountain range.	UNITED KINGDOM	English-100	2021	RPT	PG	I	Y
9/01/2026	925	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		
9/01/2026	930	Cooking	Marcus Wareing's Kitchen Garden Tales	Sussex Cattle	2	9	One of Marcus's favourite things about the farm is having livestock grazing on the fields. To expand his herd, he visits the nearby Buckhurst estate to learn about traditional Sussex cattle.	UNITED KINGDOM	English-100	2022	RPT	G		
9/02/2026	1000	Travel	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 8	1	8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100	2022	RPT	G		Y
9/02/2026	1030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 2	3	2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100	2022	RPT	G		
9/02/2026	1100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 3	3	3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote.	UNITED KINGDOM	English-100	2022	RPT	G		
9/02/2026	1130	Travel	Mind Of A Chef	Rotten	1	5	There is something rotten in David Chang's kitchen and that's a good thing. Rotten is delicious. Chang explores katsuobushi in Japan's XO sauce, rotten bananas with Christina Tosi, and kimchi.	USA	English-100	2012	RPT	G		Y
9/02/2026	1200	Cooking	Deliciously Twisted Classics	XI Twists	1	6	We hope you came hungry because this episode is full of oversized twists that'll leave you stuffed. See how massive a bagel, pizza, burger, chocolate cake, and fortune cookie can get.	USA	English-100	2023	RPT	PG		
9/02/2026	1230	Travel	Billy And Dom Eat The World	London	1	1	Arriving in London to begin their foody exploration adventure, Billy and Dom decide the first dish they want to learn to master is arguably the best dish of Britain- the Sunday Roast!	UNITED KINGDOM	English-100	2024	RPT	PG	I	
9/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Kemi, Finland	3	12	Kemi is situated in northern Finland by the Bothnian Bay and is part of Lapland region. Tareq tries his luck at a spot of burbot fishing on the frozen sea, then travels to see the enchanting snow castle hotel which the local residents have built every year for the past twenty years.	SWEDEN	English-100	2015	RPT	PG	a w	
9/02/2026	1400	Food Lifestyle	Field To Feast	Chestnuts	1	9	Considered a tough nut to crack, Thanh explores how chestnuts are grown, cooked, and enjoyed, then demonstrates some of the best ways to cook this winter delight.	AUSTRALIA	English-100	2023	RPT	G		
9/02/2026	1430	Cooking	Krill Kitchen	Eric Feijo: Goose Heart & Giblet Chilli, Marinated Buffalo Satays, Prawn Fritters	3	8	Eric Feijo tells us he is an average cook, but we think he is more than that. In this episode, Eric shows us his family recipes for three amazing dishes.	AUSTRALIA	English-100	2014	RPT	G		Y
9/02/2026	1500	Travel	Have You Eaten Yet? Tasting Taiwan	Chopped Dishes	1	6	The working-class culture by the southern harbours of Taiwan gave birth to unique chopped dishes and street snacks.	TAIWAN	Mandarin-100	2024	RPT	G		Y
9/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 3	5	3	One of our favourite starts ever, with Hayden enjoying the hot water at Millie Bone. Then it's off to meet legend, Dick Estens, into Moree to check out some amazing art, then a visit to a lamb farm.	AUSTRALIA	English-100	2022	RPT	G		

9/02/2026	1600	Cooking	Lidia's Kitchen	Perfect Roast, A	6	17	Roasting enhances the flavour of any kind of meat and Lidia often makes a roast for family meals. Plus, she cooks a salad of warm greens, a roasted pork loin, and roasted fruity compote for dessert.	USA	English-100	2019	RPT	G		
9/02/2026	1630	Travel	Hidden Gems	Jah Nai Of Libong	2	1	On Libong Island, south of Thailand, Jah Nai, a Muslim woman, was the first to start a homestay and now runs a famous seafood restaurant.	THAILAND	Thai-90; English-10	2024	PG	a w		Y
9/02/2026	1725	Travel	Destination Flavour Japan Bitesize	Hokkaido	1	1	Some of your favourite moments and recipes from Adam Law's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y
9/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Chicken Scarpriello With S.E. Cupp	2	16	Political commentator and Rachael's friend, S.E. Cupp joins Rachael in her upstate kitchen to learn how to prepare Chicken Scarpriello, a classic Italian American chicken dish that is baked.	USA	English-100	2024	PG			
9/02/2026	1800	Cooking	Jamie At Home	Feathered Game	2	11	Jamie has been invited on a local shoot and uses the opportunity to explore the world of delicious game birds.	UNITED KINGDOM	English-100	2008	RPT	PG	a w	
9/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 11	4	11	Scott Pickett joins Justine to whip up his Rock Flathead 'En Papillote'. Justine then makes a fantastic CWA sponge with homemade strawberry jam and a duck marmella.	AUSTRALIA	English-100	2014	RPT	G		
9/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Go-To Bbq	7	64	Chef John Ralley and Paralympic swimmer Col Pearce join Adam for a night of go to BBQ.	AUSTRALIA	English-100	2024	RPT	G		Y
9/02/2026	1930	Cooking	Donal's Family Kitchen	Long Weekend	1	8	A collection of recipes to take you through the weekend deliciously! From lazy brunch ideas to Saturday and Sunday dinners and a crowd pleasing Key Lime Pie that's the ultimate weekend indulgence.	UNITED KINGDOM	English-100	2021	PG			
9/02/2026	2000	Cooking	Hot Dish With Franco	That's Amore!	1	6	Franco Noriega recreates his Italian grandmother's favorite dish! A Prosciutto Flatbread Pizza with melty caramelized onions and sweet balsamic vinegar glaze is the perfect appetizer.	USA	English-70; Spanish-30	2023	PG			
9/02/2026	2030	Food Lifestyle	River Cottage Everyday	Fruit	1	4	With fruit sales falling in the UK, Hugh heads off to a typical suburban street to see if he can get people excited again by nature's original sweet treats, from Eton Mess to lollies.	UNITED KINGDOM	English-100	2010	PG			
9/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 1	1	1	Today's new Come Dine With Me: The Professionals heads to Yorkshire where first to host are purveyors of posh nosh, Chef-Owner Ben and front of house Jo at their intimate dining restaurant The Barn.	UNITED KINGDOM	English-100	2022				
9/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Go-To Bbq	7	64	Chef John Ralley and Paralympic swimmer Col Pearce join Adam for a night of go to BBQ.	AUSTRALIA	English-100	2024	RPT	G		Y
9/02/2026	2300	Cooking	The Cook And The Chef	Chocolate And Lamb	3	9	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Mousakka and Simon shows us how to keep a beautiful cut of lamb moist and tasty in a Lamb Mouseline.	AUSTRALIA	English-100	2008	RPT	G		
9/02/2026	2330	Travel	Hidden Gems	Jah Nai Of Libong	2	1	On Libong Island, south of Thailand, Jah Nai, a Muslim woman, was the first to start a homestay and now runs a famous seafood restaurant.	THAILAND	Thai-90; English-10	2024	RPT	PG	a w	Y
9/02/2026	2425	Travel	Destination Flavour Japan Bitesize	Hokkaido	1	1	Some of your favourite moments and recipes from Adam Law's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y
9/02/2026	2430	Cooking	Donal's Family Kitchen	Long Weekend	1	8	A collection of recipes to take you through the weekend deliciously! From lazy brunch ideas to Saturday and Sunday dinners and a crowd pleasing Key Lime Pie that's the ultimate weekend indulgence.	UNITED KINGDOM	English-100	2021	RPT	G		

