



WEEK 13 **Sunday, 22 March 2026** **Saturday, 28 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
22/03/2026	500	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	RPT	PG				
22/03/2026	530	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				
22/03/2026	630	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				
22/03/2026	710	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				
22/03/2026	740	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 boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100	2009	RPT	PG	a w		Y	
22/03/2026	835	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				
22/03/2026	930	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 snack Salt Cod 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	
22/03/2026	1035	Travel	Mind Of A Chef	Buddies	1	16	Chang cooks and goofs around with his friends Daniel Patterson, Claude Bosi, Sat Bains, Rene Redzepi, and Laurent Gras.	USA	English-100	2012	RPT	PG	I			
22/03/2026	1100	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	RPT	PG				
22/03/2026	1130	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				
22/03/2026	1230	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				
22/03/2026	1330	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				
22/03/2026	1400	Cooking	The Cook Up With Adam Liaw	Al Dente	9	13	Adam and his guests, chef Giovanni Pilu and Lune Croissanterie's Kate Reid, share the secrets of perfectly al dente food.	AUSTRALIA	English-100	2025	RPT	G			Y	
22/03/2026	1430	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	
22/03/2026	1500	Cooking	The Cook Up With Adam Liaw	Eid Traditions	9	15	Creator of The Lebanese Plate, Lina Jebelle, and chef and co-owner of OONI restaurant, Rashedul Hasan join Adam to share some Eid traditions.	AUSTRALIA	English-100	2025	RPT	G			Y	
22/03/2026	1530	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	

22/03/2026	1600	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
22/03/2026	1630	Travel	Plat Du Tour	Ep 1	2	1	Guillaume Brahimi shares some of his favourite French classics. Today, he is making his dad's favourite cake, the Paris Brest. This light and airy dessert was created in honour of another famous French cycling race and is presented in the shape of a bicycle wheel - making it the perfect way to say bonjour to the Tour.		English-100	0	RPT	PG		
22/03/2026	1700	Cooking	Cook Clever Waste Less With Prue & Rupy	Parshall Family, The	1	1	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
22/03/2026	1730	Cooking	Jeremy Pang's Hong Kong Kitchen	Tom Skinner	1	3	Jeremy invites good pal and TV personality Tom Skinner to Hong Kong, they tuck into iconic breakfasts, sweet treats and a good ol' cup of tea-Hong Kong style of course!	UNITED KINGDOM	English-100	2024	RPT	PG	I	
22/03/2026	1830	Travel	Gordon Ramsay: Uncharted	Cliffs Of Ireland, The	4	2	Bathing sheep and scaling cliffs for crab, Gordon traverses land and sea in search of the culinary wonders of Ireland's stunning Connemara Coast.	UNITED KINGDOM	English-100	2023	RPT	PG	a l w	Y
22/03/2026	1925	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
22/03/2026	1930	Travel	Shane Delia's Malta	Phoenicians, The	1	5	Shane travels further back in time to discover the incredible legacy left by the Phoenicians, including what is quite possibly Malta's national dish-rabbit.	AUSTRALIA	English-100	2025	RPT	G		Y
22/03/2026	2000	Travel	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 6	1	6	Justine visits Belos Tempos, a Portuguese restaurant that serves traditional homemade Macanese dishes, and is lucky enough to learn how to prepare a popular dessert by chef Ana.	AUSTRALIA	English-100	2019	RPT	G		
22/03/2026	2030	Travel	Rick Stein's Food Stories	Northern Ireland	1	4	In Northern Ireland, Rick has Filipino-style Sunday lunch, and meets a 'no waste' chef turning an unpopular fish into a stunning dish. At home, he cooks beef and Guinness pie.	UNITED KINGDOM	English-100	2023	RPT	G		
