



WEEK 10 Sunday, 1 March 2026 Saturday, 7 March 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
1/03/2026	500	Cooking	Deliciously Twisted Classics	Complex Comfort Food	1	11	Talented chefs are revamping popular comfort foods and cranking them up to a new level of feel-good fun.	USA	English-100	2023	RPT	PG				
1/03/2026	530	Food Lifestyle	Masters Of Savours	Masters Of Wine	1	3	This episode takes us to the most prestigious wine 'grands crus' to meet the men and women behind the nectar connoisseurs the world over rave about.	FRANCE	English-100	2022	RPT	G				
1/03/2026	630	Travel	Jason Atherton's Dubai Dishes	Herbs	1	10	Jason Atherton's Dubai journey concludes with a bunch of fresh herby dishes inspired by the region. On the menu - a tangy tabouleh with grated cauliflower and a lobster sashimi with frozen herb snow.	UNITED KINGDOM	English-100	2023	RPT	PG	a w			
1/03/2026	725	Cooking	Please Eat Slowly Bitteze	Claypot Rice	1	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G				
1/03/2026	730	Cooking	Toast The Host: How To Entertain At Home	Dinner Party Part 2, The	1	8	The entire season of the TDAST THE HOST is leading up to this moment the formal five-course dinner party for five wonderful friends. The Dinner Party is the culmination of all the techniques, tricks, tips, recipes and fun of hosting seven occasions at home.	AUSTRALIA	English-100	2024	RPT	PG				Y
1/03/2026	805	Cooking	Nadiya's Cook Once, Eat Twice	Midweek Magic	1	2	In the second of this new six-part crafty cooking series Nadiya shares her 'Cook Once Eat Twice' recipes to lift the strain during a busy week.	UNITED KINGDOM	English-100	2024	RPT	G				
1/03/2026	835	Travel	Jamie's Food Escapes	Andalucia	1	2	Andalucia in Southern Spain, is all about having celebrating ingredients and produce. Jamie, based around Ronda and Estepona, joins tramee bullfighters practicing in Spain's oldest bull ring - with a trolley with horns. He eats heavenly cakes cooked by runs from a closed order, cooks rabbit stew, joins in the festivities as a giant statue of the Madonna is carried from a church by 100 men to the sea and cooks a giant paella for a whole village.	UNITED KINGDOM	English-100	2009	RPT	PG	a f w			
1/03/2026	930	Food Lifestyle	What Not To Eat	Buckinghamshire: Claire, Georgia & Jay	1	3	Professor Tim Spector and Dr Kandi Ejiro reveal the good, the bad, and the ugly of ultra-processed cereals. They help Claire, Georgia and Jay in Buckinghamshire crack their reliance on beige food.	UNITED KINGDOM	English-100	2025	RPT	PG				
1/03/2026	1030	Travel	Rick Stein's Long Weekends	Vienna	1	4	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelbergitz and goulash and which gave its name to one of Europe's most popular dishes - the wiener schnitzel. It even produces its own unique white wine produced in vineyards overlooking the city's imperial architecture.	UNITED KINGDOM	English-100	2016	RPT	G			Y	
1/03/2026	1135	Travel	Mind Of A Chef	Japan	1	10	Chang travels from Tokyo to Kyoto to meet and eat with friends, including a trip to a street market and lessons in mixology from Hidetsugu Ueno.	USA	English-100	2012	RPT	PG				
1/03/2026	1200	Cooking	Deliciously Twisted Classics	Complex Comfort Food	1	11	Talented chefs are revamping popular comfort foods and cranking them up to a new level of feel-good fun.	USA	English-100	2023	RPT	PG				
1/03/2026	1230	Food Lifestyle	Masters Of Savours	Masters Of Wine	1	3	This episode takes us to the most prestigious wine 'grands crus' to meet the men and women behind the nectar connoisseurs the world over rave about.	FRANCE	English-100	2022	RPT	G				
1/03/2026	1330	Cooking	Nadiya's Cook Once, Eat Twice	Midweek Magic	1	2	In the second of this new six-part crafty cooking series Nadiya shares her 'Cook Once Eat Twice' recipes to lift the strain during a busy week.	UNITED KINGDOM	English-100	2024	RPT	G				
1/03/2026	1400	Cooking	The Cook Up With Adam Liaw	Crunchy Comfort	9	4	If your kitchen table needs some crunchy comfort, cooks and cookbook authors Nat Thaipun, Tom Forrest and Adam have got you covered.	AUSTRALIA	English-100	2025	RPT	G			Y	
1/03/2026	1430	Cooking	The Cook Up With Adam Liaw	Plate In The Sun, A	9	5	Forget the forecast. The vibes are great as Adam, chef Oscar Solomon and host Brooke Blurton prepare a plate to enjoy in the sun.	AUSTRALIA	English-100	2025	RPT	G			Y	

1/03/2026	1500	Cooking	The Cook Up With Adam Liaw	No Money But Yummy	9	6	Adam and his guests, chefs Will Houa and Vincent Lim are on a no money but yummy mission, as they aim to make low cost, big flavour meals.	AUSTRALIA	English-100	2025	RPT	G	Y	
1/03/2026	1530	Cooking	The Cook Up With Adam Liaw	Crepes, Pancakes & Blinis	7	71	You'll flip out when you see what Adam and his guests, chef Damien Pignolet and Olympic legend Lisa Curry make when given the choice of crepes, pancakes and blinis.	AUSTRALIA	English-100	2024	RPT	G	Y	
1/03/2026	1600	Cooking	The Cook Up With Adam Liaw	Brought To You By The Letter P	7	72	Adam and his guests, fitness trainer Michelle Bridges and chef Wesley Cooper Jones, prepare some perfect plates brought to you by the letter P.	AUSTRALIA	English-100	2024	RPT	G	Y	
1/03/2026	1650	Travel	A New Zealand Food Story	Episode 4	4	4	Ben's meets an Orchardist and Food Innovation specialist. They have a shared vision to make all natural varietal-led apple juice, using the best technology in the world.	NEW ZEALAND	English-100	2024	RPT	G		
1/03/2026	1700	Travel	Food Trail South Africa	Hidden Hermanus	2	8	Continuing to listen to his heart, Warren deepens his love of wine by venturing to the lesser known town of Hermanus, where he'll visit Newton Johnson, the wine farm with a view.	AUSTRALIA	English-100	2023	RPT	PG		
1/03/2026	1730	Travel	Adam Richman Eats Football	Celtic FC	2024	9	Adam heads north of the border to the football-mad city of Glasgow to watch Celtic FC and explore the best of the local food scene.	UNITED KINGDOM	English-100	2024	RPT	G		
1/03/2026	1800	Travel	Adam Richman Eats Football	Newcastle United	2024	10	Adam is in Newcastle Upon Tyne to watch a Newcastle United home game. Before kick-off he's going to dive fork-first into the best of the local food scene.	UNITED KINGDOM	English-100	2024	RPT	G		
1/03/2026	1830	Travel	Gordon Ramsay: Uncharted	Michigan's Yooper Cuisine	3	9	Chef Ramsay travels the Upper Peninsula of Michigan, where he uncovers the culinary gems that originated from the miners. Gordon dives into Lake Superior in search of burbot amongst shipwrecks, navigates the forest to hunt woodcock, and helps a monk build a fence for his thimbleberry jam.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y
1/03/2026	1925	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		
1/03/2026	1930	Travel	Shane Della's Malta	Valletta & The British Legacy	1	2	In Valletta, Shane Della uncovers the legacy left by the British-both cultural and culinary. Beneath the city, he finds the Lascaris War Rooms dating back to WW2, while above ground exploring Valletta.	AUSTRALIA	English-100	2025	RPT	G	Y	
1/03/2026	2000	Travel	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 3	1	3	Justine joins architect Carla Figueiredo to explore the St. Lazarus quarter, a neighbourhood influenced by both Chinese and European cultures. She then visits Tronche Rijs and learns how to prepare one of the restaurant's most popular dishes.	AUSTRALIA	English-100	2019	RPT	G		
1/03/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	3	8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's jubilee.	UNITED KINGDOM	English-100	2022	RPT	G		
1/03/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	3	9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	2022	RPT	PG		
1/03/2026	2130	Travel	Mind Of A Chef	New York	1	11	This episode is all about New York, with cavatelli from Torrisi Italian Specialties' Mario Carbone and Rich Torrisi, oysters, carrot dashi, and farming at Hilly Acres Farm.	USA	English-100	2012	RPT	PG		
1/03/2026	2200	Cooking	Deliciously Twisted Classics	Deep-Fried & Funky	1	12	Deep fried food has always been a popular favorite, but now chefs around the country are bringing fresh inspiration to create crispy, crunchy and unexpected twists.	USA	English-100	2023		PG		
1/03/2026	2230	Food Lifestyle	Masters Of Savours	Masters Of Truffle	1	4	Learns the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted black diamond in just a few years.	FRANCE	English-100	2022	RPT	G		

