



WEEK 08 Sunday, 15 February 2026 Saturday, 21 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	
15/02/2026	500	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					
15/02/2026	530	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				
15/02/2026	600	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	RPT	PG					
15/02/2026	630	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					
15/02/2026	725	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				
15/02/2026	730	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					
15/02/2026	830	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					
15/02/2026	935	Food Lifestyle	What Not To Eat	Scarborough: Vicki & Rob Graham	1	1	Professor Tim Spector and Dr Kandi Ejiofor 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						
15/02/2026	1030	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, bægoutine soup and, of course, his ongoing search for the perfect cod. Unforgettable dishes enjoyed alongside spectacular drives, memorable swims in volcanic pools, geyser, waterfalls, and the cold winter storm thrown in for good measure.	UNITED KINGDOM	English-100	2016	RPT	G	y				
15/02/2026	1135	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				
15/02/2026	1200	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	RPT	PG					
15/02/2026	1230	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					
15/02/2026	1300	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					
15/02/2026	1330	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					
15/02/2026	1430	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					
15/02/2026	1535	Food Lifestyle	What Not To Eat	Scarborough: Vicki & Rob Graham	1	1	Professor Tim Spector and Dr Kandi Ejiofor 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						

15/02/2026	1635	Travel	<b>A New Zealand Food Story</b>	Episode 2	4	2	Ben visits High Peak Station in Canterbury and learns of their high-country farm to fork experience and tales of multigenerational stewardship.	NEW ZEALAND	English-100	2024	RPT	PG	a	
15/02/2026	1705	Travel	<b>Food Trail South Africa</b>	Cape Town Spice	2	6	Affectionately known as the Mother City, Warren has arrived in Cape Town.	AUSTRALIA	English-100	2023	RPT	G	Y	
15/02/2026	1730	Travel	<b>Adam Richman Eats Football</b>	Brighton And Hove Albion	2024	5	Adam is on the south coast to see Brighton & Hove Albion play. Before the match he plans to explore the best of the food scene Brighton & Hove has to offer.	UNITED KINGDOM	English-100	2024	RPT	G		
15/02/2026	1800	Travel	<b>Adam Richman Eats Football</b>	Liverpool FC	2024	6	Adam's in Liverpool, and on this visit he's here to watch the Reds play at Anfield.	UNITED KINGDOM	English-100	2024	RPT	G		
15/02/2026	1830	Travel	<b>Gordon Ramsay: Uncharted</b>	Incredible Iceland	3	7	Chef Ramsay explores the land of fire and ice during the Icelandic summer to learn secret cooking techniques utilising the volcanic landscape. He fishes in a glacial river for wild salmon, and cooks in a geothermal pool before heading north to the sparsely populated Westfjords.	UNITED KINGDOM	English-100	2021	RPT	PG	all	Y
15/02/2026	1925	Cooking	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G		
15/02/2026	1930	Cooking	<b>Marcus Wareing's Kitchen Garden Tales</b>	Scarecrows	2	10	In an attempt to deter any duckling-stealing predators, Marcus puts his scarecrow making to the test. He also enters his scarecrow into the local Framfield Scarecrow Festival's annual contest.	UNITED KINGDOM	English-100	2022	RPT	G		
15/02/2026	2000	Travel	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 1	1	1	Join Justine as she explores Macao, a region steeped in Chinese and Portuguese heritage. Justine visits a local market and prepares a dish that showcases the Chinese and Portuguese fusion that Macanese cuisine is renowned for.	AUSTRALIA	English-100	2019	RPT	PG	a w	
15/02/2026	2030	Travel	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 4	3	4	After casting up the ambience at one of the UK's last live cattle markets in Truro, Rick's in the mood for steak and kidney pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100	2022	RPT	G		
15/02/2026	2100	Travel	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 5	3	5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100	2022	RPT	G		
15/02/2026	2130	Travel	<b>Mind Of A Chef</b>	Simple	1	7	Dishes in this episode are deceptively simple. Chang travels to Japan for yakitori, high-end sushi with Peter Meehan, and a silent ramen meal with Ivan Orkin.	USA	English-100	2012	RPT	PG	a w	Y
15/02/2026	2200	Cooking	<b>Deliciously Twisted Classics</b>	Bun To Be Wild	1	8	A sandwich can be simple and satisfying, but also a perfect food to twist beyond your wildest imagination into something entirely new and exciting.	USA	English-100	2023		PG		
15/02/2026	2230	Cooking	<b>Andrew Zimmern's Wild Game Kitchen</b>	Shrimp	5	9	In this episode of Wild Game Kitchen, Andrew Zimmern is grilling a ubiquitously beloved seafood shrimp!	USA	English-100	2024	RPT	G		
15/02/2026	2300	Cooking	<b>Andrew Zimmern's Wild Game Kitchen</b>	Wild Boar	5	10	This episode of Wild Game Kitchen is all about wild boar. First, Andrew Zimmern makes homemade wild boar chorizo/ground boar seasoned with cilantro, onion, garlic, chiles and lime.	USA	English-100	2024	RPT	G		
15/02/2026	2330	Travel	<b>A New Zealand Food Story</b>	Episode 2	4	2	Ben visits High Peak Station in Canterbury and learns of their high-country farm to fork experience and tales of multigenerational stewardship.	NEW ZEALAND	English-100	2024	RPT	PG	a	
15/02/2026	2400	Travel	<b>Food Trail South Africa</b>	Cape Town Spice	2	6	Affectionately known as the Mother City, Warren has arrived in Cape Town.	AUSTRALIA	English-100	2023	RPT	G	Y	
15/02/2026	2425	Cooking	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G		
15/02/2026	2430	Travel	<b>Adam Richman Eats Football</b>	Brighton And Hove Albion	2024	5	Adam is on the south coast to see Brighton & Hove Albion play. Before the match he plans to explore the best of the food scene Brighton & Hove has to offer.	UNITED KINGDOM	English-100	2024	RPT	G		

15/02/2026	2500	Travel	<b>Adam Richman Eats Football</b>	Liverpool FC	2024	6	Adam's in Liverpool, and on this visit he's here to watch the Reds play at Anfield.	UNITED KINGDOM	English-100	2024	RPT	G		
15/02/2026	2530	Travel	<b>Gordon Ramsay: Uncharted</b>	Incredible Iceland	3	7	Chef Ramsay explores the land of fire and ice during the Icelandic summer to learn secret cooking techniques utilising the volcanic landscape. He fishes in a glacial river for wild salmon, and cooks in a geothermal pool before heading north to the sparsely populated Westfjords.	UNITED KINGDOM	English-100	2021	RPT	PG	all	Y
15/02/2026	2625	Cooking	<b>Destination Flavour China Bitesize</b>	Yangzhou Fried Rice	1	6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G	Y	Y
15/02/2026	2630	Cooking	<b>Marcus Wareing's Kitchen Garden Tales</b>	Scarecrows	2	10	In an attempt to deter any duckling-stealing predators, Marcus puts his scarecrow making to the test. He also enters his scarecrow into the local Framfield Scarecrow Festival's annual contest.	UNITED KINGDOM	English-100	2022	RPT	G		
15/02/2026	2700	Travel	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 1	1	1	Join Justine as she explores Macao, a region steeped in Chinese and Portuguese heritage. Justine visits a local market and prepares a dish that showcases the Chinese and Portuguese fusion that Macanese cuisine is renowned for.	AUSTRALIA	English-100	2019	RPT	PG	aw	
15/02/2026	2730	Travel	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 4	3	4	After soaking up the ambience at one of the UK's last live cattle markets in Truro, Rick's in the mood for steak and kidney pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100	2022	RPT	G		
15/02/2026	2800	Travel	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 5	3	5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100	2022	RPT	G		
15/02/2026	2830	Cooking	<b>Andrew Zimmern's Wild Game Kitchen</b>	Shrimp	5	9	In this episode of Wild Game Kitchen, Andrew Zimmern is grilling a ubiquitously beloved seafood: shrimp!	USA	English-100	2024	RPT	G		
16/02/2026	500	Cooking	<b>Andrew Zimmern's Wild Game Kitchen</b>	Wild Boar	5	10	This episode of Wild Game Kitchen is all about wild boar. First, Andrew Zimmern makes homemade wild boar chorizo/ground boar seasoned with cilantro, onion, garlic, chiles and lime.	USA	English-100	2024	RPT	G		
16/02/2026	530	Travel	<b>A New Zealand Food Story</b>	Episode 2	4	2	Ben visits High Peak Station in Canterbury and learns of their high-country farm to fork experience and tales of multi-generational stewardship.	NEW ZEALAND	English-100	2024	RPT	PG	a	
16/02/2026	600	Travel	<b>Food Trail South Africa</b>	Cape Town Spice	2	6	Affectionately known as the Mother City, Warren has arrived in Cape Town.	AUSTRALIA	English-100	2023	RPT	G		Y
16/02/2026	630	Travel	<b>Adam Richman Eats Football</b>	Brighton And Hove Albion	2024	5	Adam is on the south coast to see Brighton & Hove Albion play. Before the match he plans to explore the best of the food scene Brighton & Hove has to offer.	UNITED KINGDOM	English-100	2024	RPT	G		
16/02/2026	700	Travel	<b>Adam Richman Eats Football</b>	Liverpool FC	2024	6	Adam's in Liverpool, and on this visit he's here to watch the Reds play at Anfield.	UNITED KINGDOM	English-100	2024	RPT	G		
16/02/2026	730	Travel	<b>Gordon Ramsay: Uncharted</b>	Incredible Iceland	3	7	Chef Ramsay explores the land of fire and ice during the Icelandic summer to learn secret cooking techniques utilising the volcanic landscape. He fishes in a glacial river for wild salmon, and cooks in a geothermal pool before heading north to the sparsely populated Westfjords.	UNITED KINGDOM	English-100	2021	RPT	PG	all	Y
16/02/2026	825	Cooking	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G		
16/02/2026	830	Cooking	<b>Marcus Wareing's Kitchen Garden Tales</b>	Scarecrows	2	10	In an attempt to deter any duckling-stealing predators, Marcus puts his scarecrow making to the test. He also enters his scarecrow into the local Framfield Scarecrow Festival's annual contest.	UNITED KINGDOM	English-100	2022	RPT	G		
16/02/2026	900	Travel	<b>Macao Gourmet With Justine Schofield</b>	Macao Gourmet Series 1 Ep 1	1	1	Join Justine as she explores Macao, a region steeped in Chinese and Portuguese heritage. Justine visits a local market and prepares a dish that showcases the Chinese and Portuguese fusion that Macanese cuisine is renowned for.	AUSTRALIA	English-100	2019	RPT	PG	aw	