22/03/2026	2100	Travel	Rick Stein's Food Stories	Manchester	1	5	Rick immerses himself in the northwest's food traditions at Britain's best market, enjoys memories of Manchester's music scene and cooks an old favourite: liver, bacon and onions.	UNITED KINGDOM	English-100	2023	RPT	G		
22/03/2026	2130	Travel	Anthony Bourdain: A Cook's Tour	Taste Of Tokyo, A	1	1	Anthony travels to Tokyo, where he visits the Tsujiki market and then is introduced to techniques in preparing edomae sushi. He also learns the diets of Sumo wrestlers.	USA	English-100	2002	RPT	PG	a w	
22/03/2026	2200	Cooking	Deliciously Twisted Classics	Southern Style Spins	1	18	Folks in the South are known for taking classic Southern dishes seriously, but some creative chefs are taking inspiration from the most classic Southern foods to create mind-blowing new dishes.	USA	English-100	2023		PG		
22/03/2026	2230	Food Lifestyle	Masters Of Savours	Masters Of Olive Oil	1	10	Until a few years ago, olive oil was a common ingredient in Mediterranean cuisine. However, passionate growers have recently consistently improved quality and taste to the point of making their products indispensable for the best chefs. We journey where these nectars can be found, often nestled in magnificent landscapes: the plains of Tuscany in Italy, the fields of Drome in France, the Peloponnese in Greece, and Spain.	FRANCE	English-100	2022	RPT	G		
22/03/2026	2330	Travel	Plat Du Tour	Ep 1	2	1	Guillaume Brahimi shares some of his favourite French classics. Today, he is making his dad's favourite cake, the Paris Brest. This light and airy dessert was created in honour of another famous French cycling race and is presented in the shape of a bicycle wheel - making it the perfect way to say bonjour to the Tour.		English-100	0	RPT	PG		
22/03/2026	2400	Cooking	Cook Clever Waste Less With Prue & Rupy	Parshall Family, The	1	1	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
22/03/2026	2430	Cooking	Jeremy Pang's Hong Kong Kitchen	Tom Skinner	1	3	Jeremy invites good pal and TV personality Tom Skinner to Hong Kong, they tuck into iconic breakfasts, sweet treats and a good ol' cup of tea-Hong Kong style of course!	UNITED KINGDOM	English-100	2024	RPT	PG	I	
22/03/2026	2525	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y

22/03/2026	2530	Travel	Gordon Ramsay: Uncharted	Cliffs Of Ireland, The	4	2	Bathing sheep and scaling cliffs for crab, Gordon traverses land and sea in search of the culinary wonders of Ireland's stunning Connemara Coast.	UNITED KINGDOM	English-100	2023	RPT	PG	a l w	Y
22/03/2026	2625	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G		
22/03/2026	2630	Travel	Shane Delia's Malta	Phoenicians, The	1	5	Shane travels further back in time to discover the incredible legacy left by the Phoenicians, including what is quite possibly Malta's national dish-rabbit.	AUSTRALIA	English-100	2025	RPT	G		Y
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23/03/2026	600	Cooking	The Cook Up With Adam Liaw	Eid Traditions	9	15	Creator of The Lebanese Plate, Lina Jebelle, and chef and co-owner of OGNI restaurant, Rashedul Hasan join Adam to share some Eid traditions.	AUSTRALIA	English-100	2025	RPT	G		Y
23/03/2026	630	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
23/03/2026	700	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
23/03/2026	730	Travel	Plat Du Tour	Ep 1	2	1	Guillaume Brahimi shares some of his favourite French classics. Today, he is making his dad's favourite cake, the Paris Brest. This light and airy dessert was created in honour of another famous French cycling race and is presented in the shape of a bicycle wheel - making it the perfect way to say bonjour to the Tour.		English-100	0	RPT	PG		
23/03/2026	800	Cooking	Cook Clever Waste Less With Prue & Rupy	Parshall Family, The	1	1	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
23/03/2026	830	Cooking	Jeremy Pang's Hong Kong Kitchen	Tom Skinner	1	3	Jeremy invites good pal and TV personality Tom Skinner to Hong Kong, they tuck into iconic breakfasts, sweet treats and a good ol' cup of tea-Hong Kong style of course!	UNITED KINGDOM	English-100	2024	RPT	PG	l	
