



WEEK 09 Sunday, 22 February 2026 Saturday, 28 February 2026

ALL MARKETS

Date	Start Time	Genre	Title	Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
22/02/2026	500	Cooking	Toast The Host: How To Entertain At Home	Dinner Party Part 1, The	1	7	Preparation is the key to hosting a successful dinner party and there is no place like home to hone your event planning skills.	AUSTRALIA	English-100	2024	RPT	G				
22/02/2026	530	Travel	Jason Atherton's Dubai Dishes	Dubai Innovations	1	9	Jason cooks up some classic British and French dishes from his first time in Dubai over 20 years ago. He celebrates his dear friend Gary Rhodes and cook up some classic Rhodes dishes.	UNITED KINGDOM	English-100	2023	RPT	G				
22/02/2026	625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	1	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y		
22/02/2026	630	Travel	Jamie's Food Escapes	Marrakesh	1	1	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures. In the alleys of the old Medina and the cafes of the Dj El Fna square he tries out the street food of the city.	UNITED KINGDOM	English-100	2009	RPT	PG				
22/02/2026	730	Food Lifestyle	What Not To Eat	Cambridgeshire: The Chapmans	1	2	Professor Tim Spector and Kandi E (of <i>Not On The High Street</i>) reveal how many chemicals are lurking in a simple slice of ultra-processed ham. They help Nick and Sarah from Cambridgeshire ditch their sausage rolls and wine and attempt to take on fermented foods.	UNITED KINGDOM	English-100	2025	RPT	G				
22/02/2026	830	Travel	Rick Stein's Long Weekends	Berlin	1	3	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side. A city that once made history with its divisive wall and Checkpoint Charlie teams today with an overwhelming array of innovative chefs offering delicious seasonal creations like pureed sunflower seeds, Jerusalem artichoke flans and crushed frozen pine nuts.	UNITED KINGDOM	English-100	2016	RPT	G		Y		
22/02/2026	935	Travel	Mind Of A Chef	Gluttony	1	8	It's glutinous goodness in this episode. Chang engages in over-the-top indulgence with comedian Aziz Ansari and Joe Beef's Frederic Morin and David McMillan, including the chef's foie gras sandwich.	USA	English-100	2012	RPT	PG				
22/02/2026	1000	Cooking	Deliciously Twisted Classics	Expensively Twisted Treats	1	9	In this episode, chefs across the nation show off their most expensive creations by elevating classic foods with over-the-top ingredients.	USA	English-100	2023	RPT	PG				
22/02/2026	1010	Food Lifestyle	Masters Of Savour	Masters Of Tea	1	1	From the legendary Darjeeling valleys of India to the Japanese hills of Shizuoka, we join experts as they uncover the fascinating world of tea.	FRANCE	English-100	2022	RPT	G				
22/02/2026	1130	Travel	Jason Atherton's Dubai Dishes	Dubai Innovations	1	9	Jason cooks up some classic British and French dishes from his first time in Dubai over 20 years ago. He celebrates his dear friend Gary Rhodes and cook up some classic Rhodes dishes.	UNITED KINGDOM	English-100	2023	RPT	G				
22/02/2026	1225	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	1	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y		
22/02/2026	1230	Travel	Jamie's Food Escapes	Marrakesh	1	1	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures. In the alleys of the old Medina and the cafes of the Dj El Fna square he tries out the street food of the city.	UNITED KINGDOM	English-100	2009	RPT	PG				
22/02/2026	1330	Cooking	Nadiya's Cook Once, Eat Twice	Everyday Heroes	1	1	Nadiya Hussain kicks off this new six-part crafty cooking series encouraging us to make overlooked, everyday ingredients the star of the show.	UNITED KINGDOM	English-100	2024	RPT	G				
22/02/2026	1400	Cooking	The Cook Up With Adam Liaw	Family Reunion Dinner	9	1	Adam is hosting a family reunion dinner for Lunar New Year, and tonight, his family's none other than dumpling dynamo Brendan Pang and comedian Annie Louisy.	AUSTRALIA	English-100	2025	RPT	G		Y		
22/02/2026	1430	Cooking	The Cook Up With Adam Liaw	Lucky Fish	9	2	Happy Lunar New Year! Are you feeling lucky? Because Adam, cook Khanh Ong and comedian Ting Lim are making lucky fish!	AUSTRALIA	English-100	2025	RPT	G		Y		
22/02/2026	1500	Cooking	The Cook Up With Adam Liaw	Bring A Plate	9	3	Tonight, Adam is celebrating Lunar New Year with chef Kay Lene Tan and writer Benjamin Law, and he's asked them to bring a plate!	AUSTRALIA	English-100	2025	RPT	G		Y		

22/02/2026	1530	Cooking	The Cook Up With Adam Liaw	Dreamy Desserts	7	69	It's a night of dreamy desserts on The Cook Up, as chef Jack Brown and Kitana Mansell from Palawa Kipi join Adam for a sugar hit or three.	AUSTRALIA	English-100	2024	RPT	G	Y	
22/02/2026	1600	Cooking	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	7	70	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100	2024	RPT	G	Y	
22/02/2026	1630	Travel	A New Zealand Food Story	Episode 3	4	3	Ben's travels to Hastings and discovers a holistic fully vertically integrated approach to creating grass fed Angus beef.	NEW ZEALAND	English-100	2024	RPT	G		
22/02/2026	1700	Travel	Food Trail South Africa	Wine Country	2	7	To start the wine focused chapter of this Food Trail, Warren is in the Franschhoek Valley, exploring the endless bounty of Boschendal Wine Estate. After a ride on a hop-on-hop-off train through the vineyards he dives into a tasting and cooks some decadent lamb shanks.	AUSTRALIA	English-100	2023	RPT	PG	Y	
22/02/2026	1730	Travel	Adam Richman Eats Football	Manchester United	2024	7	Adam heads to Manchester to watch Manchester United in the Europa League and to explore the best matchday eats in this fast-changing global city. He takes on an epic seafood boil filled with the biggest prawns he's ever seen.	UNITED KINGDOM	English-100	2024	RPT	G		
22/02/2026	1800	Travel	Adam Richman Eats Football	Tottenham Hotspur	2024	8	Adam's in North London to watch his team, Tottenham Hotspur, play in the Europa League. While he's in town he plans to explore the best food the area has to offer.	UNITED KINGDOM	English-100	2024	RPT	PG		
22/02/2026	1830	Travel	Gordon Ramsay: Uncharted	Holy Mole Mexico	3	8	Gordon explores Mexico's culinary capital, a city steeped in history and tradition. His mission is to unlock the secrets and the key ingredients of Mole. Gordon scales cliffs on the hunt for edible insects, chops down agave in the scorching heat and learns how to make mole with a master.	UNITED KINGDOM	English-100	2021	RPT	PG	all	Y
22/02/2026	1925	Cooking	Destination Flavour China Bitesize	Shanghai Style Wonton Soup	1	8	All the best moments and bites from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G	Y	
22/02/2026	1930	Travel	Shane Della's Malta	Malta	1	1	Shane Della arrives in Malta to see how modern Maltese cuisine is grounded in its traditions and history. Starting in the fishing village of Marsaxlokk.	AUSTRALIA	English-100	2025	RPT	G	Y	
22/02/2026	2000	Travel	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 2	1	2	Justine visits one of the oldest Chinese Tea Houses in Macao and later is joined by one of Macao's most distinguished Portuguese chefs, Antonio Coelho, to prepare one of his most popular dishes.	AUSTRALIA	English-100	2019	RPT	G		
22/02/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	3	6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100	2022	RPT	PG		
22/02/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 7	3	7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100	2022	RPT	PG		
22/02/2026	2130	Travel	Mind Of A Chef	Chef	1	9	Chang hangs and compares egg dishes with a bunch of his chef pals: Wylie Dufresne (egg benedict), Daniel Patterson (egg swirl), and Rene Redzepi (gulai egg) and engages in a conversation on modernity with Dufresne and Anthony Bourdain.	USA	English-100	2012	RPT	PG		
22/02/2026	2200	Cooking	Deliciously Twisted Classics	Breaking Breakfast	1	10	Breakfast may be the most important meal of the day, but that doesn't mean we can't reinvent it to create an amazing and even more delicious meal.	USA	English-100	2023	RPT	PG		
22/02/2026	2230	Food Lifestyle	Masters Of Savours	Masters Of Rice	1	2	Join us on a journey deeply rooted in Asia where we discover local customs around the common but spectacular grain: rice.	FRANCE	English-100	2022	RPT	PG		
22/02/2026	2330	Travel	A New Zealand Food Story	Episode 3	4	3	Ben's travels to Hastings and discovers a holistic fully vertically integrated approach to creating grass fed Angus beef.	NEW ZEALAND	English-100	2024	RPT	G		
22/02/2026	2400	Travel	Food Trail South Africa	Wine Country	2	7	To start the wine focused chapter of this Food Trail, Warren is in the Franschhoek Valley, exploring the endless bounty of Boschendal Wine Estate. After a ride on a hop-on-hop-off train through the vineyards he dives into a tasting and cooks some decadent lamb shanks.	AUSTRALIA	English-100	2023	RPT	PG	Y	
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22/02/2026	2500	Travel	Adam Richman Eats Football	Tottenham Hotspur	2024	8	Adam's in North London to watch his team, Tottenham Hotspur, play in the Europa League. While he's in town he plans to explore the best food the area has to offer.	UNITED KINGDOM	English-100	2024	RPT	PG	
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22/02/2026	2625	Cooking	Destination Flavour China Bitesize	Shanghai Style Wonton Soup	1	8	All the best moments and bites from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G	Y
22/02/2026	2630	Travel	Shane Delia's Malta	Malta	1	1	Shane Delia arrives in Malta to see how modern Maltese cuisine is grounded in its traditions and history. Starting in the fishing village of Marsaxlokk.	AUSTRALIA	English-100	2025	RPT	G	Y
22/02/2026	2700	Travel	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 2	1	2	Justine visits one of the oldest Chinese Tea Houses in Macao and later is joined by one of Macao's most distinguished Portuguese chefs, Antonio Coelho, to prepare one of his most popular dishes.	AUSTRALIA	English-100	2019	RPT	G	
22/02/2026	2730	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	3	6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100	2022	RPT	PG	
22/02/2026	2800	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 7	3	7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100	2022	RPT	PG	
22/02/2026	2830	Travel	Mind Of A Chef	Chef	1	9	Chang hangs and compares egg clutches with a bunch of his chef pals: Kylie Dufresne (eggs benedict), Daniel Patterson (egg swirl), and Rene Redzepi (quail egg) and engages in a conversation on mediorcality with Dufresne and Anthony Bourdain.	USA	English-100	2012	RPT	PG	
23/02/2026	500	Cooking	The Cook Up With Adam Liaw	Family Reunion Dinner	9	1	Adam is hosting a family reunion dinner for Lunar New Year, and tonight, his family is none other than dumpling dynamo Brendan Pang and comedian Annie Louie.	AUSTRALIA	English-100	2025	RPT	G	Y
23/02/2026	530	Cooking	The Cook Up With Adam Liaw	Lucky Fish	9	2	Happy Lunar New Year! Are you feeling lucky? Because Adam, cook Khanh Ong and comedian Ting Lim are making lucky fish!	AUSTRALIA	English-100	2025	RPT	G	Y
23/02/2026	600	Cooking	The Cook Up With Adam Liaw	Bring A Plate	9	3	Tonight, Adam is celebrating Lunar New Year with chef Kay-Lene Tan and writer Benjamin Law, and he's asked them to bring a plate!	AUSTRALIA	English-100	2025	RPT	G	Y
23/02/2026	630	Cooking	The Cook Up With Adam Liaw	Dreamy Desserts	7	69	It's a night of dreamy desserts on The Cook Up, as chef Jack Brown and Kitana Mansell from Palawa Kipili join Adam for a sugar hit or three.	AUSTRALIA	English-100	2024	RPT	G	Y
23/02/2026	700	Cooking	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	7	70	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100	2024	RPT	G	Y
23/02/2026	730	Travel	A New Zealand Food Story	Episode 3	4	3	Ben's travels to Hastings and discovers a holistic fully vertically integrated approach to creating grass fed Angus beef.	NEW ZEALAND	English-100	2024	RPT	G	
23/02/2026	800	Travel	Food Trail South Africa	Wine Country	2	7	To start the wine focused chapter of this Food Trail, Warren is in the Franschhoek Valley, exploring the endless bounty of Boschendal Wine Estate. After a ride on a hop-on-hop-off-tram through the vineyards he dives into a tasting and cooks some decadent lamb shanks.	AUSTRALIA	English-100	2023	RPT	PG	
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23/02/2026	900	Travel	Adam Richman Eats Football	Tottenham Hotspur	2024	8	Adam's in North London to watch his team, Tottenham Hotspur, play in the Europa League. While he's in town he plans to explore the best food the area has to offer.	UNITED KINGDOM	English-100	2024	RPT	PG	

