



WEEK 11 **Sunday, 8 March 2026** **Saturday, 14 March 2026**

Date	Start Time	Genre	Title
8/03/2026	500	Travel	Mind Of A Chef
8/03/2026	530	Food Lifestyle	Hotel Chocolat: Unwrapped
8/03/2026	630	Cooking	Paula McIntyre's Hamely Kitchen Specials
8/03/2026	700	Cooking	Nadiya's Cook Once, Eat Twice
8/03/2026	730	Travel	Jamie's Food Escapes
8/03/2026	830	Food Lifestyle	What Not To Eat
8/03/2026	930	Travel	Rick Stein's Long Weekends
8/03/2026	1035	Travel	Mind Of A Chef
8/03/2026	1100	Cooking	Deliciously Twisted Classics
8/03/2026	1130	Food Lifestyle	Masters Of Savours
8/03/2026	1230	Food Lifestyle	Hotel Chocolat: Unwrapped
8/03/2026	1330	Cooking	Paula McIntyre's Hamely Kitchen Specials
8/03/2026	1400	Cooking	The Cook Up With Adam Liaw
8/03/2026	1430	Cooking	The Cook Up With Adam Liaw
8/03/2026	1500	Cooking	The Cook Up With Adam Liaw
8/03/2026	1530	Cooking	The Cook Up With Adam Liaw

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
Fresh	1	12	This episode explores the differences between fresh ingredients, including instant broth, pea agnollini, dry-aged steak with Tien Ho, a trip to Kyoto's fishmarket.	USA	English-100	2012	RPT	PG	a w		Y	
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				
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 clootie dumpling with whisky cream.	UNITED KINGDOM	English-100	2022	RPT	PG				
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				
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 surstromming.	UNITED KINGDOM	English-100	2009	RPT	PG	a l n w			
Berkshire: Frankie And Camille	1	4	Prof. Tim Spector and Dr Kandi Ejlifor 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				
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	
Fresh	1	12	This episode explores the differences between fresh ingredients, including instant broth, pea agnollini, dry-aged steak with Tien Ho, a trip to Kyoto's fishmarket.	USA	English-100	2012	RPT	PG	a w		Y	
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				
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				
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				
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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	
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	
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	
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	

8/03/2026	1600	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	
8/03/2026	1630	Travel	A New Zealand Food Story	Episode 5	4	5	Ben takes a boat to visit a salmon farm in Akaroa and learns the difference between NZ King and Atlantic salmon. He catches salmon and cooks it on the shoreline overlooking the harbour.	NEW ZEALAND	English-100	2024	RPT	PG	a w		
8/03/2026	1700	Travel	Food Trail South Africa	Paternoster By The Sea	2	9	Warren is heading out of Cape Town into the more quiet coastal area of the Western Cape, and the picturesque town of Paternoster.	AUSTRALIA	English-100	2023	RPT	PG	a w	Y	
8/03/2026	1730	Cooking	Jeremy Pang's Hong Kong Kitchen	Mel Giedroyc	1	1	Join Jeremy Pang for a culinary adventure through the streets of Hong Kong, and he won't be going alone! With a celebrity guest in tow, it's a non-stop foodie extravaganza!	UNITED KINGDOM	English-100	2024	RPT	PG			
8/03/2026	1830	Travel	Gordon Ramsay: Uncharted	Finland's Midnight Sun	3	10	Chef Ramsay explores the land of the midnight sun and the sprawling wetlands of Lapland in Northern Finland, at the height of summer to learn its culinary secrets. He plays swamp football, navigates fierce rapids in a raft, fishes for white fish and cooks in a sauna.	UNITED KINGDOM	English-100	2021	RPT	PG	a l	Y	
8/03/2026	1925	Cooking	Destination Flavour China Bitesize	Shandong Roast Chicken	1	10	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
8/03/2026	1930	Travel	Shane Delia's Malta	Three Cities & The Knights Of Malta, The	1	3	Shane explores the incredible legacy left by the Knights of Malta-architecturally, culturally and spiritually. From candlelit Easter processions to prison-baked pastries, The Three Cities of Malta are like nowhere else in the world.	AUSTRALIA	English-100	2025	RPT	G		Y	
8/03/2026	2000	Travel	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 4	1	4	Justine tries some of the local Macanese street food before she prepares a dish inspired by a visit to an opulent French inspired hotel.	AUSTRALIA	English-100	2019	RPT	G			
8/03/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 10	3	10	Rick drops in on the fishing port of Boscastle and finds a fabulous seafood restaurant. Then, a trip to Cornwall's only organic mushroom farm inspires him to cook a stir fry with lion's mane mushrooms.	UNITED KINGDOM	English-100	2022	RPT	PG			
8/03/2026	2100	Travel	Rick Stein's Food Stories	Cumbria	1	1	In the Lake District, Rick shares mutton hot pot with farmer James Rebanks. He meets an intrepid shrimp fisherman and is joined by his son Jack to cook his Mum's shepherd's pie.	UNITED KINGDOM	English-100	2023	RPT	G			
8/03/2026	2130	Travel	Mind Of A Chef	Soy	1	13	Chang visits tofu and miso factories in Japan, Christina Tosi makes burnt miso apple pie, Rene Redzepi offers his take on tofu, Chang makes his classic corn miso.	USA	English-100	2012	RPT	PG	l	Y	
8/03/2026	2200	Cooking	Deliciously Twisted Classics	Tropical Twist	1	14	Chefs are taking inspiration from the islands to put fun twists on their favorite classic dishes. Fried calamari, mango sticky rice, loco moco, fried rice, and French toast all get reinvented to create unique tropical delights.	USA	English-100	2023		PG			
8/03/2026	2230	Food Lifestyle	Masters Of Savours	Masters Of Chocolate	1	6	The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed possessed divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.	FRANCE	English-100	2022	RPT	G			
8/03/2026	2330	Travel	A New Zealand Food Story	Episode 5	4	5	Ben takes a boat to visit a salmon farm in Akaroa and learns the difference between NZ King and Atlantic salmon. He catches salmon and cooks it on the shoreline overlooking the harbour.	NEW ZEALAND	English-100	2024	RPT	PG	a w		
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8/03/2026	2430	Cooking	Jeremy Pang's Hong Kong Kitchen	Mel Giedroyc	1	1	Join Jeremy Pang for a culinary adventure through the streets of Hong Kong, and he won't be going alone! With a celebrity guest in tow, it's a non-stop foodie extravaganza!	UNITED KINGDOM	English-100	2024	RPT	PG			
8/03/2026	2525	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G			