9/02/2026	2500	Cooking	Hot Dish With Franco	That's Amore!	1	6	Franco Noriega recreates his Italian grandmother's favorite dishes! A Prosciutto Flatbread Pizza with melty caramelized onions and sweet balsamic vinegar glaze is the perfect appetizer.	USA	English-70; Spanish-30	2023	RPT	PG	
9/02/2026	2530	Food Lifestyle	River Cottage Everyday	Fruit	1	4	With fruit sales falling in the UK, Hugh heads off to a typical suburban street to see if he can get people excited again by nature's original sweet treats, from Eton Mess to lollies.	UNITED KINGDOM	English-100	2010	RPT	PG	
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9/02/2026	2730	Cooking	The Cook Up With Adam Liaw	Go-To BBQ	7	64	Chef John Ralley and Paralympic swimmer Col Pearce join Adam for a night of go to BBQ.	AUSTRALIA	English-100	2024	RPT	G	Y
9/02/2026	2800	Cooking	The Cook And The Chef	Chocolate And Lamb	3	9	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Mousakka and Simon shows us how to keep a beautiful cut of lamb moist and tasty in a Lamb Mouseline.	AUSTRALIA	English-100	2008	RPT	G	
9/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Kemi, Finland	3	12	Kemi is situated in northern Finland by the Bothnian Bay and is part of Lapland region. Tareq tries his luck at a spot of burbot fishing on the frozen sea, then travels to see the enchanting snow castle hotel which the local residents have built every year for the past twenty years.	SWEDEN	English-100	2015	RPT	PG	a w
10/02/2026	500	Food Lifestyle	Field To Feast	Chestnuts	1	9	Considered a tough nut to crack, Thanh explores how chestnuts are grown, cooked, and enjoyed, then demonstrates some of the best ways to cook this winter delight.	AUSTRALIA	English-100	2023	RPT	G	
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10/02/2026	630	Cooking	Kriol Kitchen	Eric Fejo: Goose Heart & Giblet Chilli, Marinated Buffalo Satays, Prawn Fritters	3	8	Eric Fejo tells us he is an average cook, but we think he is more than that. In this episode, Eric shows us his family recipes for three amazing dishes.	AUSTRALIA	English-100	2014	RPT	G	Y
10/02/2026	700	Travel	Have You Eaten Yet? Tasting Taiwan	Chopped Dishes	1	6	The working-class culture by the southern harbours of Taiwan gave birth to unique chopped dishes and street snacks.	TAIWAN	Mandarin-100	2024	RPT	G	Y
10/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 3	5	3	One of our favourite starts ever, with Hayden enjoying the hot water at Millie Bone. Then it's off to meet legend, Dick Estens, into Moree to check out some amazing art, then a visit to a lamb farm.	AUSTRALIA	English-100	2022	RPT	G	
10/02/2026	800	Cooking	Lidia's Kitchen	Perfect Roast, A	6	17	Roasting enhances the flavour of any kind of meat and Lidia often makes a roast for family meals. Plus, she cooks a salad of warm greens, a roasted pork loin, and roasted fruity compote for dessert.	USA	English-100	2019	RPT	G	
10/02/2026	830	Travel	Hidden Gems	Jah Nai Of Libong	2	1	On Libong Island, south of Thailand, Jah Nai, a Muslim woman, was the first to start a homestay and now runs a famous seafood restaurant.	THAILAND	Thai-90; English-10	2024	RPT	PG	a w
10/02/2026	925	Travel	Destination Flavour Japan Bitesize	Hokkaido	1	1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y
10/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Chicken Scarpellino With S.E. Cupp	2	16	Political commentator and Rachael's friend, S.E. Cupp joins Rachael in her upstate kitchen to learn how to prepare Chicken Scarpellino, a classic Italian American chicken dish that is baked.	USA	English-100	2024	RPT	PG	
10/02/2026	1000	Cooking	Jamie At Home	Feathered Game	2	11	Jamie has been invited on a local shoot and uses the opportunity to explore the world of delicious game birds.	UNITED KINGDOM	English-100	2008	RPT	PG	a w

10/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 11	4	11	Scott Pickett joins Justine to whip up his Rock Flathead 'En Papillote'. Justine then makes a fantastic CWA sponge with homemade strawberry jam and a duck marbella.	AUSTRALIA	English-100	2014	RPT	G	
10/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Go-To Bbq	7	64	Chef John Ralley and Paralympic swimmer Col Pearse join Adam for a night of go to BBQ.	AUSTRALIA	English-100	2024	RPT	G	Y
10/02/2026	1130	Cooking	Dom's Family Kitchen	Long Weekend	1	8	A collection of recipes to take you through the weekend deliciously! From lazy brunch ideas to Saturday and Sunday dinners and a crowd pleasing Key Lime Pie that's the ultimate weekend indulgence.	UNITED KINGDOM	English-100	2021	RPT	G	
10/02/2026	1200	Cooking	Hot Dish With Franco	That's Amore!	1	6	Franco Noriega recreates his Italian grandmother's favorite dishes! A Prosciutto Flatbread Pizza with melty caramelized onions and sweet balsamic vinegar glaze is the perfect appetizer.	USA	English-70; Spanish-30	2023	RPT	PG	
10/02/2026	1230	Travel	Billy And Dom Eat The World	Scotland	1	2	Billy takes Dom to his northern homeland of Scotland to see a very different side of Britain.	UNITED KINGDOM	English-100	2024	RPT	PG	
10/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Bohuslan, West Sweden	4	1	Situated on the west coast of Sweden, Bohuslan is a place where you can really feel the history of fishing all around, a tradition that is still active.	SWEDEN	English-100	2016	RPT	PG	all w
10/02/2026	1400	Food Lifestyle	Field To Feast	Oranges	1	10	This beloved Australian citrus snack gets The Fruit Nerd treatment, as we discover Navel oranges in Mildura and how the Valencias grown in Barham are the perfect juicing orange.	AUSTRALIA	English-100	2023	RPT	G	
10/02/2026	1430	Cooking	Krio Kitchen	Robbie Mills: Baked Marinated Magpie Goose, Blachan, Braised Kangaroo Steaks With Asparagus Mushroom	3	9	In this episode, Robbie Mills shares two of his sovereign foods with us: Magpie Goose and Kangaroo.	AUSTRALIA	English-100	2014	RPT	G	Y
10/02/2026	1500	Travel	Have You Eaten Yet? Tasting Taiwan	Xiao Long Bao	1	7	Wang Yong-Ching's 'Ghostly Xiao Long Bao' in Yulin gained legendary status for their mysterious, elusive presence.	TAIWAN	Mandarin-100	2024	RPT	PG	Y
10/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 4	5	4	A bush pizza made with native ancient grains, anyone? Hayden heads to Goondiwindi, but first he catches up with bush food guide, Kerrie Saunders, then learns how to make the dish.	AUSTRALIA	English-99; Gamilaraay-1	2022	RPT	G	Y
10/02/2026	1600	Cooking	Lidia's Kitchen	Southern Italian Salads	6	18	Calabria is famous for its fiery salami spread, 'Nduja. It is delicious on warm grilled bread, and Lidia shows us how to make a bruschetta with it.	USA	English-100	2019	RPT	G	
10/02/2026	1630	Travel	Hidden Gems	Garden Of Happiness, The	2	2	The Garden of Happiness* tells the story of Aunt Ta, a former businesswoman who left her stressful life behind after seeing a terrible car accident.	THAILAND	Thai-100	2024	PG	a	Y
10/02/2026	1725	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y
10/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Halibut Fish Tacos	2	17	Rachael cooks a flavorful Mexican-style dish of halibut fish tacos along with pico de gallo and John serves up a tall glass of refreshing watermelon Margaritas.	USA	English-100	2024	PG		
10/02/2026	1800	Cooking	Jamie At Home	Pumpkin And Squash	2	12	Short ones, long ones, round ones, fat ones, yellow ones, green ones, striped ones, massive ones. Jamie's talking about pumpkin & squash of course and his garden has a crop of fascinating variety.	UNITED KINGDOM	English-100	2008	RPT	G	
10/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 12	4	12	Pasta extraordinaire, Adam Swanson shares his spell spaghetti with prawns. Natasha Lyonne makes her coffee caramel panna cotta and Justine shows us how to make perfect cafe style crispy bacon.	AUSTRALIA	English-100	2014	RPT	G	
10/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Family Dinner, The	7	65	Welcome to the family! Adam, chef Dom Wilton and comedian Mel Buttle host an Easy Entertaining that's a crowd-pleaser for all ages.	AUSTRALIA	English-100	2024	RPT	G	Y