23/02/2026	930	Travel	Gordon Ramsay: Uncharted	Holy Mole Mexico	3	8	Gordon explores Mexico's culinary capital, a city steeped in history and tradition. His mission is to unlock the secrets and the key ingredients of Mole. Gordon scales cliffs on the hunt for edible insects, chops down agave in the sweltering heat and learns how to make mole with a master.	UNITED KINGDOM	English-100	2021	RPT	PG	a/w	Y
23/02/2026	1025	Cooking	Destination Flavour China Bitesize	Shanghai Style Wonton Soup	1	8	All the best moments and bites from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y
23/02/2026	1030	Travel	Shane Della's Malta	Malta	1	1	Shane Della arrives in Malta to see how modern Maltese cuisine is grounded in its traditions and history. Starting in the fishing village of Marsaxlokk.	AUSTRALIA	English-100	2025	RPT	G		Y
23/02/2026	1100	Travel	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 2	1	2	Justine visits one of the oldest Chinese Tea Houses in Macao and later is joined by one of Macao's most distinguished Portuguese chefs, Antonio Coelho, to prepare one of his most popular dishes.	AUSTRALIA	English-100	2019	RPT	G		
23/02/2026	1130	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	3	6	Rick visits an ancient Cornish farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100	2022	RPT	PG		
23/02/2026	1200	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 7	3	7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100	2022	RPT	PG		
23/02/2026	1230	Reality	Great Chocolate Showdown	Pie Society	4	3	Eight home bakers must become pastry Picasso's as they make pies with a decorative crust.	CANADA	English-100	2023	RPT	PG		
23/02/2026	1325	Cooking	Destination Flavour Singapore Bitesize	Hainanese Chicken	1	1	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
23/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Malmö, Copenhagen	4	10	Tareq Taylor returns to his home turf to see what has happened and what the future might bring to the new Nordic cuisine.	SWEDEN	English-100	2016	RPT	PG		
23/02/2026	1400	Travel	Cooking Italy	Tuscany Part 2	2023	9	Francesco, the owner of Poggio Foco, sends Chefs Rob and Craig to his favorite local cheese production house famous for ricotta and pecorino.	CANADA	English-100	2023	RPT	PG		
23/02/2026	1430	Cooking	Strait To The Plate	Batu	1	1	Starting his journey in the Western islands of the Torres Strait, Aaron Fa'aloa meets an old friend. As well as warlords, sailors, and fishermen, the island of Batu is also home to some amazing cooks.	AUSTRALIA	English-100	2020	RPT	PG	a/w	Y
23/02/2026	1500	Cooking	Ready Jet Cook	Chinese Cuisines: Sichuan And Dim Sum	2	2	Jet Tila leads a culinary tour across China as he makes two popular dishes from two different regions. He prepares Dim Sum Gwai Mai Dumplings in a steamer for a restaurant style experience and whips up some Sichuan Dan Dan Noodles packed with umami flavor.	USA	English-100	2024	RPT	PG		
23/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Coffs Harbour	6	3	The trawler's just coming in at Coffs and Hayden helps unload the prawns before heading off on a stand-up paddle board tour with local Indigenous guide Jamie, then Hayden grabs some fresh produce from organic farmer Alice, and heads up the range to Burring to cook up a feast.	AUSTRALIA	English-100	2022	RPT	G		
23/02/2026	1600	Cooking	Ulidia's Kitchen	Childhood Cravings	7	1	Ulidia remembers some of her fondest childhood recipes that were made by her Grandmother Rosa in Italy – including mussels triestina and cavatappi with beef guazzetto.	USA	English-100	2020	RPT	G		
23/02/2026	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-5; Indonesian-5; Maltese-5; (Chinese) 5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	PG	a		Y
23/02/2026	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-5; Indonesian-5; Maltese-5; (Chinese) 5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	G			Y
23/02/2026	1730	Cooking	Rachael Ray's Meals in Minutes	Simple Beef Stew	2	26	Rachael shows how to make a hearty beef stew that is both versatile and delicious and serves it with her mother's famous 'pucky huddle' potato fries.	USA	English-100	2024		PG		
23/02/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Delhi - Mughal Food	2	2	Gary Mehigan is on a quest to experience the true Mughal flavours and have a taste of Rampur's Royal Cuisine. Will his dish impress his discerning hosts?	USA	English-100	2019	RPT	G		