8/03/2026	2530	Travel	Gordon Ramsay: Uncharted	Finland's Midnight Sun	3	10	Chef Ramsay explores the land of the midnight sun and the sprawling wetlands of Lapland in Northern Finland, at the height of summer to learn its culinary secrets. He plays swamp football, navigates fierce rapids in a raft, fishes for white fish and cooks in a sauna.	UNITED KINGDOM	English-100	2021	RPT	PG	a l	Y	
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8/03/2026	2630	Travel	Shane Delia's Malta	Three Cities & The Knights Of Malta, The	1	3	Shane explores the incredible legacy left by the Knights of Malta-architecturally, culturally and spiritually. From candlelit Easter processions to prison-baked pastries, The Three Cities of Malta are like nowhere else in the world.	AUSTRALIA	English-100	2025	RPT	G		Y	
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9/03/2026	800	Travel	Food Trail South Africa	Paternoster By The Sea	2	9	Warren is heading out of Cape Town into the more quiet coastal area of the Western Cape, and the picturesque town of Paternoster.	AUSTRALIA	English-100	2023	RPT	PG	a w		Y
9/03/2026	830	Cooking	Jeremy Pang's Hong Kong Kitchen	Mel Giedroyc	1	1	Join Jeremy Pang for a culinary adventure through the streets of Hong Kong, and he won't be going alone! With a celebrity guest in tow, it's a non-stop foodie extravaganza!	UNITED KINGDOM	English-100	2024	RPT	PG			
9/03/2026	925	Cooking	Destination Flavour China Bitesize	Shandong Roast Chicken	1	10	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
9/03/2026	930	Travel	Gordon Ramsay: Uncharted	Finland's Midnight Sun	3	10	Chef Ramsay explores the land of the midnight sun and the sprawling wetlands of Lapland in Northern Finland, at the height of summer to learn its culinary secrets. He plays swamp football, navigates fierce rapids in a raft, fishes for white fish and cooks in a sauna.	UNITED KINGDOM	English-100	2021	RPT	PG	a l	Y	
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9/03/2026	1200	Travel	Mind Of A Chef	Soy	1	13	Chang visits tofu and miso factories in Japan, Christina Tosi makes burnt miso apple pie, Rene Redzepi offers his take on tofu, Chang makes his classic corn miso.	USA	English-100	2012	RPT	PG	I	Y	
9/03/2026	1230	Reality	Big Food Bucket List	Bun In A Million	3	1	Fan-favourite host and comedian John Catucci (You Gotta Eat Here!) returns to take viewers on an all-new food adventure across North America, checking more mouth-watering dishes and must-see culinary stops off his Big Food Bucket List.	CANADA	English-100	2022	RPT	G		Y	
9/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Take It To The Ceiling	2024	1	Pro cook & designer Ellen Bennett works with homeowners to reimagine their kitchens through a chef's eyes.	USA	English-100	2024	RPT	G		Y	
9/03/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Hoganas: The Wild Pantry	6	4	The wild coast at Kullaberg in Skane has a lot of culture and gastronomy to offer: fantastic ceramics, vineyards and world-class ice cream. Tareq visits VikenTomater and cooks vegetarian ragu.	SWEDEN	English-100	2022	RPT	PG	I		
9/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Nuts And Pulse	1	9	Sophie visits an almond farmer to discover how they are harvested and shelled. A local baker demonstrates how she makes the almond and cherry jam sweet treats that are served all over town.	UNITED KINGDOM	English-100	2022	RPT	G		Y	
9/03/2026	1430	Cooking	Strait To The Plate	Saibai Island	2	6	Aaron completes his culinary expedition of the Top Western Cluster group by visiting Saibai Island, the most northern island in the Torres Strait.	AUSTRALIA	English-100	2022	RPT	G	Y	Y	Y
9/03/2026	1500	Travel	Sara's Istanbul Delights	Blue	1	6	After a perfect lunch at Park Fora with Tanem Sivarli, Sara shares her delicious recipe for fish tartar with tarhana.	TURKEY	English-50; Turkish-50	2017	RPT	G			
9/03/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Sunny Coast	8	1	Hayden heads to Queensland's Sunshine Coast, where golden beaches meet vibrant hinterland farms. He meets passionate local producers, samples the region's freshest flavours, and soaks up the lifestyle.	AUSTRALIA	English-100	2024	RPT	G			
9/03/2026	1600	Cooking	Lidia's Kitchen	Mediterranean Essentials	7	11	Lidia grew up along the Adriatic Sea so picnics at the beach were a common occurrence. Some recipes include orecchiette with peas and asparagus, mussels with farro, and a chocolate fig dessert.	USA	English-100	2020	RPT	G			
9/03/2026	1630	Cooking	Donal's Feasts, Fasts And Festivals	Ep 1	1	1	In this eye-opening and entertaining series, TV Cook Donal Skehan explores how people of various faiths in modern Ireland express their beliefs, honour their cultures, and celebrate their heritage through the medium of food.	IRELAND	English-100	2023	RPT	PG	a		
9/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Peruvian Style Chicken	2	36	Rachael prepares a Peruvian-style roasted chicken dish with aji amarillo and serves it with blue potatoes.	USA	English-100	2024		PG			
9/03/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Hyderabad - Biryani Trail	2	12	Gary Mehigan unearths different biryanis in Hyderabad and creates his own without rice!	USA	English-100	2019	RPT	G			
9/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Every Kind Of Cake	1	1	Learn how to make every kind of cake with the best in the business from shortcake, to cupcakes and even cheesecake. Pastry chef Anna Polyviou colours our world with her Rainbow Cupcakes.	AUSTRALIA	English-100	2023					

9/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Pasta, Present, Future	9	10	Adam and his guests, Saturday Night Pasta's Elizabeth Hewson and Supermarket Swap's Nabula El Mourid, think very deeply about their pasta, present and future.	AUSTRALIA	English-100	2025		G	Y
9/03/2026	1930	Cooking	Donal's Super Food In Minutes	Episode 2	1	2	Champion of the home cook, Donal Skehan is back for his brand new series 'Donal's Super Food in Minutes' with recipes that deliver big flavours if you're short on time as well as some time saving tips.	UNITED KINGDOM	English-100	2020		PG	
9/03/2026	2000	Cooking	Mary Berry Makes It Easy	Simple Time-Savers	1	4	Mary surprises Lorraine Kelly and daughter Rosie with some delicious time-saving recipes.	UNITED KINGDOM	English-100	2023	RPT	G	
9/03/2026	2030	Food Lifestyle	River Cottage Everyday	Treats	1	8	Hugh Fearnley-Whittingstall turns his attention to treats, with recipes for Genoese sponge cake and lemon curd muffins, game pies, cheesy tarts and real ginger beer.	UNITED KINGDOM	English-100	2010		PG	
9/03/2026	2130	Food Lifestyle	Come Dine With Me	Liverpool: David	20	1	This week's competition is in and around Liverpool, where the first to host is 42 year old construction director, David.	UNITED KINGDOM	English-100	2022	RPT	PG	
9/03/2026	2200	Food Lifestyle	Come Dine With Me	Liverpool: Sarah	20	2	It's night two the Competition in Liverpool and the turn of stand-up comedian Sarah to host and she's opted for an evening of her hearty soul food.	UNITED KINGDOM	English-100	2022	RPT	PG	
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9/03/2026	2300	Cooking	The Cook And The Chef	Brussels Sprouts And Avocado	3	29	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100	2008	RPT	G	
9/03/2026	2330	Reality	Big Food Bucket List	Bun In A Million	3	1	Fan-favourite host and comedian John Catucci (You Gotta Eat Here!) returns to take viewers on an all-new food adventure across North America, checking more mouth-watering dishes and must-see culinary stops off his Big Food Bucket List.	CANADA	English-100	2022	RPT	G	Y
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9/03/2026	2800	Cooking	The Cook And The Chef	Brussels Sprouts And Avocado	3	29	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100	2008	RPT	G								
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10/03/2026	700	Travel	Sara's Istanbul Delights	Blue	1	6	After a perfect lunch at Park Fora with Tanem Sivarile, Sara shares her delicious recipe for fish tartar with tarhana.	TURKEY	English-50; Turkish-50	2017	RPT	G								
10/03/2026	730	Travel	Taste Of Australia With Hayden Quinn	Sunny Coast	8	1	Hayden heads to Queensland's Sunshine Coast, where golden beaches meet vibrant hinterland farms. He meets passionate local producers, samples the region's freshest flavours, and soaks up the lifestyle.	AUSTRALIA	English-100	2024	RPT	G								
10/03/2026	800	Cooking	Lidia's Kitchen	Mediterranean Essentials	7	11	Lidia grew up along the Adriatic Sea so picnics at the beach were a common occurrence. Some recipes include orecchiette with peas and asparagus, mussels with farro, and a chocolate fig dessert.	USA	English-100	2020	RPT	G								
10/03/2026	830	Cooking	Donal's Feasts, Fasts And Festivals	Ep 1	1	1	In this eye-opening and entertaining series, TV Cook Donal Skehan explores how people of various faiths in modern Ireland express their beliefs, honour their cultures, and celebrate their heritage through the medium of food.	IRELAND	English-100	2023	RPT	PG							a	
10/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Peruvian Style Chicken	2	36	Rachael prepares a Peruvian-style roasted chicken dish with aji amarillo and serves it with blue potatoes.	USA	English-100	2024	RPT	PG								
10/03/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Hyderabad - Biryani Trail	2	12	Gary Mehigan unearths different biryanis in Hyderabad and creates his own without rice!	USA	English-100	2019	RPT	G								
10/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Every Kind Of Cake	1	1	Learn how to make every kind of cake with the best in the business from shortcake, to cupcakes and even cheesecake. Pastry chef Anna Polyiou colours our world with her Rainbow Cupcakes.	AUSTRALIA	English-100	2023	RPT									
10/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Pasta, Present, Future	9	10	Adam and his guests, Saturday Night Pasta's Elizabeth Hewson and Supermarket Swap's Nabula El Mourid, think very deeply about their pasta, present and future.	AUSTRALIA	English-100	2025	RPT	G							Y	
10/03/2026	1130	Cooking	Donal's Super Food In Minutes	Episode 2	1	2	Champion of the home cook, Donal Skehan is back for his brand new series 'Donal's Super Food in Minutes' with recipes that deliver big flavours if you're short on time as well as some time saving tips.	UNITED KINGDOM	English-100	2020	RPT	PG								
10/03/2026	1200	Cooking	Mary Berry Makes It Easy	Simple Time-Savers	1	4	Mary surprises Lorraine Kelly and daughter Rosie with some delicious time-saving recipes.	UNITED KINGDOM	English-100	2023	RPT	G								

