



WEEK 12 **Sunday, 15 March 2026** **Saturday, 21 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	
15/03/2026	500	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					
15/03/2026	530	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					
15/03/2026	630	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 Halve Nicht feast!	UNITED KINGDOM	English-100	2022	RPT	PG					
15/03/2026	700	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					
15/03/2026	730	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 Giudiccia.	UNITED KINGDOM	English-100	2009	RPT	PG	a l w				
15/03/2026	830	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					
15/03/2026	925	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			
15/03/2026	930	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				
15/03/2026	1035	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					
15/03/2026	1100	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					
15/03/2026	1130	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					
15/03/2026	1230	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					
15/03/2026	1330	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 Halve Nicht feast!	UNITED KINGDOM	English-100	2022	RPT	PG					
15/03/2026	1400	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			
15/03/2026	1430	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 Ibbi Moubadder and Adam have the answers.	AUSTRALIA	English-100	2025	RPT	G		Y			

15/03/2024	1500	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
15/03/2024	1530	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
15/03/2024	1600	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
15/03/2024	1630	Travel	A New Zealand Food Story	Episode 6	4	6	It's stone fruit season! Ben visits a family run orchard in Central Otago known for its long season of stone fruit and a strong connection to the land and community.	NEW ZEALAND	English-100	2024	RPT	PG	
15/03/2024	1700	Travel	Food Trail South Africa	Beyond Blyde Canyon	2	10	As the final stanza in Warren's Food Trail of South Africa, he's back in the bush, a quintessential part of all travel to the rainbow nation.	AUSTRALIA	English-100	2023	RPT	G	
15/03/2024	1730	Cooking	Jeremy Pang's Hong Kong Kitchen	Simon Rimmer	1	2	Jeremy invites best friend and chef Simon Rimmer. Jeremy takes Simon on a trip down memory lane, showing him the sights of his old family holidays and tastes of nostalgia.	UNITED KINGDOM	English-100	2024	RPT	PG	
15/03/2024	1830	Travel	Gordon Ramsay: Uncharted	Unlocking Florida's Keys	4	1	Gordon Ramsay dives, rappels, kayaks, forages, and fishes on an all-out action global adventure in search of the world's most incredible food.	UNITED KINGDOM	English-100	2023	RPT	PG	a l w
15/03/2024	1925	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	1	1	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
15/03/2024	1950	Travel	Shane Della's Malta	Mdina, Rabat And The Arabs	1	4	Shane Della explores the legacy left by the period of Arab rule. In the ancient cities of Mdina and Rabat, Shane discovers that the Muslim period left so many influences from architecture and language.	AUSTRALIA	English-100	2025	RPT	G	Y
15/03/2024	2000	Travel	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 5	1	5	Justine meets with chef Hans Lee Rasmussen who invites her to visit to visit Macao Tourism Institute where he is training aspiring chefs to fight food waste and make their industry more sustainable.	AUSTRALIA	English-100	2019	RPT	G	
15/03/2024	2030	Travel	Rick Stein's Food Stories	Argyll	1	2	In Argyll, Rick meets a Michelin Green Star winning chef who cooks local and foraged ingredients. He catches langoustine with teacher-turned-fisherman.	UNITED KINGDOM	English-100	2023	RPT	PG	a w
15/03/2024	2100	Travel	Rick Stein's Food Stories	Lincolnshire	1	3	Rick meets inventor James Dyon on his futuristic Lincolnshire farm, where robots help grow strawberries all year round. With some superb local sausages, he makes bangers and mash.	UNITED KINGDOM	English-100	2023	RPT	G	
15/03/2024	2130	Travel	Mind Of A Chef	Smoke	1	15	Chang profiles regional BBQ in North Carolina, Texas and Kansas City, plus the other-worldly smoky bacon from Allen Benton in Tennessee, before taking a trip to the Louisville Slugger Factory.	USA	English-100	2012	RPT	PG	
15/03/2024	2200	Cooking	Deliciously Twisted Classics	Funky Fusion	1	16	America's diverse mix of cultures is reflected in our food and in our love to mash it up to create new and delicious dishes.	USA	English-100	2023		PG	
15/03/2024	2230	Food Lifestyle	Masters Of Savours	Masters Of Honey	1	8	Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Icaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.	FRANCE	English-100	2022	RPT	G	
15/03/2024	2330	Travel	A New Zealand Food Story	Episode 6	4	6	It's stone fruit season! Ben visits a family run orchard in Central Otago known for its long season of stone fruit and a strong connection to the land and community.	NEW ZEALAND	English-100	2024	RPT	PG	

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15/03/2026	2625	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	1	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G	
15/03/2026	2630	Travel	Shane Della's Malta	Mdina, Rabat And The Arabs	1	4	Shane Della explores the legacy left by the period of Arab rule. In the ancient cities of Mdina and Rabat, Shane discovers that the Muslim period left so many influences from architecture and language.	AUSTRALIA	English-100	2025	RPT	G	Y
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16/03/2026	830	Cooking	Jeremy Pang's Hong Kong Kitchen	Simon Rimmer	1	2	Jeremy invites best friend and chef Simon Rimmer. Jeremy takes Simon on a trip down memory lane, showing him the sights of his old family holidays and tastes of nostalgia.	UNITED KINGDOM	English-100	2024	RPT	PG	
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16/03/2026	1230	Reality	Big Food Bucket List	C'est La Vie Che	3	6	John arrives in Portsmouth, NH just in time for a tiquito like you've never crunched before, stuffed with braised pig's head.	CANADA	English-100	2022	RPT	G	
16/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Think Outside The Kitchen	2024	6	New mom Stephanie loves cooking and gets inspiration from India. Ellen's determined to help this young family!	USA	English-100	2024	RPT	PG	
16/03/2026	1330	Cooking	Eve Paw's Asian Kitchen	Episode 3	1	3	With a dazzling array of Asian vinegars to choose from, just a splash of the right one can transform a dish and unlock authentic flavours.	UNITED KINGDOM	English-100	2025	RPT	G	
16/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Innovators, The	2	4	Sophie investigates the new ideas, new products and new twists on traditional foods that are opening nearby. New takeaways, a hectar produced from crab pods and a 24-hour vending machine.	UNITED KINGDOM	English-100	2023	RPT	PG	a d
16/03/2026	1430	Cooking	On Country Kitchen	Kim Chi, Maple Smoked Bacon & Honey	1	5	Derek starts out with a fun way to harvest cabbages, he then helps prepare smoked meats, and helps a beekeeper put a queen bee into a new hive!	AUSTRALIA	English-100	2017	RPT	G	Y
16/03/2026	1500	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	5	Sarah meets Deniz Orhun for a walk through Kad'nlar Paza?? to look at dessert ingredients and talk about the variety of desserts in Turkish cuisine: desserts with syrup, milk or dough.	TURKEY	English-50; Turkish-50	2018	RPT	G	
16/03/2026	1530	Cooking	My Market Kitchen	Ep 1	6	1	Matt kicks off the show from the Noosa Farmers Market, whipping up a local speciality - Spammer Crab Fried Rice. Meanwhile, Mia's in the market kitchen crafting a recipe bound to win over your family's hearts - Smash Burger with Liquid Cheese. Then, down in Adelaide, Laura honours her heritage with a classic Italian dish passed down from her Nona - Gnocchi with Basil Pasta.	AUSTRALIA	English-100	2021	RPT	G	
16/03/2026	1600	Cooking	Lida's Kitchen	Welcome To My Home	7	16	Today's recipes are perfect for entertaining and include a savoury onion tomato focaccia, restaurant-inspired spreads for fresh bread and skillet or grilled catamar.	USA	English-100	2020	RPT	G	