23/03/2026	925	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
23/03/2026	930	Travel	Gordon Ramsay: Uncharted	Cliffs Of Ireland, The	4	2	Bathing sheep and scaling cliffs for crab, Gordon traverses land and sea in search of the culinary wonders of Ireland's stunning Connemara Coast.	UNITED KINGDOM	English-100	2023	RPT	PG	a l w	Y

23/03/2026	1025	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G			
23/03/2026	1030	Travel	Shane Delia's Malta	Phoenicians, The	1	5	Shane travels further back in time to discover the incredible legacy left by the Phoenicians, including what is quite possibly Malta's national dish-rabbit.	AUSTRALIA	English-100	2025	RPT	G		Y	
23/03/2026	1100	Travel	Macao Gourmet With Justine Schofield	Macao Gourmet Series 1 Ep 6	1	6	Justine visits Belos Tempos, a Portuguese restaurant that serves traditional homemade Macanese dishes, and is lucky enough to learn how to prepare a popular dessert by chef Ana.	AUSTRALIA	English-100	2019	RPT	G			
23/03/2026	1130	Travel	Rick Stein's Food Stories	Northern Ireland	1	4	In Northern Ireland, Rick has Filipino-style Sunday lunch, and meets a 'no waste' chef turning an unpopular fish into a stunning dish. At home, he cooks beef and Guinness pie.	UNITED KINGDOM	English-100	2023	RPT	G			
23/03/2026	1200	Travel	Rick Stein's Food Stories	Manchester	1	5	Rick immerses himself in the northwest's food traditions at Britain's best market, enjoys memories of Manchester's music scene and cooks an old favourite: liver, bacon and onions.	UNITED KINGDOM	English-100	2023	RPT	G			
23/03/2026	1230	Reality	Big Food Bucket List	Pasta La Vista Baby	3	11	John heads to Boston, MA's favourite Italian restaurant to try their signature ravioli filled with a whole egg yolk.	CANADA	English-100	2022	RPT	G		Y	
23/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Baker's Dozen Problems, A	2025	3	Kandis is a home baker with a booming gluten-free business-but her tiny, chaotic kitchen is crumbling under pressure.	USA	English-100	2025	RPT	PG			
23/03/2026	1330	Cooking	Duff: Ace Of Taste	Bake Sale!	1	2	The neighborhood elementary school is having a bake sale, so riffing on the bake sales he loved as a kid, Duff bakes up some all-time crowd-pleasers to fit the bill including brown butter blondies, his unique take on a black and white cookie, buttery spritz cookies and syrupy honey baklava.	USA	English-100	2023	RPT	G			
23/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Tales From The Heel	2	9	Sophie goes to meet one of the online Puglian cooks who she admires and then tries to tempt the card playing locals into teaching her how to play Scopa. At the trullo, she barbecues a tuna burger.	UNITED KINGDOM	English-100	2023	RPT	G		Y	
23/03/2026	1430	Cooking	On Country Kitchen	On Country Kitchen	2	4	Mark and Derek take a tour around the historic ghost town of Joadja and help with the distilling process with the Jimenez family. Like Derek, Valero doesn't drink - an interesting challenge for a head distiller. At the Dapto Community Garden, they collect kohlrabi with Harry, and over in Gerringong they stumble upon a coffee plantation on a picturesque hill. They retire for a game of cricket at the Bradman Museum in Bowral and learn about the rich indigenous sporting history of the sport in Australia.	AUSTRALIA	English-100	2019	RPT	G		Y	Y
23/03/2026	1500	Cooking	Mad Good Food	Grandma Estelle	2023	4	Chef Derrell Smith shares family recipes taking him right back to grandma's table. He's cookin' up fried chicken, mac 'n cheese, collard green slaw, brulee banana pudding and pop-pops moonshine.	USA	English-100	2023	RPT	PG			
23/03/2026	1530	Cooking	My Market Kitchen	Ep 6	6	6	Mike teams up with fruiterer, John Pino, to whip up potato and rosemary waffles. Chef Karen Chan schools Laura in crafting a Vietnamese masterpiece. Matt Sinclair selects a timeless favourite.	AUSTRALIA	English-100	2021	RPT	PG			