10/03/2026	1230	Reality	Big Food Bucket List	Taco Chance On Me	3	2	John travels to Montréal, QC to devour some mind-blowing spaghetti slathered in truffle sauce and topped with a perfect 64-degree egg yolk.	CANADA	English-100	2022	RPT	PG			
10/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Cluttered Craftsman Clean Up	2024	2	Nominated by their daughter Brittany, Susan and Brad have lived in their craftsman for over 30 years. Susan doesn't think her tiny kitchen needs a glow up, so Ellen will have to convince her that change is sometimes a good thing.	USA	English-100	2024	RPT	G			
10/03/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Karlstad: Food From Two Seasons	6	5	Tareq visits sunny Karlstad! Here, food is prepared by Vanern's shores and in Värmland's deep forests. Butter-fried Zander, crepes and cooking over an open fire are on the menu.	SWEDEN	English-100	2022	RPT	PG			
10/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Importance Of Cheese, The	1	10	Sophie visits a local cheese maker to see how they age their cheeses in caves and stuffs courgette flowers with local ricotta. She is also shown how to make the cakes known locally as nun's breasts.	UNITED KINGDOM	English-100	2022	RPT	G		Y	
10/03/2026	1430	Cooking	On Country Kitchen	Duck, Tapenade & Abalone	1	1	Derek begins his journey with a blessing for his future travels from local Warden women, something very important to Indigenous peoples across Australia.	AUSTRALIA	English-100	2017	RPT	G		Y	
10/03/2026	1500	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	1	Sara La Fountain heads to the heart of Istanbul, where she discovers the local cuisine of the Turkish capital. First up is to experience the basic tradition of Turkish people: breakfast as a feast.	TURKEY	English-50; Turkish-50	2018	RPT	G			
10/03/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Mackay Isaac Region	8	2	Hayden ventures off the beaten track into the Mackay Isaac region, discovering pristine landscapes, remote fishing spots, and remarkable food producers who make this hidden corner of Australia.	AUSTRALIA	English-100	2024	RPT	G			
10/03/2026	1600	Cooking	Lidia's Kitchen	Stovetop Dinner, A	7	12	The stove can do a lot of work, and many recipes can be created simultaneously. Lidia shares recipes for: cannellini and pancetta bruschetta, ziti with kale and bacon, and monkfish meatballs.	USA	English-100	2020	RPT	G			
10/03/2026	1630	Cooking	Donal's Feasts, Fasts And Festivals	Ep 2	1	2	In episode two, Donal joins a Muslim family who are fasting during Ramadan, explores the traditions of the Romanian Orthodox Community as he prepares a traditional Easter meal and joins in the joyous atmosphere of Diwali, the Festival of Lights, as he celebrates and feasts with a Hindu family in their home.	IRELAND	English-100	2023	RPT	G			
10/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Ain't Your Momma's Tater Tot Casserole	2	37	Rachael prepares a new, fun, and summery take on a beloved American dish, the Tater Tot Casserole. Her sister Maria rounds out the meal with a homemade, seasonal berry cobbler.	USA	English-100	2024		PG		Y	
10/03/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Best Of Delhi	2	13	Gary tries a hearty Punjabi brunch and the delicacy of Kashmiri mutts.	USA	English-100	2019	RPT	G			
10/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Going Bananas	1	2	Go bananas and learn the best ways to highlight this versatile fruit with some incredible gourmet chefs.	AUSTRALIA	English-100	2023					
10/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Boost Of Flavour	9	11	How can you get a boost of flavour at dinner time? Chef Analiese Gregory, ESCA Group's Iby Moubadder and Adam have the answers.	AUSTRALIA	English-100	2025		G		Y	
10/03/2026	1930	Cooking	Silvia's Italian Masterclass	Episode 3	3	3	Easy, clever, and full of flavour- these quick Italian dishes are designed to beat the midweek slump and bring joy back to the dinner table.	AUSTRALIA	English-100	2025		PG			
10/03/2026	2000	Travel	Adam Richman Eats Britain	Eton Mess	1	5	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's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons.	UNITED KINGDOM	English-100	2024	RPT	G			
10/03/2026	2030	Travel	Eva Longoria: Searching For Mexico	Mexico City	1	1	Eva Longoria shows us around her adopted second hometown, Mexico City. This is where she met her husband, Pepe, and where they love to spend time with their son, Santi. She takes us on her daily ritual to a local bakery where she devours a delicious, freshly baked concha. Then, Eva heads to the historic centre to meet up with food writer Gabriela Renteria where they sample the 'lifeblood' of Mexico City - tacos.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	G		Y	Y
10/03/2026	2125	Cooking	A Taste Of Island Dreams	Lemon Chilli 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			

10/03/2026	2130	Food Lifestyle	Come Dine With Me	Liverpool: Steph	20	3	It's night three in Liverpool where singing hairdresser Steph is attempting to win over her guests with an evening of Spanish food.	UNITED KINGDOM	English-100	2022	RPT	PG			
10/03/2026	2200	Food Lifestyle	Come Dine With Me	Liverpool: Lisa	20	4	This week's competition comes from in and around Liverpool, where fourth up is coffee shop worker Lisa, who intends to treat her guests to the delicious flavours of Mexico.	UNITED KINGDOM	English-100	2022	RPT	PG			
10/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Boost Of Flavour	9	11	How can you get a boost of flavour at dinner time? Chef Analiese Gregory, ESCA Group's Iby Moubadder and Adam have the answers.	AUSTRALIA	English-100	2025	RPT	G		Y	
10/03/2026	2300	Cooking	The Cook And The Chef	Lemon Myrtle And Pizzas	3	30	The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the colourful main street.	AUSTRALIA	English-100	2008	RPT	G			
10/03/2026	2330	Reality	Big Food Bucket List	Taco Chance On Me	3	2	John travels to Montréal, QC to devour some mind-blowing spaghetti slathered in truffle sauce and topped with a perfect 64-degree egg yolk.	CANADA	English-100	2022	RPT	PG			
10/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Cluttered Craftsman Clean Up	2024	2	Nominated by their daughter Brittany, Susan and Brad have lived in their craftsman for over 30 years. Susan doesn't think her tiny kitchen needs a glow up, so Ellen will have to convince her that change is sometimes a good thing.	USA	English-100	2024	RPT	G			
10/03/2026	2430	Cooking	Silvia's Italian Masterclass	Episode 3	3	3	Easy, clever, and full of flavour- these quick Italian dishes are designed to beat the midweek slump and bring joy back to the dinner table.	AUSTRALIA	English-100	2025	RPT	PG			
10/03/2026	2500	Travel	Adam Richman Eats Britain	Eton Mess	1	5	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's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons.	UNITED KINGDOM	English-100	2024	RPT	G			
10/03/2026	2530	Travel	Eva Longoria: Searching For Mexico	Mexico City	1	1	Eva Longoria shows us around her adopted second hometown, Mexico City. This is where she met her husband, Pepe, and where they love to spend time with their son, Santi. She takes us on her daily ritual to a local bakery where she devours a delicious, freshly baked concha. Then, Eva heads to the historic centre to meet up with food writer Gabriela Renteria where they sample the 'lifeblood' of Mexico City - tacos.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	G		Y	Y
10/03/2026	2625	Cooking	A Taste Of Island Dreams	Lemon Chilli 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			
10/03/2026	2630	Food Lifestyle	Come Dine With Me	Liverpool: Steph	20	3	It's night three in Liverpool where singing hairdresser Steph is attempting to win over her guests with an evening of Spanish food.	UNITED KINGDOM	English-100	2022	RPT	PG			
10/03/2026	2700	Food Lifestyle	Come Dine With Me	Liverpool: Lisa	20	4	This week's competition comes from in and around Liverpool, where fourth up is coffee shop worker Lisa, who intends to treat her guests to the delicious flavours of Mexico.	UNITED KINGDOM	English-100	2022	RPT	PG			
10/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Boost Of Flavour	9	11	How can you get a boost of flavour at dinner time? Chef Analiese Gregory, ESCA Group's Iby Moubadder and Adam have the answers.	AUSTRALIA	English-100	2025	RPT	G		Y	
10/03/2026	2800	Cooking	The Cook And The Chef	Lemon Myrtle And Pizzas	3	30	The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the colourful main street.	AUSTRALIA	English-100	2008	RPT	G			
10/03/2026	2830	Reality	Big Food Bucket List	Taco Chance On Me	3	2	John travels to Montréal, QC to devour some mind-blowing spaghetti slathered in truffle sauce and topped with a perfect 64-degree egg yolk.	CANADA	English-100	2022	RPT	PG			
11/03/2026	500	Food Lifestyle	Kitchen Glow Up	Cluttered Craftsman Clean Up	2024	2	Nominated by their daughter Brittany, Susan and Brad have lived in their craftsman for over 30 years. Susan doesn't think her tiny kitchen needs a glow up, so Ellen will have to convince her that change is sometimes a good thing.	USA	English-100	2024	RPT	G			