16/03/2026	1630	Travel	Jason Atherton's Dubai Dishes	Palm Jumeirah	2	1	Renowned chef Jason Atherton is back for a second series of culinary adventures in Dubai, where he'll explore the city and its vibrant and ever-evolving food scene. Digging deeper into the rich culture of the city, Jason will be cooking more of his favourite dishes inspired by Dubai—from sumptuous starters to decadent desserts.	UNITED KINGDOM	English-100	2024	RPT	G		
16/03/2026	1725	Cooking	Destination Flavour Singapore Biteize	Singapore Chili Crab	1	4	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	a w	Y
16/03/2026	1730	Cooking	Rachael Ray's Meals in Minutes	Cucina Povera Meatloaf	3	1	Rachael embraces the Italian tradition of cucina povera, where nothing goes to waste.	USA	English-100	2024				
16/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 1	1	1	Kirsten Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100	2018	RPT	G		
16/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Chocolate Goodness	1	6	Chocolate holds a special place in the hearts of many, it's impossible to think of a favourite sweet without it.	AUSTRALIA	English-100	2023		PG		
16/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Al Dente	9	13	Adam and his guests, chef Giovanni Piu and Lune Croissanterie's Kate Reid, share the secrets of perfectly al dente food.	AUSTRALIA	English-100	2025		G		Y
16/03/2026	1930	Cooking	Donal's Super Food In Minutes	Episode 3	1	3	On tonight's menu, a scruffy yet satisfying Harissa Lamb & Lentil Salad with whipped Feta, fragrant Vietnamese Turmeric and Dill fish, Veggie lasagne that can be made in one pan, some Asian Meatballs, and a caramel apple granola pots.	UNITED KINGDOM	English-100	2020		PG		
16/03/2026	2000	Cooking	Mary Berry Makes It Easy	Stress-Free Cooking	1	5	Mary teaches Al Odudu the joy of stress-free cooking with simple and delicious recipes.	UNITED KINGDOM	English-100	2023	RPT	G		
16/03/2026	2030	Food Lifestyle	River Cottage Revisited	Episode 1	1	1	There's a buzz around River Cottage with a visit from a wildlife revolutionary MatL, who puts Hugh to work with a chainsaw transforming a tree trunk into a brand-new home.	UNITED KINGDOM	English-100	2022				
16/03/2026	2130	Food Lifestyle	Come Dine With Me	Belfast: Chantal	20	11	This week's competition is in Northern Ireland, where first to host is single mum of two, weddings and events business owner, Kerry. Kerry hopes to dazzle her guests by putting on a Mexican Fiesta.	UNITED KINGDOM	English-100	2022	RPT	G		
16/03/2026	2200	Food Lifestyle	Come Dine With Me	Belfast: Kate	20	12	This week's competition is in Northern Ireland, where third to host is writer and illustrator Kate.	UNITED KINGDOM	English-100	2022	RPT	PG		
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16/03/2026	2300	Cooking	The Cook And The Chef	Cooking in A Restaurant	3	34	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100	2008	RPT	G		
16/03/2026	2330	Reality	Big Food Bucket List	C'est La Vie Che	3	6	John arrives in Portsmouth, NH just in time for a taquito like you've never crunched before, stuffed with braised pig's head.	CANADA	English-100	2022	RPT	G		
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17/03/2026	730	Cooking	My Market Kitchen	Ep 1	6	1	Matt kicks off the show from the Noosa Farmers Market, whipping up a local speciality - Spammer Crab Fried Rice. Meanwhile, Mike's in the market kitchen crafting a recipe bound to win over your family's hearts - Smash Burger with Liquid Cheese. Then, down in Adelaide, Laura honours her heritage with a classic Italian dish passed down from her Nona - Gnocchi with Basil Pasta.	AUSTRALIA	English-100	2021	RPT	G	
17/03/2026	800	Cooking	Lida's Kitchen	Welcome To My Home	7	16	Today's recipes are perfect for entertaining and include a savoury onion-tomato focaccia, restaurant-inspired spreads for fresh bread and skillet or grilled calamari.	USA	English-100	2020	RPT	G	
17/03/2026	830	Travel	Jason Atherton's Dubai Dishes	Palm Jumeirah	2	1	Renowned chef Jason Atherton is back for a second series of culinary adventures in Dubai, where he'll explore the city and its vibrant and ever-evolving food scene. Digging deeper into the rich culture of the city, Jason will be cooking more of his favourite dishes inspired by Dubai—from sumptuous starters to decadent desserts.	UNITED KINGDOM	English-100	2024	RPT	G	
17/03/2026	925	Cooking	Destination Flavour Singapore BiteSize	Singapore Chili Crab	1	4	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	a w Y

17/03/2024	930	Cooking	Rachael Ray's Meals In Minutes	Cucina Povera Meatloaf	3	1	Rachael embraces the Italian tradition of cucina povera, where nothing goes to waste.	USA	English-100	2024	RPT		
17/03/2024	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 1	1	1	Kirsten Tibballs puts a twist on a household classic with her Chocolate Toasties, and prepares The Ultimate Banana Split.	AUSTRALIA	English-100	2018	RPT	G	
17/03/2024	1030	Cooking	Everyday Gourmet: Sweet Edition	Chocolate Goodness	1	6	Chocolate holds a special place in the hearts of many, it's impossible to think of a favourite sweet without it.	AUSTRALIA	English-100	2023	RPT	PG	
17/03/2024	1100	Cooking	The Cook Up With Adam Liaw	Al Dente	9	13	Adam and his guests, chef Giovanni Piliu and Lune Croissanterie's Kate Reid, share the secrets of perfectly al dente food.	AUSTRALIA	English-100	2025	RPT	G	Y
17/03/2024	1130	Cooking	Donal's Super Food In Minutes	Episode 3	1	3	On tonight's menu, a scruffy yet satisfying Herbs Lamb & Lentil Salad with whipped Feta, fragrant Vietnamese Turmeric and Dill fish, Veggie sausage that can be made in one pan, some Asian MeatBalls, and a caramel apple granola pots.	UNITED KINGDOM	English-100	2020	RPT	PG	
17/03/2024	1200	Cooking	Mary Berry Makes It Easy	Stress-Free Cooking	1	5	Mary teaches Al Odudu the joy of stress-free cooking with simple and delicious recipes.	UNITED KINGDOM	English-100	2023	RPT	G	
17/03/2024	1230	Reality	Big Food Bucket List	Hakuna Toastada	3	7	John flies to Courtenay, BC to dive into the spectacular seafood on offer and dip his spoon into their signature seafood chowder.	CANADA	English-100	2022	RPT	G	
17/03/2024	1300	Food Lifestyle	Kitchen Glow Up	Organisation Over Everything	2024	7	Andrew and Leah's home has a kitchen that feels out of place. Ellen pushes it to the limit on a small budget.	USA	English-100	2024	RPT	G	
17/03/2024	1330	Cooking	Eva Paz's Asian Kitchen	Episode 4	1	4	Eva will be sharing the incredible variety of Asian herbs and vegetables, showcasing flavours and textures you won't find in a typical European supermarket.	UNITED KINGDOM	English-100	2025	RPT	G	
17/03/2024	1400	Travel	Sophie Grigson: Slice Of Italy	Smell And Taste Of Sunshine	2	5	The area around Sophie's home provides rich pastures for foraging. Sophie joins experts in search of summer herbs. She makes a simple grain salad with parsley and mint topped with asparagus.	UNITED KINGDOM	English-100	2023	RPT	PG	
17/03/2024	1430	Cooking	On Country Kitchen	Avocado, Finger Lime Butter & Olive Oil	1	6	Aboriginal school kids sing to a proud Derek in their shared Noongar language before he heads out to pick avocados, learns about native finger limes and gets Mark some more of his favourite olive oil.	AUSTRALIA	English-100	2017	RPT	G	Y
17/03/2024	1500	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	6	Food stylists add a lot to the looks of the food, and Sara meets Eda lidam who takes her to see the styling of some beautiful cakes. She then goes to Mae Zae - a hub for aspiring Turkish artists and designers.	TURKEY	English-50; Turkish-50	2018	RPT	G	
17/03/2024	1530	Cooking	My Market Kitchen	Ep 2	6	2	Mike heads to the market to create his delectable bacon jam. Laura follows up with Italy's piece de resistance dessert, tiramisu. Matt dishes out a Malaysian BBQ Squid that doesn't skimp on flavour.	AUSTRALIA	English-100	2021	RPT	G	
17/03/2024	1600	Cooking	Lida's Kitchen	Brunch Brilliance	7	17	Although Italians aren't known for brunch, many of their recipes work well with it - polenta with honey and berries, crostata with kale, battered squash ricotta, and rice balls with sausage ragu.	USA	English-100	2020	RPT	G	
17/03/2024	1630	Travel	Jason Atherton's Dubai Dishes	Dubai Creek	2	2	Jason goes back to the roots of Dubai as he explores diverse Dubai Creek, where he cooks up some sensational dishes with spices including a Filipino prawn kare-kare and a spiced sticky toffee pudding.	UNITED KINGDOM	English-100	2024	RPT	G	
17/03/2024	1725	Cooking	Destination Flavour Singapore Bitesize	Fish Head Curry	1	5	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	Y
17/03/2024	1730	Cooking	Rachael Ray's Meals In Minutes	Lamb And Beef Chorizo Chili	3	2	Rachael reinvents chili by combining lamb and beef chorizo for a bold, hearty twist on the classic.	USA	English-100	2024			