1/03/2026	2330	Travel	A New Zealand Food Story	Episode 4	4	4	Ben's meets an Orchardist and Food Innovation specialist. They have a shared vision to make all natural varietal-fer apple juice, using the best technology in the world.	NEW ZEALAND	English-100	2024	RPT	G		
1/03/2026	2400	Travel	Food Trail South Africa	Hidden Hermanus	2	8	Continuing to listen to his heart, Warren deepens his love of wine by venturing to the lesser known town of Hermanus, where he'll visit Newton Johnson, the wine farm with a view.	AUSTRALIA	English-100	2023	RPT	PG		
1/03/2026	2430	Travel	Adam Richman Eats Football	Celtic FC	2024	9	Adam heads north of the border to the football-mad city of Glasgow to watch Celtic FC and explore the best of the local food scene.	UNITED KINGDOM	English-100	2024	RPT	G		
1/03/2026	2500	Travel	Adam Richman Eats Football	Newcastle United	2024	10	Adam is in Newcastle Upon Tyne to watch a Newcastle United home game. Before kick-off he's going to dive fork-first into the best of the local food scene.	UNITED KINGDOM	English-100	2024	RPT	G		
1/03/2026	2530	Travel	Gordon Ramsay: Uncharted	Michigan's Yooper Cuisine	3	9	Chef Ramsay travels the Upper Peninsula of Michigan, where he uncovers the culinary gems that originated from the miners. Gordon dives into Lake Superior in search of burbot amongst shipwrecks, navigates the forest to hunt woodcock, and helps a monk build a fence for his thumbberry jam.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y
1/03/2026	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		
1/03/2026	2630	Travel	Shane Della's Malta	Valletta & The British Legacy	1	2	In Valletta, Shane Della uncovers the legacy left by the British both cultural and culinary. Beneath the city, he finds the Lascaris War Rooms dating back to WW2, while above ground exploring Valletta.	AUSTRALIA	English-100	2025	RPT	G		Y
1/03/2026	2700	Travel	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 3	1	3	Justine joins architect Carla Figueiredo to explore the St. Lazarus quarter, a neighbourhood influenced by both Chinese and European cultures. She then visits Trombe Rija and learns how to prepare one of the restaurants most popular dishes.	AUSTRALIA	English-100	2019	RPT	G		
1/03/2026	2730	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	3	8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's jubilee.	UNITED KINGDOM	English-100	2022	RPT	G		
1/03/2026	2800	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	3	9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	2022	RPT	PG		
1/03/2026	2830	Travel	Mind Of A Chef	New York	1	11	This episode is all about New York, with cavatelli from Torrisi Italian Specialties! Mario Carbone and Rich Torrisi, oysters, carrot dashi, and farming at Hilly Acres Farm.	USA	English-100	2012	RPT	PG		
2/03/2026	500	Cooking	The Cook Up With Adam Liaw	Crunchy Comfort	9	4	If your kitchen table needs some crunchy comfort, cooks and cookbook authors Nai Thaipun, Tom Forrest and Adam have got you covered.	AUSTRALIA	English-100	2025	RPT	G		Y
2/03/2026	530	Cooking	The Cook Up With Adam Liaw	Plate In The Sun, A	9	5	Forget the forecast. The vibes are great as Adam, chef Oscar Solomon and host Brooke Blurton prepare a plate to enjoy in the sun.	AUSTRALIA	English-100	2025	RPT	G		Y
2/03/2026	600	Cooking	The Cook Up With Adam Liaw	No Money But Yummy	9	6	Adam and his guests, chefs Will Houla and Vincent Lim are on a no money but yummy mission, as they aim to make low cost, big flavour meals.	AUSTRALIA	English-100	2025	RPT	G		Y
2/03/2026	630	Cooking	The Cook Up With Adam Liaw	Crepes, Pancakes & Blinis	7	71	You'll flip out when you see what Adam and his guests, chef Damien Pignolet and Olympic legend Lisa Curry make when given the choice of crepes, pancakes and blinis.	AUSTRALIA	English-100	2024	RPT	G		Y
2/03/2026	700	Cooking	The Cook Up With Adam Liaw	Brought To You By The Letter P	7	72	Adam and his guests, fitness trainer Michelle Bridges and chef Wesley Cooper Jones, prepare some perfect plates brought to you by the letter P.	AUSTRALIA	English-100	2024	RPT	G		Y

2/03/2026	730	Travel	A New Zealand Food Story	Episode 4	4	4	Ben's meets an Orchardist and Food Innovation specialist. They have a shared vision to make all natural varietal-led apple juice, using the best technology in the world.	NEW ZEALAND	English-100	2024	RPT	G				
2/03/2026	800	Travel	Food Trail South Africa	Hidden Hermanus	2	8	Continuing to listen to his heart, Warren deepens his love of wine by venturing to the lesser known town of Hermanus, where he'll visit Newton Johnson, the wine farm with a view.	AUSTRALIA	English-100	2023	RPT	PG				
2/03/2026	830	Travel	Adam Richman Eats Football	Celtic FC	2024	9	Adam heads north of the border to the football-mad city of Glasgow to watch Celtic FC and explore the best of the local food scene.	UNITED KINGDOM	English-100	2024	RPT	G				
2/03/2026	900	Travel	Adam Richman Eats Football	Newcastle United	2024	10	Adam is in Newcastle Upon Tyne to watch a Newcastle United home game. Before kick-off he's going to dive fork-first into the best of the local food scene.	UNITED KINGDOM	English-100	2024	RPT	G				
2/03/2026	930	Travel	Gordon Ramsay: Uncharted	Michigan's Yooper Cuisine	3	9	Chef Ramsay travels the Upper Peninsula of Michigan, where he uncovers the culinary gems that originated from the miners. Gordon dives into Lake Superior in search of burbot amongst shipwrecks, navigates the forest to hunt woodcock, and helps a monk build a fence for his thumbberry jam.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y		
2/03/2026	1025	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				
2/03/2026	1030	Travel	Shane Della's Malta	Valletta & The British Legacy	1	2	In Valletta, Shane Della uncovers the legacy left by the British both cultural and culinary. Beneath the city, he finds the Lascaris War Rooms dating back to WW2, while above ground exploring Valletta.	AUSTRALIA	English-100	2025	RPT	G		Y		
2/03/2026	1100	Travel	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 3	1	3	Justine joins architect Carla Figueiredo to explore the St. Lazaro quarter, a neighbourhood influenced by both Chinese and European cultures. She then visits Trombe Rija and learns how to prepare one of the restaurants most popular dishes.	AUSTRALIA	English-100	2019	RPT	G				
2/03/2026	1130	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	3	8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pudd, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100	2021	RPT	G				
2/03/2026	1200	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	3	9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	2022	RPT	PG				
2/03/2026	1230	Reality	Great Chocolate Showdown	Tale Of Three Bakers, A	4	8	In the season finale, the home bakers take on the most challenging and personal bake of the entire competition-telling their baking story through four delectable dessert chapters.	CANADA	English-100	2023	RPT	G				
2/03/2026	1325	Cooking	Destination Flavour China Bitesize	Bai-Style Grilled Pork	1	11	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	
2/03/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Lolland And Falster In Denmark: The Pantry Of Denmark	5	5	When Michelin star chefs move from Copenhagen to the countryside, they often end up in Lolland/Falster.	SWEDEN	English-100	2021	RPT	G				
2/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Bread And Pizza	1	4	Sophie explores the traditional taralli biscuits made of wine and olive oil, goes in search of the perfect pizza and makes her own in the outdoor pizza oven.	UNITED KINGDOM	English-100	2022	RPT	PG	a	Y		
2/03/2026	1430	Cooking	Strait To The Plate	Warraber	2	1	Aaron Fa'Azoo kickstarts this season by visiting the Kulkalgal region and travelling to the island of Warraber. Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus-inspired crayfish.	AUSTRALIA	English-100	2022	RPT	G		Y	Y	Y
2/03/2026	1500	Travel	Sara's Istanbul Delights	Red	1	1	Sara embarks on a journey to create recipes inspired by the colours of Istanbul. Associating Istanbul's romantic side with the colour red, Sara starts her adventure in the Spice Bazaar.	TURKEY	English-50; Turkish-50	2017	RPT	PG				

2/03/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Port Douglas	6	8	From rural Victoria to Tropical North Queensland - it doesn't get much better! Hayden heads back to Queensland for the Taste Port Douglas food festival, where he tries a spot of river rafting through the Daintree Rainforest.	AUSTRALIA	English-100	2022	RPT	G		
2/03/2026	1600	Cooking	Lidia's Kitchen	Love Your Vegetables	7	6	Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot and next up is fried onion rings and stuffed potatoes.	USA	English-100	2020	RPT	G		
2/03/2026	1630	Food Lifestyle	The Food That Built Asia	Sushi	2023	7	Sushi is a 1500-billion-yen industry in Japan alone, served in supermarkets and Michelin-star restaurants.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024		PG	a w	Y
2/03/2026	1700	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 1	1	1	Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes, cake and gratin.	UNITED KINGDOM	English-100	2022	RPT	PG		
2/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Seafood Fra Diavolo	2	31	John is heading out on tour with his band and Rachael whips up one of his favorite meals, Seafood Fra Diavolo, a combination of shellfish and pasta tossed with a spicy, tomato-based sauce.	USA	English-100	2024		PG		
2/03/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Kolkata - Bengali Food	2	7	Gary Mehigan dives into the riot of Bengali flavours with a family that loves its food. What will Gary cook to impress them?	USA	English-100	2019	RPT	PG	a w	
2/03/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 26	4	26	Justine makes her bacon and pumpkin fritters, Lida Berry shares her recipe for Charlie's salad with crispy salad and Emma Dean whips up her fruit loaf.	AUSTRALIA	English-100	2014	RPT	G		
2/03/2026	1900	Cooking	The Cook Up With Adam Liew	Have Fun With It	9	7	With guests like comedian Jimmy Rees and ultimate foodie Matt Preston, there's no choice but to have fun with every recipe tonight.	AUSTRALIA	English-100	2025		G		Y
2/03/2026	1930	Cooking	Donal's Super Food In Minutes	Episode 1	1	1	If you're looking for some delicious (and easy) inspiration for your mealtimes, look no further! Donal Skehan is back with a selection of game-changing recipes.	UNITED KINGDOM	English-100	2020				
2/03/2026	2000	Cooking	Mary Berry Makes It Easy	Starting From Scratch	1	3	Mary teaches Anton Du Beke mouth-watering recipes, perfect for a total beginner.	UNITED KINGDOM	English-100	2023	RPT	G		
2/03/2026	2030	Food Lifestyle	River Cottage Everyday	Bread	1	7	Hugh makes bread, all kinds of loaves, from simple white to tangy sourdough, and cheese and Guinness stuffed soda breads.	UNITED KINGDOM	English-100	2010		PG		
2/03/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 16	1	16	Today's brand new Come Dine With Me Professionals heads to Birmingham, where our first hosts are Seafood restaurant The Oyster Club's head chef Rosie and front of house Jess.	UNITED KINGDOM	English-100	2022		PG		
2/03/2026	2225	Travel	Destination Flavour Japan Bite-size	Hakkaïto	1	1	Some of your favourite moments and recipes from Adam Liew'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
2/03/2026	2230	Cooking	The Cook Up With Adam Liew	Have Fun With It	9	7	With guests like comedian Jimmy Rees and ultimate foodie Matt Preston, there's no choice but to have fun with every recipe tonight.	AUSTRALIA	English-100	2025	RPT	G		Y
2/03/2026	2300	Cooking	The Cook And The Chef	Lamb And Saffron	3	24	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products and Maggie returns to Hawkes Bay to find out why saffron is the most expensive spice in the world.	AUSTRALIA	English-100	2008	RPT	PG		
2/03/2026	2330	Reality	Great Chocolate Showdown	Tale Of Three Bakers, A	4	8	In the season finale, the home bakers take on the most challenging and personal bake of the entire competition-telling their baking story through four delectable dessert chapters.	CANADA	English-100	2023	RPT	G		