11/03/2026	530	Travel	Tareq Taylor's Nordic Cookery	Karlstad: Food From Two Seasons	6	5	Tareq visits sunny Karlstad! Here, food is prepared by Vanern's shores and in Värmland's deep forests. Butter-fried Zander, crepes and cooking over an open fire are on the menu.	SWEDEN	English-100	2022	RPT	PG	
11/03/2026	600	Travel	Sophie Grigson: Slice Of Italy	Importance Of Cheese, The	1	10	Sophie visits a local cheese maker to see how they age their cheeses in caves and stuffs courgette flowers with local ricotta. She is also shown how to make the cakes known locally as nun's breasts.	UNITED KINGDOM	English-100	2022	RPT	G	Y
11/03/2026	630	Cooking	On Country Kitchen	Duck, Tapenade & Abalone	1	1	Derek begins his journey with a blessing for his future travels from local Warden women, something very important to Indigenous peoples across Australia.	AUSTRALIA	English-100	2017	RPT	G	Y
11/03/2026	700	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	1	Sara La Fountain heads to the heart of Istanbul, where she discovers the local cuisine of the Turkish capital. First up is to experience the basic tradition of Turkish people: breakfast as a feast.	TURKEY	English-50, Turkish-50	2018	RPT	G	
11/03/2026	730	Travel	Taste Of Australia With Hayden Quinn	Mackay Isaac Region	8	2	Hayden ventures off the beaten track into the Mackay Isaac region, discovering pristine landscapes, remote fishing spots, and remarkable food producers who make this hidden corner of Australia.	AUSTRALIA	English-100	2024	RPT	G	
11/03/2026	800	Cooking	Lidia's Kitchen	Stovetop Dinner, A	7	12	The stove can do a lot of work, and many recipes can be created simultaneously. Lidia shares recipes for: cannellini and pancetta bruschetta, ziti with kale and bacon, and monkfish meatballs.	USA	English-100	2020	RPT	G	
11/03/2026	830	Cooking	Donal's Feasts, Fasts And Festivals	Ep 2	1	2	In episode two, Donal joins a Muslim family who are fasting during Ramadan, explores the traditions of the Romanian Orthodox Community as he prepares a traditional Easter meal and joins in the joyous atmosphere of Diwali, the Festival of Lights, as he celebrates and feasts with a Hindu family in their home.	IRELAND	English-100	2023	RPT	G	
11/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Ain't Your Momma's Tater Tot Casserole	2	37	Rachael prepares a new, fun, and summery take on a beloved American dish, the Tater Tot Casserole. Her sister Maria rounds out the meal with a homemade, seasonal berry cobbler.	USA	English-100	2024	RPT	PG	Y
11/03/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Best Of Delhi	2	13	Gary tries a hearty Punjabi brunch and the delicacy of Kashmiri mutts.	USA	English-100	2019	RPT	G	
11/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Going Bananas	1	2	Go bananas and learn the best ways to highlight this versatile fruit with some incredible gourmet chefs.	AUSTRALIA	English-100	2023	RPT		
11/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Boost Of Flavour	9	11	How can you get a boost of flavour at dinner time? Chef Analiese Gregory, ESCA Group's Iby Moubadder and Adam have the answers.	AUSTRALIA	English-100	2025	RPT	G	Y
11/03/2026	1130	Cooking	Silvia's Italian Masterclass	Episode 3	3	3	Easy, clever, and full of flavour- these quick Italian dishes are designed to beat the midweek slump and bring joy back to the dinner table.	AUSTRALIA	English-100	2025	RPT	PG	
11/03/2026	1200	Travel	Adam Richman Eats Britain	Eton Mess	1	5	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's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons.	UNITED KINGDOM	English-100	2024	RPT	G	
11/03/2026	1230	Reality	Big Food Bucket List	Burger She Wrote	3	3	John jets to Victoria, BC to delve into some freshly steamed bivalves and learn the secret behind Victoria's favourite fish and chips.	CANADA	English-100	2022	RPT	G	
11/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Tiny To Timeless	2024	3	Natalie's new house needs more kitchen space. Ellen will transform this tiny kitchen into something amazing.	USA	English-100	2024	RPT	G	
11/03/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Best Of Nordic Cookery Part 2	6	6	Tareq Taylor looks back on his food adventures and delicacies from Nordic countries.	SWEDEN	English-100	2022	RPT	PG	a w

11/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Tomatoes	2	1	It's hard to imagine Italian food without tomatoes. Broadcaster and food writer Sophie Grigson adores them and discovers how they are grown, prepared and preserved in Puglia.	UNITED KINGDOM	English-100	2023	RPT	PG	s	Y
11/03/2026	1430	Cooking	On Country Kitchen	Sheep Cheese, Black Garlic & Marron	1	2	Derek heads to Cambray Cheese in what he says is a town named after him-Nannup! He tries black garlic in Osmington, teaches a couple of local kids some busking tips before watching a local dive.	AUSTRALIA	English-100	2017	RPT	G		Y
11/03/2026	1500	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	2	Sara meets fitness trainer Kerem Sedef in the gym where they train together before Sara makes a fruit juice and they toast to a healthy life. Sara then heads to Istanbul's oldest vegetarian kitchen.	TURKEY	English-50; Turkish-50	2018	RPT	PG	I	
11/03/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Tropical North Queensland	8	3	Hayden returns to one of his favourite destinations, Tropical North Queensland, for an unforgettable food adventure in paradise. Expect reef-to-rainforest flavours, inspiring and jaw-dropping scenery.	AUSTRALIA	English-100	2024	RPT	PG	a w	
11/03/2026	1600	Cooking	Lidia's Kitchen	Family Favourites	7	13	These recipes are dedicated to the family. Recipes for oven braised pork chops with red onion and pears, cherry jam tart. Lidia also enjoys a special cherry bellini.	USA	English-100	2020	RPT	G		
11/03/2026	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-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G		Y
11/03/2026	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-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	PG	a	Y
11/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Honey Hot Chicken With Corn	2	38	Rachael shows how to cook hot honey chicken, a simple and enjoyable dish made with seasoned chicken thighs, which she serves with charred corn on the cob.	USA	English-100	2024		PG		
11/03/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Best Of Jaipur	2	14	Sampling street food through Jaipur, Gary ends his day with a royal pit-cooked chicken.	USA	English-100	2019	RPT	G		
11/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Craving Caramel	1	3	Satisfy those caramel cravings with some recipes that highlight this staple of the dessert world.	AUSTRALIA	English-100	2023				
11/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Street Smarts	9	12	Tonight, international chef Matthew Crabbe and globe-trotting cookbook author Brendan Pang share their street food smarts with Adam.	AUSTRALIA	English-100	2025		G		Y
11/03/2026	1930	Travel	Donal's Irish Adventure	Waterford	1	3	Donal and his trusty sheepdog Max venture to the East Coast of Ireland to the land of Crystal, Vikings and dog yoga? in County Waterford.	UNITED KINGDOM	English-100	2022	RPT	G		Y
11/03/2026	2000	Cooking	Richo's Hungry Az Hell	Midnight Munchies	1	1	It's late. You're starving. You're one bad decision away from eating cereal at midnight. Richo swoops in with three lightning-fast feeds guaranteed to soak up last night.	AUSTRALIA	English-100	2025				
11/03/2026	2030	Travel	Ainsley's Taste Of Malta	Valetta	1	1	Ainsley starts his Maltese adventure in Valetta. He joins historian Liam for a tour of the harbour, where he learns why Malta is such a melting pot of cultures and the impact this has on the cuisine.	UNITED KINGDOM	English-100	2023	RPT	G		
11/03/2026	2130	Food Lifestyle	Come Dine With Me	Liverpool: Chris	20	5	It's the final night of the competition in Liverpool and last up is carpet and flooring specialist Chris, who's hoping his musically inspired nosh will send him to the top of the leaderboard.	UNITED KINGDOM	English-100	2022	RPT	PG		
11/03/2026	2200	Food Lifestyle	Come Dine With Me	Bournemouth: Shikha	20	6	It's the first day of the competition in Bournemouth, where Pharmacist and Aesthetics Practitioner Shikha is starting the week with a traditional Indian dinner in the hope that it wows her guests.	UNITED KINGDOM	English-100	2022	RPT	PG		
11/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Street Smarts	9	12	Tonight, international chef Matthew Crabbe and globe-trotting cookbook author Brendan Pang share their street food smarts with Adam.	AUSTRALIA	English-100	2025	RPT	G		Y
11/03/2026	2300	Cooking	The Cook And The Chef	Coffee And Macadamia Nuts	3	31	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee. In the kitchen Maggie and Simon use our native bush nut and coffee to create both savoury and sweet delights.	AUSTRALIA	English-100	2008	RPT	G		