17/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 2	1	2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100	2018	RPT	G	
17/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Show Stopping Cakes	1	7	Stop guests in their tracks with a collection of show-stopping cakes from Kirsten Tibballs, Warren Mendes and Kathy Tsaples. Enjoy a light and fluffy Meringue Cream Cake.	AUSTRALIA	English-100	2023		PG	
17/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Having Friends Over	9	14	What do Adam, football star Laurie-Ann Moise and award-winning food writer Lara Lee make when having friends over? Find out tonight!	AUSTRALIA	English-100	2025		G	Y
17/03/2026	1930	Cooking	Silvia's Italian Masterdass	Episode 4	3	4	From golden street food to unforgettable pastas and classic sweets, this episode celebrates the soulful simplicity and bold flavours of southern Italy.	AUSTRALIA	English-100	2025		PG	
17/03/2026	2000	Travel	Adam Richman Eats Britain	Glamorgan Sausage	1	6	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 in Glamorgan in Wales to try the glorious cheese and leek-filled Glamorgan Sausage.	UNITED KINGDOM	English-100	2024	RPT	G	
17/03/2026	2030	Travel	Eva Longoria: Searching For Mexico	Yucatan	1	2	Eva travels to the eastern edge of Mexico, to the lush jungles of Yucatan State, home of the ancient Maya. One of the great civilisations of Central America, the Maya thrived here until the arrival of the Spanish conquistadors in the 1500s. Here there is a fierce pride in that ancestry which permeates every local custom and dish. Even top chef Roberto Solis' cutting edge black recado tasting menu pays homage to the Maya spice mix.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	G	Y
17/03/2026	2125	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	1	1	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
17/03/2026	2130	Food Lifestyle	Come Dine With Me	Beifast: Julie	20	13	Sales executive Julie manifests good vibes on her positively purple night. But when her violet visions leave one guest perplexed, will there be more manifesting than digesting?	UNITED KINGDOM	English-100	2022	RPT	PG	
17/03/2026	2200	Food Lifestyle	Come Dine With Me	Beifast: Emmanuela	20	14	Emmanuela aims to spice up her night by licking and twerking her way to the top spot. But is dry chicken and a hair in their fare what her guests really, really want?	UNITED KINGDOM	English-100	2022	RPT	PG	
17/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Having Friends Over	9	14	What do Adam, football star Laurie-Ann Moise and award-winning food writer Lara Lee make when having friends over? Find out tonight!	AUSTRALIA	English-100	2025	RPT	G	Y
17/03/2026	2300	Cooking	The Cook And The Chef	Arlaby A Country Homestead	3	35	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it, with a wicked chocolate ganache tart and a light, chocolate soufflé.	AUSTRALIA	English-100	2008	RPT	G	
17/03/2026	2330	Reality	Big Food Bucket List	Hakuna Toastada	3	7	John flies to Courtenay, BC to dive into the spectacular seafood on offer and dip his spoon into their signature seafood chowder.	CANADA	English-100	2022	RPT	G	
17/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Organisation Over Everything	2024	7	Andrew and Leah's home has a kitchen that feels out of place. Ellen pushes it to the limit on a small budget.	USA	English-100	2024	RPT	G	
17/03/2026	2430	Cooking	Silvia's Italian Masterdass	Episode 4	3	4	From golden street food to unforgettable pastas and classic sweets, this episode celebrates the soulful simplicity and bold flavours of southern Italy.	AUSTRALIA	English-100	2025	RPT	PG	
17/03/2026	2500	Travel	Adam Richman Eats Britain	Glamorgan Sausage	1	6	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 in Glamorgan in Wales to try the glorious cheese and leek-filled Glamorgan Sausage.	UNITED KINGDOM	English-100	2024	RPT	G	
17/03/2026	2530	Travel	Eva Longoria: Searching For Mexico	Yucatan	1	2	Eva travels to the eastern edge of Mexico, to the lush jungles of Yucatan State, home of the ancient Maya. One of the great civilisations of Central America, the Maya thrived here until the arrival of the Spanish conquistadors in the 1500s. Here there is a fierce pride in that ancestry which permeates every local custom and dish. Even top chef Roberto Solis' cutting edge black recado tasting menu pays homage to the Maya spice mix.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	G	Y

17/03/2026	2625	Cooking	Destination Flavour Singapore BiteSize	Fish Head Curry	1	5	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	Y
17/03/2026	2630	Food Lifestyle	Come Dine With Me	Breakfast: Julie	20	13	Sales executive Julie manifests good vibes on her positively purple night. But when her violet visions leave one guest perplexed, will there be more manifesting than digesting?	UNITED KINGDOM	English-100	2022	RPT	PG	
17/03/2026	2700	Food Lifestyle	Come Dine With Me	Breakfast: Emmanuela	20	14	Emmanuela aims to spice up her night by kicking and twerking her way to the top spot. But is dry chicken and a hair in their fare what her guests really, really want?	UNITED KINGDOM	English-100	2022	RPT	PG	
17/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Having Friends Over	9	14	What do Adam, football star Laurie-Ann Moise and award-winning food writer Lara Lee make when having friends over? Find out tonight!	AUSTRALIA	English-100	2025	RPT	G	Y
17/03/2026	2800	Cooking	The Cook And The Chef	Arbaly A Country Homestead	3	35	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it, with a wicked chocolate ganache tart and a light, chocolate soufflé.	AUSTRALIA	English-100	2008	RPT	G	
17/03/2026	2830	Reality	Big Food Bucket List	Hakuna Toastada	3	7	John flies to Courtenay, BC to dive into the spectacular seafood on offer and dip his spoon into their signature seafood chowder.	CANADA	English-100	2022	RPT	G	
18/03/2026	500	Food Lifestyle	Kitchen Glow Up	Organisation Over Everything	2024	7	Andrew and Leah's home has a kitchen that feels out of place. Ellen pushes it to the limit on a small budget.	USA	English-100	2024	RPT	G	
18/03/2026	530	Cooking	Eva Pau's Asian Kitchen	Episode 4	1	4	Eva will be sharing the incredible variety of Asian herbs and vegetables, showcasing flavours and textures you won't find in a typical European supermarket.	UNITED KINGDOM	English-100	2025	RPT	G	
18/03/2026	600	Travel	Sophie Gripton: Slice Of Italy	Smell And Taste Of Sunshine	2	5	The area around Sophie's home provides rich pastures for foraging. Sophie joins experts in search of summer herbs. She makes a simple grain salad with parsley and mint topped with asparagus.	UNITED KINGDOM	English-100	2023	RPT	PG	
18/03/2026	630	Cooking	On Country Kitchen	Avocado, Finger Lime Butter & Olive Oil	1	6	Aboriginal school kids sing to a proud Derek in their shared Noongar language before he heads out to pick avocados, learns about native finger limes and gets Mark some more of his favourite olive oil.	AUSTRALIA	English-100	2017	RPT	G	Y
18/03/2026	700	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	6	Food stylists add a lot to the looks of the food, and Sara meets Eda lidan who takes her to see the styling of some beautiful cakes. She then goes to Mae Zae - a hub for aspiring Turkish artists and designers.	TURKEY	English-50; Turkish-50	2018	RPT	G	
18/03/2026	730	Cooking	My Market Kitchen	Ep 2	6	2	Mike heads to the market to create his delectable bacon jam. Laura follows up with Italy's piece de resistance dessert, tiramisu. Matt dishes out a Malaysian BBQ Squid that doesn't skimp on flavour.	AUSTRALIA	English-100	2011	RPT	G	
18/03/2026	800	Cooking	Lida's Kitchen	Brunch Brilliance	7	17	Although Italians aren't known for brunch, many of their recipes work well with it: polenta with honey and berries, crostata with kale, butternut squash ricotta, and rice balls with sausage ragu.	USA	English-100	2020	RPT	G	
18/03/2026	830	Travel	Jason Atherton's Dubai Dishes	Dubai Creek	2	2	Jason goes back to the roots of Dubai as he explores diverse Dubai Creek, where he cooks up some sensational dishes with spices including a Filipino prawn Kare-kare and a spiced sticky toffee pudding.	UNITED KINGDOM	English-100	2024	RPT	G	
18/03/2026	925	Cooking	Destination Flavour Singapore BiteSize	Fish Head Curry	1	5	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	Y