23/03/2026	1600	Cooking	Lidia's Kitchen	Roman Interlude, A	7	21	Rome is one of Lidia's favourite cities, and she features some Roman classic techniques. Recipes include scallops saltimbocca and lamb chops with mint salsa verde and roasted potato wedges.	USA	English-100	2020	RPT	PG			
23/03/2026	1630	Travel	Jason Atherton's Dubai Dishes	Hajar Mountains, The	2	6	Jason escapes the city on an epic adventure into the Hajar Mountains, the highlands of Dubai, where he fires up the coals to barbecue delicious dishes using local ingredients like mountain honey.	UNITED KINGDOM	English-100	2024	RPT	PG			
23/03/2026	1725	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
23/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Spicy Bucatini All'amatriciana With Beans And Greens	3	6	Rachael cooks up all of John's favorite dishes, starting with her spicy-sweet Bucatini all'Amatriciana, a pasta dish inspired by her mother's 'all America' recipe.	USA	English-100	2024		G			

23/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 6	1	6	Kirsten prepares an intriguing and delicious Chocolate Salami, and shows you how to achieve the perfect Liquid Centre Chocolate Pudding.	AUSTRALIA	English-100	2018	RPT	G	
23/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 2	2	2	The kitchen gets even sweeter as The Chocolate Queen, Kirsten Tibballs, joins Justine to create a luscious banana caramel tart.	AUSTRALIA	English-100	2024			
23/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Nuts For Nuts	9	16	If you're nuts for nuts, you'll love the recipes Adam and his guests, fine dining chef Alan Stuart and champion swimmer turned Macadamia farmer Giaan Rooney go nuts for tonight.	AUSTRALIA	English-100	2025		G	Y
23/03/2026	1930	Cooking	Donal's Super Food In Minutes	Episode 4	1	4	Donal cooks up five more time-saving fuss free meals. Kicking things off with a fresh twist on a classic, Donal's Super Green Pesto Pasta, Steak with blistered summer vegetables.	UNITED KINGDOM	English-100	2020		PG	
23/03/2026	2000	Cooking	Mary Berry Makes It Easy	Adventurous Cooking	1	6	Mary teaches Michael Ball delicious recipes. Perfect for an adventurous cook.	UNITED KINGDOM	English-100	2023	RPT	G	
23/03/2026	2030	Food Lifestyle	River Cottage Reunited	Episode 2	1	2	Nanny Goat Mia has a surprise in store for Hugh when her new kids are born.7A trip to the seashore with Forager & Cook Emma Gunn, uncovers seaweeds that make an innovative beach-side lunch.	UNITED KINGDOM	English-100	2022		PG	
23/03/2026	2130	Food Lifestyle	Come Dine With Me	Bolton: Katie	20	21	This week's competition is in and around Bolton, where the first to host is glamorous mum and teacher Katie.	UNITED KINGDOM	English-100	2022	RPT	PG	s
23/03/2026	2200	Food Lifestyle	Come Dine With Me	Bolton: Shane	20	22	It's the second day of the competition in Bolton, where salon owner Lord Shane is hoping his regal evening is going to reign supreme.	UNITED KINGDOM	English-100	2022	RPT	PG	s
23/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Nuts For Nuts	9	16	If you're nuts for nuts, you'll love the recipes Adam and his guests, fine dining chef Alan Stuart and champion swimmer turned Macadamia farmer Giaan Rooney go nuts for tonight.	AUSTRALIA	English-100	2025	RPT	G	Y
23/03/2026	2300	Cooking	The Cook And The Chef	Beetroot And Pepper	3	39	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100	2008	RPT	G	
23/03/2026	2330	Reality	Big Food Bucket List	Pasta La Vista Baby	3	11	John heads to Boston, MA's favourite Italian restaurant to try their signature raviolo filled with a whole egg yolk.	CANADA	English-100	2022	RPT	G	Y
23/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Baker's Dozen Problems, A	2025	3	Kandis is a home baker with a booming gluten-free business-but her tiny, chaotic kitchen is crumbling under pressure.	USA	English-100	2025	RPT	PG	
23/03/2026	2430	Cooking	Donal's Super Food In Minutes	Episode 4	1	4	Donal cooks up five more time-saving fuss free meals. Kicking things off with a fresh twist on a classic, Donal's Super Green Pesto Pasta, Steak with blistered summer vegetables.	UNITED KINGDOM	English-100	2020	RPT	PG	