23/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 21	4	21	Justine shows you a classic eggs benedict, whips up a delicious Spanish chicken rice and makes some crunchy-spiced granola clusters.	AUSTRALIA	English-100	2014	RPT	G		
23/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Crunchy Comfort	9	4	If your kitchen table needs some crunchy comfort, cooks and cookbook authors Nat Thaipun, Tom Forrest and Adam have got you covered.	AUSTRALIA	English-100	2025	G	Y		
23/02/2026	1930	Cooking	Donal's Family Kitchen	Slow Down	1	1	Some days are meant for taking a step back from the daily grind and slowing down. Although these days are rare Donal loves nothing more than spending them in the kitchen.	UNITED KINGDOM	English-100	2021	G			
23/02/2026	2000	Cooking	Mary Berry Makes It Easy	More Will Than Skill	1	2	Mary shows Jordan some delicious recipes, and he takes Mary to the pub for a game of darts.	UNITED KINGDOM	English-100	2023	RPT	G		
23/02/2026	2030	Food Lifestyle	River Cottage Everyday	Lunch	1	6	Hugh Fearnley-Whittingstall rejuvenates the working-week lunch. Creating the ultimate cheese sandwich with the help of his chef's Gill and Tim and encouraging staff to embrace DIY lunchboxes.	UNITED KINGDOM	English-100	2010	PG			
23/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 11	1	11	The Cloak and Dagger kick off the Bristol competition with Head chef Sebastian and general manager Alex showcasing their sustainable fine food.	UNITED KINGDOM	English-100	2022	PG			
23/02/2026	2225	Travel	Destination Flavour Japan Bitesize	Hokkaido	1	1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
23/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Crunchy Comfort	9	4	If your kitchen table needs some crunchy comfort, cooks and cookbook authors Nat Thaipun, Tom Forrest and Adam have got you covered.	AUSTRALIA	English-100	2025	RPT	G	Y	
23/02/2026	2300	Cooking	The Cook And The Chef	Land Of The Long White Cloud	3	19	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and great produce. Maggie and Simon kick off their journey in Hobart, where they find out how the local Maori people have cleverly harnessed the famous geothermal properties of the area for cooking purposes.	AUSTRALIA	English-100	2008	RPT	G		
23/02/2026	2330	Reality	Great Chocolate Showdown	Pie Society	4	3	Eight home bakers must become pastry Picasso's as they make pies with a decorative crust.	CANADA	English-100	2023	RPT	PG		
23/02/2026	2425	Cooking	Destination Flavour Singapore Bitesize	Hainanese Chicken	1	1	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
23/02/2026	2430	Cooking	Donal's Family Kitchen	Slow Down	1	1	Some days are meant for taking a step back from the daily grind and slowing down. Although these days are rare Donal loves nothing more than spending them in the kitchen.	UNITED KINGDOM	English-100	2021	RPT	G		
23/02/2026	2500	Cooking	Mary Berry Makes It Easy	More Will Than Skill	1	2	Mary shows Jordan some delicious recipes, and he takes Mary to the pub for a game of darts.	UNITED KINGDOM	English-100	2023	RPT	G		
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24/02/2026	530	Reality	Great Chocolate Showdown	Pie Society	4	3	Eight home bakers must become pastry Picassos as they make pies with a decorative crust.	CANADA	English-100	2023	RPT	PG				
24/02/2026	625	Cooking	Destination Flavour Singapore Bitesize	Hainanese Chicken	1	1	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y			
24/02/2026	630	Cooking	Strait To The Plate	Batu	1	1	Starting his journey in the Western Islands of the Trossi Strait, Aaron Fa'asopo meets an old friend. As well as warriors, sailors, and fishermen, the island of Batu is also home to some amazing cooks.	AUSTRALIA	English-100	2020	RPT	PG	a w	Y	Y	Y
24/02/2026	700	Cooking	Ready Jet Cook	Chinese Cuisines: Sichuan And Dim Sum	2	2	Jet Tila leads a culinary tour across China as he makes two popular dishes from two different regions. He prepares Gm Sum Sew Mai Dumplings in a steamer for a restaurant-style experience and whips up some Sichuan Dan Dan Noodles packed with umami flavor.	USA	English-100	2024	RPT	PG				
24/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Coffs Harbour	6	3	The trawler's just coming in at Coffs and Hayden helps unload the prawns before heading off on a stand-up-paddle board tour with local Indigenous guide Jamie, then Hayden grabs some fresh produce from organic farmer Alice, and heads up the range to Borrigo to cook up a feast.	AUSTRALIA	English-100	2022	RPT	G				
24/02/2026	800	Cooking	Lidia's Kitchen	Childhood Cravings	7	1	Lidia remembers some of her fondest childhood recipes that were made by her Grandmother Rosa in Italy – including mussels triestina and cavatappi with beef guazzetto.	USA	English-100	2020	RPT	G				
24/02/2026	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-5; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	PG	a	Y		
24/02/2026	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-5; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	RPT	G		Y		
24/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Simple Beef Stew	2	26	Rachael shows how to make a hearty beef stew that is both versatile and delicious and serves it with her mother's famous 'pucky huddle' potato fries.	USA	English-100	2024	RPT	PG				
24/02/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Delhi - Mughal Food	2	2	Gary Mehigan is on a quest to experience the true Mughal flavours and have a taste of Rampur's Royal Cuisine. Will his dish impress his discerning hosts?	USA	English-100	2019	RPT	G				
24/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 21	4	21	Justine shows you a classic eggs benedict, whips up a delicious Spanish chicken rice and makes some crunchy-spiced granola clusters.	AUSTRALIA	English-100	2014	RPT	G				
24/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Crunchy Comfort	9	4	If your kitchen table needs some crunchy comfort, cooks and cookbook authors Nat Thaipun, Tom Forrest and Adam have got you covered.	AUSTRALIA	English-100	2025	RPT	G	Y			
24/02/2026	1130	Cooking	Donald's Family Kitchen	Slow Down	1	1	Some days are meant for taking a step back from the daily grind and slowing down. Although these days are rare Donald loves nothing more than spending them in the kitchen.	UNITED KINGDOM	English-100	2021	RPT	G				

24/02/2026	1200	Cooking	Mary Berry Makes It Easy	More Will Than Skill	1	2	Mary shows Jordan some delicious recipes, and he takes Mary to the pub for a game of darts.	UNITED KINGDOM	English-100	2023	RPT	G		
24/02/2026	1230	Reality	Great Chocolate Showdown	Best Fruit Forward	4	4	The home bakers delve into fruit jellies and bewel a chocolate sculpture in pate de fruits.	CANADA	English-100	2023	RPT	PG		
24/02/2026	1325	Cooking	Destination Flavour Singapore Bitesize	Haril Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
24/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Dalsland, West Sweden: Gastronomy Of The Wild	5	1	Tareq Taylor puts on his hiking boots and explores the pilgrim trail of west Sweden. This episode will include outdoor cooking, foraging and beaver safaris.	SWEDEN	English-100	2021	RPT	PG	a w	
24/02/2026	1400	Travel	Cooking Italy	Rome	2023	10	The final day of the cooking adventure begins at a local grocery shop, then a walk through the Testaccio neighbourhood, and finally to a market where the chef guide, Manuela, shows off fresh produce.	CANADA	English-100	2023	RPT	PG		
24/02/2026	1430	Cooking	Strait To The Plate	Npa Homecoming	1	2	Aaron returns home to his old stomping ground, the Northern Peninsula Area at the tip of Cape York.	AUSTRALIA	English-100	2020	RPT	G	Y	Y
24/02/2026	1500	Cooking	Ready Jet Cook	Northern Thai Favorites	2	3	The northern region of Thailand is home to some of Jet Tila's favorite hearty and savory dishes.	USA	English-100	2024	RPT	PG		
24/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Port Macquarie	6	4	The Sunrise Swimmers take Hayden out before dawn to get the perfect fresh start for his day, then we're in for a treat as we head out whale watching. Keeping the day going, Hayden samples some local wine before heading to a picture perfect sustainable estate for horse riding, veggie and a sunset BBQ.	AUSTRALIA	English-100	2022	RPT	G		
24/02/2026	1600	Cooking	Lidia's Kitchen	Memories Of The Mountains	7	2	Northern Italy has stunning mountains and scenery on the Italian peninsula. Lidia explores some of the classic culinary traditions including a hearty minestrone soup, stuffed cabbage, and gelato.	USA	English-100	2020	RPT	G		
24/02/2026	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-5; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	G	Y		
24/02/2026	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-5; Cantonese-5; Hokkien (Chinese)-5; Indonesian-5; Malay-5; Mandarin-5; Sundanese-5; Tagalog-5; Tamil-5; Thai-5	2025	G	Y		
24/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Armenian Easter	2	27	Rachael loves Armenian food and shows how to prepare a traditional Armenian Easter feast of stuffed cabbage rolls, baked rainbow trout, and sweet and savory glazed fruit and potatoes.	USA	English-100	2024	PG			
24/02/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Delhi - Kashmiri Food	2	3	Hot kahwah, baked goodies and mutton malsi! Gary Mehigan enjoys a Kashmiri feast and cooks Morels for Amit Kilam and The Indian Ocean.	USA	English-100	2019	RPT	G		
24/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 22	4	22	Adam Swanson cooks up his mouth-watering cheese and spinach tortellini, and then Justine shares her glazed salmon fillets, cauliflower tabouli and finishes up with a pineapple tart tartin.	AUSTRALIA	English-100	2014	RPT	G		
24/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Plate In The Sun, A	9	5	Forget the forecast. The vibes are great as Adam, chef Oscar Solomon and host Brooke Blurton prepare a plate to enjoy in the sun.	AUSTRALIA	English-100	2025	G	Y		
24/02/2026	1930	Cooking	Silvia's Italian Masterclass	Episode 1	3	1	Sun soaked groves of Italy to the heart of the kitchen, exploring the enduring romance Italians share with fragrant lemons, blushing oranges, and endless ways they bring freshness to daily cooking.	AUSTRALIA	English-100	2025				
24/02/2026	2000	Travel	Adam Richman Eats Britain	Aberdeen Angus	1	3	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 Aberdeen to try the best of its world-famous beef, Aberdeen Angus, at one of the city's finest steak restaurants.	UNITED KINGDOM	English-100	2024	RPT	G		
24/02/2026	2030	Travel	This Tastes Funny	Episode 3	1	3	The ultimate kiwi road trip takes Iliza and Noah to the spectacular South Island home of the mountains made famous by The Lord of the Rings.	NEW ZEALAND	English-100	2025	PG			
24/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 12	1	12	Today's show is in West Yorkshire and first up are family Restaurant, The Quarry, with front of house manager Richard and chef John showcasing locally sourced British food.	UNITED KINGDOM	English-100	2022	PG			