18/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Lamb And Beef Chorizo Chili	3	2	Rachael reinvents chili by combining lamb and beef chorizo for a bold, hearty twist on the classic.	USA	English-100	2024	RPT			
18/03/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 2	1	2	The Chocolate Queen shows you just how simple show stopping chocolate pieces can be.	AUSTRALIA	English-100	2018	RPT	G		
18/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Show Stopping Cakes	1	7	Stop guests in their tracks with a collection of show-stopping cakes from Kirsten Tibballs, Warren Mendes and Kathy Tazples. Enjoy a light and fluffy Meringue Cream Cake.	AUSTRALIA	English-100	2023	RPT	PG		
18/03/2026	1100	Cooking	The Cook Up With Adam Law	Having Friends Over	9	14	What do Adam, football star Laurie Ann Moore and award-winning food writer Lara Lee make when having friends over? Find out tonight!	AUSTRALIA	English-100	2025	RPT	G	Y	
18/03/2026	1130	Cooking	Silvia's Italian Masterclass	Episode 4	3	4	From golden street food to unforgettable pastas and classic sweets, this episode celebrates the soulful simplicity and bold flavours of southern Italy.	AUSTRALIA	English-100	2025	RPT	PG		
18/03/2026	1200	Travel	Adam Richman Eats Britain	Glamorgan Sausage	1	6	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 in Glamorgan in Wales to try the glorious cheese and leek-filled Glamorgan Sausage.	UNITED KINGDOM	English-100	2024	RPT	G		
18/03/2026	1230	Reality	Big Food Bucket List	Come Slurp Away	3	8	John checks in in Bloomfield, ON and checks mouth-watering flame-grilled meats off his bucket list with a jaw-dropping 50oz Cote de Boeuf.	CANADA	English-100	2022	RPT	G		
18/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Elevated Farmhouse	2024	8	Laura and James's tiny kitchen is bursting at the seams with five kids. Ellen gets creative to maximize space.	USA	English-100	2024	RPT	G		
18/03/2026	1330	Cooking	Eva Pau's Asian Kitchen	Episode 5	1	5	Who doesn't love a good takeaway? Eva is recreating classic takeaway favorites at home, with big flavours and a personal twist.	UNITED KINGDOM	English-100	2025	RPT	G		
18/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	At Salty As The Sea	2	6	Salt is crucial to good cooking. Sophie visits the incredible salt pans and meets a farmer growing sweet onions that grow in the sand near the beach. At the trullo she cooks salt cod with tomatoes.	UNITED KINGDOM	English-100	2023	RPT	G		
18/03/2026	1430	Cooking	On Country Kitchen	On Country Kitchen	2	1	Mark and Derek begin their journey with a Welcome to Yuin Country from Noel Butler, harvest oysters off the bay, stop through at an olive grove, and try stand-up paddle boarding on the NSW coastline.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y
18/03/2026	1500	Cooking	Mad Good Food	Jerkin' And Grillin'	2023	1	Back from a trip to Negril, Jamaica, Chef Derrell Smith brings his favourite dishes back to his own yard! Jerk chicken, saltfish and ackee, coconut peas and rice, and other Caribbean favourites.	USA	English-100	2023	RPT	G		
18/03/2026	1530	Cooking	My Market Kitchen	Ep 3	6	3	Laura channels her Nona's heritage from Puglia, Italy, serving up orechiette with broccoli, Matt takes cues from his Croatian in-laws with a sun-drenched Queensland twist on cheese pita.	AUSTRALIA	English-100	2021	RPT	G		
18/03/2026	1600	Cooking	Lida's Kitchen	Feeding The Family	7	18	Family favourites are the topic today! Lida starts with a penne 'al brucio' with tomato sauce, rosemary, and a dollop of ricotta. She shares her chicken cacciatore recipe and fresh prosciutto punch.	USA	English-100	2020	RPT	G		
18/03/2026	1630	Travel	Jason Atherton's Dubai Dishes	Sustainable Dubai	2	3	Jason goes green cooking up dishes using leftovers that are not only sumptuous, but also sustainable.	UNITED KINGDOM	English-100	2024	RPT	PG		
18/03/2026	1725	Cooking	Destination Flavour Singapore Bitesize	Curry Puffs	1	6	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
18/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Skirt Steaks With Roasted Vegetables	3	3	Rachael turns pantry staples into a flavorful feast, starting with roasted potatoes, broccoli, garlic, and tomatoes.	USA	English-100	2024				

18/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	1	3	Kirsten shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100	2018	RPT	G	
18/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Mediterranean Treats	1	8	Dessert queen Kirsten Tibballs gets intricate with a Katarifi Pineapple Coconut Dessert, Justine Schofield shows how to make perfect Portuguese Custard Tarts at home.	AUSTRALIA	English-100	2023		PG	
18/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Eid Traditions	9	15	Creator of The Lebanese Plate, Lina Jebelle, and chef and co-owner of DGNi restaurant, Rashedul Hasan join Adam to share some Eid traditions.	AUSTRALIA	English-100	2025		G	Y
18/03/2026	1930	Travel	Donal's Irish Adventure	River Shannon	1	4	Donal and Max set off for the midlands in this installment, to Ireland's hidden heartlands on the banks of the river Shannon.	UNITED KINGDOM	English-100	2022	RPT	G	
18/03/2026	2000	Cooking	Richo's Hungry As Hell	Sunday Session	1	2	The Sunday scares are real, but Richo's cure is even realer. He's smashing out comfort food big enough to silence the hangover, soothe the soul, and maybe even revive your group chat.	AUSTRALIA	English-100	2025		PG	
18/03/2026	2030	Travel	Ainsley's Taste Of Malta	South	1	2	Ainsley explores South Malta, starting in the picturesque fishing harbour of Marsaxlokk where, with a local fisherman Joe, he ventures around the weekly fish market to check out the catch of the day.	UNITED KINGDOM	English-100	2023	RPT	PG	
18/03/2026	2130	Food Lifestyle	Come Dine With Me	Belfast: Kerry	20	15	Kerry is hoping to win her guests over with a family style welcome and share and tear menu. She's hoping they will dig in, kick back and feel at home.	UNITED KINGDOM	English-100	2022	RPT	PG	
18/03/2026	2200	Food Lifestyle	Come Dine With Me	North Wales: Saffron	20	16	This week's competition is in and around North Wales, where the first to host is 24 year old, spray tan artist, Saffron.	UNITED KINGDOM	English-100	2022	RPT	G	
18/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Eid Traditions	9	15	Creator of The Lebanese Plate, Lina Jebelle, and chef and co-owner of DGNi restaurant, Rashedul Hasan join Adam to share some Eid traditions.	AUSTRALIA	English-100	2025	RPT	G	Y
18/03/2026	2300	Cooking	The Cook And The Chef	Produce Of Two Islands	3	36	South of Ireland in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea. After getting over the shock of finding tea growing in Tassie, Simon found out that most black tea is actually grown in highland regions so it's not actually all that unusual to grow tea in such a cold climate.	AUSTRALIA	English-100	2008	RPT	G	
18/03/2026	2330	Reality	Big Food Bucket List	Come Slurp Away	3	8	John checks in in Bloomfield, ON and checks mouth-watering flame-grilled meats off his bucket list with a jaw-dropping 50oz Cote de Boeuf.	CANADA	English-100	2022	RPT	G	
18/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Elevated Farmhouse	2024	8	Laura and James's tiny kitchen is bursting at the seams with five kids. Ellen gets creative to maximize space.	USA	English-100	2024	RPT	G	
18/03/2026	2430	Travel	Donal's Irish Adventure	River Shannon	1	4	Donal and Max set off for the midlands in this installment, to Ireland's hidden heartlands on the banks of the river Shannon.	UNITED KINGDOM	English-100	2022	RPT	G	
18/03/2026	2500	Cooking	Richo's Hungry As Hell	Sunday Session	1	2	The Sunday scares are real, but Richo's cure is even realer. He's smashing out comfort food big enough to silence the hangover, soothe the soul, and maybe even revive your group chat.	AUSTRALIA	English-100	2025	RPT	PG	
18/03/2026	2530	Travel	Ainsley's Taste Of Malta	South	1	2	Ainsley explores South Malta, starting in the picturesque fishing harbour of Marsaxlokk where, with a local fisherman Joe, he ventures around the weekly fish market to check out the catch of the day.	UNITED KINGDOM	English-100	2023	RPT	PG	
18/03/2026	2625	Cooking	Destination Flavour Singapore BiteSize	Curry Puffs	1	6	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y
18/03/2026	2630	Food Lifestyle	Come Dine With Me	Belfast: Kerry	20	15	Kerry is hoping to win her guests over with a family style welcome and share and tear menu. She's hoping they will dig in, kick back and feel at home.	UNITED KINGDOM	English-100	2022	RPT	PG	
18/03/2026	2700	Food Lifestyle	Come Dine With Me	North Wales: Saffron	20	16	This week's competition is in and around North Wales, where the first to host is 24 year old, spray tan artist, Saffron.	UNITED KINGDOM	English-100	2022	RPT	G	