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24/03/2026	530	Cooking	Duff: Ace Of Taste	Bake Sale!	1	2	The neighborhood elementary school is having a bake sale, so riffing on the bake sales he loved as a kid, Duff bakes up some all-time crowd-pleasers to fit the bill including brown butter blondies, his unique take on a black and white cookie, buttery spritz cookies and syrupy honey baklava.	USA	English-100	2023	RPT	G		
24/03/2026	600	Travel	Sophie Grigson: Slice Of Italy	Tales From The Heel	2	9	Sophie goes to meet one of the online Puglian cooks who she admires and then tries to tempt the card playing locals into teaching her how to play Scopa. At the trullo, she barbecues a tuna burger.	UNITED KINGDOM	English-100	2023	RPT	G	Y	
24/03/2026	630	Cooking	On Country Kitchen	On Country Kitchen	2	4	Mark and Derek take a tour around the historic ghost town of Joadja and help with the distilling process with the Jimenez family. Like Derek, Valero doesn't drink - an interesting challenge for a head distiller. At the Dapto Community Garden, they collect kohlrabi with Harry, and over in Gerringong they stumble upon a coffee plantation on a picturesque hill. They retire for a game of cricket at the Bradman Museum in Bowral and learn about the rich Indigenous sporting history of the sport in Australia.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
24/03/2026	700	Cooking	Mad Good Food	Grandma Estelle	2023	4	Chef Derrell Smith shares family recipes taking him right back to grandma's table. He's cookin' up fried chicken, mac 'n cheese, collard green slaw, brulee banana pudding and pop-pops moonshine.	USA	English-100	2023	RPT	PG		
24/03/2026	730	Cooking	My Market Kitchen	Ep 6	6	6	Mike teams up with fruiterer, John Pino, to whip up potato and rosemary waffles. Chef Karen Chan schools Laura in crafting a Vietnamese masterpiece. Matt Sinclair selects a timeless favourite.	AUSTRALIA	English-100	2021	RPT	PG		
24/03/2026	800	Cooking	Lidia's Kitchen	Roman Interlude, A	7	21	Rome is one of Lidia's favourite cities, and she features some Roman classic techniques. Recipes include scallops saltimbocca and lamb chops with mint salsa verde and roasted potato wedges.	USA	English-100	2020	RPT	PG		
24/03/2026	830	Travel	Jason Atherton's Dubai Dishes	Hajar Mountains, The	2	6	Jason escapes the city on an epic adventure into the Hajar Mountains, the highlands of Dubai, where he fires up the coals to barbecue delicious dishes using local ingredients like mountain honey.	UNITED KINGDOM	English-100	2024	RPT	PG		
24/03/2026	925	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
24/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Spicy Bucatini All'amatriciana With Beans And Greens	3	6	Rachael cooks up all of John's favorite dishes, starting with her spicy-sweet Bucatini all'Amatriciana, a pasta dish inspired by her mother's 'all America' recipe.	USA	English-100	2024	RPT	G		
24/03/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 6	1	6	Kirsten prepares an intriguing and delicious Chocolate Salami, and shows you how to achieve the perfect Liquid Centre Chocolate Pudding.	AUSTRALIA	English-100	2018	RPT	G		
24/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Episode 2	2	2	The kitchen gets even sweeter as The Chocolate Queen, Kirsten Tibballs, joins Justine to create a luscious banana caramel tart.	AUSTRALIA	English-100	2024	RPT			

24/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Nuts For Nuts	9	16	If you're nuts for nuts, you'll love the recipes Adam and his guests, fine dining chef Alan Stuart and champion swimmer turned Macadamia farmer Giaan Rooney go nuts for tonight.	AUSTRALIA	English-100	2025	RPT	G	Y	
24/03/2026	1130	Cooking	Donal's Super Food In Minutes	Episode 4	1	4	Donal cooks up five more time-saving fuss free meals. Kicking things off with a fresh twist on a classic, Donal's Super Green Pesto Pasta, Steak with blistered summer vegetables.	UNITED KINGDOM	English-100	2020	RPT	PG		