24/02/2026	2225	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
24/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Plate In The Sun, A	9	5	Forget the forecast. The vibes are great as Adam, chef Oscar Solomon and host Brooke Blurton prepare a plate to enjoy in the sun.	AUSTRALIA	English-100	2025	RPT	G	Y
24/02/2026	2300	Cooking	The Cook And The Chef	Kumara And Venison	3	20	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100	2008	RPT	G	
24/02/2026	2330	Reality	Great Chocolate Showdown	Best Fruit Forward	4	4	The home bakers delve into fruit jellies and bejewel a chocolate sculpture in pate de fruits.	CANADA	English-100	2023	RPT	PG	
24/02/2026	2425	Cooking	Destination Flavour Singapore Bitesize	Har! Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y
24/02/2026	2430	Cooking	Silvia's Italian Masterclass	Episode 1	3	1	Sun soaked groves of Italy to the heart of the kitchen, exploring the enduring romance Italians share with fragrant lemons, blushing oranges, and endless ways they bring freshness to daily cooking.	AUSTRALIA	English-100	2025	RPT		
24/02/2026	2500	Travel	Adam Richman Eats Britain	Aberdeen Angus	1	3	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 Aberdeen to try the best of its world-famous beef, Aberdeen Angus, at one of the city's finest steak restaurants.	UNITED KINGDOM	English-100	2024	RPT	G	
24/02/2026	2530	Travel	This Tastes Funny	Episode 3	1	3	The ultimate kiwi road trip takes Iliza and Noah to the spectacular South Island home of the mountains made famous by The Lord of the Rings.	NEW ZEALAND	English-100	2025	RPT	PG	
24/02/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 12	1	12	Today's show is in West Yorkshire and first up are family Restaurant, The Quarry, with front of house manager Richard and chef John showcasing locally sourced British fish.	UNITED KINGDOM	English-100	2022	RPT	PG	
24/02/2026	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
24/02/2026	2730	Cooking	The Cook Up With Adam Liaw	Plate In The Sun, A	9	5	Forget the forecast. The vibes are great as Adam, chef Oscar Solomon and host Brooke Blurton prepare a plate to enjoy in the sun.	AUSTRALIA	English-100	2025	RPT	G	Y
24/02/2026	2800	Cooking	The Cook And The Chef	Kumara And Venison	3	20	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100	2008	RPT	G	
24/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Dalsland, West Sweden: Gastronomy Of The Wild	5	1	Tareq Taylor puts on his hiking boots and explores the pilgrim trail of west Sweden. This episode will include outdoor cooking, foraging and beaver safaris.	SWEDEN	English-100	2021	RPT	PG	a w
25/02/2026	500	Travel	Cooking Italy	Rome	2023	10	The final day of the cooking adventure begins at a local pastry shop, then a walk through the Testaccio neighbourhood, and finally to a market where the chef guide, Manuela, shows off fresh produce.	CANADA	English-100	2023	RPT	PG	
25/02/2026	530	Reality	Great Chocolate Showdown	Best Fruit Forward	4	4	The home bakers delve into fruit jellies and bejewel a chocolate sculpture in pate de fruits.	CANADA	English-100	2023	RPT	PG	
25/02/2026	625	Cooking	Destination Flavour Singapore Bitesize	Har! Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y

25/02/2026	630	Cooking	Strait To The Plate	Npa Homecoming	1	2	Aaron returns home to his old stomping ground, the Northern Peninsula Area at the tip of Cape York.	AUSTRALIA	English-100	2020	RPT	G	Y	Y
25/02/2026	700	Cooking	Ready Jet Cook	Northern Thai Favorites	2	3	The northern region of Thailand is home to some of Jet Tila's favorite hearty and savory dishes.	USA	English-100	2024	RPT	PG		
25/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Port Macquarie	6	4	The Sunrise Swimmers take Hayden out before dawn to get the perfect fresh start for his day, then we're in for a treat as we head out whale watching. Keeping the day going, Hayden samples some local wine before heading to a picture perfect sustainable estate for horse riding, veggies and a sunset BBQ.	AUSTRALIA	English-100	2022	RPT	G		
25/02/2026	800	Cooking	Lidia's Kitchen	Memories Of The Mountains	7	2	Northern Italy has stunning mountains and scenery on the Italian peninsula. Lidia explores some of the classic culinary traditions including a hearty minestrone soup, stuffed cabbage, and gelato.	USA	English-100	2020	RPT	G		
25/02/2026	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
25/02/2026	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
25/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Armenian Easter	2	27	Rachael loves Armenian food and shows how to prepare a traditional Armenian Easter feast of stuffed cabbage rolls, baked rainbow trout, and sweet and savory glazed fruit and potatoes.	USA	English-100	2024	RPT	PG		
25/02/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Delhi - Kashmiri Food	2	3	Hot kahwah, baked goodies and mutton mstis! Gary Mehigan enjoys a Kashmiri feast and cooks Morels for Amit Klam and The Indian Ocean.	USA	English-100	2019	RPT	G		
25/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 22	4	22	Adam Swanson cooks up his mouth-watering cheese and spinach tortellini, and then Justine shares her glazed salmon fillets, cauliflower tabouli and finishes up with a pineapple tart tart.	AUSTRALIA	English-100	2014	RPT	G		
25/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Plate In The Sun, A	9	5	Forget the forecast. The vibes are great as Adam, chef Oscar Solomon and host Brooke Burton prepare a plate to enjoy in the sun.	AUSTRALIA	English-100	2025	RPT	G		Y
25/02/2026	1130	Cooking	Silvia's Italian Masterclass	Episode 1	3	1	Sun soaked groves of Italy to the heart of the kitchen, exploring the enduring romance Italians share with fragrant lemons, blushing oranges, and endless ways they bring freshness to daily cooking.	AUSTRALIA	English-100	2025	RPT			
25/02/2026	1200	Travel	Adam Richman Eats Britain	Aberdeen Angus	1	3	Global food explorer Adam is touring Britain, one destination, 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 Aberdeen to try the best of its world famous beef, Aberdeen Angus, at one of the city's finest steak restaurants.	UNITED KINGDOM	English-100	2024	RPT	G		
25/02/2026	1230	Reality	Great Chocolate Showdown	World Of Flavor	4	5	With immunity off the table, the top six bakers pair up to build a magnificent meringue tower.	CANADA	English-100	2023	RPT	G		
25/02/2026	1325	Cooking	Destination Flavours Singapore Bitsize	Lamb Kebabs	1	3	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
25/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Stockholm: Big City For Foodies	5	2	When Tareq arrives in Stockholm he encounters innovation and world class gastronomy. He makes pizza at the Rosendal garden cafe and goes on an adventure in the archipelago.	SWEDEN	English-100	2021	RPT	G		
25/02/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Market Day	1	1	It's the weekly market in Sophie's town, her favourite day of the week. She makes zucchini alla poverella, then learns about stuffed aubergines, and asparagus frittata.	UNITED KINGDOM	English-100	2022	RPT	PG		Y
25/02/2026	1430	Cooking	Strait To The Plate	Poruma	1	3	Aaron explores the island paradise of Poruma, a jewel at the heart of the Torres Strait where he explores the versatility of the coconut and learns how climate change is affecting the community.	AUSTRALIA	English-100	2020	RPT	PG	a w	Y

25/02/2026	1500	Cooking	Ready Jet Cook	Japanese Favorites	2	4	Jet Tila brings a taste of Japan with his hearty Sukiyaki that includes wagyu beef, shirataki noodles and a medley of vegetables.	USA	English-100	2024	RPT	PG		
25/02/2026	1510	Travel	Taste Of Australia With Hayden Quinn	Mornington Peninsula	6	5	Hayden is on the Mornington Peninsula in Victoria where he catches up with his good friend Dani Venn for some local tips and adventure. Things start on the water with mussel farmer Harry, then it's off for some tree surfing.	AUSTRALIA	English-100	2022	RPT	PG	I	
25/02/2026	1600	Cooking	Lidia's Kitchen	Growing Up Italian	7	3	Lidia talks about growing up and family traditions. Featured recipes include shrimp and mixed bean salad, a roasted garlic crostini and papardelle with mixed fresh mushrooms.	USA	English-100	2020	RPT	G		
25/02/2026	1630	Food Lifestyle	The Food That Built Asia	Pad Thai	2023	1	Pad Thai is undoubtedly one of Thailand's most well-known dishes. Its multiple flavors and textures make it so special.	SINGAPORE	Thai-14.31; Cantonese-14.38; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	PG	a w	Y	
25/02/2026	1700	Food Lifestyle	The Food That Built Asia	Chili Crab	2023	2	The chili crab is the king of all crab dishes: it is sweet, salty and savory.	SINGAPORE	Thai-14.31; Cantonese-14.38; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	PG	a w		
25/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Poblano Nachos	2	28	Rachael brings a taste of Mexico to Lake George with her twist on Chila Relleeno stuffed Poblano peppers. Her version is filled with tortilla chips, cheese, pinto bean dip, and more cheese.	USA	English-100	2024	RPT	PG		
25/02/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Jaipur - Rajput Food	2	4	Gary Mehigan learns a traditional recipe from a Rajput family and tries his hand at pit cooking for the first time.	USA	English-100	2019	RPT	G		
25/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 23	4	23	Justine makes her twice cooked duck with celeriac salad. Emma Dean joins her in the kitchen to whip up her pork and fennel meatballs with risotto. Justine also cooks a delicious prune flan.	AUSTRALIA	English-100	2014	RPT	G		
25/02/2026	1900	Cooking	The Cook Up With Adam Liaw	No Money But Yummy	9	6	Adam and his guests, chefs Will Houli and Vincent Lim are on a no money but yummy mission, as they aim to make low cost, big flavour meals.	AUSTRALIA	English-100	2025	RPT	G	Y	
25/02/2026	1930	Travel	Donal's Irish Adventure	Cork	1	1	Follow TV cook Donal Skehan as he embarks on a journey of re-discovery around his home country Ireland.	UNITED KINGDOM	English-100	2022	RPT	G		
25/02/2026	2000	Cooking	Global Soul Kitchen	Paella Macaroni	1	11	Chef Deborah VanTrece prepares a pasta version of Paella, a traditional Spanish dish, and gives it a Southern mac and cheese twist.	USA	English-100	2025	RPT	G		
25/02/2026	2030	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 6	1	6	The cooks will prepare and present a dish to the judges in a 'chop and chat' TV style followed by a challenge that will see the cookbook concept come to life.	UNITED KINGDOM	English-100	2022	RPT	PG		
25/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 13	1	13	Bun and Co are kicking off the competition in Birmingham this week, where Head Chef Ruman and front of house manager Syem are hoping their brand of Indian style fusion fast food will wow their guests.	UNITED KINGDOM	English-100	2022	RPT	PG		
25/02/2026	2225	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
25/02/2026	2230	Cooking	The Cook Up With Adam Liaw	No Money But Yummy	9	6	Adam and his guests, chefs Will Houli and Vincent Lim are on a no money but yummy mission, as they aim to make low cost, big flavour meals.	AUSTRALIA	English-100	2025	RPT	G	Y	
25/02/2026	2300	Cooking	The Cook And The Chef	Salmon And Wasabi	3	21	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook where the fish are so good they've caught the attention of the Emperor of Japan.	AUSTRALIA	English-100	2008	RPT	G		
25/02/2026	2330	Reality	Great Chocolate Showdown	World Of Flavor	4	5	With immunity off the table, the top six bakers pair up to build a magnificent meringue tower.	CANADA	English-100	2023	RPT	G		
25/02/2026	2425	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	1	3	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
25/02/2026	2430	Travel	Donal's Irish Adventure	Cork	1	1	Follow TV cook Donal Skehan as he embarks on a journey of re-discovery around his home country Ireland.	UNITED KINGDOM	English-100	2022	RPT	G		