2/03/2026	2425	Cooking	Destination Flavour China BiteSize	Bai-Style Grilled Pork	1	11	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	
2/03/2026	2430	Cooking	Donal's Super Food In Minutes	Episode 1	1	1	If you're looking for some delicious (and easy) inspiration for your mealtimes, look no further! Donal Skehan is back with a selection of game-changing recipes.	UNITED KINGDOM	English-100	2020	RPT				
2/03/2026	2500	Cooking	Mary Berry Makes It Easy	Starting From Scratch	1	3	Mary teaches Anton Du Beke mouth-watering recipes, perfect for a total beginner.	UNITED KINGDOM	English-100	2023	RPT	G			
2/03/2026	2530	Food Lifestyle	River Cottage Everyday	Bread	1	7	Hugh makes bread, all kinds of loaves, from simple white to tangy sourdough, and cheese and Guinness stuffed soda breads.	UNITED KINGDOM	English-100	2010	RPT	PG			
2/03/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 16	1	16	Today's brand new Come Dine With Me Professionals heads to Birmingham, where our first hosts are Seafood restaurant The Oyster Club's head chef Rosie and front of house Jess.	UNITED KINGDOM	English-100	2022	RPT	PG			
2/03/2026	2725	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	
2/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Have Fun With It	9	7	With guests like comedian Jimmy Rees and ultimate foodie Matt Preston, there's no choice but to have fun with every recipe tonight.	AUSTRALIA	English-100	2025	RPT	G	Y		
2/03/2026	2800	Cooking	The Cook And The Chef	Lamb And Saffron	3	24	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products and Maggie returns to Hawkes Bay to find out why Saffron is the most expensive spice in the world.	AUSTRALIA	English-100	2008	RPT	PG			
2/03/2026	2850	Travel	Tareq Taylor's Nordic Cookery	Lolland And Falster in Denmark: The Pantry Of Denmark	5	5	When Michelin star chefs move from Copenhagen to the countryside, they often end up in Lolland/Falster.	SWEDEN	English-100	2021	RPT	G			
3/03/2026	500	Travel	Sophie Grigson: Slice Of Italy	Bread And Pizza	1	4	Sophie explores the traditional taralli biscuits made of wine and olive oil, goes in search of the perfect pizza and makes her own in the outdoor pizza oven.	UNITED KINGDOM	English-100	2022	RPT	PG	a	Y	
3/03/2026	530	Reality	Great Chocolate Showdown	Tale Of Three Bakers, A	4	8	In the season finale, the home bakers take on the most challenging and personal bake of the entire competition-telling their baking story through four delectable dessert chapters.	CANADA	English-100	2023	RPT	G			
3/03/2026	625	Cooking	Destination Flavour China BiteSize	Bai-Style Grilled Pork	1	11	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	
3/03/2026	630	Cooking	Strak To The Plate	Warraber	2	1	Aaron Fa'Asoo kickstarts this season by visiting the Kulkalgai region and travelling to the Island of Warraber. Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus-inspired crayfish.	AUSTRALIA	English-100	2022	RPT	G	Y	Y	Y
3/03/2026	700	Travel	Sara's Istanbul Delights	Red	1	1	Sara embarks on a journey to create recipes inspired by the colours of Istanbul. Associating Istanbul's romantic side with the colour red, Sara starts her adventure in the Spice Bazaar.	TURKEY	English-50; Turkish-50	2017	RPT	PG			
3/03/2026	730	Travel	Taste Of Australia With Hayden Quinn	Port Douglas	6	8	From rural Victoria to Tropical North Queensland - it doesn't get much better! Hayden heads back to Queensland for the Taste Port Douglas food festival, where he tries a spot of river rafting through the Quintree Rainforest.	AUSTRALIA	English-100	2022	RPT	G			
3/03/2026	800	Cooking	Lidia's Kitchen	Love Your Vegetables	7	6	Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot and next up is fried onion rings and stuffed potatoes.	USA	English-100	2020	RPT	G			

3/03/2026	830	Food Lifestyle	The Food That Built Asia	Sushi	2023	7	Sushi is a 1500 billion-yen industry in Japan alone, served in supermarkets and Michelin-star restaurants.	SINGAPORE	Thai-14.32; Cantonese-14.26; English-14.26; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w	Y
3/03/2026	900	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 1	1	1	Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes, cake and gratin.	UNITED KINGDOM	English-100	2022	RPT	PG		
3/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Seafood Fra Diavolo	2	31	John is heading out on tour with his band and Rachael whips up one of his favorite meals, Seafood Fra Diavolo, a combination of shellfish and pasta tossed with a spicy, tomato-based sauce.	USA	English-100	2024	RPT	PG		
3/03/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Kolkata - Bengali Food	2	7	Gary Mehigan dives into the riot of Bengali flavours with a family that loves its food. What will Gary cook to impress them?	USA	English-100	2019	RPT	PG	a w	
3/03/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep.26	4	26	Justine makes her bacon and pumpkin fritters, Lola Barry shares her recipe for Charlie's salad with crispy salad and Emma Dean whips up her fruit loaf.	AUSTRALIA	English-100	2014	RPT	G		
3/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Have Fun With It	9	7	With guests like comedian Jimmy Rees and ultimate foodie Matt Preston, there's no choice but to have fun with every recipe tonight.	AUSTRALIA	English-100	2025	RPT	G		Y
3/03/2026	1130	Cooking	Donal's Super Food In Minutes	Episode 1	1	1	If you're looking for some delicious (and easy) inspiration for your mealtimes, look no further! Donal Skehan is back with a selection of game-changing recipes.	UNITED KINGDOM	English-100	2020	RPT			
3/03/2026	1200	Cooking	Mary Berry Makes It Easy	Starting From Scratch	1	3	Mary teaches Anton Du Beke mouth-watering recipes, perfect for a total beginner.	UNITED KINGDOM	English-100	2023	RPT	G		
3/03/2026	1230	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 1	1	1	Rick's journey begins in Galicia - famous for pilgrims, rain, fog, fresh seafood, empanadas and more rain. He eats 'tortillas de patata' in the King of Spain's favourite restaurant and meets up with a couple of cool dudes who run a little restaurant in the old market of Santiago de Compostela.	UNITED KINGDOM	English-100	2011	RPT	G		Y
3/03/2026	1340	Travel	Tareq Taylor's Nordic Cookery	Best Of Nordic Cookery Part 1	5	6	Tareq Taylor looks back on some of the food adventures he has been part of in the series. Tareq promises delicacies from all over the Nordics and meetings with fantastic people	SWEDEN	English-100	2021	RPT	PG	a w	
3/03/2026	1410	Travel	Sophie Grigson: Slice Of Italy	Olive: The Eliver Of Life	1	5	Puglia is one of the biggest producers of olive oil. At home, Sophie serves up a chocolate mousse with olive oil - a dish new to her Puglian neighbours.	UNITED KINGDOM	English-100	2022	RPT	G		Y
3/03/2026	1435	Cooking	Strait To The Plate	Maig	2	2	We meet Aunt Mary and Aunt Flora who cook up two reef fish: the Baked Barrfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA	English-100	2022	RPT	G		Y
3/03/2026	1505	Travel	Sara's Istanbul Delights	Purple	1	2	Sara listens to the meaning of the colour purple, that is identified with Istanbul in history for the city from Saffet Emre Tonguc and she tastes Turkish coffee in the Grand Bazaar.	TURKEY	English-50; Turkish-50	2017	RPT	G		
3/03/2026	1535	Travel	Taste Of Australia With Hayden Quinn	Townsville	6	9	Just off Townsville is the famous Magnetic Island which is Hayden's destination, but first he heads out to meet a young sweet potato farmer, and pick up some pineapples. Then it's over to Maggie for a sea kayak tour before it's time to cook.	AUSTRALIA	English-100	2022	RPT	G		
3/03/2026	1600	Cooking	Lidia's Kitchen	Trattoria Favourites	7	7	Pasta is a staple in any Italian home and Lidia prepares three recipes. A quick ziti with kale pesto and bacon, fusilli with roasted tomato pesto, and campanelle with shrimp and fennel.	USA	English-100	2020	RPT	G		
3/03/2026	1630	Food Lifestyle	The Food That Built Asia	Tempura	2023	8	Tempura, Japan's most famous fried dish is a delicate work of art. When cooked to perfection, it is unlike anything else in scent and taste.	SINGAPORE	Thai-14.32; Cantonese-14.26; English-14.26; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024		G		Y
3/03/2026	1700	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2	1	2	Paula will be cooking on the terrace serving up locally-caught langoustines on a potato and smoked dulse wafer with pickled carrot. She will be making what she describes as 'love on a plate'-a country pie made with locally bred ham served up with crowdie cheese and pickled smoked beetroot salad.	UNITED KINGDOM	English-100	2022	RPT	G		