11/03/2026	2330	Reality	Big Food Bucket List	Burger She Wrote	3	3	John jets to Victoria, BC to delve into some freshly steamed bivalves and learn the secret behind Victoria's favourite fish and chips.	CANADA	English-100	2022	RPT	G					
11/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Tiny To Timeless	2024	3	Natalie's new house needs more kitchen space. Ellen will transform this tiny kitchen into something amazing.	USA	English-100	2024	RPT	G					
11/03/2026	2430	Travel	Donal's Irish Adventure	Waterford	1	3	Donal and his trusty sheepdog Max venture to the East Coast of Ireland to the land of Crystal, Vikings and dog yoga? in County Waterford.	UNITED KINGDOM	English-100	2022	RPT	G					Y
11/03/2026	2500	Cooking	Richo's Hungry Az Hell	Midnight Munchies	1	1	It's late. You're starving. You're one bad decision away from eating cereal at midnight. Richo swoops in with three lightning-fast feeds guaranteed to soak up last night.	AUSTRALIA	English-100	2025	RPT	G					
11/03/2026	2530	Travel	Ainsley's Taste Of Malta	Valetta	1	1	Ainsley starts his Maltese adventure in Valetta. He joins historian Liam for a tour of the harbour, where he learns why Malta is such a melting pot of cultures and the impact this has on the cuisine.	UNITED KINGDOM	English-100	2023	RPT	G					
11/03/2026	2625	Cooking	Destination Flavour China Bitesize	Lion Head Meatballs	1	7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG	a w		Y		Y
11/03/2026	2630	Food Lifestyle	Come Dine With Me	Liverpool: Chris	20	5	It's the final night of the competition in Liverpool and last up is carpet and flooring specialist Chris, who's hoping his musically inspired nosh will send him to the top of the leaderboard.	UNITED KINGDOM	English-100	2022	RPT	PG					
11/03/2026	2700	Food Lifestyle	Come Dine With Me	Bournemouth: Shikha	20	6	It's the first day of the competition in Bournemouth, where Pharmacist and Aesthetics Practitioner Shikha is starting the week with a traditional Indian dinner in the hope that it wows her guests.	UNITED KINGDOM	English-100	2022	RPT	PG					
11/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Street Smarts	9	12	Tonight, international chef Matthew Crabbe and globe-trotting cookbook author Brendan Pang share their street food smarts with Adam.	AUSTRALIA	English-100	2025	RPT	G				Y	
11/03/2026	2800	Cooking	The Cook And The Chef	Coffee And Macadamia Nuts	3	31	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee. In the kitchen Maggie and Simon use our native bush nut and coffee to create both savoury and sweet delights.	AUSTRALIA	English-100	2008	RPT	G					
11/03/2026	2830	Reality	Big Food Bucket List	Burger She Wrote	3	3	John jets to Victoria, BC to delve into some freshly steamed bivalves and learn the secret behind Victoria's favourite fish and chips.	CANADA	English-100	2022	RPT	G					
12/03/2026	500	Food Lifestyle	Kitchen Glow Up	Tiny To Timeless	2024	3	Natalie's new house needs more kitchen space. Ellen will transform this tiny kitchen into something amazing.	USA	English-100	2024	RPT	G					
12/03/2026	530	Travel	Tareq Taylor's Nordic Cookery	Best Of Nordic Cookery Part 2	6	6	Tareq Taylor looks back on his food adventures and delicacies from Nordic countries.	SWEDEN	English-100	2022	RPT	PG	a w				
12/03/2026	600	Travel	Sophie Grigson: Slice Of Italy	Tomatoes	2	1	It's hard to imagine Italian food without tomatoes. Broadcaster and food writer Sophie Grigson adores them and discovers how they are grown, prepared and preserved in Puglia.	UNITED KINGDOM	English-100	2023	RPT	PG	s				Y
12/03/2026	630	Cooking	On Country Kitchen	Sheep Cheese, Black Garlic & Marron	1	2	Derek heads to Cambray Cheese in what he says is a town named after him-Nannup! He tries black garlic in Osmington, teaches a couple of local kids some busking tips before watching a local dive.	AUSTRALIA	English-100	2017	RPT	G				Y	
12/03/2026	700	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	2	Sara meets fitness trainer Kerem Sedef in the gym where they train together before Sara makes a fruit juice and they toast to a healthy life. Sara then heads to Istanbul's oldest vegetarian kitchen.	TURKEY	English-50; Turkish-50	2018	RPT	PG	I				
12/03/2026	730	Travel	Taste Of Australia With Hayden Quinn	Tropical North Queensland	8	3	Hayden returns to one of his favourite destinations, Tropical North Queensland, for an unforgettable food adventure in paradise. Expect reef-to-rainforest flavours, inspiring and jaw-dropping scenery.	AUSTRALIA	English-100	2024	RPT	PG	a w				
12/03/2026	800	Cooking	Lidia's Kitchen	Family Favourites	7	13	These recipes are dedicated to the family. Recipes for oven braised pork chops with red onion and pears, cherry jam tart. Lidia also enjoys a special cherry bellini.	USA	English-100	2020	RPT	G					

12/03/2026	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-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G		Y
12/03/2026	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-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	PG	a	Y
12/03/2026	930	Cooking	Rachael Ray's Meals in Minutes	Honey Hot Chicken With Corn	2	38	Rachael shows how to cook hot honey chicken, a simple and enjoyable dish made with seasoned chicken thighs, which she serves with charred corn on the cob.	USA	English-100	2024	RPT	PG		
12/03/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Best Of Jaipur	2	14	Sampling street food through Jaipur, Gary ends his day with a royal pit-cooked chicken.	USA	English-100	2019	RPT	G		
12/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Craving Caramel	1	3	Satisfy those caramel cravings with some recipes that highlight this staple of the dessert world.	AUSTRALIA	English-100	2023	RPT			
12/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Street Smarts	9	12	Tonight, international chef Matthew Crabbe and globe-trotting cookbook author Brendan Pang share their street food smarts with Adam.	AUSTRALIA	English-100	2025	RPT	G		Y
12/03/2026	1130	Travel	Donal's Irish Adventure	Waterford	1	3	Donal and his trusty sheepdog Max venture to the East Coast of Ireland to the land of Crystal, Vikings and dog yoga? in County Waterford.	UNITED KINGDOM	English-100	2022	RPT	G		Y
12/03/2026	1200	Cooking	Richo's Hungry Az Hell	Midnight Munchies	1	1	It's late. You're starving. You're one bad decision away from eating cereal at midnight. Richo swoops in with three lightning-fast feeds guaranteed to soak up last night.	AUSTRALIA	English-100	2025	RPT			
12/03/2026	1230	Reality	Big Food Bucket List	Love You A Brunch	3	4	John gets the best of both worlds in Montreal, QC where he learns how to make a famously delicious jerk chicken poutine.	CANADA	English-100	2022	RPT	G		
12/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Chef In Need	2024	4	Kat is a successful restaurateur and chef who also happens to be a friend of Ellen's. The pressure is on to give her kitchen a proper glow up!	USA	English-100	2024	RPT	PG		
12/03/2026	1330	Cooking	Eva Pau's Asian Kitchen	Episode 1	1	1	Join Eva Pau as she takes viewers on a delicious journey through the vibrant world of Asian cuisine in her brand-new cooking series. Eva explores the ingredients techniques, and asin traditions.	UNITED KINGDOM	English-100	2025	RPT	G		
12/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Devils And Angels	2	2	Italy is a place full of contrasts and the food can either be very pale or full of chillies. Learn how to make the mildest ricotta cheese and visit Bari to experience Korean food Puglian-style.	UNITED KINGDOM	English-100	2023	RPT	G		Y
12/03/2026	1430	Cooking	On Country Kitchen	Beetroot Pasta, Beef & Bloodroot	1	3	Derek learns how to make beetroot pasta, goes cattle herding on a 4 wheeler and even heads on country on a real hunt in the bush for Indigenous bloodroot with a father and son.	AUSTRALIA	English-100	2017	RPT	G		Y
12/03/2026	1500	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	3	Sara heads to Kurucemesme to meet Cem Pasinli. He is a restaurateur who has three restaurants, each specialising in a different cuisine: Mediterranean, a winehouse and a fish/Aegean restaurant.	TURKEY	English-50; Turkish-50	2018	RPT	PG		Y
12/03/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Tasmania's North West	8	4	Hayden explores the wild beauty of North West Tasmania, where dramatic coastlines and lush farmlands produce some of the country's finest ingredients. Along the way, he meets the people who bring this food lover's paradise to life.	AUSTRALIA	English-100	2024	RPT	PG	l	
12/03/2026	1600	Cooking	Lidia's Kitchen	Best Of Baked Dishes	7	14	With a little bit of prep time and a hot oven, enjoy appetisers with friends and family while the rest is baking. Some recipes including, spicy stuffed clams, roasted chicken, and stuffed potatoes.	USA	English-100	2020	RPT	G		

12/03/2026	1630	Travel	Lunch With Us	Jakarta	1	3	Where do a PMET, a food delivery rider and a trendy Gen Z have lunch in Jakarta?	SINGAPORE	English-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	PG	a	Y
12/03/2026	1700	Travel	Lunch With Us	Greater Taipei	1	4	In Taipei, we embark on a lively scooter tour through the bustling streets of Banqiao, where the air is rich with the aroma of traditional Taiwanese fare.	SINGAPORE	English-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G		Y
12/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Pasta With Guanciale And Peas	2	39	Rachael makes a delicious pasta dish with a creamy pea sauce that's layered with fresh pecorino cheese, baby greens, and sauteed Guanciale, an Italian salt-cured meat coated with sage and rosemary.	USA	English-100	2024		PG		
12/03/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Best Of Kolkata	2	15	From Chinatown to a quintessential Bengali home, Gary eats his way through Kolkata.	USA	English-100	2019	RPT	PG	a w	
12/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Beautiful Biscuits	1	4	Join Justine Schofield, Darren Purchase and Silvia Colloca as they battle it out with their best biscuit recipes. Take a round trip with biscuits from all over the world with Alfajores, Amaretti's Sables and Clusters on show.	AUSTRALIA	English-100	2023				
12/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Ultimate Omelette	7	73	Tonight, Adam and his guests, cookbook author Chelsea Goodwin and Olympic diver Sam Fricker are putting all their eggs in the ultimate omelette basket.	AUSTRALIA	English-100	2024	RPT	G		Y
12/03/2026	1930	Travel	New York Gourmet With Justine Schofield	Episode 1	1	1	Get ready to embark on a food adventure with Justine as she dives into the bold, vibrant food scene of New York.	AUSTRALIA	English-100	2025				
12/03/2026	2000	Food Lifestyle	Memory Bites With Matt Moran	Pia Miranda	1	1	In Memory Bites Chef Matt Moran explores how defining food memories, and the people behind them, have shaped the lives and careers of well-known guests. Learn Pia Miranda's nonna's sacred bean soup.	AUSTRALIA	English-100	2024	RPT	G		Y
12/03/2026	2030	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 2	1	2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing, then makes a fish tagine.	UNITED KINGDOM	English-100	1997	RPT	G		
12/03/2026	2100	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 3	1	3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100	1997	RPT	PG	a w	
12/03/2026	2130	Food Lifestyle	Come Dine With Me	Bournemouth: Ed	20	7	It's the second day of the competition in Bournemouth, where bar owner Ed is hoping his evening is going to reign supreme.	UNITED KINGDOM	English-100	2022	RPT	PG		
12/03/2026	2200	Food Lifestyle	Come Dine With Me	Bournemouth: Ksara	20	8	It's the third day of the competition in Bournemouth, where accountant Ksara is hoping a menu inspired by her worldwide travels will soar to success.	UNITED KINGDOM	English-100	2022	RPT	PG		
12/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Ultimate Omelette	7	73	Tonight, Adam and his guests, cookbook author Chelsea Goodwin and Olympic diver Sam Fricker are putting all their eggs in the ultimate omelette basket.	AUSTRALIA	English-100	2024	RPT	G		Y
12/03/2026	2300	Cooking	The Cook And The Chef	Cheese And Crabs	3	32	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100	2008	RPT	G		
12/03/2026	2330	Reality	Big Food Bucket List	Love You A Brunch	3	4	John gets the best of both worlds in Montreal, QC where he learns how to make a famously delicious jerk chicken poutine.	CANADA	English-100	2022	RPT	G		
12/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Chef In Need	2024	4	Kat is a successful restaurateur and chef who also happens to be a friend of Ellen's. The pressure is on to give her kitchen a proper glow up!	USA	English-100	2024	RPT	PG		
12/03/2026	2430	Travel	New York Gourmet With Justine Schofield	Episode 1	1	1	Get ready to embark on a food adventure with Justine as she dives into the bold, vibrant food scene of New York.	AUSTRALIA	English-100	2025	RPT			

