



| 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 Inchausti 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 | | | Y | |
| 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 Adria. | 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 Inchausti 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 | |

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|-----------|------|---------|--|--|------|---|--|----------------|-------------|------|-----|----|---|---|
| 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 loaf 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' XO 'sauce' rotten bananas with Christina Tosi, and kintochi. | 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 | | |

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|-----------|------|---------|---------------------------------------|--|------|---|--|----------------|-------------|------|-----|----|---|---|
| 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 chortizo 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 '30 sauce' rotten bananas with Christina Tosi, and kinchi. | 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 chortizo 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 |

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|-----------|------|----------------|---------------------------------------|---|------|----|--|----------------|--------------|------|-----|----|-----|---|
| 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 | | |
| 9/02/2026 | 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 |
| 9/02/2026 | 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 | | |
| 9/02/2026 | 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' 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 it is part of Lapland region. Tareq tries his luck at a spot of barbot 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 | Kriel Kitchen | Eric Fejo: Goose Heart & Giblet Chili, 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 |
| 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 over, with Hayden enjoying the hot water at Millie Boro. 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 | | |

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|-----------|------|----------------|---|-------------------------------------|---|----|---|----------------|-------------------------|------|-----|----|-----|---|---|
| 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 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 |
| 9/02/2026 | 1730 | Cooking | Rachael Ray's Meals in Minutes | Chicken Scarpariello With S.E. Cupp | 2 | 16 | Political commentator and Rachael's friend, S.E. Cupp joins Rachael in her update kitchen to learn how to prepare Chicken Scarpiello, 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 Papiolote'! Justine then makes a fantastic CWA sponge with homemade strawberry jam and a duck marbella. | 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 | | G | | | |
| 9/02/2026 | 2000 | 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 | | 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 whiskey soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Mousseau and Simon shows us how to keep a beautiful cut of lamb moist and tasty in a Lamb Mousseau. | 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 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 |
| 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 | | | |

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| 9/02/2026 | 2500 | Cooking | Hot Dish With Franco | That's Amore! | 1 | 6 | Franco Norega 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 | | |
| 9/02/2026 | 2630 | 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 | RPT | | | |
| 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 Mousseau and Simon shows us how to keep a beautiful cut of lamb moist and tasty in a Lamb Mousseau. | 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 it 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 | | |
| 10/02/2026 | 530 | 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 | |
| 10/02/2026 | 630 | Cooking | Krisol Kitchen | Eric Fejo: Goose Heart & Giblet Chili, 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 Bore. 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 fruit compote for dessert. | USA | English-100 | 2019 | RPT | G | | |
| 10/02/2026 | 830 | Travel | Hidden Gems | Jah Noi Of Ubong | 2 | 1 | On Libong Island, south of Thailand, Jah Noi, 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 |
| 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 Y |
| 10/02/2026 | 930 | Cooking | Rachael Ray's Meals In Minutes | Chicken Scarpine 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 Scarpine, 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 | |

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|------------|------|----------------|---|--|---|----|--|----------------|--------------------------|------|-----|----|-------|---|
| 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 Pearce join Adam for a night of go to BBQ. | AUSTRALIA | English-100 | 2024 | RPT | G | Y | |
| 10/02/2026 | 1130 | 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 | | |
| 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 | a l 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 Valencia's grown in Barham are the perfect juicing orange. | AUSTRALIA | English-100 | 2023 | RPT | G | | |
| 10/02/2026 | 1430 | Cooking | Kriel Kitchen | Robbie Mills: Baked Marinated Maggie Goose, Blachan, Braised Kangaroo Steaks With Asparagus Mushroom | 3 | 9 | In this episode, Robbie Mills shares two of his sovereign foods with us: Maggie 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 Yunlin 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 Goondwindi, but first he catches up with bush food guide, Kerrie Saunders, then learns how to make the dish. | AUSTRALIA | English-99; Gamilaraay-1 | 2022 | RPT | G | Y | |
| 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 spelt 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 | | |
| 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 Buttler host an Easy Entertaining that's a crowd-pleaser for all ages. | AUSTRALIA | English-100 | 2024 | RPT | G | Y | |

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|------------|------|----------------|-------------------------------------|--------------------------|---|----|--|----------------|-------------------------|------|-----|----|-------|---|
| 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 countryside 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 Dalia Cucina owner-chef Kirsty 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 Button 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 cooked 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 Bite-size | 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 countryside 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 Dalia Cucina owner-chef Kirsty 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 Button 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 cooked 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 l 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 Valencia's grown in Batham are the perfect juicing orange. | AUSTRALIA | English-100 | 2023 | RPT | G | | |

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|------------|------|---------|---|--|---|----|--|----------------|--------------------------|------|-----|----|-----|---|
| 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 Maggie Goose, Blachan, Braised Kangaroo Steaks With Asparagus Mushroom | 3 | 9 | In this episode, Robbie Mills shares two of his sovereign foods with us: Maggie 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 Goondewindi, 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 | a | 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 spelt 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 Cook Up With Adam Liaw | Family Dinner, The | 7 | 65 | Welcome to the family! Adam, chef Dom Wilton and comedian Mel Buitte 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 countryside 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 Endorffene Coffee Bar. | UNITED KINGDOM | English-100 | 2024 | RPT | PG | l | |
| 11/02/2026 | 1330 | Travel | Tareq Taylor's Nordic Cookery | Floro, 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 | |