3/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Italian Flag Pasta	2	32	Rachael is celebrating the Italian flag by bringing us three different pastas in all three of its colors. She's breaking down the steps to make a delicious cacio e pepe with copious amounts of cheese, a potato pasta with toasted Sicilian pistachios and pignoli nuts, and finally for red, an all aglione pasta.	USA	English-100	2024		PG	
3/03/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Kolkata - Marwari Food	2	8	Gary Mehigan gets a taste of opulence from a Marwari kitchen; what will Gary cook for a host of women who love their food?	USA	English-100	2019	RPT	PG	
3/03/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 27	4	27	Justine shows you her lunchbox bites, surf and turf salad and a delicious green smoothie. Adam Swanson also drops in to make his cannelloni filled with chicken, paricetta and sage.	AUSTRALIA	English-100	2014	RPT	G	
3/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Food For Friends	9	8	Grab your friendship bracelets, because tonight, Adam, cookbook author Steph De Sousa and Sean Skeels and Marley Whatarau are making food for friends.	AUSTRALIA	English-100	2025		G	Y
3/03/2026	1930	Cooking	Silvia's Italian Masterclass	Episode 2	3	2	A celebration of the Italian Sunday tradition, where Nonna's table brings together family, tradition, and irresistible flavours from slow-cooked sugo to crispy festive sweets.	AUSTRALIA	English-100	2025		PG	
3/03/2026	2000	Travel	Adam Richman Eats Britain	Bakewell Pudding	1	4	Adam's made it to the stunning Peak District to discover the accidental invention of the famous Bakewell Pudding. He also visits a destination gastropub for his first taste of local grouse, and his taste buds get unexpectedly transported to West Africa at a Cameroonian kitchen in the heart of the Derbyshire countryside.	UNITED KINGDOM	English-100	2024	RPT	G	
3/03/2026	2030	Travel	This Tastes Funny	Episode 4	1	4	Iliza and Noah navigate the South Island's wild West Coast. From hell touring among pristine glaciers, to meeting the less than pristine local bar patrons, who call this region home.	NEW ZEALAND	English-100	2025		PG	
3/03/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 17	1	17	Today's brand new Come Dine With Me Professionals heads to Glasgow where it's a family affair, as each restaurant is represented by a child and parent pairing! First up are Saffron By Paradise.	UNITED KINGDOM	English-100	2022		PG	
3/03/2026	2225	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
3/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Food For Friends	9	8	Grab your friendship bracelets, because tonight, Adam, cookbook author Steph De Sousa and Sean Skeels and Marley Whatarau are making food for friends.	AUSTRALIA	English-100	2025	RPT	G	Y
3/03/2026	2300	Cooking	The Cook And The Chef	Root Veg And Guinea Fowl	3	25	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo in search of a vegetable that is often overlooked and undervalued: the swede.	AUSTRALIA	English-100	2008	RPT	G	
3/03/2026	2330	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 1	1	1	Rick's journey begins in Galicia - famous for pilgrims, rain, fog, fresh seafood, empanadas and more rain. He eats 'tortillas de patata' in the King of Spain's favourite restaurant and meets up with a couple of cool dudes who run a little restaurant in the old market of Santiago de Compostela.	UNITED KINGDOM	English-100	2011	RPT	G	Y
3/03/2026	2440	Cooking	Silvia's Italian Masterclass	Episode 2	3	2	A celebration of the Italian Sunday tradition, where Nonna's table brings together family, tradition, and irresistible flavours from slow-cooked sugo to crispy festive sweets.	AUSTRALIA	English-100	2025	RPT	PG	
3/03/2026	2510	Travel	Adam Richman Eats Britain	Bakewell Pudding	1	4	Adam's made it to the stunning Peak District to discover the accidental invention of the famous Bakewell Pudding. He also visits a destination gastropub for his first taste of local grouse, and his taste buds get unexpectedly transported to West Africa at a Cameroonian kitchen in the heart of the Derbyshire countryside.	UNITED KINGDOM	English-100	2024	RPT	G	
3/03/2026	2535	Travel	This Tastes Funny	Episode 4	1	4	Iliza and Noah navigate the South Island's wild West Coast. From hell touring among pristine glaciers, to meeting the less than pristine local bar patrons, who call this region home.	NEW ZEALAND	English-100	2025	RPT	PG	
3/03/2026	2635	Food Lifestyle	Come Dine With Me The Professionals	Episode 17	1	17	Today's brand new Come Dine With Me Professionals heads to Glasgow where it's a family affair, as each restaurant is represented by a child and parent pairing! First up are Saffron By Paradise.	UNITED KINGDOM	English-100	2022	RPT	PG	

3/03/2026	2730	Cooking	The Cook Up With Adam Liam	Food For Friends	9	8	Grab your friendship bracelets, because tonight, Adam, cookbook author Steph De Sousa and Sean Skeels and Marley Whatarau are making food for friends.	AUSTRALIA	English-100	2025	RPT	G	Y	
3/03/2026	2800	Cooking	The Cook And The Chef	Root Veg And Guinea Fowl	3	25	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo in search of a vegetable that is often overlooked and undervalued: the swede.	AUSTRALIA	English-100	2008	RPT	G		
3/03/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Best Of Nordic Cookery Part 1	5	6	Tareq Taylor looks back on some of the food adventures he has been part of in the series. Tareq promises delicacies from all over the Nordics and meetings with fantastic people	SWEDEN	English-100	2021	RPT	PG	a w	
4/03/2026	500	Travel	Sophie Grigson: Slice Of Italy	Olives: The Elter Of Life	1	5	Puglia is one of the biggest producers of olive oil. At home, Sophie serves up a chocolate mousse with olive oil - a dish new to her Puglian neighbours.	UNITED KINGDOM	English-100	2022	RPT	G	Y	
4/03/2026	530	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 1	1	1	Rick's journey begins in Galicia - famous for pilgrims, rain, fog, fresh seafood, empanadas and more rain. He eats 'tartitas de patata' in the King of Spain's favourite restaurant and meets up with a couple of cool dudes who run a little restaurant in the old market of Santiago de Compostela.	UNITED KINGDOM	English-100	2011	RPT	G	Y	
4/03/2026	640	Cooking	Strait To The Plate	Masig	2	2	We meet Aunty Mary and Aunty Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA	English-100	2022	RPT	G	Y	Y
4/03/2026	710	Travel	Sara's Istanbul Delights	Purple	1	2	Sara listens to the meaning of the colour purple, that is identified with Istanbul in history for the city from Saffet Emre Tonguc and she tastes Turkish coffee in the Grand Bazaar.	TURKEY	English-50; Turkish-50	2017	RPT	G		
4/03/2026	740	Travel	Taste Of Australia With Hayden Quinn	Townsville	6	9	Just off Townsville is the famous Magnetic Island which is Hayden's destination, but first he heads out to meet a young sweet potato farmer, and pick up some pineapples. Then it's over to Maggie for a sea kayak tour before it's time to cook.	AUSTRALIA	English-100	2022	RPT	G		
4/03/2026	805	Cooking	Lidia's Kitchen	Trattoria Favourites	7	7	Pasta is a staple in any Italian home and Lidia prepares three recipes - A quick risotto with kale pesto and bacon, Fusilli with roasted tomato pesto, and campanelle with shrimp and fennel.	USA	English-100	2020	RPT	G		
4/03/2026	830	Food Lifestyle	The Food That Built Asia	Tempura	2023	8	Tempura, Japan's most famous fried dish is a delicate work of art. When cooked to perfection, it is unlike anything else in scent and taste.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.26; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	G	Y	
4/03/2026	900	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2	1	2	Paula will be cooking on the terrace serving up locally-caught langoustines on a potato and smoked dulse wafer with pickled carrot. She will be making what she describes as 'love on a plate'-a country pie made with locally bred ham served up with crowdie cheese and pickled smoked beetroot salad.	UNITED KINGDOM	English-100	2022	RPT	G		
4/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Italian Flag Pasta	2	32	Rachael is celebrating the Italian flag by bringing us three different pastas in all three of its colors. She's breaking down the steps to make a delicious cacio e pepe with copious amounts of cheese, a pesto pasta with toasted Sicilian pistachios and pignoli nuts, and finally for red, an all aglio pasta.	USA	English-100	2024	RPT	PG		
4/03/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Kolkata - Marwari Food	2	8	Gary Mehigan gets a taste of opulence from a Marwari kitchen, what will Gary cook for a host of women who love their food?	USA	English-100	2019	RPT	PG		
4/03/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 27	4	27	Justine shows you her lunchbox bites, surf and turf salad and a delicious green smoothie. Adam Swanson also drops in to make his cannelloni filled with chicken, pancetta and sage.	AUSTRALIA	English-100	2014	RPT	G		
4/03/2026	1100	Cooking	The Cook Up With Adam Liam	Food For Friends	9	8	Grab your friendship bracelets, because tonight, Adam, cookbook author Steph De Sousa and Sean Skeels and Marley Whatarau are making food for friends.	AUSTRALIA	English-100	2025	RPT	G	Y	