12/03/2026	2500	Food Lifestyle	Memory Bites With Matt Moran	Pia Miranda	1	1	In Memory Bites Chef Matt Moran explores how defining food memories, and the people behind them, have shaped the lives and careers of well-known guests. Learn Pia Miranda's nonna's sacred bean soup.	AUSTRALIA	English-100	2024	RPT	G		Y
12/03/2026	2530	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 2	1	2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing, then makes a fish tagine.	UNITED KINGDOM	English-100	1997	RPT	G		
12/03/2026	2600	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 3	1	3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100	1997	RPT	PG	a w	
12/03/2026	2630	Food Lifestyle	Come Dine With Me	Bournemouth: Ed	20	7	It's the second day of the competition in Bournemouth, where bar owner Ed is hoping his evening is going to reign supreme.	UNITED KINGDOM	English-100	2022	RPT	PG		
12/03/2026	2700	Food Lifestyle	Come Dine With Me	Bournemouth: Ksara	20	8	It's the third day of the competition in Bournemouth, where accountant Ksara is hoping a menu inspired by her worldwide travels will soar to success.	UNITED KINGDOM	English-100	2022	RPT	PG		
12/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Ultimate Omelette	7	73	Tonight, Adam and his guests, cookbook author Chelsea Goodwin and Olympic diver Sam Fricker are putting all their eggs in the ultimate omelette basket.	AUSTRALIA	English-100	2024	RPT	G		Y
12/03/2026	2800	Cooking	The Cook And The Chef	Cheese And Crabs	3	32	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100	2008	RPT	G		
12/03/2026	2830	Reality	Big Food Bucket List	Love You A Brunch	3	4	John gets the best of both worlds in Montreal, QC where he learns how to make a famously delicious jerk chicken poutine.	CANADA	English-100	2022	RPT	G		
13/03/2026	500	Food Lifestyle	Kitchen Glow Up	Chef In Need	2024	4	Kat is a successful restaurateur and chef who also happens to be a friend of Ellen's. The pressure is on to give her kitchen a proper glow up!	USA	English-100	2024	RPT	PG		
13/03/2026	530	Cooking	Eva Pau's Asian Kitchen	Episode 1	1	1	Join Eva Pau as she takes viewers on a delicious journey through the vibrant world of Asian cuisine in her brand-new cooking series. Eva explores the ingredients techniques, and asin traditions.	UNITED KINGDOM	English-100	2025	RPT	G		
13/03/2026	600	Travel	Sophie Grigson: Slice Of Italy	Devils And Angels	2	2	Italy is a place full of contrasts and the food can either be very pale or full of chillies. Learn how to make the mildest ricotta cheese and visit Bari to experience Korean food Puglian-style.	UNITED KINGDOM	English-100	2023	RPT	G		Y
13/03/2026	630	Cooking	On Country Kitchen	Beetroot Pasta, Beef & Bloodroot	1	3	Derek learns how to make beetroot pasta, goes cattle herding on a 4 wheeler and even heads on country on a real hunt in the bush for Indigenous bloodroot with a father and son.	AUSTRALIA	English-100	2017	RPT	G		Y
13/03/2026	700	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	3	Sara heads to Kurucemesme to meet Cem Pasinli. He is a restaurateur who has three restaurants, each specialising in a different cuisine: Mediterranean, a winehouse and a fish/Aegean restaurant.	TURKEY	English-50; Turkish-50	2018	RPT	PG		Y
13/03/2026	730	Travel	Taste Of Australia With Hayden Quinn	Tasmania's North West	8	4	Hayden explores the wild beauty of North West Tasmania, where dramatic coastlines and lush farmlands produce some of the country's finest ingredients. Along the way, he meets the people who bring this food lover's paradise to life.	AUSTRALIA	English-100	2024	RPT	PG	I	
13/03/2026	800	Cooking	Lidia's Kitchen	Best Of Baked Dishes	7	14	With a little bit of prep time and a hot oven, enjoy appetisers with friends and family while the rest is baking. Some recipes including, spicy stuffed clams, roasted chicken, and stuffed potatoes.	USA	English-100	2020	RPT	G		
13/03/2026	830	Travel	Lunch With Us	Jakarta	1	3	Where do a PMET, a food delivery rider and a trendy Gen Z have lunch in Jakarta?	SINGAPORE	English-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	PG	a	Y

13/03/2026	900	Travel	Lunch With Us	Greater Taipei	1	4	In Taipei, we embark on a lively scooter tour through the bustling streets of Banqiao, where the air is rich with the aroma of traditional Taiwanese fare.	SINGAPORE	English-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G	Y
13/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Pasta With Guanciale And Peas	2	39	Rachael makes a delicious pasta dish with a creamy pea sauce that's layered with fresh pecorino cheese, baby greens, and sauteed Guanciale, an Italian salt-cured meat coated with sage and rosemary.	USA	English-100	2024	RPT	PG	
13/03/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Best Of Kolkata	2	15	From Chinatown to a quintessential Bengali home, Gary eats his way through Kolkata.	USA	English-100	2019	RPT	PG	a w
13/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Beautiful Biscuits	1	4	Join Justine Schofield, Darren Purchase and Silvia Colloca as they battle it out with their best biscuit recipes. Take a round trip with biscuits from all over the world with Alfajores, Amaretti's Sables and Clusters on show.	AUSTRALIA	English-100	2023	RPT		
13/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Ultimate Omelette	7	73	Tonight, Adam and his guests, cookbook author Chelsea Goodwin and Olympic diver Sam Fricker are putting all their eggs in the ultimate omelette basket.	AUSTRALIA	English-100	2024	RPT	G	Y
13/03/2026	1130	Travel	New York Gourmet With Justine Schofield	Episode 1	1	1	Get ready to embark on a food adventure with Justine as she dives into the bold, vibrant food scene of New York.	AUSTRALIA	English-100	2025	RPT		
13/03/2026	1200	Food Lifestyle	Memory Bites With Matt Moran	Pia Miranda	1	1	In Memory Bites Chef Matt Moran explores how defining food memories, and the people behind them, have shaped the lives and careers of well-known guests. Learn Pia Miranda's nonna's sacred bean soup.	AUSTRALIA	English-100	2024	RPT	G	Y
13/03/2026	1230	Reality	Big Food Bucket List	Live Laugh Lasagna	3	5	John heads to Toronto, ON to count down the 100 layers on this sky-high, pan-fried lasagna that blows his nonna's right out of the water.	CANADA	English-100	2022	RPT	G	
13/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Spanish Revival Home Done Right	2024	5	Margaret and Keith have big ideas for their old home's kitchen. Can Ellen handle their big expectations?	USA	English-100	2024	RPT	PG	
13/03/2026	1330	Cooking	Eva Pau's Asian Kitchen	Episode 2	1	2	Asian noodles- from rice and wheat to egg and starch, noodles come in endless shapes, textures, and flavours, making them the perfect match for almost any dish.	UNITED KINGDOM	English-100	2025	RPT	G	
13/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Greed For Good Food	2	3	Sophie visits a canteen serving regional dishes at her local petrol station - a most unlikely location. Later she cooks a hearty dish for some old friends from Oxford and makes a roast chicken.	UNITED KINGDOM	English-100	2023	RPT	G	Y
13/03/2026	1430	Cooking	On Country Kitchen	Pork, Lemon Myrtle & Egg	1	4	Today, Derek is on the hunt for pork, to find some orchard raised free-range eggs, and investigates a very special Lemon Myrtle herb. He also talks culture with Noongar man Joe Northover.	AUSTRALIA	English-100	2017	RPT	G	Y
13/03/2026	1500	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	4	Sara is invited to Istanbul Fashion Week; she is the guest of Tulin Sahin, one of the top models in Turkey. Sara sits the front row and enjoys Turkish designer Cihan Nacar's new season collection.	TURKEY	English-50; Turkish-50	2018	RPT	G	
13/03/2026	1530	Travel	Taste Of Australia With Hayden Quinn	More North West Tasmania	8	5	Still in Tasmania's north west, Hayden hunts down the ultimate ingredients for his dream dessert-cooked on a BBQ. From windswept shores to artisan kitchens, this is Tasmania at its most delicious.	AUSTRALIA	English-100	2024	RPT	G	
13/03/2026	1600	Cooking	Lidia's Kitchen	Mastering Simplicity	7	15	Italian cuisine is known for seasonal ingredients and easy techniques. Lidia shares recipes that master simplicity; sausages with fennel and olives, orange and red salad, then 'Almost a Tiramisu'.	USA	English-100	2020	RPT	G	
13/03/2026	1630	Travel	Lunch With Us	Singapore	1	5	Western cuisine chef Rathakrishnan brings us on a tour of Tekka Centre, where he frequents for Chinese, Sri Lankan and North Indian-Pakistani dishes.	SINGAPORE	English-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G	Y
13/03/2026	1700	Travel	Lunch With Us	Metro Manila	1	6	Locals take us to their tried-and-tested spots for a satisfying lunch in Metro Manila.	SINGAPORE	English-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G	Y