24/03/2026	1200	Cooking	Mary Berry Makes It Easy	Adventurous Cooking	1	6	Mary teaches Michael Ball delicious recipes. Perfect for an adventurous cook.	UNITED KINGDOM	English-100	2023	RPT	G		
24/03/2026	1230	Reality	Big Food Bucket List	My Way Or The Poke	3	12	John spreads his wings and flies to Honolulu, HI for a masterclass in traditional Hawai'ian poke and poi made from vibrant purple taro root.	CANADA	English-100	2022	RPT	G		
24/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Vlad & Olga's Culinary Clash	2025	4	Vlad & Olga's cramped condo kitchen is straining their marriage. He wants function, she wants minimalism & DIY fixes only cause fights.	USA	English-100	2025	RPT	PG	Y	
24/03/2026	1330	Cooking	Duff: Ace Of Taste	Band Practice	1	3	There is no doubt that Duff loves to rock! And today is Duff's turn to provide the snacks for band practice. So, before he can make the music, he needs to satisfy the stomach. Duff puts together a decadent meal including cheeseburger cream puffs, sweet and spicy muhammara dip.	USA	English-100	2023	RPT	G		
24/03/2026	1400	Travel	Sophie Grigson: Slice Of Italy	Puglia Forever	2	10	Sophie visits the baroque city of Lecce and one of Italy's most famous deserts is on the menu at the trullo - tiramisu. Sophie then ensures that her passion for Puglia will never be forgotten!	UNITED KINGDOM	English-100	2023	RPT	G	Y	
24/03/2026	1430	Cooking	On Country Kitchen	On Country Kitchen	2	5	Painted up in beautiful traditional markings, Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. Overlooking the vineyards in the late afternoon, Derek helps Liam with the brewing process and Mark taste-tests his craft for the two of them. In Berry, Raj takes the boys through his vineyard, explaining the different types of varietals on the property and the way they are able to run the property with no carbon impact.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
24/03/2026	1500	Cooking	Mad Good Food	Farmer's Market Finds	2023	5	Chef Derrell Smith heads to the Farmers Market for the first time. Inspired by rows of fresh fruit, veggies and the local farmers he creates a flavourful meal like veggie focaccia and a crisp Sangria.	USA	English-100	2023	RPT	PG		
24/03/2026	1530	Cooking	My Market Kitchen	Ep 7	6	7	Laura unveils family secrets as she learns Nona Maria's famous Arancini recipe from her Mum. Then, it's off to Noosa with Matt for a breakfast or dessert extravaganza featuring his indulgent chocolate crepes.	AUSTRALIA	English-100	2021	RPT	G		
24/03/2026	1600	Cooking	Lidia's Kitchen	Restaurant Inspiration	7	22	Fresh pasta with pear and pecorino is a restaurant favourite at Felidia, and Lidia shows how to use that flavour combination in a risotto. She also makes short ribs braised in barolo with orzo.	USA	English-100	2020	RPT	G		
24/03/2026	1630	Travel	Jason Atherton's Dubai Dishes	Dubai Marina	2	7	Jason is in one of the most popular parts of the city, Dubai Marina, exploring food that looks so good it goes viral, with a mouthwatering menu that includes baba ghanoush.	UNITED KINGDOM	English-100	2024	RPT	G		
24/03/2026	1725	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	
24/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Italian Brisket With Gremolata, Polenta And Sauteed Greens	3	7	Rachael shows the ultimate way to beat the winter chill with her irresistible Italian Brisket. Coated in a flavorful blend of extra virgin olive oil, shallots, garlic, herbs and more.	USA	English-100	2024		G		
24/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 7	1	7	Kirsten creates an elegant chocolate Rose decoration and a fragrant Ginger Chocolate Pear.	AUSTRALIA	English-100	2018	RPT	G		
24/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 3	2	3	Bringing more tasty magic, Justine shares a clever chocolate trick to elevate any dinner table and an easy lemon cookie recipe that's sure to be a hit.	AUSTRALIA	English-100	2024				
24/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Crispy Bites	9	17	Adam has assembled the cracking combo of host-chef Khanh Ong plus, comedian-actor Ting Lim to make the cracking combo of crispy bites.	AUSTRALIA	English-100	2025		G	Y	