4/03/2026	1130	Cooking	Silvia's Italian Masterclass	Episode 2	3	2	A celebration of the Italian Sunday tradition, where Nonna's table brings together family, tradition, and irresistible flavours from slow-cooked sugo to crispy festive sweets.	AUSTRALIA	English-100	2025	RPT	PG		
4/03/2026	1200	Travel	Adam Richman Eats Britain	Bakewell Pudding	1	4	Adam's made it to the stunning Peak District to discover the accidental invention of the famous Bakewell Pudding. He also visits a destination gastropub for his first taste of local grouse, and his taste buds get unexpectedly transported to West Africa at a Camerounian kitchen in the heart of the Derbyshire countryside.	UNITED KINGDOM	English-100	2024	RPT	G		
4/03/2026	1230	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	1	2	One of the great delights of Basque food are 'pimientos'; huge tapas portions. In this two-part episode, Rick learns all about them in a crowded bar in San Sebastian. In Ordizia, he marvels at how the toddlers from local schools all come to the market to see the various wares on display, while the teacher explains what things are.	UNITED KINGDOM	English-100	2011	RPT	G		Y
4/03/2026	1340	Travel	Tareq Taylor's Nordic Cookery	Lacko & Kinnakule: A Historical Food Adventure	6	1	Tareq Taylor, one of Sweden's most loved chefs, visits Nordic countries to collect the very best culinary experiences.	SWEDEN	English-100	2022	RPT	G		
4/03/2026	1410	Travel	Sophie Grigson: Slice Of Italy	Tales From The Orchard	1	6	Sophie helps with the cherry harvest and uses them in a favourite pastry.	UNITED KINGDOM	English-100	2022	RPT	G		Y
4/03/2026	1435	Cooking	Strait To The Plate	Thursday Island	2	3	Aaron arrives in the Kaywalgal region, home of the Kaurang people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA	English-100	2022	RPT	G	Y	Y
4/03/2026	1505	Travel	Sara's Istanbul Delights	Orange	1	3	Sara experiences Istanbul's street tastes with food blogger Tuba Satana and cooks pide with pumpkin.	TURKEY	English-50; Turkish-50	2017	RPT	G		Y
4/03/2026	1535	Travel	Taste Of Australia With Hayden Quinn	Cudgen	6	10	It's our season finale this week, and Hayden is back in the NSW Northern Rivers to check out a paddock to plate farm where he stocks up on some super fresh organic produce, before heading to Casino to catch up with friends Dave and Bianca.	AUSTRALIA	English-100	2022	RPT	PG		
4/03/2026	1600	Cooking	Lidia's Kitchen	Great Grains	7	8	Lidia shares some Italian comfort foods - beef and potato goulash, country salad, and a luscious hazelnut parfait to end on a sweet note.	USA	English-100	2020	RPT	G		
4/03/2026	1630	Food Lifestyle	The Food That Built Asia	Ramen	2023	9	Noodles, broth, sauce, toppings, and oil are the five elements that combine to produce infinite variations of ramen.	SINGAPORE	Thai-14.22; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024		PG	V	Y
4/03/2026	1700	Cooking	Paula McCreery's Homey Kitchen	Paula McCreery's Homey Kitchen Series 3	1	3	Paula is foraging for wild garlic which she will incorporate into a roast onion soup, served with savoury cheese and smoked tomato jam biscuits.	UNITED KINGDOM	English-100	2022	RPT	G		
4/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Ensalada De Camarones	2	33	Rachael prepares a delicious Puerto Rican-style cold shrimp salad, also known as Ensalada de Camarones, with avocado, corn, and rice that's perfect for serving as the weather warms up.	USA	English-100	2024		PG		
4/03/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Kolkata - Chinese Food	2	9	Gary Mehigan explores the taste of Chinese food in the heart of Kolkata and stirs up a wonder himself.	USA	English-100	2019	RPT	PG		
4/03/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 28	4	28	Shaun Presland joins Justine to make his kingfish sashimi, and then Daniela Fro drops in to share her acal berry bliss balls. Justine also makes her roasted chicken drumsticks with pesto beans!	AUSTRALIA	English-100	2014	RPT	PG		
4/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Eggpress Yourself	9	9	Stand out chef Bee Satongun and stand-up comedian Bron Lewis are in the kitchen. Adam's request? That they eggpress themselves.	AUSTRALIA	English-100	2025		G		Y
4/03/2026	1930	Travel	Donal's Irish Adventure	Boyne Valley	1	2	Donal and Max are steering their way to the Ancient East, a land of myths and legends and food traditions but first up Donal takes to the sky to battle a great fear of heights at Carlingford Adventure Centre.	UNITED KINGDOM	English-100	2022	RPT	G		
4/03/2026	2000	Cooking	Global Soul Kitchen	Collard Green Dumplings & Apple Pie Potstickers	1	12	Chef Deborah VanTrece prepares two dishes inspired by Chinese wontons: one is an all-American dish made with apple wontons and milk jam, and the other is a collard green dumpling inspired by Southern	USA	English-100	2025		G		

4/03/2026	2030	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 7	1	7	In the finale, the cooks will create book covers that distill the concept of their cookbook at a glance. At the end of the episode, one of the cooks will be offered their own publishing deal!	UNITED KINGDOM	English-100	2022		PG			
4/03/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 18	1	18	Today's Nottingham show kicks off at The Plough, where front of house manager Becky and chef Mark are aiming to showcase their gastro pub grub.	UNITED KINGDOM	English-100	2022		PG			
4/03/2026	2225	Travel	Destination Flavour Japan Biteize	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	
4/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Eggpress Yourself	9	9	Stand out chef Bee Satongun and stand-up comedian Bron Lewis are in the kitchen. Adam's request? That they eggpress themselves.	AUSTRALIA	English-100	2025	RPT	G		Y	
4/03/2026	2300	Cooking	The Cook And The Chef	Fish	3	26	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100	2008	RPT	G			
4/03/2026	2330	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	1	2	One of the great delights of Basque food are 'pinxos', huge tapas portions. In this two-part episode, Rick learns all about them in a crowded bar in San Sebastian. In Ordizia, he marvels at how the toddlers from local schools all come to the market to see the various wares on display, while the teacher explains what things are.	UNITED KINGDOM	English-100	2011	RPT	G		Y	
4/03/2026	2440	Travel	Donal's Irish Adventure	Boyne Valley	1	2	Donal and Max are steering their way to the Ancient East, a land of myths and legends and food traditions but first up Donal takes to the sky to battle a great fear of heights at Carlingford Adventure Centre.	UNITED KINGDOM	English-100	2022	RPT	G			
4/03/2026	2510	Cooking	Global Soul Kitchen	Collard Green Dumplings & Apple Pie Potstickers	1	12	Chef Deborah YanTrece prepares two dishes inspired by Chinese wontons: one is an all-American dish made with apple wontons and milk jam, and the other is a collard green dumpling inspired by Southern	USA	English-100	2025	RPT	G			
4/03/2026	2530	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 7	1	7	In the finale, the cooks will create book covers that distill the concept of their cookbook at a glance. At the end of the episode, one of the cooks will be offered their own publishing deal!	UNITED KINGDOM	English-100	2022	RPT	PG			
4/03/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 18	1	18	Today's Nottingham show kicks off at The Plough, where front of house manager Becky and chef Mark are aiming to showcase their gastro pub grub.	UNITED KINGDOM	English-100	2022	RPT	PG			
4/03/2026	2725	Travel	Destination Flavour Japan Biteize	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	
4/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Eggpress Yourself	9	9	Stand out chef Bee Satongun and stand-up comedian Bron Lewis are in the kitchen. Adam's request? That they eggpress themselves.	AUSTRALIA	English-100	2025	RPT	G		Y	
4/03/2026	2800	Cooking	The Cook And The Chef	Fish	3	26	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100	2008	RPT	G			
4/03/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Lacko & Kinnekulle: A Historical Food Adventure	6	1	Tareq Taylor, one of Sweden's most loved chefs, visits Nordic countries to collect the very best culinary experiences.	SWEDEN	English-100	2022	RPT	G			
5/03/2026	500	Travel	Sophie Grigson: Slice Of Italy	Tales From The Orchard	1	6	Sophie helps with the cherry harvest and uses them in a favourite pastry.	UNITED KINGDOM	English-100	2022	RPT	G		Y	
5/03/2026	530	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	1	2	One of the great delights of Basque food are 'pinxos', huge tapas portions. In this two-part episode, Rick learns all about them in a crowded bar in San Sebastian. In Ordizia, he marvels at how the toddlers from local schools all come to the market to see the various wares on display, while the teacher explains what things are.	UNITED KINGDOM	English-100	2011	RPT	G		Y	
5/03/2026	640	Cooking	Strait To The Plate	Thursday Island	2	3	Aaron arrives in the Kaywalagal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA	English-100	2022	RPT	G		Y	Y
5/03/2026	710	Travel	Sara's Istanbul Delights	Orange	1	3	Sara experiences Istanbul's street tastes with food blogger Tuba Satana and cooks pide with pumpkin.	TURKEY	English-50; Turkish-50	2017	RPT	G		Y	