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|------------|------|----------------|---|--|------|----|--|----------------|-------------------------|------|-----|----|---|-----|
| 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 | Kriel Kitchen | All Mills: Maggie 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 | Lida's Kitchen | Everything Rice | 6 | 19 | Today is all about rice, and Lida 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 | | PG | a | Y |
| 11/02/2026 | 1725 | Travel | Destination Flavour Japan Bite-size | 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, dannon radishes, and kimchi. | USA | English-100 | 2024 | | 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 11 | 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'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 | 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 | | 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 | | 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 Prago 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 | | | | |
| 11/02/2026 | 2230 | 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 |
| 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 'granola' style cereal, with a unique kick to start your day. | AUSTRALIA | English-100 | 2008 | RPT | G | | |

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|------------|------|----------------|---|--|------|----|--|----------------|-------------------------|------|-----|----|-----|---|
| 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 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 | 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 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 | |
| 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, 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 'grandol' style cereal, with a unique kick to start your day. | AUSTRALIA | English-100 | 2008 | RPT | G | | |
| 11/02/2026 | 2830 | Travel | Tareq Taylor's Nordic Cookery | Floro, 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 | |
| 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 | l | |
| 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 Endorffene Coffee Bar. | UNITED KINGDOM | English-100 | 2024 | RPT | PG | l | |
| 12/02/2026 | 630 | Cooking | Krisol Kitchen | All Mills: Maggie 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 | |
| 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 | Lida's Kitchen | Everything Rice | 6 | 19 | Today is all about rice, and Lida 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 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 | 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 | | |

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|------------|------|---------|---|---|------|----|--|----------------|-------------------------|------|-----|----|-----|-----|
| 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 | Kriel 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 Kai and Pteronella 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 Tilaram. | AUSTRALIA | English-100 | 2022 | RPT | G | | |
| 12/02/2026 | 1600 | Cooking | Lida's Kitchen | Chocolate And Dinner | 6 | 20 | Lida shares some of her favourite chocolate desserts and one deliciously creamy risotto recipe. First, she makes a chocolate hazelnut bread parfait, then a chocolate raguagione. | 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 | | Y |
| 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 | | |

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|------------|------|----------------|--|---|---|----|--|----------------|-------------------------|------|-----|----|-----|-----|
| 12/02/2026 | 1900 | Cooking | The Cook Up With Adam Liaw | Rocking Recipes | 7 | 67 | It's non-stop hits as musician Elly-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 Elly-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 Elly-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 | | |

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|------------|------|---------|---|---|------|----|--|----------------|-------------------------|------|-----|----|-----|---|
| 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 | Y |
| 13/02/2026 | 630 | Cooking | Kriel Kitchen | Chilli Crab, Chilli Fish, Fried Rice, Shellfish Salad | 4 | 1 | Mitch and Ali travel 140 kms north of Broome to Mercedies Cove, a must-visit tourist destination to take in the amazing country, with William Bin Kal and Phronetia Channing. | AUSTRALIA | English-100 | 2018 | RPT | PG | a w | Y |
| 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 winemaking, and catches up with Chef Louis Thakam. | 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 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 |
| 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 squid 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 Billy-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 | Y |
| 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 sushi 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 | Ringkobing, Denmark | 4 | 4 | Ringkobing, 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 | |

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|------------|------|----------------|---|--|------|----|--|----------------|---------------------------------------|------|-----|----|-------|---|---|
| 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 l w | | |
| 13/02/2026 | 1430 | Cooking | Kriol Kitchen | Baked Turkey, Baked Kangaroo Sausage, Kangaroo Steaks With Bush Koonkaberri 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 Jimbidie at his tourism business Gribooloo Tours based at the spectacular Mimbi Caves. | AUSTRALIA | English-100 | 2018 | RPT | PG | a w | Y | Y |
| 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 | Lida's Kitchen | Fresh Catch, The | 6 | 21 | Fish is a staple on Lida'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 pailards with arugula salad. | USA | English-100 | 2019 | RPT | G | | | |
| 13/02/2026 | 1630 | 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 | | | | Y | |
| 13/02/2026 | 1725 | 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 |
| 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 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 |
| 13/02/2026 | 1830 | 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 | | | |
| 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 | 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 Brewhump 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 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 | 2330 | 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 |
| 13/02/2026 | 2425 | 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 |

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|------------|------|----------------|--|--|------|----|--|----------------|---------------------------------------|------|-----|----|-------|---|---|
| 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 Brewhump 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 | Kriel Kitchen | Baked Turkey, Baked Kangaroo Sausage, Kangaroo Steaks With Bush Koonkaberri 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 Jimbidie at his tourism business Girltooloo Tours based at the spectacular Mimbi Caves. | AUSTRALIA | English-100 | 2018 | RPT | PG | a w | Y | 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 | Lida's Kitchen | Fresh Catch, The | 6 | 21 | Fish is a staple on Lida'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 pailards with arugula 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 |

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| 14/02/2026 | 930 | 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 | 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 | Y | |
| 14/02/2026 | 1225 | Cooking | Destination Flavour Singapore BiteSize | Hari Kaya | 1 | 2 | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene. | AUSTRALIA | English-100 | 2017 | RPT | G | | Y | |
| 14/02/2026 | 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 | a l w | | |
| 14/02/2026 | 1400 | Cooking | Kriol Kitchen | Baked Turkey, Baked Kangaroo Sausage, Kangaroo Steaks With Bush Koonkaberry 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 Jimbidie at his tourism business Girloodo Tours based at the spectacular Mimbi Caves. | AUSTRALIA | English-100 | 2018 | RPT | PG | a w | Y | Y |
| 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 Chow 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 pailards 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 | | | |

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| 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 Kandt Eijofor 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 seafood has to offer - succulent roast lamb, rye bread baked in volcanic sand, linguistine 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 | 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 chefs 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 |

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|------------|------|----------------|--|---------------------------------|---|---|--|----------------|-------------|------|-----|----|---|
| 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 Kandé Ejofor 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 roast lamb, 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 | |