18/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Eid Traditions	9	15	Creator of The Lebanese Plate, Lina Jebelle, and chef and co-owner of DGINI restaurant, Rashedul Hasan join Adam to share some Eid traditions.	AUSTRALIA	English-100	2025	RPT	G	Y	
18/03/2026	2800	Cooking	The Cook And The Chef	Produce Of Two Islands	3	36	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea. After getting over the shock of finding tea growing in Tassie, Simon found out that most black tea is actually grown in highland regions so it's not actually all that unusual to grow tea in such a cold climate.	AUSTRALIA	English-100	2008	RPT	G		
18/03/2026	2830	Reality	Big Food Bucket List	Come Slurp Away	3	8	John checks in in Bloomfield, ON and checks mouth-watering flame-grilled meats off his bucket list with a jaw-dropping 50oz Cote de Boeuf.	CANADA	English-100	2022	RPT	G		
19/03/2026	500	Food Lifestyle	Kitchen Glow Up	Elevated Farmhouse	2024	8	Laura and James's tiny kitchen is bursting at the seams with five kids. Elen gets creative to maximize space.	USA	English-100	2024	RPT	G		
19/03/2026	530	Cooking	Eva Paz's Asian Kitchen	Episode 5	1	5	Who doesn't love a good takeaway? Eva is recreating classic takeaway favorites at home, with big flavours and a personal twist.	UNITED KINGDOM	English-100	2025	RPT	G		
19/03/2026	600	Travel	Sophie Grignon: Slice Of Italy	As Salty As The Sea	2	6	Salt is crucial to good cooking. Sophie visits the incredible salt pans and meets a farmer growing sweet onions that grow in the sand near the beach. At the trullo she cooks salt cod with tomatoes.	UNITED KINGDOM	English-100	2023	RPT	G		
19/03/2026	630	Cooking	On Country Kitchen	On Country Kitchen	2	1	Mark and Derek begin their journey with a Welcome to Yuin Country from Noel Butler, harvest oysters off the bay, stop through at an olive grove, and try stand-up paddle boarding on the NSW coastline.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y
19/03/2026	700	Cooking	Mad Good Food	Jerkin' And Grillin'	2023	1	Back from a trip to Negril, Jamaica, Chef Derrell Smith brings his favourite dishes back to his own yard! Jerk chicken, saltfish and ackee, coconut peas and rice, and other Caribbean favourites.	USA	English-100	2023	RPT	G		
19/03/2026	730	Cooking	My Market Kitchen	Ep 3	6	3	Laura channels her Nona's heritage from Puglia, Italy, serving up oroscchette with broccolini. Matt takes cues from his Croatian in-laws with a sun-drenched Queensland twist on cheese pie.	AUSTRALIA	English-100	2021	RPT	G		
19/03/2026	800	Cooking	Lida's Kitchen	Feeding The Family	7	18	Family favourites are the topic today! Lida starts with a game 'al brucio' with tomato sauce, rosemary, and a dollop of ricotta. She shares her chicken caciabore recipe and fresh prosecco punch.	USA	English-100	2020	RPT	G		
19/03/2026	830	Travel	Jason Atherton's Dubai Dishes	Sustainable Dubai	2	3	Jason goes green cooking up dishes using leftovers that are not only sumptuous, but also sustainable.	UNITED KINGDOM	English-100	2024	RPT	PG		
19/03/2026	925	Cooking	Destination Flavour Singapore Bitezize	Curry Puffs	1	6	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
19/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Skirt Steaks With Roasted Vegetables	3	3	Rachael turns pantry staples into a flavorful feast, starting with roasted potatoes, broccoli, garlic, and tomatoes.	USA	English-100	2024	RPT			
19/03/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	1	3	Kirsten shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100	2018	RPT	G		
19/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Mediterranean Treats	1	8	Dessert queen Kirsten Tibballs gets intricate with a Katarti Pineapple Coconut Dessert. Justine Schofield shows how to make perfect Portuguese Custard Tarts at home.	AUSTRALIA	English-100	2023	RPT	PG		
19/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Eid Traditions	9	15	Creator of The Lebanese Plate, Lina Jebelle, and chef and co-owner of DGINI restaurant, Rashedul Hasan join Adam to share some Eid traditions.	AUSTRALIA	English-100	2025	RPT	G	Y	
19/03/2026	1130	Travel	Donal's Irish Adventure	River Shannon	1	4	Donal and Max set off for the midlands in this installment, to Ireland's hidden heartlands on the banks of the river Shannon.	UNITED KINGDOM	English-100	2022	RPT	G		

19/03/2026	1200	Cooking	Richo's Hungry As Hell	Sunday Session	1	2	The Sunday scares are real, but Richo's cure is even realer. He's smashing out comfort food big enough to silence the hangover, soothe the soul, and maybe even revive your group chat.	AUSTRALIA	English-100	2025	RPT	PG		
19/03/2026	1230	Reality	Big Food Bucket List	Meat Cute	3	9	John gets brunchy in Palm Springs, CA with a blackberry, custard stuffed French toast worth cheating on your diet for.	CANADA	English-100	2022	RPT	G		
19/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Perfect Pato Piza, Please	2025	1	Stephanie & John are back but this time, the makeover's headed outside. With baby no.2 on the way & a toddler who's asleep by 7, indoor cooking is off-limits.	USA	English-100	2025	RPT	PG		
19/03/2026	1330	Cooking	Eva Pau's Asian Kitchen	Episode 6	1	6	The making of gyozas, wontons or bao buns are just as meaningful as eating them and Eva shares her favourite Asian Street Food classics to create with your loved ones.	UNITED KINGDOM	English-100	2025	RPT	G		
19/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Tales From The Land	2	7	Sophie explores the countryside outside her town and visits previously abandoned land that is now pursuing regenerative farming. She makes a jam with apricots, saffron and honey - perfect with cheese.	UNITED KINGDOM	English-100	2023	RPT	PG		
19/03/2026	1430	Cooking	On Country Kitchen	On Country Kitchen	2	2	On the coast at Jarvis Bay, Derek helps Joel and Adrian to dive for lobsters off the rocks while Mark tends to the fire. In Ulladulla, the boys get a taste for the cheesemaking life with Rosie and Angel, and relax on the picturesque deck with a wine and cheese in hand, soaking up the mid-afternoon sun. Inland at Milton, the boys are put to the task of eating as little produce as possible when chocolate making with Jo and Dan. Mark and Derek indulge in a heart-to-heart kayaking down the Kangaroo Valley River.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y
19/03/2026	1500	Cooking	Mad Good Food	Happy Birthday To Me	2023	2	It's Chef Derrell Smith's birthday and he's treating himself to some self-love and a lavish steak dinner inspired by a famous NYC steakhouse.	USA	English-100	2023	RPT	PG		
19/03/2026	1530	Cooking	My Market Kitchen	Ep 4	6	4	Matt cooks up a storm at an iconic Surf Life Saving Club, serving a delightful Mooloolaba prawn caesar salad. Mike elevates camping to glamping with a luxurious BBQ tomahawk steak.	AUSTRALIA	English-100	2021	RPT	PG		
19/03/2026	1600	Cooking	Lida's Kitchen	Home Cooked Restaurant Classics	7	19	There are some restaurant favourites that can be cooked at home! Lida prepares delicious butternut squash gnocchi and a pan-seared halibut with balsamic reduction. Delicious!	USA	English-100	2020	RPT	G		
19/03/2026	1630	Travel	Jason Atherton's Dubai Dishes	Old Dubai	2	4	Jason visits Old Town where he gets fully immersed in the local culture and cuisine, cooking up some delicious dishes including his take on the national dish of the UAE-Ouqi.	UNITED KINGDOM	English-100	2024	RPT	G		
19/03/2026	1725	Cooking	Destination Flavour Singapore Bitesize	Fruit Stall	1	7	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
19/03/2026	1730	Cooking	Rachael Ray's Meals in Minutes	White Bean Soup With Albanian Snacks And Baklava	3	4	Rachael and her sister Maria, joined by friends Leida and Vito, cook up a feast in Rachael's Tuscan kitchen.	USA	English-100	2024				
19/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 4	1	4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100	2018	RPT	G		
19/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Sweet Sweet Berries	1	9	Kirsten Tibballs, Justine Schofield and Silvia Colloca will make you berry happy with three of the greatest recipes highlighting sweet, sweet berries.	AUSTRALIA	English-100	2023		PG		
19/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Spring Break	7	77	It's spring break at The Cook Up, and chef Claudette Zepeda and Olympic water polo player Tilly Kearns join Adam in the kitchen for all things fresh and tasty!	AUSTRALIA	English-100	2024	RPT	G	Y	
19/03/2026	1930	Travel	New York Gourmet With Justine Schofield	Episode 2	1	2	The journey continues with Justine starting her day at the Culinary Institute of America, followed by a flavour packed visit to Essie's Restaurant, where Caribbean and Southern cuisines collide.	AUSTRALIA	English-100	2025		PG		