10/02/2026	1930	Cooking	Silvia's Italian Masterclass	Pizza Like A Boss	1	9	There is nothing more Italian than the classic pizza. In this episode Silvia guides you through the many different forms this comes in. Her creative twist adds an appetising flare to a cult favourite meal. The pizza really is perfect for any occasion.	AUSTRALIA	English-100	2024	RPT	G		
10/02/2026	2000	Travel	Adam Richman Eats Britain	Yorkshire Pudding	1	1	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He begins his nationwide taste tour with a family connection - his great-grandfather was from Leeds, so what better place to eat the best of Yorkshire?	UNITED KINGDOM	English-100	2024	RPT	G		
10/02/2026	2030	Travel	This Tastes Funny	Episode 1	1	1	Award-winning comedian Iliza Shlesinger is a complete badass. Balancing life as a wife and mother with a career in stand-up comedy is tough work at the best of times. Now try adding a left-hand drive vehicle, birds on a murderous rampage along with disgraceful internet service and you have a recipe for disaster.	NEW ZEALAND	English-100	2025				
10/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 2	1	2	Today's brand new Come Dine With Me Professionals heads to Bristol where our first hosts are Mexican restaurant Dalla Cucina owner-chef Kirby and front of house Tamsin.	UNITED KINGDOM	English-100	2022				
10/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Family Dinner, The	7	65	Welcome to the family! Adam, chef Dom Wilton and comedian Mel Buttle host an Easy Entertaining that's a crowd-pleaser for all ages.	AUSTRALIA	English-100	2024	RPT	G	Y	
10/02/2026	2300	Cooking	The Cook And The Chef	Food For Kids	3	10	Maggie performs some magic with a light lemony cake cooled with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly while Simon makes a tangy, spicy lime pickle with lots of chilli.	AUSTRALIA	English-100	2008	RPT	G		
10/02/2026	2330	Travel	Hidden Gems	Garden Of Happiness, The	2	2	"The Garden of Happiness" tells the story of Aunt Ta, a former businesswoman who left her stressful life behind after seeing a terrible car accident.	THAILAND	Thai-100	2024	RPT	PG	a	Y
10/02/2026	2425	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y
10/02/2026	2430	Cooking	Silvia's Italian Masterclass	Pizza Like A Boss	1	9	There is nothing more Italian than the classic pizza. In this episode Silvia guides you through the many different forms this comes in. Her creative twist adds an appetising flare to a cult favourite meal. The pizza really is perfect for any occasion.	AUSTRALIA	English-100	2024	RPT	G		
10/02/2026	2500	Travel	Adam Richman Eats Britain	Yorkshire Pudding	1	1	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He begins his nationwide taste tour with a family connection - his great-grandfather was from Leeds, so what better place to eat the best of Yorkshire?	UNITED KINGDOM	English-100	2024	RPT	G		
10/02/2026	2530	Travel	This Tastes Funny	Episode 1	1	1	Award-winning comedian Iliza Shlesinger is a complete badass. Balancing life as a wife and mother with a career in stand-up comedy is tough work at the best of times. Now try adding a left-hand drive vehicle, birds on a murderous rampage along with disgraceful internet service and you have a recipe for disaster.	NEW ZEALAND	English-100	2025	RPT			
10/02/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 2	1	2	Today's brand new Come Dine With Me Professionals heads to Bristol where our first hosts are Mexican restaurant Dalla Cucina owner-chef Kirby and front of house Tamsin.	UNITED KINGDOM	English-100	2022	RPT			
10/02/2026	2730	Cooking	The Cook Up With Adam Liaw	Family Dinner, The	7	65	Welcome to the family! Adam, chef Dom Wilton and comedian Mel Buttle host an Easy Entertaining that's a crowd-pleaser for all ages.	AUSTRALIA	English-100	2024	RPT	G		Y
10/02/2026	2800	Cooking	The Cook And The Chef	Food For Kids	3	10	Maggie performs some magic with a light lemony cake cooled with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly while Simon makes a tangy, spicy lime pickle with lots of chilli.	AUSTRALIA	English-100	2008	RPT	G		
10/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Bohuslan, West Sweden	4	1	Situated on the west coast of Sweden, Bohuslan is a place where you can really feel the history of fishing all around, a tradition that is still active.	SWEDEN	English-100	2016	RPT	PG	a i w	
11/02/2026	500	Food Lifestyle	Field To Feast	Oranges	1	10	This beloved Australian citrus snack gets The Fruit Nerd treatment, as we discover Navel oranges in Mildura and how the Valencias grown in Barham are the perfect juicing orange.	AUSTRALIA	English-100	2023	RPT	G		

11/02/2026	530	Travel	Billy And Dom Eat The World	Scotland	1	2	Billy takes Dom to his northern homeland of Scotland to see a very different side of Britain.	UNITED KINGDOM	English-100	2024	RPT	PG		
11/02/2026	630	Cooking	Kriol Kitchen	Robbie Mills: Baked Marinated Magpie Goose, Blachan, Braised Kangaroo Steaks With Asparagus Mushroom	3	9	In this episode, Robbie Mills shares two of his sovereign foods with us: Magpie Goose and Kangaroo.	AUSTRALIA	English-100	2014	RPT	G	Y	
11/02/2026	700	Travel	Have You Eaten Yet? Tasting Taiwan	Xiao Long Bao	1	7	Wang Yong-Ching's 'Ghostly Xiao Long Bao' in Yunlin gained legendary status for their mysterious, elusive presence.	TAIWAN	Mandarin-100	2024	RPT	PG	Y	
11/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 4	5	4	A bush pizza made with native ancient grains, anyone? Hayden heads to Goondiwindi, but first he catches up with bush food guide, Kerrie Saunders, then learns how to make the dish.	AUSTRALIA	English-99; Gamilaraay-1	2022	RPT	G	Y	
11/02/2026	800	Cooking	Lidia's Kitchen	Southern Italian Salads	6	18	Calabria is famous for its fiery salami spread, 'Nduja. It is delicious on warm grilled bread, and Lidia shows us how to make a bruschetta with it.	USA	English-100	2019	RPT	G		
11/02/2026	830	Travel	Hidden Gems	Garden Of Happiness, The	2	2	The Garden of Happiness" tells the story of Aunt Ta, a former businesswoman who left her stressful life behind after seeing a terrible car accident.	THAILAND	Thai-100	2024	RPT	PG	2	Y
11/02/2026	925	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	
11/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Halibut Fish Tacos	2	17	Rachael cooks a flavorful Mexican-style dish of halibut fish tacos along with pico de gallo and John serves up a tall glass of refreshing watermelon Margaritas.	USA	English-100	2024	RPT	PG		
11/02/2026	1000	Cooking	Jamie At Home	Pumpkin And Squash	2	12	Short ones, long ones, round ones, fat ones, yellow ones, green ones, striped ones, massive ones, Jamie's talking about pumpkin & squash of course and his garden has a crop of fascinating variety.	UNITED KINGDOM	English-100	2008	RPT	G		
11/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 12	4	12	Pasta extraordinaire, Adam Swanson shares his spell spaghetti with prawns. Natasha Ignatiadis makes her coffee caramel panna cotta and Justine shows us how to make perfect cafe style crispy bacon.	AUSTRALIA	English-100	2014	RPT	G		
11/02/2026	1100	Cooking	The Look Up With Adam Liaw	Family Dinner, The	7	65	Welcome to the family! Adam, chef Dom Wilton and comedian Mel Buttle host an Easy Entertaining that's a crowd-pleaser for all ages.	AUSTRALIA	English-100	2024	RPT	G	Y	
11/02/2026	1130	Cooking	Silvia's Italian Masterclass	Pizza Like A Boss	1	9	There is nothing more Italian than the classic pizza. In this episode Silvia guides you through the many different forms this comes in. Her creative twist adds an appetising flare to a cult favourite meal. The pizza really is perfect for any occasion.	AUSTRALIA	English-100	2024	RPT	G		
11/02/2026	1200	Travel	Adam Richman Eats Britain	Yorkshire Pudding	1	1	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He begins his nationwide taste tour with a family connection - his great-grandfather was from Leeds, so what better place to eat the best of Yorkshire?	UNITED KINGDOM	English-100	2024	RPT	G		
11/02/2026	1230	Travel	Billy And Dom Eat The World	California	1	3	Billy and Dom are back on their home turf, ready to see what the American West Coast has to offer. Dom reveals his favourite food spot in the city-the Endorfine Coffee Bar.	UNITED KINGDOM	English-100	2024	RPT	PG	1	
11/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Roros, Norway	4	2	Tareq visits Norway and Floro to celebrate their national day - 17th of May. Surrounded by breathtaking archipelagos and stunning fjords he dives for scallops in the North Sea, cooking at mountain peaks and exploring the history and future of Norwegian salmon.	SWEDEN	English-100	2016	RPT	PG	a w	