5/03/2026	740	Travel	Taste Of Australia With Hayden Quinn	Cudgen	6	10	It's our season finale this week, and Hayden is back in the NSW Northern Rivers to check out a paddock to plate farm where he stocks up on some super fresh organic produce, before heading to Casino to catch up with Friends Dove and Bianca.	AUSTRALIA	English-100	2022	RPT	PG				
5/03/2026	805	Cooking	Lidia's Kitchen	Great Grains	7	8	Lidia shares some Italian comfort foods - beef and potato goulash, country salad, and a luscious hazelnut parfait to end on a sweet note.	USA	English-100	2020	RPT	G				
5/03/2026	830	Food Lifestyle	The Food That Built Asia	Ramen	2023	9	Noodles, broth, sauce, toppings, and oil are the five elements that combine to produce infinite variations of ramen.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	V	Y		
5/03/2026	900	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 3	1	3	Paula is foraging for wild garlic which she will incorporate into a roast onion soup, served with savoury cheese and smoked tomato jam biscuits.	UNITED KINGDOM	English-100	2022	RPT	G				
5/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Ensalada De Camarones	2	33	Rachael prepares a delicious Puerto Rican-style cold shrimp salad, also known as Ensalada de Camarones, with avocado, corn, and rice that's perfect for serving as the weather warms up.	USA	English-100	2024	RPT	PG				
5/03/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Kolkata - Chinese Food	2	9	Gary Mehigan explores the taste of Chinese food in the heart of Kolkata and stirs up a wonder himself.	USA	English-100	2019	RPT	PG				
5/03/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 28	4	28	Shaun Preland joins Justine to make his kingfish sashimi, and then Daniela Fro drops in to share her acai berry bliss balls. Justine also makes her roasted chicken dumsticks with pesto beans!	AUSTRALIA	English-100	2014	RPT	PG				
5/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Eggpress Yourself	9	9	Stand out chef Bee Satongun and stand-up comedian Bron Lewis are in the kitchen. Adam's request? That they eggpress themselves.	AUSTRALIA	English-100	2025	RPT	G		Y		
5/03/2026	1130	Travel	Donal's Irish Adventure	Boyne Valley	1	2	Donal and Max are steering their way to the Ancient East, a land of myths and legends and food traditions but first up Donal takes to the sky to battle a great fear of heights at Carlingford Adventure Centre.	UNITED KINGDOM	English-100	2022	RPT	G				
5/03/2026	1200	Cooking	Global Soul Kitchen	Collard Green Dumplings & Apple Pie Potstickers	1	12	Chef Deborah VanTrece prepares two dishes inspired by Chinese wontons: one is an all-American dish made with apple wontons and milk jam, and the other is a collard green dumpling inspired by Southern	USA	English-100	2025	RPT	G				
5/03/2026	1230	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	1	3	Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch. Continuing his journey through the spectacular countryside, far removed from the high-rise holiday destinations of the Costa Brava, he seeks out an old mill, El Molí, a restaurant and a magical place his boyhood friend Mark told him about years ago.	UNITED KINGDOM	English-100	2011	RPT	G		Y		
5/03/2026	1340	Travel	Tareq Taylor's Nordic Cookery	Sjuharad: Gastronomy With Closeness To Nature	6	2	Tareq takes the bike to meet some of the food entrepreneurs in the area who have started exciting new businesses.	SWEDEN	English-100	2022	RPT	PG				
5/03/2026	1410	Travel	Sophie Grigson: Slice Of Italy	Fresh From The Lagoon	1	7	Sophie meets a mussel farmer on the lagoon at Taranto. At home she prepares a mussel, potato and rice gratin and cooks an octopus stew for her guests at the trulli.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y		
5/03/2026	1435	Cooking	Strait To The Plate	Boigu	2	4	Aaron arrives on the island of Boigu, a place with a rich history of fierce warriors and dugong hunters, and the most western island in the Torres Strait.	AUSTRALIA	English-100	2022	RPT	G		Y	Y	Y
5/03/2026	1505	Travel	Sara's Istanbul Delights	Yellow	1	4	Istanbul attracts chefs from all over the world and tonight Sara meets some of the best! Then back in her own kitchen, Sara is inspired to cook a yellow bulgur salad.	TURKEY	English-50; Turkish-50	2017	RPT	G		Y		
5/03/2026	1535	Travel	Taste Of Australia With Hayden Quinn	Coff Coast	7	1	Hayden Quinn kicks off the season on the Coffs Coast, where coastal beauty meets rich farmland. He gets in a surf, enjoys some blueberries, learns to make cheese and discovers why this region is a gem.	AUSTRALIA	English-100	2024	RPT	G				
5/03/2026	1600	Cooking	Lidia's Kitchen	Cultured Comforts	7	9	Today is all about stress-free cooking for a holiday celebration. Lidia makes marinated mushrooms, vin brulé, an Italian version of mulled wine, and turkey breast with apricots.	USA	English-100	2020	RPT	G				

5/03/2026	1630	Travel	Nadya's American Adventure	Louisiana	1	1	Nadya Hussain has always been fascinated by America, home to more immigrants than any other country, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG			Y
5/03/2026	1740	Cooking	Rachael Ray's Meals In Minutes	Reuben Hot Dogs	2	34	Rachael combines her favorite Reuben sandwich with America's summer favorite, hot dogs, to create a memorable meal served with fries.	USA	English-100	2024		PG			
5/03/2026	1805	Travel	Masters Of Taste With Gary Mehigan	Hyderabad - Nizami Food	2	10	Gary Mehigan is hosted by patrons of good food and luxury; will his dish impress the Masters of Taste?	USA	English-100	2019	RPT	G			
5/03/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 29	4	29	Justine makes her rack of lamb with mint vinaigrette and then Kirsten Tibballs comes in to make one of her favourite desserts, her berry creme fraiche tart.	AUSTRALIA	English-100	2014	RPT	G			
5/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Super Star Bakes	7	74	It's like the Taylor Swift of cake! Adam is joined by bakers Natalie Paull and Gabriela Oporto to showcase their finest super star bakes.	AUSTRALIA	English-100	2024	RPT	G			Y
5/03/2026	1930	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 10	1	10	Khanh Ong sets up camp on the magnificent Mornington Peninsula to cook a three course meal inspired by his travels.	AUSTRALIA	English-100	2022	RPT	PG	a w		Y
5/03/2026	2025	Cooking	Destination Flavour Down Under BiteSize	Destination Flavour Down Under BiteSize Series 1 Ep 3	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G			Y
5/03/2026	2030	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 15	2	15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham. Rick looks back over some of the local heroes he has discovered during the series, and there is a special tribute to his dog Chally.	UNITED KINGDOM	English-100	2003	RPT	PG	a n w		
5/03/2026	2100	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 1	1	1	It's the start of spring in Cornwall, and Rick Stein's Seafood Restaurant is busier than ever. Rick is preparing his version of a seafood paella with squid, monkfish and lobster.	UNITED KINGDOM	English-100	1997	RPT	PG			
5/03/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 19	1	19	Today's brand new Come Dine With Me Professionals heads to Car-Off where Mexican taco restaurant, La Pantera get the competition going with co-owner Sam and head chef Gary dishing up a mixture of mackerel and Welsh lamb in their trademark tacos.	UNITED KINGDOM	English-100	2022		PG			
5/03/2026	2225	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
5/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Super Star Bakes	7	74	It's like the Taylor Swift of cake! Adam is joined by bakers Natalie Paull and Gabriela Oporto to showcase their finest super star bakes.	AUSTRALIA	English-100	2024	RPT	G			Y
5/03/2026	2300	Cooking	The Cook And The Chef	Cauliflower And Passionfruit	3	27	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn to meet his fruit and veg supplier Chris Abbot at the Adelaide Produce Markets.	AUSTRALIA	English-100	2008	RPT	G			
5/03/2026	2330	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	1	3	Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch. Continuing his journey through the spectacular countryside, far removed from the high-rise holiday destinations of the Costa Brava, he seeks out an old mill, El Molí, a restaurant and a magical place his boyhood friend Mark told him about years ago.	UNITED KINGDOM	English-100	2011	RPT	G			Y
5/03/2026	2440	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 10	1	10	Khanh Ong sets up camp on the magnificent Mornington Peninsula to cook a three course meal inspired by his travels.	AUSTRALIA	English-100	2022	RPT	PG	a w		Y
5/03/2026	2530	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 15	2	15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham. Rick looks back over some of the local heroes he has discovered during the series, and there is a special tribute to his dog Chally.	UNITED KINGDOM	English-100	2003	RPT	PG	a n w		