19/03/2026	2000	Food Lifestyle	Memory Bites With Matt Moran	Ross Noble	1	2	Matt Moran explores Ross Noble's childhood through prawn cocktail, Kedgernee, and Strawberry Rhubarb Crumble, revealing how Grandma Edith and a Billy Connolly album inspired his comedy career.	AUSTRALIA	English-100	2024	RPT	G	Y
19/03/2026	2030	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	1	4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100	1997	RPT	PG	a w
19/03/2026	2100	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 5	1	5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100	1997	RPT	PG	a w
19/03/2026	2130	Food Lifestyle	Come Dine With Me	North Wales: Jake	20	17	It's the second night of the competition in North Wales and the turn of law student Jake to showcase his favourite vegetable-the mighty Welsh leek.	UNITED KINGDOM	English-100	2022	RPT	G	
19/03/2026	2200	Food Lifestyle	Come Dine With Me	North Wales: Joey	20	18	It's the third night of the competition in North Wales and former beauty queen turned property developer Joey's turn to host.	UNITED KINGDOM	English-100	2022	RPT	PG	
19/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Spring Break	7	77	It's spring break at The Cook Up, and chef Claudette Zepeda and Olympic water polo player Tilly Kearns join Adam in the kitchen for all things fresh and tasty!	AUSTRALIA	English-100	2024	RPT	G	Y
19/03/2026	2300	Cooking	The Cook And The Chef	Lobster And Mushrooms	3	37	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100	2008	RPT	G	
19/03/2026	2330	Reality	Big Food Bucket List	Meat Cute	3	9	John gets brunchy in Palm Springs, CA with a blackberry, custard stuffed French toast worth cheating on your diet for.	CANADA	English-100	2022	RPT	G	
19/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Perfect Patio Pizza, Please	2025	1	Stephanie & John are back-but this time, the makeover's headed outside. With baby no.2 on the way & a toddler who's asleep by 7, indoor cooking is off-limits.	USA	English-100	2025	RPT	PG	
19/03/2026	2430	Travel	New York Gourmet With Justine Schafeld	Episode 2	1	2	The journey continues with Justine starting her day at the Culinary Institute of America, followed by a flavour packed visit to Essie's Restaurant, where Caribbean and Southern cuisines collide.	AUSTRALIA	English-100	2025	RPT	PG	
19/03/2026	2500	Food Lifestyle	Memory Bites With Matt Moran	Ross Noble	1	2	Matt Moran explores Ross Noble's childhood through prawn cocktail, Kedgernee, and Strawberry Rhubarb Crumble, revealing how Grandma Edith and a Billy Connolly album inspired his comedy career.	AUSTRALIA	English-100	2024	RPT	G	Y
19/03/2026	2530	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	1	4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100	1997	RPT	PG	a w
19/03/2026	2600	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 5	1	5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100	1997	RPT	PG	a w
19/03/2026	2630	Food Lifestyle	Come Dine With Me	North Wales: Jake	20	17	It's the second night of the competition in North Wales and the turn of law student Jake to showcase his favourite vegetable-the mighty Welsh leek.	UNITED KINGDOM	English-100	2022	RPT	G	
19/03/2026	2700	Food Lifestyle	Come Dine With Me	North Wales: Joey	20	18	It's the third night of the competition in North Wales and former beauty queen turned property developer Joey's turn to host.	UNITED KINGDOM	English-100	2022	RPT	PG	
19/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Spring Break	7	77	It's spring break at The Cook Up, and chef Claudette Zepeda and Olympic water polo player Tilly Kearns join Adam in the kitchen for all things fresh and tasty!	AUSTRALIA	English-100	2024	RPT	G	Y
19/03/2026	2800	Cooking	The Cook And The Chef	Lobster And Mushrooms	3	37	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100	2008	RPT	G	

19/03/2026	2830	Reality	Big Food Bucket List	Meat Cute	3	9	John gets brunchy in Palm Springs, CA with a blackberry, custard stuffed French toast worth cheating on your diet for.	CANADA	English-100	2022	RPT	G		
20/03/2026	500	Food Lifestyle	Kitchen Glow Up	Perfect Pato Pizza, Please	2025	1	Stephanie & John are back-but this time, the makeover's headed outside. With baby no.2 on the way & a toddler who's asleep by 7, indoor cooking is off-limits.	USA	English-100	2025	RPT	PG		
20/03/2026	530	Cooking	Eva Pau's Asian Kitchen	Episode 6	1	6	The making of gyoza, wontons or bao buns are just as meaningful as eating them and Eva shares her favourite Asian Street Food classics to create with your loved ones.	UNITED KINGDOM	English-100	2025	RPT	G		
20/03/2026	600	Travel	Sophie Grigson: Slice Of Italy	Tales From The Land	2	7	Sophie explores the countryside outside her town and visits previously abandoned land that is now pursuing regenerative farming. She makes a jam with apricots, saffron and honey - perfect with cheese.	UNITED KINGDOM	English-100	2023	RPT	PG		
20/03/2026	630	Cooking	On Country Kitchen	On Country Kitchen	2	2	On the coast at Jarvis Bay, Derek helps Joel and Adrian to dive for lobsters off the rocks while Mark tends to the fire. In Ulladulla, the boys get a taste for the cheesemaking life with Rosie and Angel, and relax on the picturesque deck with a wine and cheese in hand, soaking up the mid-afternoon sun. Inland at Milton, the boys are put to the task of eating as little produce as possible when chocolate making with Jo and Dan. Mark and Derek indulge in a heart-to-heart kayaking down the Kangaroo Valley River.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y
20/03/2026	700	Cooking	Mad Good Food	Happy Birthday To Me	2023	2	It's Chef Derrell Smith's birthday and he's treating himself to some self-love and a lavish steak dinner inspired by a famous NYC steakhouse.	USA	English-100	2023	RPT	PG		
20/03/2026	730	Cooking	My Market Kitchen	Ep 4	6	4	Matt cooks up a storm at an iconic Surf Life Saving Club, serving a delightful Mooloolaba prawn caesar salad. Mike elevates camping to glamping with a luxurious BBQ tomahawk steak.	AUSTRALIA	English-100	2021	RPT	PG		
20/03/2026	800	Cooking	Lida's Kitchen	Home Cooked Restaurant Classics	7	19	There are some restaurant favourites that can be cooked at home! Lida prepares delicious butternut squash gnocchi and a pan-seared halibut with balsamic reduction. Delicious!	USA	English-100	2020	RPT	G		
20/03/2026	830	Travel	Jason Atherton's Dubai Dishes	Old Dubai	2	4	Jason visits Old Town where he gets fully immersed in the local culture and cuisine, cooking up some delicious dishes including his take on the national dish of the UAE: Dous.	UNITED KINGDOM	English-100	2024	RPT	G		
20/03/2026	925	Cooking	Destination Flavour Singapore Biteize	Fruit Stall	1	7	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
20/03/2026	930	Cooking	Rachael Ray's Meals in Minutes	White Bean Soup With Albanian Snacks And Baklava	3	4	Rachael and her sister Maria, joined by friends Leda and Vito, cook up a feast in Rachael's Tuscan kitchen.	USA	English-100	2024	RPT	G		
20/03/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 4	1	4	Baked Chocolate and Coffee Fudge Tarts, Chocolate and Marshmallow Crackles and Caramel Roasted Chocolate Macadamias - the Chocolate Queen has all of your favourites covered.	AUSTRALIA	English-100	2018	RPT	G		
20/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Sweet Sweet Berries	1	9	Kirsten Tibballs, Justine Schofield and Silvia Colloca will make you berry happy with three of the greatest recipes highlighting sweet, sweet berries.	AUSTRALIA	English-100	2023	RPT	PG		
20/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Spring Break	7	77	It's spring break at The Cook Up, and chef Claudette Zepeda and Olympic water polo player Tilly Kearns join Adam in the kitchen for all things fresh and tasty!	AUSTRALIA	English-100	2024	RPT	G	Y	
20/03/2026	1130	Travel	New York Gourmet With Justine Schofield	Episode 2	1	2	The journey continues with Justine starting her day at the Culinary Institute of America, followed by a flavour packed visit to Essie's Restaurant, where Caribbean and Southern cuisines collide.	AUSTRALIA	English-100	2025	RPT	PG		
20/03/2026	1200	Food Lifestyle	Memory Bites With Matt Moran	Ross Noble	1	2	Matt Moran explores Ross Noble's childhood through prawn cocktail, Kedgeree, and Strawberry Rhubarb Crumble, revealing how Grandma Edith and a Billy Connolly album inspired his comedy career.	AUSTRALIA	English-100	2024	RPT	G	Y	
20/03/2026	1230	Reality	Big Food Bucket List	Halva Nice Day	3	10	John jets to sunny San Diego, CA for a crash course in Chicano cooking and wraps up a big ol' burrito stuffed with the Mexi Cali special. French fries!	CANADA	English-100	2022	RPT	G		
20/03/2026	1300	Food Lifestyle	Kitchen Glow Up	From Burnout To Cook-Off	2025	2	Barrie & Morgan are new homeowners & expecting parents. Barrie runs a catering business from home, but with bad storage, a leaky stove hood and no flow.	USA	English-100	2025	RPT	PG		