16/02/2026	930	Travel	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 4	3	4	After soaking up the ambience at one of the UK's last live cattle markets in Truro, Rick's in the mood for steak and kidney pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100	2022	RPT	G		
16/02/2026	1000	Travel	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 5	3	5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100	2022	RPT	G		
16/02/2026	1030	Travel	<b>Mind Of A Chef</b>	Simple	1	7	Dishes in this episode are deceptively simple. Chang travels to Japan for yakitori, high-end sushi with Peter Meehan, and a silent ramen meal with Ivan Orkin.	USA	English-100	2012	RPT	PG	a w	Y
16/02/2026	1100	Cooking	<b>Deliciously Twisted Classics</b>	Bun To Be Wild	1	8	A sandwich can be simple and satisfying, but also a perfect food to twist beyond your wildest imagination into something entirely new and exciting.	USA	English-100	2023	RPT	PG		
16/02/2026	1130	Cooking	<b>Andrew Zimmern's Wild Game Kitchen</b>	Shrimp	5	9	In this episode of Wild Game Kitchen, Andrew Zimmern is grilling a ubiquitously beloved seafood: shrimp!	USA	English-100	2024	RPT	G		
16/02/2026	1200	Cooking	<b>Andrew Zimmern's Wild Game Kitchen</b>	Wild Boar	5	10	This episode of Wild Game Kitchen is all about wild boar. First, Andrew Zimmern makes homemade wild boar chorizo/ground boar seasoned with cilantro, onion, garlic, chilies and lime.	USA	English-100	2024	RPT	G		
16/02/2026	1230	Travel	<b>Billy And Dom Eat The World</b>	Switzerland	1	6	Billy and Dom are back in Europe and heading straight for the beautiful Alps and Verbier, one of Switzerland's most popular skiing resorts.	UNITED KINGDOM	English-100	2024	RPT	PG	I	Y
16/02/2026	1330	Travel	<b>Tareq Taylor's Nordic Cookery</b>	Falkenberg, Sweden	4	5	Something new is definitely happening in Falkenberg on the south west coast of Sweden. Over the last couple of years it has become somewhat of a haven for foodies. Tareq is on a mission, taking him through a fertile landscape with exciting vineyards and salmon fishing.	SWEDEN	English-100	2016	RPT	PG	I	
16/02/2026	1400	Travel	<b>Cooking Italy</b>	Naples Part 1	2023	4	With the Chef's time in Sardinia coming to an end and Naples on the horizon, they plan a final cookout at Gioletti's fig farm using his huge outdoor grill.	CANADA	English-100	2023	RPT	PG	I	
16/02/2026	1430	Cooking	<b>Khal Kitchen</b>	Deep Fried Mullet With Veggies, Fish Soup, Som Tum With Fried Mackerel And Blue Bone	4	3	Sitting high on the red cliffs at Whalersong is a beautiful little surprise a Bush Restaurant run by Lenny O'Mears and his wife Jacinta.	AUSTRALIA	English-100	2018	RPT	PG	a w	Y
16/02/2026	1500	Cooking	<b>Ready Jet Cook</b>	Korean Favorites	1	3	Jet Tila shares how to get Korean flavours into your home kitchen. He fuses cultures with his Korean Short Rib Tacos made with braised beef and a sticky sauce and creates paper thin slices of rib-eye for a classic Korean barbecue dish, Spicy Beef Bulgogi.	USA	English-100	2023	RPT	PG		
16/02/2026	1530	Travel	<b>Taste Of Australia With Hayden Quinn</b>	Ep 8	5	8	Hayden pushes further north this week as he heads to Bundaberg! Hayden also visits the Mon Repos Turtle Centre for a chance to see baby loggerhead turtles hatching!	AUSTRALIA	English-100	2022	RPT	PG		
16/02/2026	1600	Cooking	<b>Lidia's Kitchen</b>	Bright Summer Feast, A	6	22	Lidia shares two recipes that are wonderful for a buffet-style meal, her favourite way of entertaining guests. She starts with a lemony shrimp over zucchini with a tasty sauce and her favourite soups.	USA	English-100	2019	RPT	G		
16/02/2026	1630	Travel	<b>Hidden Gems</b>	World Of Kapao: A Journey To Becoming Chef	2	6	Aoon has always felt like an underdog, overshadowed by his father's legacy as a chef.	THAILAND	Thai-87; English-13	2024	G			Y
16/02/2026	1725	Fillers	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y
16/02/2026	1730	Cooking	<b>Rachael Ray's Meals In Minutes</b>	Soy Meat Asian Tacos	2	21	Rachael prepares a flavorful Korean-style taco with a spicy, soy-based recipe that perfectly combines salty and sweet ingredients.	USA	English-100	2024	PG			
16/02/2026	1800	Travel	<b>Jamie's Great Italian Escape</b>	Le Marche	1	4	Jamie heads north to the mountains of Le Marche - a relatively unexplored region next door to Umbria - to stay with a family of hunters. He'll be living off the land and learning from the local Mammias how to perfect the most traditional meat sauce of all - ragu.	UNITED KINGDOM	English-100	2005	RPT	PG	a w	Y
16/02/2026	1830	Cooking	<b>Everyday Gourmet With Justine Schofield</b>	Ep 16	4	16	Justine shares her coconut poached prawns and then Lola Berry whips up her quinoa superfood salad and Emma Dean shares her delicious almond honey thyme cake.	AUSTRALIA	English-100	2014	RPT	G		

16/02/2026	1900	Cooking	<b>The Cook Up With Adam Liaw</b>	Family Reunion Dinner	9	1	Adam is hosting a family reunion dinner for Lunar New Year, and tonight, his family is none other than dumpling dynamo Brendan Pang and comedian Annie Louey.	AUSTRALIA	English-100	2025	Y	
16/02/2026	1910	Cooking	<b>Donald's Family Kitchen</b>	Get Stuck In	1	9	Donald's a big believer in eating to live. With two young kids it's hard to be a master of the kitchen every night, especially when it's coming towards the end of the week.	UNITED KINGDOM	English-100	2021	G	
16/02/2026	2000	Cooking	<b>Mary Berry Makes It Easy</b>	Weekend Warriors	1	1	Mary Berry's joined by famous friends who need culinary help-Mel Giedroyc, Jordan North, Anton Du Beke, Lorraine Kelly, AJ Odudu & Michael Ball-to show them how easy cooking can be.	UNITED KINGDOM	English-100	2023	RPT	G
16/02/2026	2010	Food Lifestyle	<b>River Cottage Everyday</b>	Breakfast	1	5	Hugh Fearnley-Whittingstall sets out to prove that breakfast is the most important meal of the day.	UNITED KINGDOM	English-100	2010	PG	
16/02/2026	2130	Food Lifestyle	<b>Come Dine With Me The Professionals</b>	Episode 6	1	6	Today's new Come Dine With Me Professionals heads to Newcastle where opening the week are brothers and 'customer service experts' Razz and Boxa from Namaste Indian restaurant and Club Prosecco lounge.	UNITED KINGDOM	English-100	2022	PG	
16/02/2026	2230	Cooking	<b>The Cook Up With Adam Liaw</b>	Family Reunion Dinner	9	1	Adam is hosting a family reunion dinner for Lunar New Year, and tonight, his family is none other than dumpling dynamo Brendan Pang and comedian Annie Louey.	AUSTRALIA	English-100	2025	RPT	Y
16/02/2026	2300	Cooking	<b>The Cook And The Chef</b>	Bush Tucker And Buffalo Mozzarella	3	14	Maggie's lightly cooked manhattan ribs are perfectly paired with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry. Maggie then features lightly textured, milky buffalo mozzarella with roasted red onions while Simon uses the porcelain white cheese in a simple but impressive souffle.	AUSTRALIA	English-100	2008	RPT	G
16/02/2026	2330	Travel	<b>Hidden Gems</b>	World Of Kaprao: A Journey To Becoming Chef	2	6	Aoon has always felt like an underdog, overshadowed by his father's legacy as a chef.	THAILAND	Thai-87;English-13	2024	RPT	G
16/02/2026	2425	Fillers	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
16/02/2026	2430	Cooking	<b>Donald's Family Kitchen</b>	Get Stuck In	1	9	Donald's a big believer in eating to live. With two young kids it's hard to be a master of the kitchen every night, especially when it's coming towards the end of the week.	UNITED KINGDOM	English-100	2021	RPT	G
16/02/2026	2500	Cooking	<b>Mary Berry Makes It Easy</b>	Weekend Warriors	1	1	Mary Berry's joined by famous friends who need culinary help-Mel Giedroyc, Jordan North, Anton Du Beke, Lorraine Kelly, AJ Odudu & Michael Ball-to show them how easy cooking can be.	UNITED KINGDOM	English-100	2023	RPT	G
16/02/2026	2530	Food Lifestyle	<b>River Cottage Everyday</b>	Breakfast	1	5	Hugh Fearnley-Whittingstall sets out to prove that breakfast is the most important meal of the day.	UNITED KINGDOM	English-100	2010	RPT	PG
16/02/2026	2630	Food Lifestyle	<b>Come Dine With Me The Professionals</b>	Episode 6	1	6	Today's new Come Dine With Me Professionals heads to Newcastle where opening the week are brothers and 'customer service experts' Razz and Boxa from Namaste Indian restaurant and Club Prosecco lounge.	UNITED KINGDOM	English-100	2022	RPT	PG
16/02/2026	2730	Cooking	<b>The Cook Up With Adam Liaw</b>	Family Reunion Dinner	9	1	Adam is hosting a family reunion dinner for Lunar New Year, and tonight, his family is none other than dumpling dynamo Brendan Pang and comedian Annie Louey.	AUSTRALIA	English-100	2025	RPT	Y
16/02/2026	2800	Cooking	<b>The Cook And The Chef</b>	Bush Tucker And Buffalo Mozzarella	3	14	Maggie's lightly cooked manhattan ribs are perfectly paired with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry. Maggie then features lightly textured, milky buffalo mozzarella with roasted red onions while Simon uses the porcelain white cheese in a simple but impressive souffle.	AUSTRALIA	English-100	2008	RPT	G
16/02/2026	2830	Travel	<b>Tareq Taylor's Nordic Cookery</b>	Falkenberg, Sweden	4	5	Something new is definitely happening in Falkenberg on the south west coast of Sweden. Over the last couple of years it has become somewhat of a haven for foodies. Tareq is on a mission, taking him through a fertile landscape with exciting vineyards and salmon fishing.	SWEDEN	English-100	2016	RPT	PG