11/02/2026	1400	Travel	Cooking Italy	Cagliari	2023	1	The series follows Chefs Rob and Craig as they travel to incredible and often overlooked regions of Italy.	CANADA	English-100	2023	RPT	PG	I	
11/02/2026	1430	Cooking	Krilo Kitchen	All Mills: Magpie Goose Curry & Fried Damper	3	10	Performer All Mills prepares a yummy goose curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	2014	RPT	G	Y	
11/02/2026	1500	Travel	Have You Eaten Yet? Tasting Taiwan	Three Cup Chicken	1	8	What is the taste of Taiwan? What makes it special? This episode's father-daughter chef duo from Tchin Tchin Restaurant answers this question with their culinary skills.	TAIWAN	Mandarin-100	2024	RPT	PG	Y	
11/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 5	5	5	Wine, olives, lavender and free-range chicken - what more could you ask for! Kicking off in Queensland's Granite Belt, Hayden visits Twisted Gum Wines, before heading to Coolmunda Olives.	AUSTRALIA	English-100	2022	RPT	G		
11/02/2026	1600	Cooking	Lidia's Kitchen	Everything Rice	6	19	Today is all about rice, and Lidia teaches viewers how to master the technique of making risotto. She also makes red onions with rice, and uses leftover risotto to make fried ones.	USA	English-100	2019	RPT	G		
11/02/2026	1630	Travel	Hidden Gems	Bowon Boiled Rice	2	3	After his father unexpectedly passed away, Jo found himself running Bowon Boiled Rice restaurant, a place he never wanted to work at.	THAILAND	Thai-95; English-5	2024	RPT	PG	2	Y
11/02/2026	1725	Travel	Destination Flavour Japan Bitsize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
11/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Korean Fried Chicken	2	18	Korean fried chicken is one of John's favorite dishes. Rachael prepares this sweet and spicy meal at home and shows how to pair the dish with Persian cucumbers, daikon radishes, and kimchi.	USA	English-100	2024	RPT	PG		
11/02/2026	1800	Cooking	Jamie At Home	Winter Salads	2	13	Jamie is nearly knocked off his feet in this episode as he braves the gales to collect a variety of salad. Unlikely as it seems, the garden is far from boring at this time of year and offers up a varied collection of crunchy, colourful delights.	UNITED KINGDOM	English-100	2008	RPT	PG	I	
11/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 13	4	13	Justine serves up her chicken and winter vegetable salad and some mouth-watering banana and salted caramel muffins. Colin Magee shows Justine his delicious prosciutto wrapped lamb loin.	AUSTRALIA	English-100	2014	RPT	PG		
11/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Fast Favourites	7	66	A fast dinner! Adam is joined by chef Darren Robertson and tennis superstar Jelena Dokic to make their fast favourites-soon to be your fast favourites, too!	AUSTRALIA	English-100	2024	RPT	G	Y	
11/02/2026	1930	Travel	Taste Of Australia In Vietnam	Ho Chi Minh City And Dalat	1	2	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100	2024	RPT	G		Y
11/02/2026	2005	Cooking	Global Soul Kitchen	Country Captain Chicken Stew	1	9	Chef Deborah VanTrece makes Country Captain Chicken Stew, a flavorful Southern dish with an Indian influence made with bone-in chicken, curry, tomatoes, and coconut milk and served over rice noodles.	USA	English-100	2025	RPT	G		
11/02/2026	2030	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 4	1	4	The cooks prepare a weeknight-midweek meal to serve four followed by a weekend meal.	UNITED KINGDOM	English-100	2022	RPT	PG		
11/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 3	1	3	Today's new Come Dine With Me Professionals heads to South Wales, where Prigo starts the week with sibling duo Toni and Andrea aiming to provide a fully authentic Italian experience for their guests.	UNITED KINGDOM	English-100	2022	RPT			
11/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Fast Favourites	7	66	A fast dinner! Adam is joined by chef Darren Robertson and tennis superstar Jelena Dokic to make their fast favourites-soon to be your fast favourites, too!	AUSTRALIA	English-100	2024	RPT	G	Y	
11/02/2026	2300	Cooking	The Cook And The Chef	Oats And Goats Cheese	3	11	If you enjoy the smell of freshly baked, you won't be able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast. But if you're like Simon and not a morning person, then he's got just the remedy for you. A delicious 'granolola' style cereal, with a unique kick to start your day.	AUSTRALIA	English-100	2008	RPT	G		

11/02/2026	2330	Travel	Hidden Gems	Bowon Boiled Rice	2	3	After his father unexpectedly passed away, Jo found himself running Bowon Boiled Rice restaurant, a place he never wanted to work at.	THAILAND	Thai-95; English-5	2024	RPT	PG	a	Y
11/02/2026	2425	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Law's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
11/02/2026	2430	Travel	Taste Of Australia In Vietnam	Ho Chi Minh City And Dalat	1	2	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100	2024	RPT	G		Y
11/02/2026	2505	Cooking	Global Soul Kitchen	Country Captain Chicken Stew	1	9	Chef Deborah VanTrece makes Country Captain Chicken Stew, a flavorful Southern dish with an Indian influence made with bone-in chicken, curry, tomatoes, and coconut milk and served over rice noodles.	USA	English-100	2025	RPT	G		
11/02/2026	2530	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 4	1	4	The cooks prepare a weeknight midweek meal to serve four followed by a weekend meal.	UNITED KINGDOM	English-100	2022	RPT	PG		
11/02/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 3	1	3	Today's new Come Dine With Me Professionals heads to South Wales, where Prego start the week with sibling duo Toni and Andrea aiming to provide a fully authentic Italian experience for their guests.	UNITED KINGDOM	English-100	2022	RPT			
11/02/2026	2730	Cooking	The Cook Up With Adam Law	Fast Favourites	7	66	A fast dinner's a good dinner! Adam is joined by chef Darren Robertson and tennis superstar Jelena Dokic to make their fast favourites soon to be your fast favourites, too!	AUSTRALIA	English-100	2024	RPT	G		Y
11/02/2026	2800	Cooking	The Cook And The Chef	Oats And Goats Cheese	3	11	If you enjoy the smell of freshly baked, you won't be able to resist Maggie's oat, pistachio and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast. But if you're like Simon and not a morning person, then he's got just the remedy for you. A delicious 'granola' style cereal, with a unique twist to start your day.	AUSTRALIA	English-100	2008	RPT	G		
11/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Roros, Norway	4	2	Tareq visits Norway and Flens to celebrate their national day, 17th of May. Surrounded by breathtaking archipelagos and stunning fjords he dives for scallops in the North Sea, cooking at mountain peaks and exploring the history and future of Norwegian salmon.	SWEDEN	English-100	2016	RPT	PG	a w	
12/02/2026	500	Travel	Cooking Italy	Cagliari	2023	1	The series follows Chefs Rob and Craig as they travel to incredible and often overlooked regions of Italy.	CANADA	English-100	2023	RPT	PG	i	
12/02/2026	530	Travel	Billy And Dom Eat The World	California	1	3	Billy and Dom are back on their home turf, ready to see what the American West Coast has to offer. Dom reveals his favourite food spot in the city-the Endorfine Coffee Bar.	UNITED KINGDOM	English-100	2024	RPT	PG	i	
12/02/2026	630	Cooking	Kriol Kitchen	All Mills: Maggie Goose Curry & Fried Damper	3	10	Performer Ali Mills prepares a yummy goose curry for us and shares some songs to while away the time as her dish cooks.	AUSTRALIA	English-100	2014	RPT	G		Y
12/02/2026	700	Travel	Have You Eaten Yet? Tasting Taiwan	Three Cup Chicken	1	8	What is the taste of Taiwan? What makes it special? This episode's father-daughter chef duo from Tchin Tchin Restaurant answers this question with their culinary skills.	TAIWAN	Mandarin-100	2024	RPT	PG		Y
12/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 5	5	5	Wine, olives, lavender and free-range chicken - what more could you ask for! Kicking off in Queensland's Granite Belt, Hayden visits Twisted Gum Wines, before heading to Coolmunda Olives.	AUSTRALIA	English-100	2022	RPT	G		
12/02/2026	800	Cooking	Lidia's Kitchen	Everything Rice	6	19	Today is all about rice, and Lidia teaches viewers how to master the technique of making risotto. She also makes red onions with rice, and uses leftover risotto to make fried ones.	USA	English-100	2019	RPT	G		
12/02/2026	830	Travel	Hidden Gems	Bowon Boiled Rice	2	3	After his father unexpectedly passed away, Jo found himself running Bowon Boiled Rice restaurant, a place he never wanted to work at.	THAILAND	Thai-95; English-5	2024	RPT	PG	a	Y
12/02/2026	925	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Law's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
12/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Korean Fried Chicken	2	18	Korean fried chicken is one of John's favorite dishes. Rachael prepares this sweet and spicy meal at home and shows how to pair the dish with Persian cucumbers, daikon radishes, and kimchi.	USA	English-100	2024	RPT	PG		