20/03/2026	1330	Cooking	Duff: Ace Of Taste	Firehouse Chili	1	1	Firemen love to eat well, so Duff rises to the challenge by showing off his calling card: classic, all-beef Texas chili. Duff digs in and presents a comforting spread of cornbread and cobbler.	USA	English-100	2023	RPT	G		
20/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Celebration: Any Chance To Eat	2	8	It's Sophie's birthday and she celebrates with friends. It's also festival time so the whole town celebrates. Sophie makes yeasted lemon fritters at home and cooks fish in a paper parcel at the trullo.	UNITED KINGDOM	English-100	2023	RPT	PG		
20/03/2026	1430	Cooking	On Country Kitchen	On Country Kitchen	2	3	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y
20/03/2026	1500	Cooking	Mad Good Food	Brunch Grows Up	2023	3	Enough with the endless lines and mimosa! Chef Derrell Smith has levelled up his brunch. Dishes such as: a 'yelluh' grin bowl bar, beer braised pulled pork, and chili fried eggs.	USA	English-100	2023	RPT	PG		
20/03/2026	1530	Cooking	My Market Kitchen	Ep 5	6	5	Matt adds a twist to a classic with his lamb shoulder and legendary garlic sauce. Laura transforms the chicken schnitzel into a modern marvel. Chef Toby Puttock dazzles in Victoria's Yarra Valley wine district.	AUSTRALIA	English-100	2021	RPT	G		
20/03/2026	1600	Cooking	Lida's Kitchen	Sweetest Hits, The	7	20	Italian sweets are today's focus and include: blueberry and ricotta Parfait, chocolate zabaglione and raspberry and walnut butter cookies.	USA	English-100	2020	RPT	G		
20/03/2026	1630	Travel	Jason Atherton's Dubai Dishes	Jumeirah	2	5	Jason is on the beach in the coastal area of Jumeirah where he delves into the ancient Arabic art of pickling and cooking up dishes, including a Dubai version of a chip butty.	UNITED KINGDOM	English-100	2024	RPT	G		
20/03/2026	1725	Cooking	Destination Flavour Singapore BiteSize	Janice Wong	1	8	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
20/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Chicken Meatballs With Oatmeal	3	5	Rachael serves up one of her classic brunch dishes-savory chicken meatballs with oatmeal, topped with raisins, pine nuts, and honey.	USA	English-100	2024				
20/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 5	1	5	The Chocolate Queen prepares melt-in-your-mouth Chocolate Macarons and a luscious Peanut Butter Chocolate Bark.	AUSTRALIA	English-100	2018	RPT	G		
20/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 1	2	1	From sweet treats to unexpected delights, Everyday Gourmet returns with another season of Sweet Edition.	AUSTRALIA	English-100	2024				
20/03/2026	1900	Travel	The Cook Up With Adam Liaw	Celebrating Eid	8	6	Adam and his guests, cookbook author Amina Elshafei and Olympic boxer Tina Rahimi, are celebrating Eid with a feast of grand proportions.	AUSTRALIA	English-100	2025	RPT	G		Y
20/03/2026	1930	Cooking	Rachel Khoo's Chocolate	Something For Everyone	1	2	Rachel Khoo explores our desire for all things Chocolatey. She visits Hampton Court to find out how in the seventeenth century it became a regular drink for the nobility and goes on a journey.	UNITED KINGDOM	English-100	2011	RPT	G		
20/03/2026	2030	Cooking	Jamie's Comfort Food	Steak And Onion Sandwich	1	3	Jamie makes sticky toffee pudding with his mum Sally. He rustles up a comfort food with the perfect steak and onion sandwich. Then he cooks an Italian classic, osso buco with saffron risotto.	UNITED KINGDOM	English-100	2014	RPT	G		
20/03/2026	2130	Food Lifestyle	Come Dine With Me	North Wales: Piers	20	19	It's the fourth night of the competition in North Wales and this time make-up artist Piers is taking centre stage.	UNITED KINGDOM	English-100	2022	RPT	PG		

20/03/2026	2200	Food Lifestyle	Come Dine With Me	North Wales: Laura	20	20	It's the final night of the competition in North Wales, where clinical practitioner Laura is hosting a day at the races and hopes to pip her competitors to the post, for that 1000 pounds prize.	UNITED KINGDOM	English-100	2022	RPT	G	
20/03/2026	2230	Travel	The Cook Up With Adam Liaw	Celebrating Eid	8	6	Adam and his guests, cookbook author Amina Eshafei and Olympic boxer Tina Rahimi, are celebrating Eid with a feast of grand proportions.	AUSTRALIA	English-100	2025	RPT	G	Y
20/03/2026	2300	Cooking	The Cook And The Chef	Seaweed And Scallops	3	38	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery, he's also come to find out what makes Tasmanian seafood so great.	AUSTRALIA	English-100	2008	RPT	G	
20/03/2026	2330	Reality	Big Food Bucket List	Halva Nice Day	3	10	John jets to sunny San Diego, CA for a crash course in Chicano cooking and wraps up a big ol' burrito stuffed with the Mexi Cali special. French fries!	CANADA	English-100	2022	RPT	G	
20/03/2026	2400	Food Lifestyle	Kitchen Glow Up	From Burnout To Cook-Off	2025	2	Barrie & Morgan are new homeowners & expecting parents. Barrie runs a catering business from home, but with bad storage, a leaky stove hood and no flow.	USA	English-100	2025	RPT	PG	
20/03/2026	2430	Cooking	Rachel Kho's Chocolate	Something For Everyone	1	2	Rachel Kho explores our desire for all things Chocolatey. She visits Hampton Court to find out how in the seventeenth century it became a regular drink for the nobility and goes on a journey.	UNITED KINGDOM	English-100	2021	RPT	G	
20/03/2026	2525	Cooking	Please Eat Slowly BiteSize	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G	
20/03/2026	2530	Cooking	Jamie's Comfort Food	Steak And Onion Sandwich	1	3	Jamie makes sticky toffee pudding with his mum Sally. He rustles up a comfort food with the perfect steak and onion sandwich. Then he cooks an Italian classic, osso buco with saffron risotto.	UNITED KINGDOM	English-100	2014	RPT	G	
20/03/2026	2625	Cooking	Destination Flavour Singapore BiteSize	Janice Wong	1	8	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y
20/03/2026	2630	Food Lifestyle	Come Dine With Me	North Wales: Piers	20	19	It's the fourth night of the competition in North Wales and this time make-up artist Piers is taking centre stage.	UNITED KINGDOM	English-100	2022	RPT	PG	
20/03/2026	2700	Food Lifestyle	Come Dine With Me	North Wales: Laura	20	20	It's the final night of the competition in North Wales, where clinical practitioner Laura is hosting a day at the races and hopes to pip her competitors to the post, for that 1000 pounds prize.	UNITED KINGDOM	English-100	2022	RPT	G	
20/03/2026	2730	Travel	The Cook Up With Adam Liaw	Celebrating Eid	8	6	Adam and his guests, cookbook author Amina Eshafei and Olympic boxer Tina Rahimi, are celebrating Eid with a feast of grand proportions.	AUSTRALIA	English-100	2025	RPT	G	Y
20/03/2026	2800	Cooking	The Cook And The Chef	Seaweed And Scallops	3	38	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery, he's also come to find out what makes Tasmanian seafood so great.	AUSTRALIA	English-100	2008	RPT	G	