5/03/2026	2600	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 1	1	1	It's the start of spring in Cornwall, and Rick Stein's Seafood Restaurant is busier than ever. Rick is preparing his version of a seafood paella with squid, monkfish and lobster.	UNITED KINGDOM	English-100	1997	RPT	PG				
5/03/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 19	1	19	Today's brand new Come Dine With Me Professionals heads to Cardiff where Mexican taco restaurant, La Pantera get the competition going with co-owner Sam and head chef Gary dishing up a mixture of mackerel and Welsh lamb in their trademark tacos.	UNITED KINGDOM	English-100	2022	RPT	PG				
5/03/2026	2725	Travel	Destination Flavour Japan Biteize	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		
5/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Super Star Bakes	7	74	It's like the Taylor Swift of cake! Adam is joined by bakers Natalie Paull and Gabriela Oporto to showcase their finest super star bakes.	AUSTRALIA	English-100	2024	RPT	G		Y		
5/03/2026	2800	Cooking	The Cook And The Chef	Caulliflower And Passionfruit	3	27	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn to meet his fruit and veg supplier Chris Abbot at the Adelaide Produce Markets.	AUSTRALIA	English-100	2008	RPT	G				
5/03/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Sjuharad: Gastronomy With Closeness To Nature	6	2	Tareq takes the bike to meet some of the food entrepreneurs in the area who have started exciting new businesses.	SWEDEN	English-100	2022	RPT	PG				
6/03/2026	500	Travel	Sophie Grigson: Slice Of Italy	Fresh From The Lagoon	1	7	Sophie meets a mussel farmer on the lagoon at Taranto. At home she prepares a mussel, potato and rice gratin and cooks an octopus stew for her guests at the trulli.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y		
6/03/2026	530	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	1	3	Rick is invited to a beautiful beach party at La Peleca, where everyone gets stuck into preparing lunch. Continuing his journey through the spectacular countryside, far removed from the high-rise holiday destinations of the Costa Brava, he seeks out an old mill, El Molí, a restaurant and a magical place his boyhood friend Mark told him about years ago.	UNITED KINGDOM	English-100	2011	RPT	G		Y		
6/03/2026	640	Cooking	Strait To The Plate	Boigu	2	4	Aaron arrives on the island of Boigu, a place with a rich history of fierce warriors and dugong hunters, and the most western island in the Torres Strait.	AUSTRALIA	English-100	2022	RPT	G		Y	Y	Y
6/03/2026	710	Travel	Sara's Istanbul Delights	Yellow	1	4	Istanbul attracts chefs from all over the world and tonight Sara meets some of the best! Then back in her own kitchen, Sara is inspired to cook a yellow bulgur salad.	TURKEY	English-50; Turkish-50	2017	RPT	G		Y		
6/03/2026	740	Travel	Taste Of Australia With Hayden Quinn	Coff Coast	7	1	Hayden Quinn kicks off the season on the Coffs Coast, where coastal beauty meets rich farmland. He gets in a surf, enjoys some blueberries, learns to make cheese and discovers why this region is a gem.	AUSTRALIA	English-100	2024	RPT	G				
6/03/2026	805	Cooking	Lidia's Kitchen	Cultured Comforts	7	9	Today is all about stress-free cooking for a holiday celebration. Lidia makes marinated mushrooms, win brulee, an Italian version of mulled wine, and turkey breast with apricots.	USA	English-100	2020	RPT	G				
6/03/2026	830	Travel	Nadiya's American Adventure	Louisiana	1	1	Nadiya Hussain has always been fascinated by America, home to more immigrants than any other country, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG		Y		
6/03/2026	940	Cooking	Rachael Ray's Meals In Minutes	Reuben Hot Dogs	2	34	Rachael combines her favorite Reuben sandwich with America's summer favorite, hot dogs, to create a memorable meal served with fries.	USA	English-100	2024	RPT	PG				
6/03/2026	1005	Travel	Masters Of Taste With Gary Mehigan	Hyderabad - Nizami Food	2	10	Gary Mehigan is hosted by patrons of good food and luxury, will his dish impress the Masters of Taste?	USA	English-100	2019	RPT	G				
6/03/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 29	4	29	Justine makes her rack of lamb with mint vinaigrette and then Kirsten Tibballs comes in to make one of her favourite desserts, her berry creme fraiche tart.	AUSTRALIA	English-100	2014	RPT	G				
6/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Super Star Bakes	7	74	It's like the Taylor Swift of cake! Adam is joined by bakers Natalie Paull and Gabriela Oporto to showcase their finest super star bakes.	AUSTRALIA	English-100	2024	RPT	G		Y		

6/03/2026	1130	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 10	1	10	Khanh Ong sets up camp on the magnificent Murrumbidgee Peninsula to cook a three course meal inspired by his travels.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y	
6/03/2026	1225	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y	
6/03/2026	1230	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 4	1	4	Rick heads for the little-known region of Extremadura - it's famous for pimenton and Spain's most celebrated ham Iberico. In his old camper he drives south to Spain's most romantic city: Seville, the home of tapas and flamenco.	UNITED KINGDOM	English-100	2011	RPT	G		Y	
6/03/2026	1340	Travel	Tareq Taylor's Nordic Cookery	Greater Copenhagen: Roof Gardens & Design Castles	6	3	Copenhagen and Skane are hot food destinations. Tareq visits Ostergro, Denmark's first 'rooftop farm' in the middle of Copenhagen, Eden in the new district of Hyllie, Malmo and Hackeberga Castle.	SWEDEN	English-100	2022	RPT	PG	i		
6/03/2026	1410	Travel	Sophie Grigson: Slice Of Italy	500 Miles	1	8	Sophie discovers the culinary delights of the Puglian coastline. She learns all about the sea urchin and how it's used with spaghetti. She also makes a delicious pasta sauce with the leftovers.	UNITED KINGDOM	English-100	2022	RPT	PG	s	Y	
6/03/2026	1435	Cooking	Strait To The Plate	Dauan Island	2	5	To continue his journey in the Northwestern region, Aaron visits Dauan Island. Dauan is a rocky granite island, a complete contrast to low lying Salsal and Boggu that are made up of marlbarlands.	AUSTRALIA	English-100	2022	RPT	G		Y	Y
6/03/2026	1505	Travel	Sara's Istanbul Delights	Green	1	5	Sara and chef Makuut Akkar create a new interpretation of topuk, a Armenian staple in Istanbul. When Sara returns to her kitchen, she cooks a green rice dish.	TURKEY	English-50; Turkish-50	2017	RPT	G		Y	
6/03/2026	1535	Travel	Taste Of Australia With Hayden Quinn	Newcastle	7	2	Hayden explores Newcastle, a city blending beachside charm with a booming food scene. From innovative chefs to passionate producers, he uncovers the flavours and stories driving this vibrant coastal hub.	AUSTRALIA	English-100	2024	RPT	G			
6/03/2026	1600	Cooking	Lidia's Kitchen	Restaurant's Greatest Hits	7	10	Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, and stuffs pizza rolls with broccoli rabe and sausage with ricotta and leeks.	USA	English-100	2020	RPT	PG	a w		
6/03/2026	1630	Travel	Nadiya's American Adventure	California	1	2	Nadiya Hussain has always been fascinated by America, home to more immigrants than anywhere else, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG	a	Y	
6/03/2026	1735	Cooking	Rachael Ray's Meals In Minutes	Parzanella Salad With Spicy Mussels	2	35	Rachael prepares Parzanella, a bread salad with tomatoes, and serves it with spicy mussels.	USA	English-100	2024		PG			
6/03/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Hyderabad - Andhra Food	2	11	When in Andhra, eat like the locals do, but will Gary Mehigan cook like the locals too?	USA	English-100	2019	RPT	G			
6/03/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 30	4	30	Chocolate extraordinaire, Trish McKenzie shows Justine a mouth-watering chocolate marshmallow pie and then Justine cooks her Peking duck with coconut relish and a delicious John Dory with sauce meuniere.	AUSTRALIA	English-100	2014	RPT	PG			
6/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Grilled Feast, The	7	75	Tongs at the ready, it's an Easy Entertaining that's all about great grilling, with Hardcore Carnivore Jess Pryles and actor Gary Sweet.	AUSTRALIA	English-100	2024	RPT	G		Y	
6/03/2026	1930	Travel	Big Zuu And AJ Tracey: Rich Flavours	New York	1	3	Zuu & AJ hit New York to taste the World's most expensive Pizza. They cook up a storm in a Michelin starred kitchen and create a surprising spin on Pizza for wall street traders.	UNITED KINGDOM	English-100	2025		PG			
6/03/2026	2030	Cooking	Jamie's Comfort Food	Ultimate Burger, The	1	1	Jamie shares his recipes for three classic comfort foods. Plus, his friend Christian pops by to reveal the secret to his ultimate burger recipe.	UNITED KINGDOM	English-100	2014	RPT	G			
6/03/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 20	1	20	Today's Glasgow show kicks off at music venue come restaurant Bloc where head chef Andy and front of house Phie serve up a feast of calorific street food.	UNITED KINGDOM	English-100	2022		PG			
6/03/2026	2225	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

6/03/2026	2330	Cooking	The Cook Up With Adam Liaw	Grilled Feast, The	7	75	Tongs at the ready, it's an Easy Entertaining that's all about great grilling, with Hardcore Carnivore Jess Pryles and actor Gary Sweet.	AUSTRALIA	English-100	2024	RPT	G	Y		
6/03/2026	2300	Cooking	The Cook And The Chef	Limes And Rice	3	28	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. One of Maggie's favourite food stories from the region is that of Gerrid Buchanan, a farmer who discovered that the fruit that would become his most profitable, the native finger lime, was actually growing wild on his property.	AUSTRALIA	English-100	2008	RPT	G			
6/03/2026	2330	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 4	1	4	Rick heads for the little-known region of Extremadura - it's famous for pimenton and Spain's most celebrated ham Iberico. In his old camper he drives south to Spain's most romantic city: Seville, the home of tapas and flamenco.	UNITED KINGDOM	English-100	2011	RPT	G	Y		
6/03/2026	2440	Travel	Big Zuu And AJ Tracey: Rich Flavours	New York	1	3	Zuu & AJ hit New York to taste the World's most expensive Pizza. They cook up a storm in a Michelin starred kitchen and create a surprising spin on Pizza for wall street traders...	UNITED KINGDOM	English-100	2025	RPT	PG			
6/03/2026	2540	Cooking	Jamie's Comfort Food	Ultimate Burger, The	1	1	Jamie shares his recipes for three classic comfort foods. Plus, his friend Christian pops by to reveal the secret to his ultimate burger recipe.	UNITED KINGDOM	English-100	2014	RPT	G			
6/03/2026	2635	Food Lifestyle	Come Dine With Me The Professionals	Episode 20	1	20	Today's Glasgow show kicks off at music venue come restaurant Bloc where head chef Andy and front of house Phie serve up a feast of calorific street food.	UNITED KINGDOM	English-100	2022	RPT	PG			
6/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Grilled Feast, The	7	75	Tongs at the ready, it's an Easy Entertaining that's all about great grilling, with Hardcore Carnivore Jess Pryles and actor Gary Sweet.	AUSTRALIA	English-100	2024	RPT	G	Y		
6/03/2026	2800	Cooking	The Cook And The Chef	Limes And Rice	3	28	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. One of Maggie's favourite food stories from the region is that of Gerrid Buchanan, a farmer who discovered that the fruit that would become his most profitable, the native finger lime, was actually growing wild on his property.	AUSTRALIA	English-100	2008	RPT	G			
6/03/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Greater Copenhagen: Roof Gardens & Design Castles	6	3	Copenhagen and Skane are hot food destinations. Tareq visits Ostergro, Denmark's first 'rooftop farm' in the middle of Copenhagen, Eden in the new district of Hyllie, Malmo and Hackeberg Castle.	SWEDEN	English-100	2022	RPT	PG	I		
7/03/2026	500	Travel	Sophie Grigson: Slice Of Italy	500 Miles	1	8	Sophie discovers the culinary delights of the Puglian coastline. She learns all about the sea urchin and how it's used with spaghetti. She also makes a delicious pasta sauce with the leftovers.	UNITED KINGDOM	English-100	2022	RPT	PG	S	Y	
7/03/2026	530	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 4	1	4	Rick heads for the little-known region of Extremadura - it's famous for pimenton and Spain's most celebrated ham Iberico. In his old camper he drives south to Spain's most romantic city: Seville, the home of tapas and flamenco.	UNITED KINGDOM	English-100	2011	RPT	G	Y		
7/03/2026	640	Cooking	Strait To The Plate	Dauan Island	2	5	To continue his journey in the Northwestern region, Aaron visits Dauan Island. Dauan is a rocky granite island, a complete contrast to low lying Saibai and Boigu that are made up of marshlands.	AUSTRALIA	English-100	2022	RPT	G	Y	Y	Y
7/03/2026	710	Travel	Sara's Istanbul Delights	Green	1	5	Sara and chef Makuut Akar create a new interpretation of topik, a Armenian staple in Istanbul. When Sara returns to her kitchen, she cooks a green rice dish.	TURKEY	English-50; Turkish-50	2017	RPT	G	Y		
7/03/2026	740	Travel	Taste Of Australia With Hayden Quinn	Newcastle	7	2	Hayden explores Newcastle, a city blending beachside charm with a booming food scene. From innovative chefs to passionate producers, he uncovers the flavours and stories driving this vibrant coastal hub.	AUSTRALIA	English-100	2024	RPT	G			
7/03/2026	805	Cooking	Lidia's Kitchen	Restaurant's Greatest Hits	7	10	Lidia shares some of her all-time favourites - tomato and onion salad alia calabrese, leftover meatball panini, and stuffs pizza rolls with broccoli rabe and sausage with ricotta and leeks.	USA	English-100	2020	RPT	PG	a w		