12/02/2026	1000	Cooking	Jamie At Home	Winter Salads	2	13	Jamie is nearly knocked off his feet in this episode as he braves the gales to collect a variety of salad. Unlikely as it seems, the garden is far from boring at this time of year and offers up a varied collection of crunchy, colourful delights.	UNITED KINGDOM	English-100	2008	RPT	PG	I	
12/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 13	4	13	Justine serves up her chicken and winter vegetable salad and some mouth-watering banana and salted caramel muffins. Colin Magee shows Justine his delicious prosciutto wrapped lamb loin.	AUSTRALIA	English-100	2014	RPT	PG		
12/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Fast Favourites	7	66	A fast dinner's a good dinner! Adam is joined by chef Darren Robertson and tennis superstar Jelena Dokic to make their fast favourites—soon to be your fast favourites, too!	AUSTRALIA	English-100	2024	RPT	G	Y	
12/02/2026	1130	Travel	Taste Of Australia In Vietnam	Ho Chi Minh City And Dalat	1	2	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100	2024	RPT	G	Y	
12/02/2026	1205	Cooking	Global Soul Kitchen	Country Captain Chicken Stew	1	9	Chef Deborah VanTrece makes Country Captain Chicken Stew, a flavorful Southern dish with an Indian influence made with bone-in chicken, curry, tomatoes, and coconut milk and served over rice noodles.	USA	English-100	2025	RPT	G		
12/02/2026	1230	Travel	Billy And Dom Eat The World	Texas	1	4	Billy and Dom travel to Texas to experience southern hospitality at its best.	UNITED KINGDOM	English-100	2024	RPT	PG	I	Y
12/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Tallinn, Estonia	4	3	Tareq makes his way across the Baltic sea to Estonia and the capital Tallinn. He discovers the historical treasures of the city and its thriving culinary life before he heads out into the vast and beautiful countryside to paddle canoe in the national park of Soomaa.	SWEDEN	English-100	2016	RPT	G		
12/02/2026	1400	Travel	Cooking Italy	Tertenia	2023	2	Chefs Rob and Craig meet up with Loris at his cousin's farm in the southwest corner of Sardinia, where the goats graze freely and produce delicious milk.	CANADA	English-100	2023	RPT	PG	I	
12/02/2026	1430	Cooking	Kriol Kitchen	Chilli Crab, Chilli Fish, Fried Rice, Shellfish Salad	4	1	Mitch and Ali travel 140 kms north of Broome to Mercedes Cove, a must-visit tourist destination to take in the amazing country, with William Bin Kali and Petronela Channing.	AUSTRALIA	English-100	2018	RPT	PG	a w	Y
12/02/2026	1500	Cooking	Ready Jet Cook	Chinese Takeout	1	1	When it comes to takeout, nothing beats Chinese food. Jet Tila kicks it off with a crispy and sweet Orange Chicken with a fluffy Fried Rice. Then, he uses his air fryer to make a dim sum classic that stuffs savoury roasted pork inside a fluffy steamed bun.	USA	English-100	2023	RPT	G		
12/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 6	5	6	Hayden is back in Brisbane. Tracking down fresh produce from Loop Growers, on the hunt for epic mushrooms grown in the city, learning about winemaking, and catches up with Chef Louis Tikiaram.	AUSTRALIA	English-100	2022	RPT	G		
12/02/2026	1600	Cooking	Lidia's Kitchen	Chocolate And Dinner	6	20	Lidia shares some of her favourite chocolate desserts and one deliciously creamy risotto recipe. First, she makes a chocolate hazelnut bread parfaït, then a chocolate zabaglione.	USA	English-100	2019	RPT	G		
12/02/2026	1630	Travel	Hidden Gems	Indochine The Flavor Of Legacy	2	4	Indochine The Flavor Of Legacy tells the story of Noi, a chef on a mission to preserve his family's heritage.	THAILAND	Thai-100	2024	G		Y	
12/02/2026	1725	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
12/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Beer Batter Fish Fry	2	19	Rachael and her family often enjoyed fish fry dinners in Cape Cod. Her mother served countless fish fry meals in her restaurants, and now Rachael shows how to make the dish at home with her favorite yogurt-based tartar sauce, plated with fries.	USA	English-100	2024	PG		Y	
12/02/2026	1800	Travel	Jamie's Great Italian Escape	Sicily	1	1	Jamie Oliver begins his Italian escape on the island of Sicily where he tours the city of Palermo in search of the best local cuisine.	UNITED KINGDOM	English-100	2005	RPT	PG		
12/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 14	4	14	Lola Berry shares a guilt-free vegan spud brownie and Daniel Wilson serves up his Vietnamese rare beef salad. Justine makes her seafood cannelloni and a rich cacao hot chocolate.	AUSTRALIA	English-100	2014	RPT	G		

12/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Rocking Recipes	7	67	It's non-stop hits as musician Ely-May Barnes, chef Hamish Ingham and Adam debut their rocking recipes.	AUSTRALIA	English-100	2024	RPT	G	Y	
12/02/2026	1930	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 7	1	7	Khanh travels to Mallacoota, Victoria, to explore the seafood delicacies that the area has to offer and learns how to make blue cheese.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y
12/02/2026	2030	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 9	2	9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills. He also makes a Consommé and enjoys a beach barbecue, before sprucing himself up for a feast at a Maderian club restaurant.	UNITED KINGDOM	English-100	2003	RPT	PG	a w	
12/02/2026	2100	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 10	2	10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins, so Nick now calls them sardines, which have become quite fashionable among foodies.	UNITED KINGDOM	English-100	2003	RPT	PG	a w	
12/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 4	1	4	Kicking off the competition in East London are Chef-Owner Nina and front of house Chloe of jellyfish-Lebanese inspired street food served in one of the area's most popular live music pubs.	UNITED KINGDOM	English-100	2022				
12/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Rocking Recipes	7	67	It's non-stop hits as musician Ely-May Barnes, chef Hamish Ingham and Adam debut their rocking recipes.	AUSTRALIA	English-100	2024	RPT	G	Y	
12/02/2026	2300	Cooking	The Cook And The Chef	Pepper And Salt	3	12	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal, while Maggie pot roasts a pheasant to succulent perfection with apple brandy.	AUSTRALIA	English-100	2008	RPT	G		
12/02/2026	2330	Travel	Hidden Gems	Indochine The Flavor Of Legacy	2	4	Indochine The Flavor of Legacy tells the story of Noi, a chef on a mission to preserve his family's heritage.	THAILAND	Thai-100	2024	RPT	G	Y	
12/02/2026	2425	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
12/02/2026	2430	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 7	1	7	Khanh travels to Mallacoota, Victoria, to explore the seafood delicacies that the area has to offer and learns how to make blue cheese.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y
12/02/2026	2525	Cooking	Destination Flavour Singapore Bitesize	Hainanese Chicken	1	1	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
12/02/2026	2530	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 9	2	9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills. He also makes a Consommé and enjoys a beach barbecue, before sprucing himself up for a feast at a Maderian club restaurant.	UNITED KINGDOM	English-100	2003	RPT	PG	a w	
12/02/2026	2600	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 10	2	10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins, so Nick now calls them sardines, which have become quite fashionable among foodies.	UNITED KINGDOM	English-100	2003	RPT	PG	a w	
12/02/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 4	1	4	Kicking off the competition in East London are Chef-Owner Nina and front of house Chloe of jellyfish-Lebanese inspired street food served in one of the area's most popular live music pubs.	UNITED KINGDOM	English-100	2022	RPT			
12/02/2026	2730	Cooking	The Cook Up With Adam Liaw	Rocking Recipes	7	67	It's non-stop hits as musician Ely-May Barnes, chef Hamish Ingham and Adam debut their rocking recipes.	AUSTRALIA	English-100	2024	RPT	G	Y	
12/02/2026	2800	Cooking	The Cook And The Chef	Pepper And Salt	3	12	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal, while Maggie pot roasts a pheasant to succulent perfection with apple brandy.	AUSTRALIA	English-100	2008	RPT	G		