17/02/2026	500	Travel	Cooking Italy	Naples Part 1	2023	4	With the Chef's time in Sardinia coming to an end and Naples on the horizon, they plan a final cookout at Gioele's fig farm using his huge outdoor grill.	CANADA	English-100	2023	RPT	PG	I
17/02/2026	530	Travel	Billy And Dom Eat The World	Switzerland	1	6	Billy and Dom are back in Europe and heading straight for the beautiful Alps and Verbier, one of Switzerland's most popular skiing resorts.	UNITED KINGDOM	English-100	2024	RPT	PG	I
17/02/2026	630	Cooking	Kris Kitchen	Deep Fried Mullet With Veggies, Fish Soup, Som Tum With Fried Mackerel And Blue Bone	4	3	Sitting high on the red cliffs at Whalersong is a beautiful little surprise-a Bush Restaurant run by Lenny O'Meara and his wife Jacinta.	AUSTRALIA	English-100	2018	RPT	PG	a w
17/02/2026	700	Cooking	Ready Jet Cook	Korean Favorites	1	3	Jet Tila shares how to get Korean flavours into your home kitchen. He fuses cultures with his Korean Short Rib Tacos made with braised beef and a sticky sauce and creates paper-thin slices of rib-eye for a classic Korean barbecue dish, Spicy Beef Bulgogi.	USA	English-100	2023	RPT	PG	
17/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 8	5	8	Hayden pushes further north this week as he heads to Bundaberg! Hayden also visits the Mon Repos Turtle Centre for a chance to see baby loggerhead turtles hatching!	AUSTRALIA	English-100	2022	RPT	PG	
17/02/2026	800	Cooking	Lidia's Kitchen	Bright Summer Feast, A	6	22	Lidia shares two recipes that are wonderful for a buffet-style meal, her favourite way of entertaining guests. She starts with a lemony shrimp over zucchini with a tasty sauce and her favourite soups.	USA	English-100	2019	RPT	G	
17/02/2026	830	Travel	Hidden Gems	World Of Kapao: A Journey To Becoming Chef	2	6	Aoon has always felt like an underdog, overshadowed by his father's legacy as a chef.	THAILAND	Thai-87; English-13	2024	RPT	G	I
17/02/2026	925	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G	I
17/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Soy Meat Asian Tacos	2	21	Rachael prepares a flavorful Korean-style taco with a spicy, soy-based recipe that perfectly combines salty and sweet ingredients.	USA	English-100	2024	RPT	PG	
17/02/2026	1000	Travel	Jamie's Great Italian Escape	Le Marche	1	4	Jamie heads north to the mountains of Le Marche - a relatively unexplored region next door to Umbria - to stay with a family of hunters. He'll be living off the land and learning from the local Mannas how to perfect the most traditional meat sauce of all - ragù.	UNITED KINGDOM	English-100	2005	RPT	PG	a w
17/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 16	4	16	Justine shares her coconut poached prawns and then Lola Berry whips up her quinoa superfood salad and Emma Dean shares her delicious almond honey thyme cake.	AUSTRALIA	English-100	2014	RPT	G	
17/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Family Reunion Dinner	9	1	Adam is hosting a family reunion dinner for Lunar New Year, and tonight, his family is none other than dumpling dynamo Brendan Pang and comedian Annie Louey.	AUSTRALIA	English-100	2025	RPT		I
17/02/2026	1130	Cooking	Donald's Family Kitchen	Get Stuck In	1	9	Donald's a big believer in eating to live. With two young kids it's hard to be a master of the kitchen every night, especially when it's coming towards the end of the week.	UNITED KINGDOM	English-100	2021	RPT	G	
17/02/2026	1200	Cooking	Mary Berry Makes It Easy	Weekend Warriors	1	1	Mary Berry's joined by famous friends who need culinary help-Mel Giedroyc, Jordan North, Anton Du Beke, Lorraine Kelly, AJ Odudu & Michael Ball-to show them how easy cooking can be.	UNITED KINGDOM	English-100	2023	RPT	G	
17/02/2026	1230	Travel	Billy And Dom Eat The World	Manchester	1	7	Billy and Dom visit Dom's hometown of Manchester, the world's first industrialised city and now a modern metropolis that's home to an eclectic mix of cuisines. Billy and Dom brunch at popular diner Goodey, learn how to make a delicious curry at one of Manchester's famous Rice & Three cafes, and explore the science of making ice cream cones. As a special treat they take a tour of the Manchester United stadium.	UNITED KINGDOM	English-100	2024	RPT	PG	I
17/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Estonia Part Two	4	6	Estonia has embarked on a journey greatly inspired by the nordic cuisine. Tareq explores the countryside of Estonia before he returns to the capital of Tallinn where he meets people that really love their traditional food, but at the same time are open to new and innovative cooking ideas.	SWEDEN	English-100	2016	RPT	G	
17/02/2026	1400	Travel	Cooking Italy	Naples Part 2	2023	5	Feeling the pulsing energy of Naples Chef Rob and Craig head out on a food tour with a local expert Sonia. It starts at a small local grocery run by Tina and Angelo, known for its amazing tomatoes.	CANADA	English-100	2023	RPT	PG	I

17/02/2026	1430	Cooking	Kris Kitchen	Barramundi In Paperbark With Bush Spices Stuffing, Turkey Vermicelli & Mushroom & Freshwater Mussels	4	4	Geikie Gorge is where you will find Ali and Mitch in this episode. Their cousin Mary Atkin will verse the girls in cooking Barramundi wrapped in paper bark and cooked in white river sand.	AUSTRALIA	English-100	2018	RPT	G	Y
17/02/2026	1500	Cooking	Ready Jet Cook	Fish	1	4	Jet Tila cooks up some mouthwatering seafood with two recipes from across Asia. He heats things up with a beautiful Steamed Striped Bass with and sizzling aromatic oil before creating a classic Salmon Misoyaki with deep umami notes and a miso glaze.	USA	English-100	2023	RPT	PG	
17/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 9	5	9	Hayden heads to the Central Queensland Highlands this week for an Aussie adventure: waking up at Carnarvon Gorge, checking out a cattle property, and sampling tasty hand-made Emerald goodies.	AUSTRALIA	English-100	2022	RPT	G	
17/02/2026	1600	Cooking	Lidia's Kitchen	What's Baking	6	23	Lidia creates dishes her viewers can easily make at home. Gratinis are delicious, and she starts with a leek and prosciutto gratin. Then, roasted chicken with pomegranate before baking some cookies.	USA	English-100	2019	RPT	G	
17/02/2026	1630	Travel	Travel Diary - Soul Seoul	Enjoy The Soul	1	1	Insa-dong becomes McInnis' gateway into Seoul's culinary spirit from antique shops and traditional crafts to a 30 year-old hanok restaurant serving a royal style Hanjeongjeol.	SOUTH KOREA	English-83; Korean-17	2021	RPT	G	Y
17/02/2026	1700	Travel	Travel Diary - Soul Seoul	Meet The Soul	1	2	Seeking rest within the busy city, McInnis explores Seoul's hidden healing spots.	SOUTH KOREA	English-80; Korean-20	2021	RPT	G	Y
17/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Lasagna Alfa Bolognese	2	22	Everyone loves lasagna, and Rachael shares her tips for making a delicious, authentic lasagna made with egg pasta and guanciale, layered with marinara and bechamel sauce.	USA	English-100	2024	RPT	PG	
17/02/2026	1800	Travel	Jamie's Great Italian Escape	Puglia	1	5	Jamie travels to the region of Puglia and is delighted to discover the schoolchildren get a three-course menu of organic food. He also has to feed 35 fussy eaters at a party.	UNITED KINGDOM	English-100	2005	RPT	PG	a w
17/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 17	4	17	Adam Swanson shows Justine a zucchini, pea, bacon spirals soup and then makes Peking duck and broccoli stir-fry, a salad with blue cheese dressing and her beef and quince North African stew.	AUSTRALIA	English-100	2014	RPT	G	
17/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Lucky Fish	9	2	Happy Lunar New Year! Are you feeling lucky? Because Adam, cook Khanh Ong and comedian Ting Lim are making lucky fish!	AUSTRALIA	English-100	2025			Y
17/02/2026	1930	Cooking	Silvia's Italian Masterclass	Crowd Pleasers	1	10	In this episode, Silvia takes you through her cult favourite recipes, perfect for any occasion; whether you're cooking up a feast or just looking to create an impressive appetizer.	AUSTRALIA	English-100	2024	RPT	G	
17/02/2026	2000	Travel	Adam Richman Eats Britain	Sandwich	1	2	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 travels to Kent, where he pays homage to the Earl of Sandwich, eating his namesake sandwich in Sandwich.	UNITED KINGDOM	English-100	2024	RPT	G	
17/02/2026	2030	Travel	This Tastes Funny	Episode 2	1	2	The second leg of the tour takes Iliza and Noah into the cultural heart that is Rotorua.	NEW ZEALAND	English-100	2025	RPT	PG	
17/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 7	1	7	Today's brand new Liverpool episode sees Italian Club Fish kick off the competition with married couple Rosaria and Maurizio providing their guests with a proper Italian night out.	UNITED KINGDOM	English-100	2022	RPT	PG	
17/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Lucky Fish	9	2	Happy Lunar New Year! Are you feeling lucky? Because Adam, cook Khanh Ong and comedian Ting Lim are making lucky fish!	AUSTRALIA	English-100	2025	RPT		Y
17/02/2026	2300	Cooking	The Cook And The Chef	Diabetic Diet, A	3	15	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushrooms, barley, and sherry soup are not only nutritious and satisfying, but tick all the boxes for good fibre, low fat, low sugar and moderate carbohydrates.	AUSTRALIA	English-100	2008	RPT	G	
17/02/2026	2330	Travel	Travel Diary - Soul Seoul	Enjoy The Soul	1	1	Insa-dong becomes McInnis' gateway into Seoul's culinary spirit from antique shops and traditional crafts to a 30 year-old hanok restaurant serving a royal style Hanjeongjeol.	SOUTH KOREA	English-83; Korean-17	2021	RPT	G	Y
17/02/2026	2400	Travel	Travel Diary - Soul Seoul	Meet The Soul	1	2	Seeking rest within the busy city, McInnis explores Seoul's hidden healing spots.	SOUTH KOREA	English-80; Korean-20	2021	RPT	G	Y
17/02/2026	2430	Cooking	Silvia's Italian Masterclass	Crowd Pleasers	1	10	In this episode, Silvia takes you through her cult favourite recipes, perfect for any occasion; whether you're cooking up a feast or just looking to create an impressive appetizer.	AUSTRALIA	English-100	2024	RPT	G	