25/02/2026	2500	Cooking	Global Soul Kitchen	Paella Macaroni	1	11	Chef Deborah VanTrece prepares a pasta version of Paella, a traditional Spanish dish, and gives it a Southern mac and cheese twist.	USA	English-100	2025	RPT	G		
25/02/2026	2530	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 6	1	6	The cooks will prepare and present a dish to the judges in a 'chop and chat' TV style followed by a challenge that will see the cookbook concept come to life.	UNITED KINGDOM	English-100	2022	RPT	PG		
25/02/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 13	1	13	Burn and Co are kicking off the competition in Birmingham this week, where Head Chef Ruman and front of house manager Syeem are hoping their brand of Indian style fusion fast food will wow their guests.	UNITED KINGDOM	English-100	2022	RPT	PG		
25/02/2026	2725	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75;Japanese-25	2013	RPT	G	Y	Y
25/02/2026	2730	Cooking	The Cook Up With Adam Liaw	No Money But Yummy	9	6	Adam and his guests, chefs Will Houli and Vincent Lim are on a no money but yummy mission, as they aim to make low cost, big flavour meals.	AUSTRALIA	English-100	2025	RPT	G	Y	
25/02/2026	2800	Cooking	The Cook And The Chef	Salmon And Wasabi	3	21	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook where the fish are so good they've caught the attention of the Emperor of Japan.	AUSTRALIA	English-100	2008	RPT	G		
25/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Stockholm: Big City For Foodies	5	2	When Tareq arrives in Stockholm he encounters innovation and world class gastronomy. He makes pizza at the Rosendal garden cafe and goes on an adventure in the archipelago.	SWEDEN	English-100	2021	RPT	G		
26/02/2026	500	Travel	Sophie Grigson: Slice Of Italy	Market Day	1	1	It's the weekly market in Sophie's town, her favourite day of the week. She makes zucchini alla poverella, then learns about stuffed aubergines, and asparagus frittata.	UNITED KINGDOM	English-100	2022	RPT	PG	Y	
26/02/2026	530	Reality	Great Chocolate Showdown	World Of Flavor	4	5	With immunity off the table, the top six bakers pair up to build a magnificent meringue tower.	CANADA	English-100	2023	RPT	G		
26/02/2026	625	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	1	3	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
26/02/2026	630	Cooking	Strait To The Plate	Poruma	1	3	Aaron explores the island paradise of Poruma, a jewel at the heart of the Ternate Strait where he explores the versatility of the coconut and learns how climate change is affecting the community.	AUSTRALIA	English-100	2020	RPT	PG	a w	Y
26/02/2026	700	Cooking	Ready Jet Cook	Japanese Favorites	2	4	Jet Tila brings a taste of Japan with his hearty Sukiyaki that includes wagyu beef, shirataki noodles and a medley of vegetables.	USA	English-100	2024	RPT	PG		
26/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Mornington Peninsula	6	5	Hayden is on the Mornington Peninsula in Victoria where he catches up with his good friend Dani Venn for some local tips and adventure. Things start on the water with mussel farmer Harry, then it's off for some tree surfing.	AUSTRALIA	English-100	2022	RPT	PG	I	
26/02/2026	800	Cooking	Udita's Kitchen	Growing Up Italian	7	3	Udita talks about growing up and family traditions. Featured recipes include shrimp and mixed bean salad, a roasted garlic crostini and pappardelle with mixed fresh mushrooms.	USA	English-100	2020	RPT	G		
26/02/2026	830	Food Lifestyle	The Food That Built Asia	Pad Thai	2023	1	Pad Thai is undoubtedly one of Thailand's most well-known dishes. Its multiple flavors and textures make it so special.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a v w	Y
26/02/2026	900	Food Lifestyle	The Food That Built Asia	Chilli Crab	2023	2	The chilli crab is the king of all crab dishes it is sweet, salty and savory.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w	
26/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Poblano Nachos	2	28	Rachael brings a taste of Mexico to Lake George with her twist on Chile Relleno stuffed Poblano peppers. Her version is filled with tortilla chips, cheese, pinto bean dip, and more cheese.	USA	English-100	2024	RPT	PG		
26/02/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Jalpur - Rajput Food	2	4	Gary Mehigan learns a traditional recipe from a Rajput family and tries his hand at pit cooking for the first time.	USA	English-100	2019	RPT	G		

26/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 23	4	23	Justine makes her twice cooked duck with celeriac salad. Emma Dean joins her in the kitchen to whip up her pork and fennel meatballs with risotto. Justine also cooks a delicious prune flan.	AUSTRALIA	English-100	2014	RPT	G
26/02/2026	1100	Cooking	The Cook Up With Adam Liaw	No Money But Yummy	9	6	Adam and his guests, chefs Will Houli and Vincent Lim are on a no money but yummy mission, as they aim to make low cost, big flavour meals.	AUSTRALIA	English-100	2025	RPT	G
26/02/2026	1130	Travel	Donal's Irish Adventure	Cork	1	1	Follow TV cook Donal Skehan as he embarks on a journey of re-discovery around his home country-Ireland.	UNITED KINGDOM	English-100	2022	RPT	G
26/02/2026	1200	Cooking	Global Soul Kitchen	Paella Macaroni	1	11	Chef Deborah VanTrece prepares a pasta version of Paella, a traditional Spanish dish, and gives it a Southern mac and cheese twist.	USA	English-100	2025	RPT	G
26/02/2026	1230	Reality	Great Chocolate Showdown	Lights, Camera, Chocolate!	4	6	The remaining five bakers must rise to the occasion as they bake chocolate bread and use it to make a dessert deli sandwich. In the Elimination Challenge, the bakers look to the silver screen.	CANADA	English-100	2023	RPT	PG
26/02/2026	1325	Cooking	Destination Flavours Singapore Bitesize	Singapore Chilli 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
26/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	Skane: A Multi-Cultural Food Mix	5	3	In this episode, Tareq Taylor explores his own backyard of Skane and hometown of Malmo. Here you can find food and culture from all over the world which makes it a unique culinary destination.	SWEDEN	English-100	2021	RPT	PG
26/02/2026	1400	Travel	Sophie Grigson: Slice Of Italy	All About Meat	1	2	Sophie explores how her Puglian neighbours eat and cook meat. She makes orecchiette pasta with meatballs, then visits her neighbour's countryside plot to cook pasta al forno and bombette.	UNITED KINGDOM	English-100	2022	RPT	PG
26/02/2026	1430	Cooking	Strait To The Plate	Npa Tombstone	1	4	Aaron is invited back to the community of New Mapoon to celebrate a Tombstone opening. With 1500 guests coming for dinner, it's all hands on deck!	AUSTRALIA	English-100	2020	RPT	PG
26/02/2026	1500	Cooking	Ready Jet Cook	Craveable Thai Favorites	2	5	Jet Tila whips up two Thai takeout favorites that are easy to make from home. He makes Panang Curry, which just so happens to be All's favorite dish, and a late night street food staple beloved on the streets of Bangkok, Drunken Noodles.	USA	English-100	2024	RPT	PG
26/02/2026	1530	Travel	Taste Of Australia With Hayden Quinn	Yarra Valley	6	6	Steffi in Victoria, Hayden is off to the Yarra Valley to find juicy apples from Montagu before heading up the range to try his hand at trout fishing, and of course we'll be dropping into a Yarra Valley winery and looking for a place to cook something special for his friends!	AUSTRALIA	English-100	2022	RPT	PG
26/02/2026	1600	Cooking	Lidia's Kitchen	Storytime With Grandma	7	4	Lidia's mother, Ermilia, is known for her entertaining culinary moments. Some featured recipes include corn and zucchini minestrone, fried risotto and beef with root vegetables braised in red wine.	USA	English-100	2020	RPT	G
26/02/2026	1630	Food Lifestyle	The Food That Built Asia	Nasi Lemak	2023	3	Nasi lemak is a Malaysian dish of rice cooked in coconut milk. It is served with sambal, a halved hard-boiled egg, roasted peanuts, sliced cucumber, and small fried anchovies.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	PG	
26/02/2026	1700	Food Lifestyle	The Food That Built Asia	Nasi Goreng	2023	4	Nasi Goreng is a Southeast Asian rice dish that adds pieces of meat and vegetables.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	G	
26/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Chicken Fajitas	2	29	Rachael shows how to make her version of Mexican Fajitas using rotisserie chicken, green chilies, and a blend of three cheeses all rolled up and fried in tortillas.	USA	English-100	2024	PG	
26/02/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Jaipur - Jain Food	2	5	Gary Mehigan bike rides his way through the street food of Jaipur and gets inspired to fry some finger-licking food.	USA	English-100	2019	RPT	G
26/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 24	4	24	Justine cooks her delicious chicken curry puffs with minted yoghurt. Shaun Presland drops in to show his beef and potato croquette and Justine gives you some great tips on tenderising meat.	AUSTRALIA	English-100	2014	RPT	G