12/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Tallinn, Estonia	4	3	Tareq makes his way across the Baltic sea to Estonia and the capital Tallinn. He discovers the historical treasures of the city and its thriving culinary life before he heads out into the vast and beautiful countryside to paddle canoe in the national park of Soomaa.	SWEDEN	English-100	2016	RPT	G	
13/02/2026	500	Travel	Cooking Italy	Tertenia	2023	2	Chefs Rob and Craig meet up with Loris at his cousin's farm in the southwest corner of Sardinia, where the goats graze freely and produce delicious milk.	CANADA	English-100	2023	RPT	PG	I
13/02/2026	530	Travel	Billy And Dom Eat The World	Texas	1	4	Billy and Dom travel to Texas to experience southern hospitality at its best.	UNITED KINGDOM	English-100	2024	RPT	PG	I
13/02/2026	630	Cooking	Kris Kitchen	Chilli Crab, Chilli Fish, Fried Rice, Shellfish Salad	4	1	Mitch and Ali travel 140 kms north of Broome to Mercedes Cove, a must-visit tourist destination to take in the amazing country, with William Bin Kali and Petronella Channing.	AUSTRALIA	English-100	2018	RPT	PG	a w
13/02/2026	700	Cooking	Ready Jet Cook	Chinese Takeout	1	1	When it comes to takeout, nothing beats Chinese food. Jet Tila kicks it off with a crispy and sweet Orange Chicken with a fluffy Fried Rice. Then, he uses his air fryer to make a dim sum classic that stuffs savoury roasted pork inside a fluffy steamed bun.	USA	English-100	2023	RPT	G	
13/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 6	5	6	Hayden is back in Brisbane. Tracking down fresh produce from Loop Growers, on the hunt for epic mushrooms grown in the city, learning about whinemaking, and catches up with Chef Louis Tikaram.	AUSTRALIA	English-100	2022	RPT	G	
13/02/2026	800	Cooking	Lidia's Kitchen	Chocolate And Dinner	6	20	Lidia shares some of her favourite chocolate desserts and one deliciously creamy risotto recipe. First, she makes a chocolate hazelnut bread parfait, then a chocolate zabaglione.	USA	English-100	2019	RPT	G	
13/02/2026	830	Travel	Hidden Gems	Indochine The Flavor Of Legacy	2	4	Indochine The Flavor of Legacy tells the story of Noi, a chef on a mission to preserve his family's heritage.	THAILAND	Thai-100	2024	RPT	G	Y
13/02/2026	925	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	1	4	Some of your favourite moments and recipes from Adam Law's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y
13/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Beer Batter Fish Fry	2	19	Rachael and her family often enjoyed fish fry dinners in Cape Cod. Her mother served countless fish fry meals in her restaurants, and now Rachael shows how to make the dish at home with her favorite yogurt-based tartar sauce, plated with fries.	USA	English-100	2024	RPT	PG	Y
13/02/2026	1000	Travel	Jamie's Great Italian Escape	Sicily	1	1	Jamie Oliver begins his Italian escape on the island of Sicily where he tours the city of Palermo in search of the best local cuisine.	UNITED KINGDOM	English-100	2005	RPT	PG	Y
13/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 14	4	14	Lola Berry shares a guilt-free vegan spud brownie and Daniel Wilson serves up his Vietnamese rare beef salad. Justine makes her seafood cannelloni and a rich cacao hot chocolate.	AUSTRALIA	English-100	2014	RPT	G	
13/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Rocking Recipes	7	67	It's non-stop hits as musician Ely-May Barnes, chef Hamish Ingham and Adam debut their rocking recipes.	AUSTRALIA	English-100	2024	RPT	G	Y
13/02/2026	1130	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 7	1	7	Khanh travels to Mallacoota, Victoria, to explore the seafood delicacies that the area has to offer and learns how to make blue cheese.	AUSTRALIA	English-100	2022	RPT	PG	a w
13/02/2026	1225	Cooking	Destination Flavour Singapore Bitesize	Hainanese Chicken	1	1	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y
13/02/2026	1230	Travel	Billy And Dom Eat The World	Japan	1	5	Japanese knives are the most sought-after knives in the world. In Kyushu, Japan's southwestern-most island, Billy and Dom learn the art of such knife making from one of Japan's leading blacksmiths.	UNITED KINGDOM	English-100	2024	RPT	PG	Y
13/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Ringkøbing, Denmark	4	4	Ringkøbing, a lovely old market town located at the west coast of Denmark. Here, Tareq visits a traditional Herring Festival and meets up with local entrepreneurs who have learned to adapt to this ever-changing environment.	SWEDEN	English-100	2016	RPT	PG	a w