17/02/2026	2500	Travel	<b>Adam Richman Eats Britain</b>	Sandwich	1	2	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 travels to Kent, where he pays homage to the Earl of Sandwich, eating his namesake sandwich in Sandwich.	UNITED KINGDOM	English-100	2024	RPT	G		
17/02/2026	2530	Travel	<b>This Tastes Funny</b>	Episode 2	1	2	The second leg of the tour takes Iliza and Noah into the cultural heart that is Rotorua.	NEW ZEALAND	English-100	2025	RPT	PG		
17/02/2026	2630	Food Lifestyle	<b>Come Dine With Me The Professionals</b>	Episode 7	1	7	Today's brand new Liverpool episode sees Italian Club Fish kick off the competition with married couple Rosaria and Maurizio providing their guests with a proper Italian night out.	UNITED KINGDOM	English-100	2022	RPT	PG		
17/02/2026	2730	Cooking	<b>The Cook Up With Adam Liaw</b>	Lucky Fish	9	2	Happy Lunar New Year! Are you feeling lucky? Because Adam, cook Khanh Ong and comedian Ting Lim are making lucky fish!	AUSTRALIA	English-100	2025	RPT	Y		
17/02/2026	2800	Cooking	<b>The Cook And The Chef</b>	Diabetic Diet, A	3	15	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup are not only unctuous and satisfying, but tick all the boxes for good fibre, low fat, low sugar and moderate carbohydrates.	AUSTRALIA	English-100	2008	RPT	G		
17/02/2026	2830	Travel	<b>Tareq Taylor's Nordic Cookery</b>	Estonia Part Two	4	6	Estonia has embarked on a journey greatly inspired by the Nordic cuisine. Tareq explores the countryside of Estonia before he returns to the capital of Tallinn where he meets people that really love their traditional food, but at the same time are open to new and innovative cooking ideas.	SWEDEN	English-100	2016	RPT	G		
18/02/2026	500	Travel	<b>Cooking Italy</b>	Naples Part 2	2023	5	Feeling the pulsing energy of Naples Chef Rob and Craig head out on a food tour with a local expert Sonia. It starts at a small local grocery run by Tita and Angelo, known for its amazing tomatoes.	CANADA	English-100	2023	RPT	PG	I	
18/02/2026	530	Travel	<b>Billy And Dom Eat The World</b>	Manchester	1	7	Billy and Dom visit Dom's hometown of Manchester, the world's first industrialised city and now a modern metropolis that's home to an eclectic mix of cuisines. Billy and Dom brunch at a popular diner Goony, learn how to make a delicious curry at one of Manchester's famous Rice & Thyme cafes, and explore the science of making ice cream cones. As a special treat they take a tour of the Manchester United stadium.	UNITED KINGDOM	English-100	2024	RPT	PG	I	
18/02/2026	630	Cooking	<b>Kris Kitchen</b>	Barramundi In Paperbark With Bush Spiced Stuffing, Turkey Vermicelli & Mushroom & Freshwater Mussels	4	4	Geikie Gorge is where you will find Ali and Mitch in this episode. Their cousin Mary Arntkin will verse the girls in cooking Barramundi wrapped in paper bark and cooked in white river sand.	AUSTRALIA	English-100	2018	RPT	G	Y	
18/02/2026	700	Cooking	<b>Ready Jet Cook</b>	Fish	1	4	Jet Tila cooks up some mouthwatering seafood with two recipes from across Asia. He heats things up with a beautiful Steamed Striped Bass with and stir-frying aromatic oil before creating a classic Salmon Miso-yaki with deep umami notes and a miso glaze.	USA	English-100	2023	RPT	PG		
18/02/2026	730	Travel	<b>Taste Of Australia With Hayden Quinn</b>	Ep 9	5	9	Hayden heads to the Central Queensland Highlands this week for an Aussie adventure: waking up at Carnarvon Gorge, checking out a cattle property, and sampling tasty hand-made Emerald goodies.	AUSTRALIA	English-100	2022	RPT	G		
18/02/2026	800	Cooking	<b>Lidia's Kitchen</b>	What's Baking	6	23	Lidia creates dishes her viewers can easily make at home. Gratinis are delicious, and she starts with a leek and prosciutto gratin. Then, roasted chicken with pomegranate before baking some cookies.	USA	English-100	2019	RPT	G		
18/02/2026	830	Travel	<b>Travel Diary - Soul Seoul</b>	Enjoy The Soul	1	1	Ins-a-dong becomes McInnis's gateway into Seoul's culinary spirit from antique shops and traditional crafts to a 30 year-old hanok restaurant serving a royal style Hanjeongjip.	SOUTH KOREA	English-83, Korean-17	2021	RPT	G	Y	Y
18/02/2026	900	Travel	<b>Travel Diary - Soul Seoul</b>	Meet The Soul	1	2	Seeking rest within the busy city, McInnis explores Seoul's hidden healing spots.	SOUTH KOREA	English-80, Korean-20	2021	RPT	G	Y	Y
18/02/2026	930	Cooking	<b>Rachael Ray's Meals In Minutes</b>	Lasagna Alfa Bolognese	2	22	Everyone loves lasagna, and Rachael shares her tips for making a delicious, authentic lasagna made with egg pasta and guanciale, layered with marinara and bechamel sauce.	USA	English-100	2024	RPT	PG		
18/02/2026	1000	Travel	<b>Jamie's Great Italian Escape</b>	Puglia	1	5	Jamie travels to the region of Puglia and is delighted to discover the schoolchildren get a three-course menu of organic food. He also has to feed 35 fussy eaters at a party.	UNITED KINGDOM	English-100	2005	RPT	PG	a w	Y