26/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Crepes, Pancakes & Blinis	7	71	You'll flip out when you see what Adam and his guests, chef Damien Pignolet and Olympic legend Lisa Curry make when given the choice of crepes, pancakes and blinis.	AUSTRALIA	English-100	2024	RPT	G	Y	
26/02/2026	1910	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 9	1	9	Khanh explores local farm gates for inspiration, and braves the tempestuous oceans of Tasmania in search of the prized Bluefin tuna.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y
26/02/2026	2030	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	2	13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100	2003	RPT	PG	a w	
26/02/2026	2100	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	2	14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pepper.	UNITED KINGDOM	English-100	2003	RPT	PG	a w	
26/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 14	1	14	Today's brand new Come Dine With Me Professionals sees Newcastle husband and wife duo Steph and Daimo kick the week off in their 'Cricket club restaurant' Savoury Fix with a hefty menu of comfort food	UNITED KINGDOM	English-100	2022	RPT	PG		
26/02/2026	2225	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
26/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Crepes, Pancakes & Blinis	7	71	You'll flip out when you see what Adam and his guests, chef Damien Pignolet and Olympic legend Lisa Curry make when given the choice of crepes, pancakes and blinis.	AUSTRALIA	English-100	2024	RPT	G	Y	
26/02/2026	2300	Cooking	The Cook And The Chef	Olives And Mussels	3	22	Maggie and Simon continue their food odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce while Simon travels across the beautiful, pristine waters of Marlborough Sound in search of the Green Lipped Mussel.	AUSTRALIA	English-100	2008	RPT	G		
26/02/2026	2330	Reality	Great Chocolate Showdown	Lights, Camera, Chocolate!	4	6	The remaining five bakers must rise to the occasion as they bake chocolate bread and use it to make a dessert deli sandwich. In the Elimination Challenge, the bakers look to the silver screen.	CANADA	English-100	2023	RPT	PG		
26/02/2026	2425	Cooking	Destination Flavour Singapore Bitesize	Singapore Chilli 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
26/02/2026	2430	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 9	1	9	Khanh explores local farm gates for inspiration, and braves the tempestuous oceans of Tasmania in search of the prized Bluefin tuna.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y
26/02/2026	2530	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	2	13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100	2003	RPT	PG	a w	
26/02/2026	2600	Travel	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	2	14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pepper.	UNITED KINGDOM	English-100	2003	RPT	PG	a w	
26/02/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 14	1	14	Today's brand new Come Dine With Me Professionals sees Newcastle husband and wife duo Steph and Daimo kick the week off in their 'Cricket club restaurant' Savoury Fix with a hefty menu of comfort food	UNITED KINGDOM	English-100	2022	RPT	PG		
26/02/2026	2725	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
26/02/2026	2730	Cooking	The Cook Up With Adam Liaw	Crepes, Pancakes & Blinis	7	71	You'll flip out when you see what Adam and his guests, chef Damien Pignolet and Olympic legend Lisa Curry make when given the choice of crepes, pancakes and blinis.	AUSTRALIA	English-100	2024	RPT	G	Y	
26/02/2026	2800	Cooking	The Cook And The Chef	Olives And Mussels	3	22	Maggie and Simon continue their food odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce while Simon travels across the beautiful, pristine waters of Marlborough Sound in search of the Green Lipped Mussel.	AUSTRALIA	English-100	2008	RPT	G		

26/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	Skane: A Multi-Cultural Food Mix	5	3	In this episode, Tareq Taylor explores his own backyard of Skane and hometown of Malmö. Here you can find food and culture from all over the world which makes it a unique culinary destination.	SWEDEN	English-100	2021	RPT	PG	a w	
27/02/2026	500	Travel	Sophie Grigson: Slice Of Italy	All About Meat	1	2	Sophie explores how her Puglian neighbours eat and cook meat: She makes orecchiette pasta with meatballs, then visits her neighbour's country-side plot to cook pasta al forno and bombette.	UNITED KINGDOM	English-100	2022	RPT	PG	I	Y
27/02/2026	530	Reality	Great Chocolate Showdown	Lights, Camera, Chocolate!	4	6	The remaining five bakers must rise to the occasion as they bake chocolate bread and use it to make a dessert deli sandwich. In the Elimination Challenge, the bakers look to the silver screen.	CANADA	English-100	2023	RPT	PG		
27/02/2026	625	Cooking	Destination Flavour Singapore Bitesize	Singapore Chilli 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
27/02/2026	630	Cooking	Strait To The Plate	Npa Tombstone	1	4	Aaron is invited back to the community of New Maastricht to celebrate a Tombstone opening. With 1500 guests coming for dinner, it's all hands on deck!	AUSTRALIA	English-100	2020	RPT	PG	a w	Y
27/02/2026	700	Cooking	Ready Jet Cook	Craveable Thai Favorites	2	5	Jet Tila whips up two Thai takeout favorites that are easy to make from home. He makes Panang Curry, which just so happens to be All's favorite dish, and a late night street food staple beloved on the streets of Bangkok, Drunken Noodles.	USA	English-100	2024	RPT	PG		
27/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Yarra Valley	6	6	Still in Victoria, Hayden is off to the Yarra Valley to find juicy apples from Montagu's before heading up the range to try his hand at trout fishing, and of course we'll be dropping into a Yarra Valley winery and looking for a place to cook something special for his friends!	AUSTRALIA	English-100	2022	RPT	PG	a w	
27/02/2026	800	Cooking	Udia's Kitchen	Storytime With Grandma	7	4	Udia's mother, Ermilia, is known for her entertaining culinary moments. Some featured recipes include corn and zucchini minestrone, fried risotto and beef with root vegetables braised in red wine.	USA	English-100	2020	RPT	G		
27/02/2026	830	Food Lifestyle	The Food That Built Asia	Nasi Lemak	2023	3	Nasi lemak is a Malaysian dish of rice cooked in coconut milk. It is served with sambal, a halved hard-boiled egg, roasted peanuts, sliced cucumber, and small fried anchovies.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w	Y
27/02/2026	900	Food Lifestyle	The Food That Built Asia	Nasi Goreng	2023	4	Nasi Goreng is a Southeast Asian rice dish that adds pieces of meat and vegetables.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	G		Y
27/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	Chicken Flautas	2	29	Rachael shows how to make her version of Mexican Flautas using rotisserie chicken, green chiles, and a blend of three cheeses all rolled up and fried in tortillas.	USA	English-100	2024	RPT	PG		
27/02/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Jaipur - Jain Food	2	5	Gary Mehigan bike rides his way through the street food of Jaipur and gets inspired to try some finger licking food.	USA	English-100	2019	RPT	G		
27/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 24	4	24	Justine cooks her delicious chicken curry puffs with minted yoghurt, Shaun Presland drops in to show his beef and potato croquette and Justine gives you some great tips on tenderising meat.	AUSTRALIA	English-100	2014	RPT	G		
27/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Crepes, Pancakes & Blinis	7	71	You'll flip out when you see what Adam and his guests, chef Damien Pignot and Olympic legend Lisa Curry make when given the choice of crepes, pancakes and blinis.	AUSTRALIA	English-100	2024	RPT	G		Y
27/02/2026	1130	Travel	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 9	1	9	Khanh explores local farm gates for inspiration, and braves the tempestuous oceans of Tasmania in search of the prized Bluefin tuna.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y
27/02/2026	1230	Reality	Great Chocolate Showdown	Sweet Suspensions	4	7	The final four home grown their chocolate and confectionary skills to create a delectable trifle terrarium. With one Elimination Challenge before the finale, the home bakers' nerves are hanging by a thread, as they create a 3-tiered suspended cake.	CANADA	English-100	2023	RPT	G		
27/02/2026	1325	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
27/02/2026	1330	Travel	Tareq Taylor's Nordic Cookery	South Coast Of Denmark: Natural Tastes And Wonders	5	4	Tareq Taylor visits the South Coast of Denmark to make his own versions of open-faced sandwiches and smoked fish dishes.	SWEDEN	English-100	2021	RPT	PG		
27/02/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Pasta: The Stuff Of Life	1	3	Sophie cooks orecchiette pasta at home and makes pasta with chickpeas for friends outdoors. She visits a pottery famous for its colourful pasta ceramics.	UNITED KINGDOM	English-100	2022	RPT	PG	I	Y