13/02/2026	1400	Travel	Cooking Italy	Muravera	2023	3	Rob and Craig meet up with a local fig grower named Gioele. Lying beneath a rugged mountain range, his farm goes back generations. Gioele shows the chefs the fig farming process and what makes his figs so special.	CANADA	English-100	2023	RPT	PG	a w
13/02/2026	1430	Cooking	Krial Kitchen	Baked Turkey, Baked Kangaroo Sausage, Kangaroo Steaks With Bush Kunaberry Sauce, Roo Tail Stew	4	2	Time for some traditional inspired cooking. In this food adventure Ali and Mitch meet up with their cousin Ronnie Jimbide at his tourism business Girriloob Tours based at the spectacular Mimbi Caves.	AUSTRALIA	English-100	2018	RPT	PG	a w
13/02/2026	1500	Cooking	Ready Jet Cook	Noodles	1	2	Every style of Asian cuisine has a unique and delicious noodle dish, and Chef Jet Tila whips up two of his favourites. He brings back his family's Pad Thai recipe from 1972 and makes a silky gravy for his Hong Kong-style Chow Mein with chicken and veggies.	USA	English-100	2023	RPT	PG	
13/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 7	5	7	Hayden heads to the Sunshine Coast and kicks things off in the hinterland at Maleny Dairies, then drops in on Australia's organic farmer of the year. Then to an epic sunset beach cook!	AUSTRALIA	English-100	2022	RPT	G	
13/02/2026	1600	Cooking	Lidia's Kitchen	Fresh Catch, The	6	21	Fish is a staple on Lidia's table and she shares a simple menu for a party based around it. She turns on the grill to make shrimp skewers, and serves seared salmon pallards with arugula salad.	USA	English-100	2019	RPT	G	
13/02/2026	1630	Travel	Hidden Gems	Pad Thai Of Silence	2	5	He lost his hearing when he was young, and life became a constant struggle. Facing rejection each time he looked for work, he was told that his inability to communicate was a barrier.	THAILAND	Thai-72; English-18; Sign Language-10	2024			Y
13/02/2026	1725	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	1	5	Some of your favourite moments and recipes from Adam Law's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y
13/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Chili For Maria	2	20	Rachael turns on the heat and shows how to prepare her sister's favorite meal, a chili recipe made with black beans, chopped meat, spices, and topped with a blend of cheeses.	USA	English-100	2024		PG	
13/02/2026	1800	Travel	Jamie's Great Italian Escape	Marettimo	1	2	Jamie Oliver arrives on the tiny Sicilian island of Marettimo, which only has one fruit and veg stall. Here he meets fisherman Giovani - the owner of one of Sicily's best restaurants. The larger-than-life character puts Jamie to the test working as his assistant, before leaving him in charge of the eatery.	UNITED KINGDOM	English-100	2005	RPT	PG	Y
13/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 15	4	15	Justine shows you a fun breakfast couscous, her roasted tamarind chicken, green olive tapenade and feta salad. Trish McKenzie drops in to make her fabulous cherry ripe slice.	AUSTRALIA	English-100	2014	RPT	G	
13/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Favourite Ferments	7	68	Fervent fermenters, chef Mika Chae and food writer Mandy Hall, join Adam to share their favourite ferments.	AUSTRALIA	English-100	2024	RPT	G	Y
13/02/2026	1930	Travel	Beyond Bali With Lara Lee	West Timor: New Connections And Family Ties	1	8	In West Timor, Lara is reunited with her father's birthplace, meeting extended family, learning home-cooked recipes and deepening her connection to her Indonesian heritage.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G	Y
13/02/2026	2030	Food Lifestyle	Buddy Valastro's Cake Dynasty	House Beautiful Cake	1	8	Buddy makes a cake for an old friend and the current Editorial Director of House Beautiful Magazine, Joanna Saltz. Meanwhile, when Danny The Mule announces his retirement.	USA	English-100	2023		PG	I
13/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 5	1	5	This week's Manchester competition begins at Brewchimp Indian and Social club, where joint owners David and Raj are hoping to wow their guests with their Indian tapas street food.	UNITED KINGDOM	English-100	2022			
13/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Favourite Ferments	7	68	Fervent fermenters, chef Mika Chae and food writer Mandy Hall, join Adam to share their favourite ferments.	AUSTRALIA	English-100	2024	RPT	G	Y
13/02/2026	2300	Cooking	The Cook And The Chef	Trout And Eggs	3	13	Maggie uses her trout in a green tomato salsa, combining sweet and savory flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise in a chunky, satisfying sandwich.	AUSTRALIA	English-100	2008	RPT	G	
13/02/2026	2330	Travel	Hidden Gems	Pad Thai Of Silence	2	5	He lost his hearing when he was young, and life became a constant struggle. Facing rejection each time he looked for work, he was told that his inability to communicate was a barrier.	THAILAND	Thai-72; English-18; Sign Language-10	2024	RPT		Y
13/02/2026	2425	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	1	5	Some of your favourite moments and recipes from Adam Law's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y

13/02/2026	2430	Travel	Beyond Bali With Lara Lee	West Timor: New Connections And Family Ties	1	8	In West Timor, Lara is reunited with her father's birthplace, meeting extended family, learning home-cooked recipes and deepening her connection to her Indonesian heritage.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G	Y	Y
13/02/2026	2525	Cooking	Destination Flavour Singapore Bitesize	Hari Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
13/02/2026	2530	Food Lifestyle	Buddy Valastro's Cake Dynasty	House Beautiful Cake	1	8	Buddy makes a cake for an old friend and the current Editorial Director of House Beautiful Magazine, Joanna Saltz. Meanwhile, when Danny The Mule announces his retirement.	USA	English-100	2023	RPT	PG	I	
13/02/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 5	1	5	This week's Manchester competition begins at Brewchimp Indian and Social club, where joint owners David and Raj are hoping to wow their guests with their Indian tapas street food.	UNITED KINGDOM	English-100	2022	RPT			
13/02/2026	2730	Cooking	The Cook Up With Adam Liaw	Favourite Ferments	7	68	Fervent fermenters, chef Mika Chae and food writer Mandy Hall, join Adam to share their favourite ferments.	AUSTRALIA	English-100	2024	RPT	G	Y	
13/02/2026	2800	Cooking	The Cook And The Chef	Trout And Eggs	3	13	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise in a chunky, satisfying sandwich.	AUSTRALIA	English-100	2008	RPT	G		
13/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Ringkøbing, Denmark	4	4	Ringkøbing, a lovely old market town located at the west coast of Denmark. Here, Tareq visits a traditional Herring Festival and meets up with local entrepreneurs who have learned to adapt to this ever-changing environment.	SWEDEN	English-100	2016	RPT	PG	a w	
14/02/2026	500	Travel	Cooking Italy	Muravera	2023	3	Rob and Craig meet up with a local fig grower named Gioele. Lying beneath a rugged mountain range, his farm goes back generations. Gioele shows the chefs the fig farming process and what makes his figs so special.	CANADA	English-100	2023	RPT	PG	a l w	
14/02/2026	530	Travel	Billy And Dom Eat The World	Japan	1	5	Japanese knives are the most sought-after knives in the world. In Kyushu, Japan's southwestern-most island, Billy and Dom learn the art of sushi knife making from one of Japan's leading blacksmiths.	UNITED KINGDOM	English-100	2024	RPT	PG		Y
14/02/2026	630	Cooking	Kris Kitchen	Baked Turkey, Baked Kangaroo Sausage, Kangaroo Steaks With Bush Kunckaberry Sauce, Roo Tail Stew	4	2	Time for some traditional inspired cooking. In this food adventure Ali and Mitch meet up with their cousin Ronnie Jimbido at his tourism business Girilooboo Tours based at the spectacular Mimbi Caves.	AUSTRALIA	English-100	2018	RPT	PG	a w	Y
14/02/2026	700	Cooking	Ready Jet Cook	Noodles	1	2	Every style of Asian cuisine has a unique and delicious noodle dish, and Chef Jet Tila whips up two of his favourites. He brings back his family's Pad Thai recipe from 1972 and makes a silky gravy for his Hong Kong-Style Chow Mein with chicken and veggies.	USA	English-100	2023	RPT	PG		
14/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 7	5	7	Hayden heads to the Sunshine Coast and kicks things off in the hinterland at Maleny Dairies, then drops in on Australia's organic farmer of the year. Then to an epic sunset beach cook!	AUSTRALIA	English-100	2022	RPT	G		
14/02/2026	800	Cooking	Lidia's Kitchen	Fresh Catch, The	6	21	Fish is a staple on Lidia's table and she shares a simple menu for a party based around it. She turns on the grill to make shrimp spindini, and serves seared salmon pallards with anguila salad.	USA	English-100	2019	RPT	G		
14/02/2026	830	Travel	Hidden Gems	Pad Thai Of Silence	2	5	Ae lost his hearing when he was young, and life became a constant struggle. Facing rejection each time he looked for work, he was told that his inability to communicate was a barrier.	THAILAND	Thai-72; English-18; Sign Language-10	2024	RPT			Y
14/02/2026	925	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	1	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y