18/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 17	4	17	Adam Swanson shows Justine a zucchini, pea, bacon spirals soup and then makes Peking duck and broccoli stir-fry, a salad with blue cheese dressing and her beef and quince North African stew.	AUSTRALIA	English-100	2014	RPT	G		
18/02/2026	1100	Cooking	The Cook Up With Adam Law	Lucky Fish	9	2	Happy Lunar New Year! Are you feeling lucky? Because Adam, cook Kharin Ong and comedian Ting Lim are making lucky fish!	AUSTRALIA	English-100	2025	RPT	Y		
18/02/2026	1130	Cooking	Silvia's Italian Masterclass	Crowd Pleasers	1	10	In this episode, Silvia takes you through her cult favourite recipes, perfect for any occasion; whether you're cooking up a feast or just looking to create an impressive appetiser.	AUSTRALIA	English-100	2024	RPT	G		
18/02/2026	1200	Travel	Adam Richman Eats Britain	Sandwich	1	2	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 travels to Kent, where he pays homage to the Earl of Sandwich, eating his namesake sandwich in Sandwich.	UNITED KINGDOM	English-100	2024	RPT	G		
18/02/2026	1230	Travel	Billy And Dom Eat The World	Costa Rica	1	8	Billy and Dom cross Costa Rica from its Northern Pacific coast to the capital San José. They learn the culinary secrets of Nicoya, one of the world's five blue zones, where the diet is considered one of the reasons that people live very long and healthy lives. They head into the jungle where they are put to work on a coffee plantation and discover why Costa Rica is the largest exporter of the world's pineapples.	UNITED KINGDOM	English-100	2024	RPT	PG	Y	
18/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Oland, Sweden	4	7	Tareq bikes through the unique landscape of Oland, Sweden's second largest island located in the Baltic Sea.	SWEDEN	English-100	2016	RPT	G		
18/02/2026	1400	Travel	Cooking Italy	Abruzzo Part 1	2023	6	Chef Rob serves a beautiful wine at his restaurants from a stunning vineyard near Naples called Masseria Frattasi.	CANADA	English-100	2023	RPT	PG		
18/02/2026	1430	Cooking	Kris Kitchen	Ground Baked Kangaroo Tails With Damper Kangaroo Curry, Steamed Barzamundi Pockets & Bush Berries	4	5	Mitch and Ali travel to Yularra Community in the desert country south-east of Fitzroy Crossing to cook up a storm with Beryl Henderson and Michael Moore.	AUSTRALIA	English-100	2018	RPT	G	Y	
18/02/2026	1500	Cooking	Ready Jet Cook	Soups	1	5	Jet Tila cooks up two noodle soups that are near and dear to his heart. He serves up a Quick Beef Pho, where he takes shortcuts to make a flavourful broth.	USA	English-100	2023	RPT	PG		
18/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Ep 10	5	10	Hayden heads to Canberra. Lots of great autumnal colours and activities with mountain bike riding on Mount Stromlo, a trip to the National Arboretum, and an epic cook with Chef Mark Glenn.	AUSTRALIA	English-100	2022	RPT	G		
18/02/2026	1600	Cooking	Lidia's Kitchen	Summertime Fun	6	24	Summer is when some of Lidia's favourite produce are at their best. She shares recipes that are perfect for entertaining, including corn and zucchini minestrone, and shrimp and mixed bean salad.	USA	English-100	2019	RPT	G		
18/02/2026	1630	Travel	The Palace Of The City: Busan	Sea Food - Family	1	1	Busan's coastline, mountains, and open port shape a city where nature and culture meet and where seafood defines daily life.	SOUTH KOREA	English-60, Korean-40	2022	PG	a w	Y	Y
18/02/2026	1700	Travel	The Palace Of The City: Busan	Street Food - Jeong (Affection For One Another)	1	2	David journeys into Jung-gu's traditional markets, where Busan's street food culture thrives with energy, improvisation, and 'jeong' the warm, unspoken bond between vendors and locals.	SOUTH KOREA	English-57, Korean-43	2022	G	Y	Y	
18/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Korean Rice Cakes	2	23	Rachael shows how to make a marinated, vegetable-infused dish of Tteokbokki, a popular Korean food made from rice cakes.	USA	English-100	2024	PG			
18/02/2026	1800	Travel	Jamie's Great Italian Escape	Amalfi	1	6	Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tension mounts as the chef hopes to prove he has learnt from his Italian experience.	UNITED KINGDOM	English-100	2005	RPT	PG	a l w	Y
18/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 18	4	18	Justine serves up her skirt steak sandwich with chimichurri, Daniel Wilson drops by to make his seared ocean trout and finishes up with a rice pudding with pineapple compote.	AUSTRALIA	English-100	2014	RPT	PG		
18/02/2026	1900	Cooking	The Cook Up With Adam Law	Bring A Plate	9	3	Tonight, Adam is celebrating Lunar New Year with chef Kay-Lene Tan and writer Benjamin Law, and he's asked them to bring a plate!	AUSTRALIA	English-100	2025			Y	

18/02/2026	1930	Travel	Taste Of Australia In Vietnam	Con Dao, Phu Quoc And Bac Lieu	1	3	Luke gets up early on two of Vietnam's southern islands to learn about sea turtle conservation and join the local fishermen. In the Mekong Delta he visits a Vietnamese-Australian-run shrimp business.	AUSTRALIA	English-100	2024	RPT	G	Y	
18/02/2026	2000	Cooking	Global Soul Kitchen	Encocado Shrimp With Poblano Stuffed Grits	1	10	Chef Deborah VanTrece blends flavors from Latin and South America, adding her southern charm to create Encocado Shrimp with Poblano Stuffed Grits, also known as Latin Shrimp and Grits.	USA	English-100	2025		G		
18/02/2026	2030	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 5	1	5	The cooks create a dish that they will first photograph themselves, followed by working with a professional photographer.	UNITED KINGDOM	English-100	2022		PG		
18/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 8	1	8	In East London Filipino fusion restaurant, Rapica, kick the competition off with owner Andrew and head chef Francis risking it all with a dish of Slig or Pig's head in English.	UNITED KINGDOM	English-100	2022		PG		
18/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Bring A Plate	9	3	Tonight, Adam is celebrating Lunar New Year with chef Kay-Lene Tan and writer Benjamin Law, and he's asked them to bring a plate!	AUSTRALIA	English-100	2025	RPT		Y	
18/02/2026	2300	Cooking	The Cook And The Chef	Dried Food And Eels	3	16	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration for his own dish.	AUSTRALIA	English-100	2008	RPT	G		
18/02/2026	2330	Travel	The Palace Of The City: Busan	Sea Food - Family	1	1	Busan's coastline, mountains, and open port shape a city where nature and culture meet-and where seafood defines daily life.	SOUTH KOREA	English-60, Korean-40	2022	RPT	PG	a w	Y
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19/02/2026	530	Travel	Billy And Dom Eat The World	Costa Rica	1	8	Billy and Dom cross Costa Rica from its Northern Pacific coast to the capital San Jose. They learn the culinary secrets of Nicoya, one of the world's five blues zones, where the diet is considered one of the reasons that people live very long and healthy lives. They head into the jungle where they are put to work on a coffee plantation and discover why Costa Rica is the largest exporter of the world's pineapples.	UNITED KINGDOM	English-100	2024	RPT	PG	Y	
19/02/2026	630	Cooking	Kris Kitchen	Ground Baked Kangaroo Tails With Damper, Kangaroo Curry, Steamed Barramundi Pockets & Bush Berries	4	5	Mitch and Ali travel to Yakanarra Community in the desert country south-east of Fitzroy Crossing to cook up a storm with Beryl Henderson and Michael Moore.	AUSTRALIA	English-100	2018	RPT	G	Y	
19/02/2026	700	Cooking	Ready Jet Cook	Soups	1	5	Jet Tila cooks up two noodle soups that are near and dear to his heart. He serves up a Quick Beef Pho, where he takes shortcuts to make a flavourful broth.	USA	English-100	2023	RPT	PG		

19/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Ep 10	5	10	Hayden heads to Canberra. Lots of great autumnal colours and activities with mountain bike riding on Mount Stromlo, a trip to the National Arboretum, and an epic cook with Chef Mark Glenn.	AUSTRALIA	English-100	2022	RPT	G			
19/02/2026	800	Cooking	Lidia's Kitchen	Summertime Fun	6	24	Summer is when some of Lidia's favourite produce are at their best. She shares recipes that are perfect for entertaining, including corn and zucchini minestrone, and shrimp and mixed bean salad.	USA	English-100	2019	RPT	G			
19/02/2026	830	Travel	The Palace Of The City: Busan	Sea Food - Family	1	1	Busan's coastline, mountains, and open port shape a city where nature and culture meet-and where seafood defines daily life.	SOUTH KOREA	English-60, Korean-40	2022	RPT	PG	a w	Y	Y
19/02/2026	900	Travel	The Palace Of The City: Busan	Street Food - Jeong (Affection For One Another)	1	2	David journeys into Jung-gu's traditional markets, where Busan's street food culture thrives with energy, improvisation, and 'jeong'-the warm, unspoken bond between vendors and locals.	SOUTH KOREA	English-57, Korean-43	2022	RPT	G		Y	Y
19/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Korean Rice Cakes	2	23	Rachael shows how to make a marinated, vegetable-infused dish of Teokbokki, a popular Korean food made from rice cakes.	USA	English-100	2024	RPT	PG			
19/02/2026	1000	Travel	Jamie's Great Italian Escape	Amalfi	1	6	Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tension mounts as the chef hopes to prove he has learnt from his Italian experience.	UNITED KINGDOM	English-100	2005	RPT	PG	a l w		Y
19/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 18	4	18	Justine serves up her skirt steak sandwich with chimichurri, Daniel Wilson drops by to make his seared ocean trout and finishes up with a rice pudding with pineapple compote.	AUSTRALIA	English-100	2014	RPT	PG			
19/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Bring A Plate	9	3	Tonight, Adam is celebrating Lunar New Year with chef Kay Lene Tan and writer Benjamin Law, and he's asked them to bring a plate!	AUSTRALIA	English-100	2025	RPT				Y
19/02/2026	1130	Travel	Taste Of Australia In Vietnam	Con Dao, Phu Quoc And Bac Lieu	1	3	Luke gets up early on two of Vietnam's southern islands to learn about sea turtle conservation and join the local fishermen. In the Mekong Delta he visits a Vietnamese-Australian-run shrimp business.	AUSTRALIA	English-100	2024	RPT	G			Y
19/02/2026	1200	Cooking	Global Soul Kitchen	Encocado Shrimp With Poblano Stuffed Grits	1	10	Chef Deborah Van Tresz blends flavors from Latin and South America, adding her southern charm to create Encocado Shrimp with Poblano Stuffed Grits, also known as Latin Shrimp and Grits.	USA	English-100	2025	RPT	G			
19/02/2026	1230	Reality	Great Chocolate Showdown	Let The Games Begin!	4	1	Ten home bakers enter the kitchen and strive to up their dessert game as they create a chocolate Tic Tac Toe board. In the Elimination Challenge, the bakers set a scrumptious scene by delivering a cake.	CANADA	English-100	2023	RPT	PG			
19/02/2026	1325	Cooking	Please Eat Slowly BitSize	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			
19/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Bornholm	4	8	Bornholm, the sunny bright green island with its own gastronomic tone, is a true pioneer when it comes to local produced food at its finest. Tareq visits Denmark's first regional food culture.	SWEDEN	English-100	2016	RPT	PG			
19/02/2026	1400	Travel	Cooking Italy	Abruzzo Part 2	2023	7	Rob and Craig are brought to a special gathering place for people who live in Abruzzo. The venue is run by five brothers and is both a butcher shop and huge barbecue spot.	CANADA	English-100	2023	RPT	G			
19/02/2026	1430	Cooking	Kris Kitchen	Chilli Crab With Tamarind, Chicken Vermicelli, Mushroom, Marinated Pearl Shell Meat Salad	4	6	Kris Kitchen hosts with Adam Liaw. Adam is a cook, writer and presenter of The Cook Up With Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G			Y
19/02/2026	1500	Cooking	Ready Jet Cook	Shrimp	1	6	Jet Tila mixes up two classic stir-fries where shrimp is the star of the dish. He starts things off with a flavour-packed Kung Pao Shrimp before revealing the two superheroes of stir-frying while making Salt and Pepper Shrimp with veggie-loaded fried rice.	USA	English-100	2023	RPT	G			
19/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	New England	6	1	Hayden is in the New England Highlands with a visit to the biggest glasshouse we've ever seen, learning some Celtic culture in Glen Innes, and a campfire cook up on a stunning lamb farm hosted by a 5th generation farming family! What a way to start the season.	AUSTRALIA	English-100	2022	RPT	G			
19/02/2026	1600	Cooking	Lidia's Kitchen	Quick And Delicious	6	25	Lidia shares recipes that are quick to whip up on busy days. She makes green beans with mint pesto, a fresh alternative to the well-known green beans with butter, then cherry bread pudding.	USA	English-100	2019	RPT	G			