7/03/2026	830	Travel	Nadiya's American Adventure	California	1	2	Nadiya Hussain has always been fascinated by America, home to more immigrants than anywhere else, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG	a	Y
7/03/2026	935	Cooking	Rachael Ray's Meals In Minutes	Panzanella Salad With Spicy Mussels	2	35	Rachael prepares Panzanella, a bread salad with tomatoes, and serves it with spicy mussels.	USA	English-100	2024	RPT	PG		
7/03/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Hyderabad - Andhra Food	2	11	When in Andhra, eat like the locals do, but will Gary Mehigan cook like the locals too?	USA	English-100	2019	RPT	G		
7/03/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 30	4	30	Chocolate extraordinaire, Trish McKenzie shows Justine a mouth-watering chocolate marshmallow pie and then Justine cooks her Peking Duck with coconut relish and a delicious John Dory with sauce maitreisse.	AUSTRALIA	English-100	2014	RPT	PG		
7/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Grilled Feast, The	7	75	Tongs at the ready, it's an Easy Entertaining that's all about great grilling, with Hardcore Carnivore Jess Pyles and actor Gary Sweet.	AUSTRALIA	English-100	2024	RPT	G		Y
7/03/2026	1130	Travel	Big Zuu And AJ Tracey: Fish Flavours	New York	1	3	Zuu & AJ hit New York to taste the World's most expensive Pizza. They cook up a storm in a Michelin starred kitchen and create a surprising spin on Pizza for wall street traders.	UNITED KINGDOM	English-100	2025	RPT	PG		
7/03/2026	1230	Cooking	Jamie's Comfort Food	Ultimate Burger, The	1	1	Jamie shares his recipes for three classic comfort foods. Plus, his friend Christian pops by to reveal the secret to his ultimate burger recipe.	UNITED KINGDOM	English-100	2014	RPT	G		
7/03/2026	1330	Food Lifestyle	Come Dine With Me The Professionals	Episode 20	1	20	Today's Glasgow show kicks off at music venue come restaurant Bloc where head chef Andy and front of house Pixie serve up a feast of calorific street food.	UNITED KINGDOM	English-100	2022	RPT	PG		
7/03/2026	1425	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G		
7/03/2026	1430	Travel	Nadiya's American Adventure	California	1	2	Nadiya Hussain has always been fascinated by America, home to more immigrants than anywhere else, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG	a	Y
7/03/2026	1535	Cooking	Rachael Ray's Meals In Minutes	Panzanella Salad With Spicy Mussels	2	35	Rachael prepares Panzanella, a bread salad with tomatoes, and serves it with spicy mussels.	USA	English-100	2024	RPT	PG		
7/03/2026	1605	Travel	Masters Of Taste With Gary Mehigan	Hyderabad - Andhra Food	2	11	When in Andhra, eat like the locals do, but will Gary Mehigan cook like the locals too?	USA	English-100	2019	RPT	G		
7/03/2026	1630	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 1	1	1	In this new series we step inside the world of Hotel Chocolat from their magical inventing rooms and factory floor, to the cacao filled tropical forests.	UNITED KINGDOM	English-100	2025	RPT	G		

7/03/2026	1730	Cooking	Paula McIntyre's Hamely Kitchen Specials	Hamely Hogmanay	1	1	It's Hogmanay, and Chef Paula McIntyre is celebrating Auld Year' night with a delicious festive supper. On the menu is cock-a-leekie soup, roast duck and a cloodie dumpling with whisky cream.	UNITED KINGDOM	English-100	2022	RPT	PG		
7/03/2026	1800	Cooking	Nadiya's Cook Once, Eat Twice	Wonderful Weekends	1	3	In the third of this new six-part crafty cooking series, Nadiya shares comforting Cook Once Eat Twice recipes that not only spread joy at the weekend, but also ease the strain during the coming week.	UNITED KINGDOM	English-100	2024	RPT	G		
7/03/2026	1830	Travel	Jamie's Food Escapes	Stockholm	1	3	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surströmming.	UNITED KINGDOM	English-100	2009	RPT	PG	a l n w	
7/03/2026	1930	Food Lifestyle	What Not To Eat	Berkshire: Frankie And Camille	1	4	Prof. Tim Spector and Dr Kandi Ejlöfer show us the chemicals in cola, and why we should all be freeing our bread. And they shock Frankie and Camille in Berkshire with the extent of their snack habit.	UNITED KINGDOM	English-100	2025		PG		
7/03/2026	2030	Travel	Rick Stein's Long Weekends	Bologna	1	5	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini, tagliatelle, ravioli and lasagne. There's stuffed rabbit, filled with Parma ham and Parmesan frittata for dinner. At the market he finds a fish stall and café where he enjoys squid stuffed with mashed potato and capers.	UNITED KINGDOM	English-100	2016	RPT	G	Y	
7/03/2026	2140	Travel	Mind Of A Chef	Fresh	1	12	This episode explores the differences between fresh ingredients, including instant broth, pea agnolini, dry-aged steak with Tien Ho, a trip to Kyoto's fishmarket.	USA	English-100	2012	RPT	PG	a w	Y
7/03/2026	2205	Cooking	Deliciously Twisted Classics	Sugar Rush Surprise	1	13	If you're craving a creative sugar high, then look no further than these delectable desserts. Birthday cake, cheesecake,	USA	English-100	2023		PG		
7/03/2026	2235	Food Lifestyle	Masters Of Savours	Masters Of Cheese	1	5	From the Roquefort cellars to the Swiss mountain pastures, this episode introduces us to the passionate people devoting their time to protecting local traditions in cheese-making.	FRANCE	English-100	2022	RPT	G		
7/03/2026	2335	Food Lifestyle	Hotel Chocolat Unwrapped	Episode 1	1	1	In this new series we step inside the world of Hotel Chocolat from their magical inventing rooms and factory floor, to the cacao filled tropical forests.	UNITED KINGDOM	English-100	2025	RPT	G		
7/03/2026	2435	Cooking	Paula McIntyre's Hamely Kitchen Specials	Hamely Hogmanay	1	1	It's Hogmanay, and Chef Paula McIntyre is celebrating Auld Year' night with a delicious festive supper. On the menu is cock-a-leekie soup, roast duck and a cloodie dumpling with whisky cream.	UNITED KINGDOM	English-100	2022	RPT	PG		
7/03/2026	2505	Cooking	Nadiya's Cook Once, Eat Twice	Wonderful Weekends	1	3	In the third of this new six-part crafty cooking series, Nadiya shares comforting Cook Once Eat Twice recipes that not only spread joy at the weekend, but also ease the strain during the coming week.	UNITED KINGDOM	English-100	2024	RPT	G		
7/03/2026	2535	Travel	Jamie's Food Escapes	Stockholm	1	3	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surströmming.	UNITED KINGDOM	English-100	2009	RPT	PG	a l n w	

7/03/2026	2630	Food Lifestyle	What Not To Eat	Berkshire: Frankie And Camille	1	4	Prof. Tim Spector and Dr Kandi Ejjofor show us the chemicals in cola, and why we should all be freezing our bread. And they shock Frankie and Camille in Berkshire with the extent of their snack habit.	UNITED KINGDOM	English-100	2025	RPT	PG
7/03/2026	2730	Food Lifestyle	Masters Of Savours	Masters Of Cheese	1	5	From the Roquefort cellars to the Swiss mountain pastures, this episode introduces us to the passionate people devoting their time to protecting local traditions in cheese-making.	FRANCE	English-100	2022	RPT	G
7/03/2026	2830	Cooking	Deliciously Twisted Classics	Sugar Rush Surprise	1	13	If you're craving a creative sugar high, then look no further than these delectable desserts. Birthday cake, cheesecake,	USA	English-100	2023	RPT	PG