14/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Chill For Maria	2	20	Rachael turns on the heat and shows how to prepare her sister's favorite meal, a chili recipe made with black beans, chopped meat, spices, and topped with a blend of cheeses.	USA	English-100	2024	RPT	PG	
14/02/2026	1000	Travel	Jamie's Great Italian Escape	Marettimo	1	2	Jamie Oliver arrives on the tiny Sicilian island of Marettimo, which only has one fruit and veg stall. Here he meets fisherman Giovanni - the owner of one of Sicily's best restaurants. The larger-than-life character puts Jamie to the test working as his assistant, before leaving him in charge of the eatery.	UNITED KINGDOM	English-100	2005	RPT	PG	Y
14/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 15	4	15	Justine shows you a fun a breakfast couscous, her roasted tamarind chicken, green olive tapenade and fetta salad. Trish McKenzie drops in to make her fabulous cherry ripe slice.	AUSTRALIA	English-100	2014	RPT	G	
14/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Favourite Ferments	7	68	Fervent fermenters, chef Mika Chae and food writer Mandy Hall, join Adam to share their favourite ferments.	AUSTRALIA	English-100	2024	RPT	G	Y
14/02/2026	1130	Travel	Beyond Bali With Lara Lee	West Timor: New Connections And Family Ties	1	8	In West Timor, Lara is reunited with her father's birthplace, meeting extended family, learning home-cooked recipes and deepening her connection to her Indonesian heritage.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	G	Y
14/02/2026	1225	Cooking	Destination Flavour Singapore Bitesize	Haru Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y
14/02/2026	1230	Food Lifestyle	Buddy Valastro's Cake Dynasty	House Beautiful Cake	1	8	Buddy makes a cake for an old friend and the current Editorial Director of House Beautiful Magazine, Joanna Saltz. Meanwhile, when Danny The Mule announces his retirement.	USA	English-100	2023	RPT	PG	I
14/02/2026	1330	Travel	Cooking Italy	Muravera	2023	3	Rob and Craig meet up with a local fig grower named Gioele. Lying beneath a rugged mountain range, his farm goes back generations. Gioele shows the chefs the fig farming process and what makes his figs so special.	CANADA	English-100	2023	RPT	PG	ai w
14/02/2026	1400	Cooking	Krial Kitchen	Baked Turkey, Baked Kangaroo Sausage, Kangaroo Steaks With Bush Kangoberry Sauce, Roo Tail Stew	4	2	Time for some traditional inspired cooking. In this food adventure Ali and Mitch meet up with their cousin Ronnie Jimbide at his tourism business Girloofo Tours based at the spectacular Mimbi Caves.	AUSTRALIA	English-100	2018	RPT	PG	aw
14/02/2026	1430	Cooking	Ready Jet Cook	Noodles	1	2	Every style of Asian cuisine has a unique and delicious noodle dish, and Chef Jet Tila whips up two of his favourites. He brings back his family's Pad Thai recipe from 1972 and makes a silky gravy for his Hong Kong-Style Chew Mein with chicken and veggies.	USA	English-100	2023	RPT	PG	
14/02/2026	1500	Travel	Taste Of Australia With Hayden Quinn	Ep 7	5	7	Hayden heads to the Sunshine Coast and kicks things off in the hinterland at Maleny Dairies, then drops in on Australia's organic farmer of the year. Then to an epic sunset beach cook!	AUSTRALIA	English-100	2022	RPT	G	
14/02/2026	1530	Cooking	Lidia's Kitchen	Fresh Catch, The	6	21	Fish is a staple on Lidia's table and she shares a simple menu for a party based around it. She turns on the grill to make shrimp spiedini, and serves seared salmon pallards with arugula salad.	USA	English-100	2019	RPT	G	
14/02/2026	1600	Cooking	Everyday Gourmet With Justine Schofield	Ep 15	4	15	Justine shows you a fun a breakfast couscous, her roasted tamarind chicken, green olive tapenade and fetta salad. Trish McKenzie drops in to make her fabulous cherry ripe slice.	AUSTRALIA	English-100	2014	RPT	G	

14/02/2026	1630	Travel	Jason Atherton's Dubai Dishes	Bakery	1	8	Jason proves that bread and pastries are a serious business in Dubai, with some delicious cheese pastry parcels and crumbly semolina and almond cake.	UNITED KINGDOM	English-100	2023	RPT	G	
14/02/2026	1725	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	1	1	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
14/02/2026	1730	Cooking	Toast The Host: How To Entertain At Home	Comfort Dinner	1	6	When the weather is cold, you and your chosen family need some loving from the oven. Simon James Bailey jumps out of his jammies and into the kitchen to whip up an easy-peasy pea & herb soup.	AUSTRALIA	English-100	2024	RPT	PG	
14/02/2026	1830	Travel	Hairy Bikers Go West	Coming Home For Christmas	1	8	The Hairy Bikers are back on the road searching for wonderful seasonal ingredients to create a festive banquet to thank all those who've helped Dave throughout his recent struggles.	UNITED KINGDOM	English-100	2024	RPT	PG	
14/02/2026	1935	Food Lifestyle	What Not To Eat	Scarborough: Vicki & Rob Graham	1	1	Professor Tim Spector and Dr Kandi Eijofo show us how ultra-processed foods are made, starting with strawberry milkshake. They help Vicki and Rob from Scarborough face up to their instant noodle addiction and eat their way to better health.	UNITED KINGDOM	English-100	2025			
14/02/2026	2035	Travel	Rick Stein's Long Weekends	Reykjavik	1	2	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer - succulent roast lamb, he bread baked in volcanic tandoi, limpetine soup and, of course, his ongoing search for the perfect cod. Unforgettable dishes enjoyed alongside spectacular drives, memorable swims in volcanic pools, geyser, waterfalls, and the odd winter storm thrown in for good measure.	UNITED KINGDOM	English-100	2016	RPT	G	Y
14/02/2026	2140	Travel	Mind Of A Chef	Rene	1	6	Chang hangs out with one of his best friends who happens to be the world's top chef's Rene Redzepi of Copenhagen's Noma.	USA	English-100	2012	RPT	PG	a w
14/02/2026	2205	Cooking	Deliciously Twisted Classics	Not Your Mamas Recipe	1	7	There's nothing quite like home cooking, but these aren't your Mama's dishes. Talented chefs are taking their favorite mom-made recipes and adding their own tasty twists and turns.	USA	English-100	2023		PG	
14/02/2026	2235	Cooking	Andrew Zimmern's Wild Game Kitchen	Clams	5	7	In this episode of Wild Game Kitchen, Andrew Zimmern is cooking with cherrystone clams, one of his all-time favorite ingredients, with two show-stopping recipes.	USA	English-100	2024	RPT	G	
14/02/2026	2300	Cooking	Andrew Zimmern's Wild Game Kitchen	Elk	5	8	Elk is one of Andrew Zimmern's favorite proteins, with its beautiful lean, mild red meat.	USA	English-100	2024	RPT	G	
14/02/2026	2330	Travel	Jason Atherton's Dubai Dishes	Bakery	1	8	Jason proves that bread and pastries are a serious business in Dubai, with some delicious cheese pastry parcels and crumbly semolina and almond cake.	UNITED KINGDOM	English-100	2023	RPT	G	
14/02/2026	2425	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	1	1	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

14/02/2026	2430	Cooking	Toast The Host: How To Entertain At Home	Comfort Dinner	1	6	When the weather is cold, you and your chosen family need some loving from the oven. Simon James Bailey jumps out of his jammies and into the kitchen to whip up an easy-peasy pea & herb soup.	AUSTRALIA	English-100	2024	RPT	PG	
14/02/2026	2530	Travel	Hairy Bikers Go West	Coming Home For Christmas	1	8	The Hairy Bikers are back on the road searching for wonderful seasonal ingredients to create a festive banquet to thank all those who've helped Dave throughout his recent struggles.	UNITED KINGDOM	English-100	2024	RPT	PG	
14/02/2026	2635	Food Lifestyle	What Not To Eat	Scarborough: Vicki & Rob Graham	1	1	Professor Tim Spector and Dr Kandi Ejiogor show us how ultra-processed foods are made, starting with strawberry milkshake. They help Vicki and Rob from Scarborough face up to their instant noodle addiction and eat their way to better health.	UNITED KINGDOM	English-100	2025	RPT		
14/02/2026	2730	Travel	Rick Stein's Long Weekends	Reykjavik	1	2	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer - succulent meat balls, rye bread baked in volcanic sand, langoustine soup and, of course, his ongoing search for the perfect cod. Unforgettable dishes enjoyed alongside spectacular drives, memorable swims in volcanic pools, geysirs, waterfalls, and the odd winter storm thrown in for good measure.	UNITED KINGDOM	English-100	2016	RPT	G	Y
14/02/2026	2835	Cooking	Andrew Zimmern's Wild Game Kitchen	Clams	5	7	In this episode of Wild Game Kitchen, Andrew Zimmern is cooking with cherrystone clams, one of his all-time favorite ingredients, with two show-stopping recipes.	USA	English-100	2024	RPT	G	