19/02/2026	1630	Travel	<b>The Palate Of The City: Busan</b>	Fine Dining - Challenging Spirit	1	3	In a city shaped by 'Dojeon Jeongsin' the spirit of bold challenge David explores Busan's cutting-edge dining scene.	SOUTH KOREA	English-60, Korean-40	2022	G	Y	Y	
19/02/2026	1700	Travel	<b>The Palate Of The City: Busan</b>	Coffee & Bakery - Confidence	1	4	Busan, the entry point for 90% of Korea's coffee beans, has grown into a paradise of independent cafes, roasteries, and bakeries.	SOUTH KOREA	English-60, Korean-40	2022	G	Y	Y	
19/02/2026	1730	Cooking	<b>Rachael Ray's Meals In Minutes</b>	Dill Popcorn Shrimp	2	24	Rachael has always dreamed of creating her line of flavored popcorn. She's incorporating her favorite flavor combinations in this crowd-pleasing recipe for Dill Popcorn Shrimp.	USA	English-100	2024	PG		Y	
19/02/2026	1800	Culture & Society	<b>Hungry For More: Spain</b>	Hungry For More	0	0	Tom Anizark and Georgia Maher explore the country's deep relationship with food and how it influences the Spanish way of life. This series takes viewers from Barcelona to Costa Brava.	AUSTRALIA	English-90, Catalan-10	2021	RPT	PG	Y	Y
19/02/2026	1830	Cooking	<b>Everyday Gourmet With Justine Schofield</b>	Ep 19	4	19	Daniela Fra shows you her acai berry, almond and chia muffins. Natasha Ignatadias makes her salted macadamia chocolate cookies. Justine grills up pork cutlets and a Vietnamese duck soup.	AUSTRALIA	English-100	2014	RPT	G		
19/02/2026	1900	Cooking	<b>The Cook Up With Adam Liaw</b>	Dreamy Desserts	7	69	It's a night of dreamy desserts on The Cook Up, as chef Jack Brown and Kitana Mansell from Palawa Kipi join Adam for a sugar hit or three.	AUSTRALIA	English-100	2024	RPT	G		Y
19/02/2026	1930	Travel	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 8	1	8	Khanh travels to Tasmania to hunts for truffles, explore a walnut farm and learn about the ethical harvesting of wallaby meat, a protein that is unique to Tasmania.	AUSTRALIA	English-100	2022	RPT	PG	ai	Y
19/02/2026	2030	Travel	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 11	2	11	Rick and Chally enjoy a Turkish barbecue in London's East End. After contributing Lamb Kotbs to the fare at the Mangal Okacbasi Turkish restaurant in Dalton, Rick moves on to Hackney Marshes, where he meets various allotmentholders and joins them for Sunday lunch.	UNITED KINGDOM	English-100	2003	RPT	PG	aw	
19/02/2026	2100	Travel	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 12	2	12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM	English-100	2003	RPT	PG	aw	
19/02/2026	2130	Food Lifestyle	<b>Come Dine With Me The Professionals</b>	Episode 9	1	9	Today's Nottingham show kicks off at The Wine Room City where owner Peter and head chef Bee serve up a feast of international small plates.	UNITED KINGDOM	English-100	2022	PG			
19/02/2026	2230	Cooking	<b>The Cook Up With Adam Liaw</b>	Dreamy Desserts	7	69	It's a night of dreamy desserts on The Cook Up, as chef Jack Brown and Kitana Mansell from Palawa Kipi join Adam for a sugar hit or three.	AUSTRALIA	English-100	2024	RPT	G		Y
19/02/2026	2300	Cooking	<b>The Cook And The Chef</b>	Quince And Pork	3	17	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert that emerges from the oven as a burnished orange masterpiece.	AUSTRALIA	English-100	2008	RPT	G		
19/02/2026	2330	Travel	<b>The Palate Of The City: Busan</b>	Fine Dining - Challenging Spirit	1	3	In a city shaped by 'Dojeon Jeongsin' the spirit of bold challenge David explores Busan's cutting-edge dining scene.	SOUTH KOREA	English-60, Korean-40	2022	RPT	G	Y	Y
19/02/2026	2400	Travel	<b>The Palate Of The City: Busan</b>	Coffee & Bakery - Confidence	1	4	Busan, the entry point for 90% of Korea's coffee beans, has grown into a paradise of independent cafes, roasteries, and bakeries.	SOUTH KOREA	English-60, Korean-40	2022	RPT	G	Y	Y
19/02/2026	2430	Travel	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 8	1	8	Khanh travels to Tasmania to hunts for truffles, explore a walnut farm and learn about the ethical harvesting of wallaby meat, a protein that is unique to Tasmania.	AUSTRALIA	English-100	2022	RPT	PG	ai	Y
19/02/2026	2525	Cooking	<b>Please Eat Slowly Bitesize</b>	Dumplings	1	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G		
19/02/2026	2530	Travel	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 11	2	11	Rick and Chally enjoy a Turkish barbecue in London's East End. After contributing Lamb Kotbs to the fare at the Mangal Okacbasi Turkish restaurant in Dalton, Rick moves on to Hackney Marshes, where he meets various allotmentholders and joins them for Sunday lunch.	UNITED KINGDOM	English-100	2003	RPT	PG	aw	

19/02/2026	2600	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	2	12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM	English-100	2003	RPT	PG	a w	
19/02/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 9	1	9	Today's Nottingham show kicks off at The Wine Room City where owner Peter and head chef Bee serve up a feast of international small plates.	UNITED KINGDOM	English-100	2022	RPT	PG		
19/02/2026	2730	Cooking	The Cook Up With Adam Liaw	Dreamy Desserts	7	69	It's a night of dreamy desserts on The Cook Up, as chef Jack Brown and Kitana Mansell from Palawa Kipil join Adam for a sugar hit or three.	AUSTRALIA	English-100	2024	RPT	G	y	
19/02/2026	2800	Cooking	The Cook And The Chef	Quince And Pork	3	17	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert that emerges from the oven as a burnished orange masterpiece.	AUSTRALIA	English-100	2008	RPT	G		
19/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Bornholm	4	8	Bornholm, the sunny bright green island with its own gastronomic tone, is a true pioneer when it comes to local produced food at its finest. Tareq visits Denmark's first regional food culture.	SWEDEN	English-100	2016	RPT	PG	i	
20/02/2026	500	Travel	Cooking Italy	Abruzzo Part 2	2023	7	Rob and Craig are brought to a special gathering place for people who live in Abruzzo. The venue is run by five brothers and is both a butcher shop and huge barbecue spot.	CANADA	English-100	2023	RPT	G		
20/02/2026	530	Reality	Great Chocolate Showdown	Let The Games Begin!	4	1	Ten home bakers enter the kitchen and strive to up their dessert game as they create a chocolate TicTac Toe board. In the Elimination Challenge, the bakers set a scrumptious scene by delivering a cake.	CANADA	English-100	2023	RPT	PG		
20/02/2026	625	Cooking	Please Eat Slowly Bitesize	Dumplings	1	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G		
20/02/2026	630	Cooking	Krilo Kitchen	Chilli Crab With Tamarind, Chicken Vermicelli, Mushroom, Marinated Pearl Shell Meat Salad	4	6	Krilo Kitchen hosts with Adam Liaw. Adam is a cook, writer and presenter of The Cook Up With Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G	y	
20/02/2026	700	Cooking	Ready Jet Cook	Shrimp	1	6	Jet Tila mixes up two classic stir-fries where shrimp is the star of the dish. He starts things off with a flavour-packed Kung Pao Shrimp before revealing the two superheroes of stir-frying while making Salt and Pepper Shrimp with veggie-loaded fried rice.	USA	English-100	2023	RPT	G		
20/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	New England	6	1	Hayden is in the New England Highlands with a visit to the biggest glasshouse we've ever seen, learning some Celtic culture in Glen Innes, and a campfire cook up on a stunning lamb farm hosted by a 5th generation farming family! What a way to start the season.	AUSTRALIA	English-100	2022	RPT	G		
20/02/2026	800	Cooking	Lidia's Kitchen	Quick And Delicious	6	25	Lidia shares recipes that are quick to whip up on busy days. She makes green beans with mint pesto, a fresh alternative to the well-known green beans with butter, then cherry bread pudding.	USA	English-100	2019	RPT	G		
20/02/2026	830	Travel	The Palace Of The City: Busan	Fine Dining - Challenging Spirit	1	3	In a city shaped by 'Dojeon Jeongsin' the spirit of bold challenge David explores Busan's cutting-edge dining scene.	SOUTH KOREA	English-60, Korean-40	2022	RPT	G	y	y
20/02/2026	900	Travel	The Palace Of The City: Busan	Coffee & Bakery - Confidence	1	4	Busan, the entry point for 90% of Korea's coffee beans, has grown into a paradise of independent cafes, roasteries, and bakeries.	SOUTH KOREA	English-60, Korean-40	2022	RPT	G	y	y
20/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Dill Popcorn Shrimp	2	24	Rachael has always dreamed of creating her line of flavored popcorn. She's incorporating her favorite flavor combinations in this crowd-pleasing recipe for Dill Popcorn Shrimp.	USA	English-100	2024	RPT	PG		y
20/02/2026	1000	Culture & Society	Hungry For More: Spain	Hungry For More	0	0	Tom Anlezark and Georgia Maher explore the country's deep relationship with food and how it influences the Spanish way of life. This series takes viewers from Barcelona to Costa Brava.	AUSTRALIA	English-90, Catalan-10	2021	RPT	PG	y	y
20/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 19	4	19	Daniella Fra shows you her acai berry, almond and chia muffins. Natasha Ignatiadis makes her salted macadamia chocolate cookies. Justine grills up pork cutlets and a Vietnamese duck soup.	AUSTRALIA	English-100	2014	RPT	G		