20/03/2026	2830	Reality	Big Food Bucket List	Halva Nice Day	3	10	John jets to sunny San Diego, CA for a crash course in Chicano cooking and wraps up a big ol' burrito stuffed with the Mexi-Cali special. French fries!	CANADA	English-100	2022	RPT	G			
21/03/2026	500	Food Lifestyle	Kitchen Glow Up	From Burnout To Cook-Off	2025	2	Barrie & Morgan are new homeowners & expecting parents. Barrie runs a catering business from home, but with bad storage, a leaky stove hood and no flow.	USA	English-100	2025	RPT	PG			
21/03/2026	530	Cooking	Duff: Ace Of Taste	Firehouse Chili	1	1	Firemen love to eat well, so Duff rises to the challenge by showing off his calling card: classic, all-beef Texas chili. Duff digs in and presents a comforting spread of cornbread and cobbler.	USA	English-100	2023	RPT	G			
21/03/2026	600	Travel	Sophie Grigson: Slice Of Italy	Celebration: Any Chance To Eat	2	8	It's Sophie's birthday and she celebrates with friends. It's also festival time so the whole town celebrates. Sophie makes yeasted lemon fritters at home and cooks fish in a paper parcel at the trullo.	UNITED KINGDOM	English-100	2023	RPT	PG			
21/03/2026	630	Cooking	On Country Kitchen	On Country Kitchen	2	3	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	2019	RPT	PG	a	w	Y
21/03/2026	700	Cooking	Mad Good Food	Brunch Grows Up	2023	3	Enough with the endless lines and mimosa! Chef Derrrell Smith has levelled up his brunch. Dishes such as: a 'yellu' grit bowl bar, beer braised pulled pork, and chili fried eggs.	USA	English-100	2023	RPT	PG			
21/03/2026	730	Cooking	My Market Kitchen	Ep 5	6	5	Matt adds a twist to a classic with his lamb shoulder and legendary garlic sauce. Laura transforms the chicken schnitzel into a modern marvel. Chef Toby Puttock dazzles in Victoria's Yarra Valley wine district.	AUSTRALIA	English-100	2021	RPT	G			
21/03/2026	800	Cooking	Lidia's Kitchen	Sweetest Hits, The	7	20	Italian sweets are today's focus and include: blueberry and ricotta Parfait, chocolate zabaglione and raspberry and walnut butter cookies.	USA	English-100	2020	RPT	G			
21/03/2026	830	Travel	Jason Atherton's Dubai Dishes	Jumeirah	2	5	Jason is on the beach in the coastal area of Jumeirah where he delves into the ancient Arabic art of pickling and cooking up dishes, including a Dubai version of a chip butty.	UNITED KINGDOM	English-100	2024	RPT	G			
21/03/2026	925	Cooking	Destination Flavour Singapore Bitesize	Janice Wong	1	8	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G			Y
21/03/2026	930	Cooking	Rachael Ray's Meals in Minutes	Chicken Meatballs With Oatmeal	3	5	Rachael serves up one of her classic brunch dishes-savory chicken meatballs with oatmeal, topped with raisins, pine nuts, and honey.	USA	English-100	2024	RPT				
21/03/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 5	1	5	The Chocolate Queen prepares melt-in-your-mouth Chocolate Macarons and a luscious Peanut Butter Chocolate Bark.	AUSTRALIA	English-100	2018	RPT	G			

21/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Episode 1	2	1	From sweet treats to unexpected delights, Everyday Gourmet returns with another season of Sweet Edition.	AUSTRALIA	English-100	2024	RPT			
21/03/2026	1100	Travel	The Cook Up With Adam Law	Celebrating Eid	8	6	Adam and his guests, cookbook author Amira Elshafei and Olympic boxer Tina Rahimi, are celebrating Eid with a feast of grand proportions.	AUSTRALIA	English-100	2025	RPT	G	Y	
21/03/2026	1130	Cooking	Rachel Khoo's Chocolate	Something For Everyone	1	2	Rachel Khoo explores our desire for all things Chocolatey. She visits Hampton Court to find out how in the seventeenth century it became a regular drink for the nobility and goes on a journey.	UNITED KINGDOM	English-100	2021	RPT	G		
21/03/2026	1225	Cooking	Please Eat Slowly Bitesize	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G		
21/03/2026	1230	Cooking	Jamie's Comfort Food	Steak And Onion Sandwich	1	3	Jamie makes sticky toffee pudding with his mum Sally. He rustles up a comfort food with the perfect steak and onion sandwich. Then he cooks an Italian classic, osso buco with saffron risotto.	UNITED KINGDOM	English-100	2014	RPT	G		
21/03/2026	1325	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewer, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G		
21/03/2026	1330	Cooking	On Country Kitchen	On Country Kitchen	2	3	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y

21/03/2026	1400	Cooking	Mad Good Food	Brunch Grows Up	2023	3	Enough with the endless lines and mimosa! Chef Derrell Smith has levelled up his brunch. Dishes such as: a 'yellu!' grit bowl bar, beer braised pulled pork, and chili fried eggs.	USA	English-100	2023	RPT	PG		
21/03/2026	1430	Cooking	My Market Kitchen	Ep 5	6	5	Matt adds a twist to a classic with his lamb shoulder and legendary garlic sauce. Laura transforms the chicken schnitzel into a modern marvel. Chef Toby Puttock dazzles in Victoria's Yarra Valley wine district.	AUSTRALIA	English-100	2011	RPT	G		
21/03/2026	1500	Cooking	Lida's Kitchen	Sweetest Hits, The	7	20	Italian sweets are today's focus and include: blueberry and ricotta Parfait, chocolate zabaglione and raspberry and walnut butter cookies.	USA	English-100	2020	RPT	G		
21/03/2026	1530	Travel	Jason Atherton's Dubai Dishes	Jumeirah	2	5	Jason is on the beach in the coastal area of Jumeirah where he delves into the ancient Arabic art of pickling and cooking up dishes, including a Dubai version of a chip butty.	UNITED KINGDOM	English-100	2024	RPT	G		
21/03/2026	1625	Cooking	Please Eat Slowly Bitesize	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G		
21/03/2026	1630	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 3	1	3	In this episode Hotel Chocolat moves into the world of cakes and pastries as they launch their first ever in-store bakery.	UNITED KINGDOM	English-100	2025	RPT	PG		
21/03/2026	1730	Cooking	Paula McIntyre's Hamely Kitchen Specials	Paula McIntyre's Burns Night Banquet	1	3	Paula usually celebrates Burns Night by cooking neeps and tatties alongside some haggis. This year is a little different. She challenges herself with re-creating traditional recipes.	UNITED KINGDOM	English-100	2022	RPT	G		
21/03/2026	1810	Cooking	Nadya's Cook Once, Eat Twice	Easy Peasy Bakes	1	5	In the fifth of this new six-part crafty cooking series, Nadya shares her favourite foolgood recipes, sweet and savoury, that are not only guaranteed to lift the spirits but will impress.	UNITED KINGDOM	English-100	2024	RPT	G		
21/03/2026	1840	Travel	Jamie's Food Escapes	French Pyrenees, The	1	5	This is peasant country where, although the people are not wealthy, they eat like kings. The food here is rich and fatty, yet they have the highest life-expectancy in France. Jamie goes truffle hunting with a pig and bear hunting with dogs. He is intrigued into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100	2009	RPT	PG	a w	
21/03/2026	1935	Cooking	Air Fryer Diet: Lose Weight, Cook Fast	Episode 1	1	1	This series is packed full of ingenious ways to feel healthier, save cash and smash your way into the New Year, with your trusted airfryer by your side.	UNITED KINGDOM	English-100	2025	RPT	G		
21/03/2026	2030	Travel	Rick Stein's Long Weekends	Lisbon	2	1	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world. The culinary effects of Portugal's historic explorations are still seen in its dishes with hints of cinnamon and freshly chopped coriander from the east and tomatoes and chillies from the Americas. Rick is inspired to cook the city favourite seafood God Fritters, delicious Almond Tart - a favourite dish throughout Portugal. With seafood at the forefront of his mind, he makes sure he arrives just in time for Lisbon's famous St. Anthony's Day Parade and Sardine Festival.	UNITED KINGDOM	English-100	2016	RPT	PG	a n w	Y
21/03/2026	2135	Travel	Mind Of A Chef	Buddies	1	16	Chang cooks and goofs around with his friends Daniel Patterson, Claude Bossi, Sat Bains, Rene Redzepi, and Laurent Gras.	USA	English-100	2012	RPT	PG	I	

21/03/2026	2200	Cooking	Deliciously Twisted Classics	Mexican American Mashups	1	17	These terrific twists on Mexican flavors allow creative chefs to show off their culinary skills.	USA	English-100	2023		PG
21/03/2026	2230	Food Lifestyle	Masters Of Savours	Masters Of Bread	1	9	Meet the passionate people who have made bread their profession. Whether in France, Greece, or Italy, bread is a symbol coated with traditions and a source of social bonds.	FRANCE	English-100	2022	RPT	G
21/03/2026	2330	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 3	1	3	In this episode Hotel Chocolat moves into the world of cakes and pastries as they launch their first ever in-store bakery.	UNITED KINGDOM	English-100	2025	RPT	PG
21/03/2026	2430	Cooking	Paula McIntyre's Hamely Kitchen Specials	Paula McIntyre's Burns Night Banquet	1	3	Paula usually celebrates Burns Night by cooking neeps and tatties alongside some haggis. This year is a little different. She challenges herself with re-creating traditional recipes.	UNITED KINGDOM	English-100	2022	RPT	G
21/03/2026	2510	Cooking	Nadiya's Cook Once, Eat Twice	Easy Peasy Bakes	1	5	In the fifth of this new six-part crafty cooking series, Nadiya shares her favourite feelgood recipes, sweet and savoury, that are not only guaranteed to lift the spirits but will impress.	UNITED KINGDOM	English-100	2024	RPT	G