13/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Beef Fajitas And Bean Dip Nachos	2	40	Rachael shows how to make a fun and delicious beef fajita dinner cooked a la plancha. The beef is marinated in a spicy sauce served on charred tortillas and accompanied by a platter of bean dip nachos.	USA	English-100	2024			PG	
13/03/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Best Of Hyderabad	2	16	From an Andhra Thali to a Nizami spread, Gary eats his way through Hyderabad.	USA	English-100	2019	RPT		G	
13/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Tasty Tarts	1	5	There is nothing quite so tasty as a tart, Kirsten Tibballs and mother daughter duo Justine and Francoise Schofield show how it's done with their favourite tart recipes.	AUSTRALIA	English-100	2023				
13/03/2026	1900	Cooking	The Cook Up With Adam Liaw	One-Tray Wonders	7	76	It's a wonderful night in The Cook Up kitchen as Adam and his guest's sexologist Chantelle Otten and comedian Lizzy Hoo, make one tray wonders.	AUSTRALIA	English-100	2024	RPT		G	Y
13/03/2026	1930	Cooking	Rachel Khoo's Chocolate	Perfectly Paired	1	1	Rachel Khoo discovers why chocolate works so well with other flavours and creates mouth-watering dishes from her own kitchen.	UNITED KINGDOM	English-100	2021	RPT		G	
13/03/2026	2030	Cooking	Jamie's Comfort Food	Ultimate Cheese Toastie, The	1	2	Jamie is joined by his friend Gennaro to make a delicious bolognese ravioli. Plus, Jamie puts together the ultimate cheese toast, and cooks a chicken tikka masala.	UNITED KINGDOM	English-100	2014	RPT		G	
13/03/2026	2130	Food Lifestyle	Come Dine With Me	Bournemouth: Andy	20	9	It's the fourth day of the competition in Bournemouth where sales manager Andy is hoping a vegetarian Indian menu will wow his guests.	UNITED KINGDOM	English-100	2022	RPT		PG	
13/03/2026	2200	Food Lifestyle	Come Dine With Me	Bournemouth: Sarah	20	10	It's the final night of the competition in Bournemouth and it's the turn of driving instructor Sarah who is aiming to dazzle her guests with a wedding themed evening.	UNITED KINGDOM	English-100	2022	RPT		PG	
13/03/2026	2230	Cooking	The Cook Up With Adam Liaw	One-Tray Wonders	7	76	It's a wonderful night in The Cook Up kitchen as Adam and his guest's sexologist Chantelle Otten and comedian Lizzy Hoo, make one tray wonders.	AUSTRALIA	English-100	2024	RPT		G	Y
13/03/2026	2300	Cooking	The Cook And The Chef	Bananas And Artichokes	3	33	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes. Third generation grower, Andrew Everest, explains to Maggie that sub-tropical bananas have to be grown up high to protect them from frost.	AUSTRALIA	English-100	2008	RPT		G	
13/03/2026	2330	Reality	Big Food Bucket List	Live Laugh Lasagna	3	5	John heads to Toronto, ON to count down the 100 layers on this sky-high, pan-fried lasagna that blows his nonna's right out of the water.	CANADA	English-100	2022	RPT		G	
13/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Spanish Revival Home Done Right	2024	5	Margaret and Keith have big ideas for their old home's kitchen. Can Ellen handle their big expectations?	USA	English-100	2024	RPT		PG	
13/03/2026	2430	Cooking	Rachel Khoo's Chocolate	Perfectly Paired	1	1	Rachel Khoo discovers why chocolate works so well with other flavours and creates mouth-watering dishes from her own kitchen.	UNITED KINGDOM	English-100	2021	RPT		G	
13/03/2026	2525	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series :	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
13/03/2026	2530	Cooking	Jamie's Comfort Food	Ultimate Cheese Toastie, The	1	2	Jamie is joined by his friend Gennaro to make a delicious bolognese ravioli. Plus, Jamie puts together the ultimate cheese toast, and cooks a chicken tikka masala.	UNITED KINGDOM	English-100	2014	RPT		G	
13/03/2026	2630	Food Lifestyle	Come Dine With Me	Bournemouth: Andy	20	9	It's the fourth day of the competition in Bournemouth where sales manager Andy is hoping a vegetarian Indian menu will wow his guests.	UNITED KINGDOM	English-100	2022	RPT		PG	

13/03/2026	2700	Food Lifestyle	Come Dine With Me	Bournemouth: Sarah	20	10	It's the final night of the competition in Bournemouth and it's the turn of driving instructor Sarah who is aiming to dazzle her guests with a wedding themed evening.	UNITED KINGDOM	English-100	2022	RPT	PG	
13/03/2026	2730	Cooking	The Cook Up With Adam Liaw	One-Tray Wonders	7	76	It's a wonderful night in The Cook Up kitchen as Adam and his guest's sexologist Chantelle Otten and comedian Lizzy Hoo, make one tray wonders.	AUSTRALIA	English-100	2024	RPT	G	Y
13/03/2026	2800	Cooking	The Cook And The Chef	Bananas And Artichokes	3	33	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes. Third generation grower, Andrew Everest, explains to Maggie that sub-tropical bananas have to be grown up high to protect them from frost.	AUSTRALIA	English-100	2008	RPT	G	
13/03/2026	2830	Reality	Big Food Bucket List	Live Laugh Lasagna	3	5	John heads to Toronto, ON to count down the 100 layers on this sky-high, pan-fried lasagna that blows his nonna's right out of the water.	CANADA	English-100	2022	RPT	G	
14/03/2026	500	Food Lifestyle	Kitchen Glow Up	Spanish Revival Home Done Right	2024	5	Margaret and Keith have big ideas for their old home's kitchen. Can Ellen handle their big expectations?	USA	English-100	2024	RPT	PG	
14/03/2026	530	Cooking	Eva Pau's Asian Kitchen	Episode 2	1	2	Asian noodles- from rice and wheat to egg and starch, noodles come in endless shapes, textures, and flavours, making them the perfect match for almost any dish.	UNITED KINGDOM	English-100	2025	RPT	G	
14/03/2026	600	Travel	Sophie Grigson: Slice Of Italy	Greed For Good Food	2	3	Sophie visits a canteen serving regional dishes at her local petrol station - a most unlikely location. Later she cooks a hearty dish for some old friends from Oxford and makes a roast chicken.	UNITED KINGDOM	English-100	2023	RPT	G	Y
14/03/2026	630	Cooking	On Country Kitchen	Pork, Lemon Myrtle & Egg	1	4	Today, Derek is on the hunt for pork, to find some orchard raised free-range eggs, and investigates a very special Lemon Myrtle herb. He also talks culture with Noongar man Joe Northover.	AUSTRALIA	English-100	2017	RPT	G	Y
14/03/2026	700	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	4	Sara is invited to Istanbul Fashion Week; she is the guest of Tulin Sahin, one of the top models in Turkey. Sara sits the front row and enjoys Turkish designer Cihan Nacar's new season collection.	TURKEY	English-50; Turkish-50	2018	RPT	G	
14/03/2026	730	Travel	Taste Of Australia With Hayden Quinn	More North West Tasmania	8	5	Still in Tasmania's north west, Hayden hunts down the ultimate ingredients for his dream dessert-cooked on a BBQ. From windswept shores to artisan kitchens, this is Tasmania at its most delicious.	AUSTRALIA	English-100	2024	RPT	G	
14/03/2026	800	Cooking	Lidia's Kitchen	Mastering Simplicity	7	15	Italian cuisine is known for seasonal ingredients and easy techniques. Lidia shares recipes that master simplicity; sausages with fennel and olives, orange and red salad, then 'Almost a Tiramisu'.	USA	English-100	2020	RPT	G	
14/03/2026	830	Travel	Lunch With Us	Singapore	1	5	Western cuisine chef Rathakrishnan brings us on a tour of Tekka Centre, where he frequents for Chinese, Sri Lankan and North Indian-Pakistani dishes.	SINGAPORE	English-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G	Y