20/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Dreamy Desserts	7	69	It's a night of dreamy desserts on The Cook Up, as chef Jack Brown and Kitana Mansell from Palawa Kipi join Adam for a sugar hit or three.	AUSTRALIA	English-100	2024	RPT	G	Y	
20/02/2026	1130	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 8	1	8	Khanh travels to Tasmania to hunts for truffles, explore a walnut farm and learn about the ethical harvesting of wallaby meat, a protein that is unique to Tasmania.	AUSTRALIA	English-100	2022	RPT	PG	all	Y
20/02/2026	1225	Cooking	A Taste Of Island Dreams	Lemon Chili Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G		
20/02/2026	1230	Reality	Great Chocolate Showdown	Think Outside The Bar	4	2	The remaining nine bakers must think beyond the bar as they create a nougat-filled chocolate confection in a surprising shape as they vie for the coveted Golden Whisk.	CANADA	English-100	2023	RPT	PG	I	
20/02/2026	1325	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G		
20/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Laponia	4	9	Tareq visit the rich, unique culture of the Sami and skis out in the vast impressive wilderness where he tries net-fishing under the thick ice.	SWEDEN	English-100	2016	RPT	PG	aw	
20/02/2026	1400	Travel	Cooking Italy	Tuscany Part 1	2023	8	As Chefs Rob and Craig continue their culinary inspiration tour they land at Poggio Foco, a winery and farm in Maremma, Tuscany.	CANADA	English-100	2023	RPT	PG		
20/02/2026	1430	Cooking	Kriol Kitchen	Lemon Grass And Soya Turtle, Shellfish Stir-Fry Noodle, Sushi	4	7	Bundy runs his own Cultural Tours business out of Chile Creek near the communities of Djarrindjin and Lombadina.	AUSTRALIA	English-100	2018	RPT	PG	aw	Y
20/02/2026	1500	Cooking	Ready Jet Cook	Easy Comfort Classics	2	1	Chef Jet Tila cooks up some easy comfort classics. He kicks things off with one. Then to a local market to pick out the perfect pineapple for Pineapple Fried Rice.	USA	English-100	2024	RPT	G		
20/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Armidale	6	2	Hayden is truffle hunting at dawn with a highly trained truffle hunting dog, then it's time to sample some brews at a great small town brewery, before visiting an award-winning cattle farm, followed by a perfect sunset campfire cook.	AUSTRALIA	English-100	2022	RPT	G		
20/02/2026	1600	Cooking	Lidia's Kitchen	Colourful Party, A	6	26	When hosting an Italian-style cocktail party, you will need some drinks and appetisers. Lidia creates mussels with zucchini salsa verde, a bloody mary, and grilled corn, apricots, and portobello.	USA	English-100	2019	RPT	G		
20/02/2026	1630	Travel	Lunch With Us	Greater Kuala Lumpur	1	1	From Petaling Jaya to Kuala Lumpur, we tag along with three locals to their favourite lunch hangouts.	SINGAPORE	English-5; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	G			Y
20/02/2026	1700	Travel	Lunch With Us	Bangkok	1	2	In the heart of Bangkok, lunch is more than just a meal—it's a reflection of the city's diverse culture, rich traditions, and the people who keep its food scene alive.	SINGAPORE	English-5; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	PG	a		Y
20/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Grilled Sea Bass	2	25	Rachael teams up with her friend Dr. Will Li, an author and medical scientist whose work focuses on eating for well-being and longevity.	USA	English-100	2024	PG			
20/02/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Delhi - Punjabi Food	2	1	Gary Mehigan explores the lip-smacking and robust flavours of Punjabi cuisine with Rocky Mohan and his family.	USA	English-100	2019	RPT	PG	a	
20/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 20	4	20	Justine shows you her Mum's recipe for scallops with cream. Scott Pickett shares his roasted duck shiitake and coriander recipe. Trish McMenamy makes her delicious chocolate nut spread tartlets.	AUSTRALIA	English-100	2014	RPT	G		
20/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	7	70	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100	2024	RPT	G		Y
20/02/2026	1930	Travel	Big Zuu And AJ Tracey: Rich Flavours	South Korea	1	1	Big Zuu & AJ Tracey hit South Korea to taste the World's most pricey BBQ. They discover Seoul's supercar scene, meet a famous muck banger & cook a fried chicken feast fit for a King.	UNITED KINGDOM	English-100	2025				
20/02/2026	2030	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cake Fit For Caesar, A	1	9	When Las Vegas landmark Caesar's Palace requests a cake from Buddy, it's all hands-on deck to create a giant cake replica of the casino, complete with statues and fireworks.	USA	English-100	2023	PG	I		

20/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 10	1	10	Today's Manchester show starts with Hayden's Kitchen at The Gallows in Milnrow, where husband and wife team David (chef) and Rachel (Front of House) are hoping to wow their guests with their posh pub grub.	UNITED KINGDOM	English-100	2022	RPT	PG		
20/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	7	70	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100	2024	RPT	G	Y	
20/02/2026	2300	Cooking	The Cook And The Chef	100th Special	3	18	The Cook and the Chef is 100 episodes old and to celebrate, Simon's organised a visit from Peter Cundall of Gardening Australia. Peter has a look at Simon's garden and suggests a few potatoes he could grow and Simon takes up the challenge and cooks a potato and chickpea curry.	AUSTRALIA	English-100	2008	RPT	G		
20/02/2026	2330	Travel	Lunch With Us	Greater Kuala Lumpur	1	1	From Petaling Jaya to Kuala Lumpur, we tag along with three locals to their favourite lunch hangouts.	SINGAPORE	English-5; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G	Y	
20/02/2026	2400	Travel	Lunch With Us	Bangkok	1	2	In the heart of Bangkok, lunch is more than just a meal—it's a reflection of the city's diverse culture, rich traditions, and the people who keep its food scene alive.	SINGAPORE	English-5; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	PG	a	Y
20/02/2026	2430	Travel	Big Zuu And AJ Tracey: Rich Flavours	South Korea	1	1	Big Zuu & AJ Tracey hit South Korea to taste the World's most pricey BBQ. They discover Seoul's superstar scene, meet a famous muck banger & cook a fried chicken feast fit for a king.	UNITED KINGDOM	English-100	2025	RPT			
20/02/2026	2530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cake Fit For Caesar, A	1	9	When Las Vegas landmark Caesar's Palace requests a cake from Buddy, it's all hands-on-deck to create a giant cake replica of the casino, complete with statues and fireworks.	USA	English-100	2023	RPT	PG	i	
20/02/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 10	1	10	Today's Manchester show starts with Hayden's Kitchen at The Gallows in Milnrow, where husband and wife team David (chef) and Rachel (Front of House) are hoping to wow their guests with their posh pub grub.	UNITED KINGDOM	English-100	2022	RPT	PG		
20/02/2026	2730	Cooking	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	7	70	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100	2024	RPT	G	Y	
20/02/2026	2800	Cooking	The Cook And The Chef	100th Special	3	18	The Cook and the Chef is 100 episodes old and to celebrate, Simon's organised a visit from Peter Cundall of Gardening Australia. Peter has a look at Simon's garden and suggests a few potatoes he could grow and Simon takes up the challenge and cooks a potato and chickpea curry.	AUSTRALIA	English-100	2008	RPT	G		
20/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Laponia	4	9	Tareq visit the rich, unique culture of the Sami and skis out in the vast impressive wilderness where he tries net-fishing under the thick ice.	SWEDEN	English-100	2016	RPT	PG	a w	
21/02/2026	500	Travel	Cooking Italy	Tuscany Part 1	2023	8	As Chefs Rob and Craig continue their culinary inspiration tour they land at Poggio Foco, a winery and farm in Maremma, Tuscany.	CANADA	English-100	2023	RPT	PG		
21/02/2026	530	Reality	Great Chocolate Showdown	Think Outside The Bar	4	2	The remaining nine bakers must think beyond the bar as they create a nougat-filled chocolate confection in a surprising shape as they vie for the coveted Golden Whisk.	CANADA	English-100	2023	RPT	PG	i	
21/02/2026	625	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G		
21/02/2026	630	Cooking	Kris Kitchen	Lemon Grass And Soya Turtie, Shellfish Stir-Fry Noodle, Susami	4	7	Bundy runs his own Cultural Tours business out of Chile Creek near the communities of Djarindjin and Lombadina.	AUSTRALIA	English-100	2018	RPT	PG	a w	Y
21/02/2026	700	Cooking	Readyjet Cook	Easy Comfort Classics	2	1	Chef Jet Tila cooks up some easy comfort classics. He kicks things off with one of his favourite dishes that is deceptively simple, Lo Mein. Then to a local market to pick out the perfect pineapple for Pineapple Fried Rice.	USA	English-100	2024	RPT	G		
21/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Armidale	6	2	Hayden is truffle hunting at dawn with a highly trained truffle hunting dog, then it's time to sample some brews at a great small town brewery, before visiting an award-winning cattle farm, followed by a perfect sunset campfire cook.	AUSTRALIA	English-100	2022	RPT	G		