27/02/2026	1430	Cooking	Strait To The Plate	Kubin	1	5	The people of Moa Island have always been farmers and gardeners and Aaron meets up with an old friend to learn how these traditions are being continued today.	AUSTRALIA	English-100	2020	RPT	PG	a w	Y	Y	Y		
27/02/2026	1500	Cooking	Ready Jet Cook	Irresistible Chicken Dishes	2	6	Jet Tila whips up two world-famous chicken dishes to prove how delicious chicken can be.	USA	English-100	2024	RPT	PG						
27/02/2026	1510	Travel	Taste Of Australia With Hayden Quinn	Cobden	6	7	Hayden is heading to the heart of Australia's dairy country to see a dairy farm and butter factory in action, but first, we're at the iconic 12 Apostles for a start to the day we'll never forget. As we head towards Cobden we drop into Gorge Chocolates to grab some chocolate to go with Hayden's recipe today!	AUSTRALIA	English-100	2022	RPT	G						
27/02/2026	1600	Cooking	Lidia's Kitchen	My Italian American	7	5	Italian-American classics are what Lidia discovered as a 12-year-old arriving in America. She shares some of her favourites; Bolognese sauce, asparagus salad, and an contemporary chicken pizzaiola.	USA	English-100	2020	RPT	G						
27/02/2026	1630	Food Lifestyle	The Food That Built Asia	Lechon	2023	5	In the Philippines, where there is a celebration, there is a Lechon.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	PG	a w						
27/02/2026	1700	Food Lifestyle	The Food That Built Asia	Har Gow	2023	6	One of Hong Kong's most popular dishes is a small bite made with shrimp and lots of love.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	PG	a w		Y				
27/02/2026	1730	Cooking	Rachael Ray's Meals In Minutes	More Chicken Chow Fun	2	30	Rachael raids her well-stocked pantry to make Chicken Chow Fun, a fan-favourite recipe centered around wavy Chinese noodles, paired with chicken, sautéed vegetables, and traditional Chinese sauces.	USA	English-100	2024	PG							
27/02/2026	1800	Travel	Masters Of Taste With Gary Mehigan	Jaipur - Street Food	2	6	Gary Mehigan encounters a food loving Jain family and faces the challenge of making vegetarian food for his hosts.	USA	English-100	2019	RPT	G						
27/02/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 25	4	25	Justine makes her warm red lentil soup, Daniel Wilson comes in to show his rice crusted snapper and green papaya salad and Trish McKenzie whips up her dark chocolate peppermint slice.	AUSTRALIA	English-100	2014	RPT	G						
27/02/2026	1900	Cooking	The Cook Up With Adam Liaw	Brought To You By The Letter P	7	72	Adam and his guests, fitness trainer Michelle Bridges and chef Wesley Cooper Jones, prepare some perfect plates brought to you by the letter P.	AUSTRALIA	English-100	2024	RPT	G		Y				
27/02/2026	1930	Travel	Big Zuu And AJ Tracey: Rich Flavours	Scotland	1	2	Zuu & AJ hit the Highlands to taste the World's most expensive haggis. Meeting Scottish nobility, they carriage drive & fly fish, before cooking up a spicy feast for Scottish food royalty.	UNITED KINGDOM	English-100	2025								
27/02/2026	2030	Food Lifestyle	Buddy Valastro's Cake Dynasty	Fair-Ly Crazy Cake, A	1	10	Buddy and the team embark on an enormous cake for the Meadowlands State Fair during the same week that a giant retailer tests Buddy's ability to produce 90 000 cakes per month for their nationwide stores!	USA	English-100	2023	PG	I		Y				
27/02/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 15	1	15	In Liverpool Harringtons, a local Tapas restaurant (with an international twist) kick off the competition with mum and son duo James and Lisa with some good fun, family vibes and an eclectic mix of food.	UNITED KINGDOM	English-100	2022	PG							
27/02/2026	2225	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	1	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y		Y		
27/02/2026	2230	Cooking	The Cook Up With Adam Liaw	Brought To You By The Letter P	7	72	Adam and his guests, fitness trainer Michelle Bridges and chef Wesley Cooper Jones, prepare some perfect plates brought to you by the letter P.	AUSTRALIA	English-100	2024	RPT	G		Y				
27/02/2026	2300	Cooking	The Cook And The Chef	Feijoa And Kiwi Fruit	3	23	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100	2008	RPT	G						
27/02/2026	2330	Reality	Great Chocolate Showdown	Sweet Suspensions	4	7	The final four home growers their chocolate and confectionery skills to create a delectable trifle terrarium. With one Elimination Challenge before the finale, the home bakers' nerves are hanging by a thread, as they create a 3-tiered suspended cake.	CANADA	English-100	2023	RPT	G						

27/02/2026	2425	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	I	Y
27/02/2026	2430	Travel	Big Zuu And AJ Tracey: Rich Flavours	Scotland	1	2	Zuu & AJ hit the Highlands to taste the World's most expensive haggis. Meeting Scottish nobility, they carriage drive & fly fish, before cooking up a spicy feast for Scottish food royalty.	UNITED KINGDOM	English-100	2025	RPT			
27/02/2026	2530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Fair-Ly Crazy Cake, A	1	10	Buddy and the team embark on an enormous cake for the Meadowlands State Fair during the same week that a giant retailer tests Buddy's ability to produce 90,000 cakes per month for their nationwide stores!	USA	English-100	2023	RPT	PG	I	Y
27/02/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 15	1	15	In Liverpool Harringtons, a local Tapas restaurant (with an international twist) kick off the competition with mum and son duo James and Lisa with some good fun, family vibes and an eclectic mix of food.	UNITED KINGDOM	English-100	2022	RPT	PG		
27/02/2026	2725	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	1	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	I	Y
27/02/2026	2730	Cooking	The Cook Up With Adam Liaw	Brought To You By The Letter P	7	72	Adam and his guests, fitness trainer Michelle Bridges and chef Wesley Cooper Jones, prepare some perfect plates brought to you by the letter P.	AUSTRALIA	English-100	2024	RPT	G		Y
27/02/2026	2800	Cooking	The Cook And The Chef	Feijoa And Kiwi Fruit	3	23	Maggie and Simon discover how New Zealanders adopted and maligned the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100	2008	RPT	G		
27/02/2026	2830	Travel	Tareq Taylor's Nordic Cookery	South Coast Of Denmark: Natural Tastes And Wonders	5	4	Tareq Taylor visits the South Coast of Denmark to make his own versions of open-faced sandwiches and smoked fish dishes.	SWEDEN	English-100	2021	RPT	PG		
28/02/2026	500	Travel	Sophie Grigson: Slice Of Italy	Pasta: The Stuff Of Life	1	3	Sophie cooks orecchiette pasta at home and makes pasta with chickpeas for friends outdoors. She visits a pottery famous for its colourful pasta ceramics.	UNITED KINGDOM	English-100	2022	RPT	PG	I	Y
28/02/2026	530	Reality	Great Chocolate Showdown	Sweet Suspensions	4	7	The final four home bakers show their chocolate and confectionary skills to create a delectable trifle terrarium. With one Elimination Challenge before the finale, the home bakers' nerves are hanging by a thread, as they create a 3-tiered suspended cake.	CANADA	English-100	2023	RPT	G		
28/02/2026	625	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
28/02/2026	630	Cooking	Strait To The Plate	Kubin	1	5	The people of Moa Island have always been farmers and gardeners and Aaron meets up with an old friend to learn how these traditions are being continued today.	AUSTRALIA	English-100	2020	RPT	PG	aw	Y
28/02/2026	700	Cooking	Readyjet Cook	Irresistible Chicken Dishes	2	6	Jet Tila whips up two world-famous chicken dishes to prove how delicious chicken can be.	USA	English-100	2024	RPT	PG		Y