14/03/2026	900	Travel	Lunch With Us	Metro Manila	1	6	Locals take us to their tried-and-tested spots for a satisfying lunch in Metro Manila.	SINGAPORE	English-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G	Y
14/03/2026	930	Cooking	Rachael Ray's Meals in Minutes	Beef Fajitas And Bean Dip Nachos	2	40	Rachael shows how to make a fun and delicious beef fajita dinner cooked a la plancha. The beef is marinated in a spicy sauce served on charred tortillas and accompanied by a platter of bean dip nachos.	USA	English-100	2024	RPT	PG	
14/03/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Best Of Hyderabad	2	16	From an Andhra Thali to a Nizami spread, Gary eats his way through Hyderabad.	USA	English-100	2019	RPT	G	
14/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Tasty Tarts	1	5	There is nothing quite so tasty as a tart, Kirsten Tibballs and mother daughter duo Justine and Francoise Schofield show how it's done with their favourite tart recipes.	AUSTRALIA	English-100	2023	RPT		
14/03/2026	1100	Cooking	The Cook Up With Adam Liaw	One-Tray Wonders	7	76	It's a wonderful night in The Cook Up kitchen as Adam and his guest's sexologist Chantelle Otten and comedian Lizzy Hoo, make one tray wonders.	AUSTRALIA	English-100	2024	RPT	G	Y
14/03/2026	1130	Cooking	Rachel Khoo's Chocolate	Perfectly Paired	1	1	Rachel Khoo discovers why chocolate works so well with other flavours and creates mouth-watering dishes from her own kitchen.	UNITED KINGDOM	English-100	2021	RPT	G	
14/03/2026	1225	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series	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
14/03/2026	1230	Cooking	Jamie's Comfort Food	Ultimate Cheese Toastie, The	1	2	Jamie is joined by his friend Gennaro to make a delicious bolognese ravioli. Plus, Jamie puts together the ultimate cheese toast, and cooks a chicken tikka masala.	UNITED KINGDOM	English-100	2014	RPT	G	
14/03/2026	1330	Cooking	On Country Kitchen	Pork, Lemon Myrtle & Egg	1	4	Today, Derek is on the hunt for pork, to find some orchard raised free-range eggs, and investigates a very special Lemon Myrtle herb. He also talks culture with Noongar man Joe Northover.	AUSTRALIA	English-100	2017	RPT	G	Y
14/03/2026	1400	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	4	Sara is invited to Istanbul Fashion Week; she is the guest of Tulin Sahin, one of the top models in Turkey. Sara sits the front row and enjoys Turkish designer Cihan Nacar's new season collection.	TURKEY	English-50; Turkish-50	2018	RPT	G	
14/03/2026	1430	Travel	Taste Of Australia With Hayden Quinn	More North West Tasmania	8	5	Still in Tasmania's north west, Hayden hunts down the ultimate ingredients for his dream dessert-cooked on a BBQ. From windswept shores to artisan kitchens, this is Tasmania at its most delicious.	AUSTRALIA	English-100	2024	RPT	G	
14/03/2026	1500	Cooking	Lidia's Kitchen	Mastering Simplicity	7	15	Italian cuisine is known for seasonal ingredients and easy techniques. Lidia shares recipes that master simplicity; sausages with fennel and olives, orange and red salad, then 'Almost a Tiramisu'.	USA	English-100	2020	RPT	G	

14/03/2026	1530	Travel	Lunch With Us	Singapore	1	5	Western cuisine chef Rathakrishnan brings us on a tour of Tekka Centre, where he frequents for Chinese, Sri Lankan and North Indian-Pakistani dishes.	SINGAPORE	English-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G	Y
14/03/2026	1600	Travel	Lunch With Us	Metro Manila	1	6	Locals take us to their tried-and-tested spots for a satisfying lunch in Metro Manila.	SINGAPORE	English-55; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G	Y
14/03/2026	1630	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 2	1	2	Manager Aaron and his staff go all out to open the company's new Thanet store on time, chocolate sculptress Rhona accepts the challenge of creating a showstopping centrepiece for the big launch.	UNITED KINGDOM	English-100	2025	RPT	PG	
14/03/2026	1730	Cooking	Paula McIntyre's Hamely Kitchen Specials	Hamely Halloween	1	2	It's Halloween and Paula has some recipes with a spooky twist. She makes neep and cider soup, sausage cobbler, toffee apple pudding, and a Haleve Nicht feast!	UNITED KINGDOM	English-100	2022	RPT	PG	

14/03/2026	1800	Cooking	Nadiya's Cook Once, Eat Twice	Impress For Less	1	4	In this episode, Nadiya Hussain teaches us her tricks for easy entertaining without breaking the bank, with her impressive but wallet friendly recipes to impress guests.	UNITED KINGDOM	English-100	2024	RPT	G	
14/03/2026	1830	Travel	Jamie's Food Escapes	Venice	1	4	Venice is not famous for its food, much of which has been spoilt by tourism, but Jamie goes off the tourist track to find the real regional food of Venice, rice, polenta, seafood and fresh vegetables. He meets aristocrats in a palazzo and the lady prisoners who are growing vegetables behind bars in Guidecca.	UNITED KINGDOM	English-100	2009	RPT	PG	a l w
14/03/2026	1930	Food Lifestyle	Air Fryers: Are They Worth It?	Air Fryers: Are They Worth It?	1	0	A revealing look at the latest must-have gadget. It's said they can cook, bake and even fry food three times cheaper, 20% faster and with 80% less oil. No wonder sales of air fryers have rocketed by 3000% over the last two years-it's the biggest revolution to hit our kitchens since the microwave!	UNITED KINGDOM	English-100	2023	RPT	PG	
14/03/2026	2030	Travel	Rick Stein And The Japanese Ambassador	Rick Stein And The Japanese Ambassador	1	0	Rick Stein visits Japan to get a feel for its cuisine before creating a banquet at the invitation of the Japanese Ambassador.	UNITED KINGDOM	English-100	2006	RPT	PG	a w
14/03/2026	2140	Travel	Mind Of A Chef	Sweet Spot	1	14	Christina Tosi makes corn cookies three ways and her three layered Arnold Palmer Cake with Courtney McBroom, Daniel Burns makes ice cream, Mountain Sweet Berry Farm's Rick Bishop discusses his tri-star strawberries and Alex Supak offers insight to foams.	USA	English-100	2012	RPT	G	
14/03/2026	2205	Cooking	Deliciously Twisted Classics	Cheesy Twists	1	15	There isn't much in life that can't be improved with cheese, and these chefs take that to heart by taking classic cheesy dishes and twisting them beyond your imagination.	USA	English-100	2023		PG	
14/03/2026	2235	Food Lifestyle	Masters Of Savours	Masters Of Vanilla	1	7	From Madagascar's primary forests to the islands of Polynesia, learn how growers have one obsession: to magnify this green vanilla vine for the pleasure of our taste buds.	FRANCE	English-100	2022	RPT	G	
14/03/2026	2335	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 2	1	2	Manager Aaron and his staff go all out to open the company's new Thanet store on time, chocolate sculptress Rhona accepts the challenge of creating a showstopping centrepiece for the big launch.	UNITED KINGDOM	English-100	2025	RPT	PG	
14/03/2026	2435	Cooking	Paula McIntyre's Hamely Kitchen Specials	Hamely Halloween	1	2	It's Halloween and Paula has some recipes with a spooky twist. She makes neep and cider soup, sausage cobbler, toffee apple pudding, and a Haleve Nicht feast!	UNITED KINGDOM	English-100	2022	RPT	PG	
14/03/2026	2505	Cooking	Nadiya's Cook Once, Eat Twice	Impress For Less	1	4	In this episode, Nadiya Hussain teaches us her tricks for easy entertaining without breaking the bank, with her impressive but wallet friendly recipes to impress guests.	UNITED KINGDOM	English-100	2024	RPT	G	
14/03/2026	2535	Travel	Jamie's Food Escapes	Venice	1	4	Venice is not famous for its food, much of which has been spoilt by tourism, but Jamie goes off the tourist track to find the real regional food of Venice, rice, polenta, seafood and fresh vegetables. He meets aristocrats in a palazzo and the lady prisoners who are growing vegetables behind bars in Guidecca.	UNITED KINGDOM	English-100	2009	RPT	PG	a l w
14/03/2026	2630	Food Lifestyle	Air Fryers: Are They Worth It?	Air Fryers: Are They Worth It?	1	0	A revealing look at the latest must-have gadget. It's said they can cook, bake and even fry food three times cheaper, 20% faster and with 80% less oil. No wonder sales of air fryers have rocketed by 3000% over the last two years-it's the biggest revolution to hit our kitchens since the microwave!	UNITED KINGDOM	English-100	2023	RPT	PG	

14/03/2026	2725	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y
14/03/2026	2730	Food Lifestyle	Masters Of Savours	Masters Of Vanilla	1	7	From Madagascar's primary forests to the islands of Polynesia, learn how growers have one obsession: to magnify this green vanilla vine for the pleasure of our taste buds.	FRANCE	English-100	2022	RPT	G	
14/03/2026	2830	Cooking	Deliciously Twisted Classics	Cheesy Twists	1	15	There isn't much in life that can't be improved with cheese, and these chefs take that to heart by taking classic cheesy dishes and twisting them beyond your imagination.	USA	English-100	2023	RPT	PG	