21/02/2026	800	Cooking	Lidia's Kitchen	Colourful Party, A	6	26	When hosting an Italian-style cocktail party, you will need some drinks and appetisers. Lidia creates mussels with zucchini salsa verde, a bloody mary, and grilled corn, apricots, and portobellos.	USA	English 100	2019	RPT	G		
21/02/2026	830	Travel	Lunch With Us	Greater Kuala Lumpur	1	1	From Petaling Jaya to Kuala Lumpur, we tag along with three locals to their favourite lunch hangouts.	SINGAPORE	English 5; Cantonese 5; Hokkien (Chinese); Indonesian 5; Malay 5; Mandarin 5; Sundanese 5; Tagalog 5; Vietnamese 5	2025	RPT	G	Y	
21/02/2026	900	Travel	Lunch With Us	Bangkok	1	2	In the heart of Bangkok, lunch is more than just a meal—it's a reflection of the city's diverse culture, rich traditions, and the people who keep its food scene alive.	SINGAPORE	English 5; Cantonese 5; Hokkien (Chinese); Indonesian 5; Malay 5; Mandarin 5; Sundanese 5; Tagalog 5; Tamil 5; Thai 5	2025	RPT	PG	a	Y
21/02/2026	930	Cooking	Rachael Ray's Meals in Minutes	Grilled Sea Bass	2	25	Rachael teams up with her friend Dr. Will Li, an author and medical scientist whose work focuses on eating for well-being and longevity.	USA	English 100	2024	RPT	PG		
21/02/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Delhi - Punjabi Food	2	1	Gary Mehigan explores the lip-smacking and robust flavours of Punjabi cuisine with Rocky Mohan and his family.	USA	English 100	2019	RPT	PG	a	
21/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 20	4	20	Justine shows you her Mum's recipe for scallops with cream. Scott Pickett shares his roasted duck shiitake and coriander recipe. Trish McKenzie makes her delicious chocolate nut spread tartlets.	AUSTRALIA	English 100	2014	RPT	G		
21/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	7	70	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Anniza Potter and actor Samuel Johnson is for you!	AUSTRALIA	English 100	2024	RPT	G		Y
21/02/2026	1130	Travel	Big Zuu And AJ Tracey: Rich Flavours	South Korea	1	1	Big Zuu & AJ Tracey hit South Korea to taste the World's most pricey BBQ. They discover Seoul's supercar scene, meet a famous muck-banger & cook a fried chicken feast fit for a king.	UNITED KINGDOM	English 100	2025	RPT			
21/02/2026	1230	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cake Fit For Caesar, A	1	9	When Las Vegas landmark Caesar's Palace requests a cake from Buddy, it's all hands-on-deck to create a giant cake replica of the casino, complete with statues and fireworks.	USA	English 100	2023	RPT	PG	i	
21/02/2026	1330	Cooking	Krisol Kitchen	Lemon Grass And Soya Turtle, Shellfish Stir-Fry Noodle, Sesame	4	7	Bundy runs his own Cultural Tours business out of Chile Creek near the communities of Djarindjin and Lombadina.	AUSTRALIA	English 100	2018	RPT	PG	a w	Y
21/02/2026	1400	Cooking	Ready Jet Cook	Easy Comfort Classics	2	1	Chef Jet Tila cooks up some easy comfort classics. He kicks things off with one of his favourite dishes that is deceptively simple, Lo Mein. Then to a local market to pick out the perfect pineapple for Pineapple Fried Rice.	USA	English 100	2024	RPT	G		
21/02/2026	1430	Travel	Taste Of Australia With Hayden Quinn	Armidale	6	2	Hayden is truffle hunting at dawn with a highly trained truffle hunting dog, then it's time to sample some brews at a great small town brewery, before visiting an award-winning cattle farm, followed by a perfect sunset campfire cook.	AUSTRALIA	English 100	2022	RPT	G		
21/02/2026	1500	Cooking	Lidia's Kitchen	Colourful Party, A	6	26	When hosting an Italian-style cocktail party, you will need some drinks and appetisers. Lidia creates mussels with zucchini salsa verde, a bloody mary, and grilled corn, apricots, and portobellos.	USA	English 100	2019	RPT	G		

21/02/2026	1530	Travel	Lunch With Us	Greater Kuala Lumpur	1	1	From Petaling Jaya to Kuala Lumpur, we tag along with three locals to their favourite lunch hangouts.	SINGAPORE	English-5; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G	Y	
21/02/2026	1600	Travel	Lunch With Us	Bangkok	1	2	In the heart of Bangkok, lunch is more than just a meal—it's a reflection of the city's diverse culture, rich traditions, and the people who keep its food scene alive.	SINGAPORE	English-5; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	PG	2	Y
21/02/2026	1630	Travel	Jason Atherton's Dubai Dishes	Dubai Innovations	1	9	Jason cooks up some classic British and French dishes from his first time in Dubai over 20 years ago. He celebrates his dear friend Gary Rhodes and cook up some classic Rhodes dishes.	UNITED KINGDOM	English-100	2023	RPT	G		
21/02/2026	1725	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	1	5	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	
21/02/2026	1730	Cooking	Toast The Host: How To Entertain At Home	Dinner Party Part 1, The	1	7	Preparation is the key to hosting a successful dinner party and there is no place like home to hone your event planning skills.	AUSTRALIA	English-100	2024	RPT	G		
21/02/2026	1800	Cooking	Nadiya's Cook Once, Eat Twice	Everyday Heroes	1	1	Nadiya Hussain kicks off this new six-part crafty cooking series encouraging us to make overlooked, everyday ingredients the star of the show.	UNITED KINGDOM	English-100	2024	RPT	G		
21/02/2026	1830	Travel	Jamie's Food Escapes	Marrakesh	1	1	This is Jamie's first time in Marrakesh and his excitement shows through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures. In the alleyways of the old Medina and the cafes of the Djemaa El Fna square he tries out the street food of the city.	UNITED KINGDOM	English-100	2009	RPT	PG		
21/02/2026	1930	Food Lifestyle	What Not To Eat	Cambridgeshire: The Chapmans	1	2	Professor Tim Spector and Dr Kandi Ejiofor reveal how many chemicals are lurking in a simple slice of ultra-processed ham. They help Nick and Sarah from Cambridgeshire ditch their sausage rolls and wine and attempt to take on fermented foods.	UNITED KINGDOM	English-100	2025				
21/02/2026	2030	Travel	Rick Stein's Long Weekends	Berlin	1	3	RICK's latest culinary long weekend takes him to Berlin where history and the avant-garde dwell enticingly side by side. A city that once made history with its divided wall and Checkpoint Charlie teams today with an overwhelming array of innovative chefs offering delicious seasonal creations like pureed sunflower seeds, Jerusalem artichoke flan and crushed frozen pine nuts.	UNITED KINGDOM	English-100	2016	RPT	G	Y	
21/02/2026	2135	Travel	Mind Of A Chef	Gluttony	1	8	It's glutinous goodness in this episode. Chang engages in over-the-top indulgence with comedian Aziz Ansari and Joe Beef's Frederic Morin and David McMillian, including the chefs' foie gras sandwich.	USA	English-100	2012	RPT	PG		
21/02/2026	2200	Cooking	Deliciously Twisted Classics	Expensively Twisted Treats	1	9	In this episode, chefs across the nation show off their most expensive creations by elevating classic foods with over-the-top ingredients.	USA	English-100	2023		PG		
21/02/2026	2230	Food Lifestyle	Masters Of Savours	Masters Of Tea	1	1	From the legendary Darjeeling valleys of India to the Japanese hills of Shizuoka, we join experts as they uncover the fascinating world of tea.	FRANCE	English-100	2022	RPT	G		
21/02/2026	2330	Travel	Jason Atherton's Dubai Dishes	Dubai Innovations	1	9	Jason cooks up some classic British and French dishes from his first time in Dubai over 20 years ago. He celebrates his dear friend Gary Rhodes and cook up some classic Rhodes dishes.	UNITED KINGDOM	English-100	2023	RPT	G		

21/02/2026	2425	Cooking	<a href="#">Destination Flavour Down Under Bitesize</a>	<a href="#">Destination Flavour Down Under Bitesize Series 1 Ep 5</a>	1	5	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
21/02/2026	2430	Cooking	<a href="#">Toast The Host: How To Entertain At Home</a>	<a href="#">Dinner Party Part 1, The</a>	1	7	Preparation is the key to hosting a successful dinner party and there is no place like home to hone your event planning skills.	AUSTRALIA	English 100	2024	RPT	G	
21/02/2026	2500	Cooking	<a href="#">Nadiya's Cook Once, Eat Twice</a>	<a href="#">Everyday Heroes</a>	1	1	Nadiya Hussain kicks off this new six-part crafty cooking series encouraging us to make overlooked, everyday ingredients the star of the show.	UNITED KINGDOM	English 100	2024	RPT	G	
21/02/2026	2530	Travel	<a href="#">Jamie's Food Escapes</a>	<a href="#">Marrakesh</a>	1	1	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures. In the alleyways of the old Medina and the cafes of the Djemaa El Fna square he tries out the street food of the city.	UNITED KINGDOM	English 100	2009	RPT	PG	
21/02/2026	2630	Food Lifestyle	<a href="#">What Not To Eat</a>	<a href="#">Cambridgeshire: The Chapmans</a>	1	2	Professor Tim Spector and Dr Kandi Ejiogu reveal how many chemicals are lurking in a simple slice of ultra-processed ham. They help Nick and Sarah from Cambridgeshire ditch their sausage rolls and wine and attempt to take on fermented foods.	UNITED KINGDOM	English 100	2025	RPT		
21/02/2026	2730	Travel	<a href="#">Rick Stein's Long Weekends</a>	<a href="#">Berlin</a>	1	3	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side. A city that once made history with its divisive wall and Checkpoint Charlie teems today with an overwhelming array of innovative chefs offering delicious seasonal creations like purred sunflower seeds, Jerusalem artichoke farni and crushed frozen pine nuts.	UNITED KINGDOM	English 100	2016	RPT	G	Y