28/02/2026	730	Travel	Taste Of Australia With Hayden Quinn	Cobden	6	7	Hayden is heading to the heart of Australia's dairy country to see a dairy farm and butter factory in action, but first, we're at the iconic 12 Apostles for a start to the day we'll never forget. As we head towards Cobden we drop into Gorge Chocolates to grab some chocolate to go with Hayden's recipe today!	AUSTRALIA	English 100	2022	RPT	G				
28/02/2026	800	Cooking	Lidia's Kitchen	My Italian American	7	5	Italian-American classics are what Lidia discovered as a 12-year-old arriving in America. She shares some of her favourites; Bolognese sauce, asparagus salad, and an contemporary chicken pizzaiola.	USA	English 100	2020	RPT	G				
28/02/2026	830	Food Lifestyle	The Food That Built Asia	Lechon	2023	5	In the Philippines, where there is a celebration, there is a Lechon.	SINGAPORE	Thai-14.32; Cambodian-14.32; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w			
28/02/2026	900	Food Lifestyle	The Food That Built Asia	Har Gow	2023	6	One of Hong Kong's most popular dishes is a small bite made with shrimp and lots of love.	SINGAPORE	Thai-14.32; Cambodian-14.32; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w			
28/02/2026	930	Cooking	Rachael Ray's Meals In Minutes	More Chicken Chow Fun	2	30	Rachael raids her well-stocked pantry to make Chicken Chow Fun, a fan-favorite recipe centered around wavy Chinese noodles, paired with chicken, sauteed vegetables, and traditional Chinese sauces.	USA	English 100	2024	RPT	PG				
28/02/2026	1000	Travel	Masters Of Taste With Gary Mehigan	Jaipur - Street Food	2	6	Gary Mehigan encounters a food loving Jain family and faces the challenge of making vegetarian food for his hosts.	USA	English 100	2019	RPT	G				
28/02/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 25	4	25	Justine makes her warm red lentil soup, Daniel Wilson comes in to show his rice crusted snapper and green papaya salad and Trish McKenzie whips up her dark chocolate peppermint slice.	AUSTRALIA	English 100	2014	RPT	G				
28/02/2026	1100	Cooking	The Cook Up With Adam Liaw	Brought To You By The Letter P	7	72	Adam and his guests, fitness trainer Michelle Bridges and chef Wesley Cooper Jones, prepare some perfect plates brought to you by the letter P.	AUSTRALIA	English 100	2024	RPT	G	Y			
28/02/2026	1130	Travel	Big Zau And AJ Tracey: Rich Flavours	Scotland	1	2	Zau & AJ hit the Highlands to taste the World's most expensive haggis. Meeting Scottish nobility, they carriage drive & fly fish, before cooking up a spicy feast for Scottish food royalty.	UNITED KINGDOM	English 100	2025	RPT					
28/02/2026	1230	Cooking	Strait To The Plate	Kubin	1	5	The people of Moa Island have always been farmers and gardeners and Aaron meets up with an old friend to learn how these traditions are being continued today.	AUSTRALIA	English 100	2020	RPT	PG	a w	Y	Y	Y
28/02/2026	1300	Cooking	Ready Jet Cook	Irresistible Chicken Dishes	2	6	Jet Tila whips up two world-famous chicken dishes to prove how delicious chicken can be.	USA	English 100	2024	RPT	PG				
28/02/2026	1330	Travel	Taste Of Australia With Hayden Quinn	Cobden	6	7	Hayden is heading to the heart of Australia's dairy country to see a dairy farm and butter factory in action, but first, we're at the iconic 12 Apostles for a start to the day we'll never forget. As we head towards Cobden we drop into Gorge Chocolates to grab some chocolate to go with Hayden's recipe today!	AUSTRALIA	English 100	2022	RPT	G				
28/02/2026	1400	Cooking	Lidia's Kitchen	My Italian American	7	5	Italian-American classics are what Lidia discovered as a 12-year-old arriving in America. She shares some of her favourites; Bolognese sauce, asparagus salad, and an contemporary chicken pizzaiola.	USA	English 100	2020	RPT	G				

28/02/2026	1430	Food Lifestyle	The Food That Built Asia	Lechon	2023	5	In the Philippines, where there is a celebration, there is a Lechon.	SINGAPORE	Thai-14.32; Cambodian-14.32; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w	
28/02/2026	1500	Food Lifestyle	The Food That Built Asia	Har Gow	2023	6	One of Hong Kong's most popular dishes is a small bite made with shrimp and lots of love.	SINGAPORE	Thai-14.32; Cambodian-14.32; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w	Y
28/02/2026	1530	Cooking	Rachael Ray's Meals In Minutes	More Chicken Chow Fun	2	30	Rachael raids her well-stocked pantry to make Chicken Chow Fun, a fan-favorite recipe centered around wavy Chinese noodles, paired with chicken, sautéed vegetables, and traditional Chinese sauces.	USA	English-100	2024	RPT	PG		
28/02/2026	1600	Travel	Masters Of Taste With Gary Mehigan	Jaipur - Street Food	2	6	Gary Mehigan encounters a food loving Jain family and faces the challenge of making vegetarian food for his hosts.	USA	English-100	2019	RPT	G		
28/02/2026	1630	Travel	Jason Atherton's Dubai Dishes	Herbs	1	10	Jason Atherton's Dubai journey concludes with a bunch of fresh herb dishes inspired by the region. On the menu - a tangy tabouleh with grated cauliflower and a lobster sashimi with frozen herb snow.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
28/02/2026	1725	Cooking	Please Eat Slowly Bitsize	Claypot Rice	1	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G		

28/02/2026	1730	Cooking	Toast The Host: How To Entertain At Home	Dinner Party Part 2, The	1	8	The entire season of the TOAST THE HOST is leading up to this moment: the formal five-course dinner party for five wonderful friends. The Dinner Party is the culmination of all the techniques, tricks, tips, recipes and fun of hosting seven occasions at home.	AUSTRALIA	English-100	2024	RPT	PG	Y
28/02/2026	1805	Cooking	Nadiya's Cook Once, Eat Twice	Midweek Magic	1	2	In the second of this new six-part crafty cooking series Nadiya shares her 'Cook Once Eat Twice' recipes to lift the strain during a busy week.	UNITED KINGDOM	English-100	2024	RPT	G	
28/02/2026	1835	Travel	Jamie's Food Escapes	Andalucia	1	2	Andalucia in Southern Spain, is all about having celebrating ingredients and produce. Jamie, based around Ronda and Estepona, joins trainee bullfighters practising in Spain's oldest bull ring - with a trolley with horns. He eats heavenly cakes cooked by nuns from a closed order, cooks rabbit stew, joins in the festivities as a giant statue of the Madonna is carried from a church by 100 men to the sea and cooks a giant paella for a whole village.	UNITED KINGDOM	English-100	2009	RPT	PG	all w
28/02/2026	1930	Food Lifestyle	What Not To Eat	Buckinghamshire: Claire, Georgia & Jay	1	3	Professor Tim Spector and Dr Kandi Ejiofor reveal the good, the bad, and the ugly of ultra-processed cereals. They help Claire, Georgia and Jay in Buckinghamshire crack their reliance on beige food.	UNITED KINGDOM	English-100	2025		PG	
28/02/2026	2030	Travel	Rick Stein's Long Weekends	Vienna	1	4	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash and which gave its name to one of Europe's most popular dishes - the wiener schnitzel. It even produces its own unique white wine produced in vineyards overlooking the city's imperial architecture.	UNITED KINGDOM	English-100	2016	RPT	G	Y
28/02/2026	2135	Travel	Mind Of A Chef	Japan	1	10	Chang travels from Tokyo to Kyoto to meet and eat with friends, including a trip to a street market and lessons in mixology from Hidefusa Ueno.	USA	English-100	2012	RPT	PG	
28/02/2026	2200	Cooking	Deliciously Twisted Classics	Complex Comfort Food	1	11	Talented chefs are revamping popular comfort foods and cranking them up to a new level of feel-good fun.	USA	English-100	2023		PG	
28/02/2026	2230	Food Lifestyle	Masters Of Savours	Masters Of Wine	1	3	This episode takes us to the most prestigious wine 'grands crus' to meet the men and women behind the nectar connoisseurs the world over rave about.	FRANCE	English-100	2022	RPT	G	
28/02/2026	2330	Travel	Jason Atherton's Dubai Dishes	Herbs	1	10	Jason Atherton's Dubai journey concludes with a bunch of fresh herb dishes inspired by the region. On the menu - a tangy tabbouleh with grated cauliflower and a lobster sashimi with frozen herb snow.	UNITED KINGDOM	English-100	2023	RPT	PG	all w
28/02/2026	2425	Cooking	Please Eat Slowly Bitsize	Claypot Rice	1	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G	
28/02/2026	2430	Cooking	Toast The Host: How To Entertain At Home	Dinner Party Part 2, The	1	8	The entire season of the TOAST THE HOST is leading up to this moment: the formal five-course dinner party for five wonderful friends. The Dinner Party is the culmination of all the techniques, tricks, tips, recipes and fun of hosting seven occasions at home.	AUSTRALIA	English-100	2024	RPT	PG	Y
28/02/2026	2505	Cooking	Nadiya's Cook Once, Eat Twice	Midweek Magic	1	2	In the second of this new six-part crafty cooking series Nadiya shares her 'Cook Once Eat Twice' recipes to lift the strain during a busy week.	UNITED KINGDOM	English-100	2024	RPT	G	
28/02/2026	2535	Travel	Jamie's Food Escapes	Andalucia	1	2	Andalucia in Southern Spain, is all about having celebrating ingredients and produce. Jamie, based around Ronda and Estepona, joins trainee bullfighters practising in Spain's oldest bull ring - with a trolley with horns. He eats heavenly cakes cooked by nuns from a closed order, cooks rabbit stew, joins in the festivities as a giant statue of the Madonna is carried from a church by 100 men to the sea and cooks a giant paella for a whole village.	UNITED KINGDOM	English-100	2009	RPT	PG	all w

28/02/2026	2630	Food Lifestyle	What Not To Eat	Buckinghamshire: Claire, Georgia & Jay	1	3	Professor Tim Spector and Dr Kandi Ejiogu reveal the good, the bad, and the ugly of ultra-processed cereals. They help Claire, Georgia and Jay in Buckinghamshire crack their reliance on beige food.	UNITED KINGDOM	English 100	2025	RPT	PG	
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