24/03/2026	1930	Cooking	Silvia's Italian Masterclass	Episode 5	3	5	Clever shortcuts, smart twists, and time-saving tricks. Silvia shows how Italian cooking can be both effortless and full of flavour.	AUSTRALIA	English-100	2025		PG		
24/03/2026	2000	Travel	Adam Richman Eats Britain	Lancashire Hot Pot	1	7	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 has made his way to Lancashire to try the historic, hearty Hot Pot. He also visits a breakthrough Brazilian bakery for a sumptuous sausage roll.	UNITED KINGDOM	English-100	2024	RPT	G		
24/03/2026	2030	Travel	Eva Longoria: Searching For Mexico	Oaxaca	1	3	Eva travels to southern Mexico to experience the magic of Oaxaca, hidden away between three mountain ranges and the Pacific. It was once a trading post on the ancient trade routes through Central America. The people of Oaxaca, however, don't live in the past, they draw on a wealth of ingredients to create new and inventive dishes. Celebrity chefs dominate the region, such as Celia Florian who's quesillo cheese with crickets and edible flowers is a delight to Eva.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	Y	Y
24/03/2026	2125	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	
24/03/2026	2130	Food Lifestyle	Come Dine With Me	Bolton: Thandie	20	23	It's the third night in Bolton and the turn of Influencer and model Thandie. She's hoping her fare will impress the gang and help bag her the prize.	UNITED KINGDOM	English-100	2022	RPT	PG	s	
24/03/2026	2200	Food Lifestyle	Come Dine With Me	Bolton: Jay	20	24	It's the third night in Bolton and the turn of HR Manager Jay. She's decided that keeping things simple will ensure her the grand prize.	UNITED KINGDOM	English-100	2022	RPT	PG	s	
24/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Crispy Bites	9	17	Adam has assembled the cracking combo of host-chef Khanh Ong plus, comedian-actor Ting Lim to make the cracking combo of crispy bites.	AUSTRALIA	English-100	2025	RPT	G	Y	
24/03/2026	2300	Cooking	The Cook And The Chef	Christmas Holidays	3	40	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren to make a favourite mince tart.	AUSTRALIA	English-100	2008	RPT	G		
24/03/2026	2330	Reality	Big Food Bucket List	My Way Or The Poke	3	12	John spreads his wings and flies to Honolulu, HI for a masterclass in traditional Hawai'ian poke and poi made from vibrant purple taro root.	CANADA	English-100	2022	RPT	G		
24/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Vlad & Olga's Culinary Clash	2025	4	Vlad & Olga's cramped condo kitchen is straining their marriage. He wants function, she wants minimalism & DIY fixes only cause fights.	USA	English-100	2025	RPT	PG		Y
24/03/2026	2430	Cooking	Silvia's Italian Masterclass	Episode 5	3	5	Clever shortcuts, smart twists, and time-saving tricks. Silvia shows how Italian cooking can be both effortless and full of flavour.	AUSTRALIA	English-100	2025	RPT	PG		
24/03/2026	2500	Travel	Adam Richman Eats Britain	Lancashire Hot Pot	1	7	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 has made his way to Lancashire to try the historic, hearty Hot Pot. He also visits a breakthrough Brazilian bakery for a sumptuous sausage roll.	UNITED KINGDOM	English-100	2024	RPT	G		
24/03/2026	2530	Travel	Eva Longoria: Searching For Mexico	Oaxaca	1	3	Eva travels to southern Mexico to experience the magic of Oaxaca, hidden away between three mountain ranges and the Pacific. It was once a trading post on the ancient trade routes through Central America. The people of Oaxaca, however, don't live in the past, they draw on a wealth of ingredients to create new and inventive dishes. Celebrity chefs dominate the region, such as Celia Florian who's quesillo cheese with crickets and edible flowers is a delight to Eva.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	Y	Y
24/03/2026	2625	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	
24/03/2026	2630	Food Lifestyle	Come Dine With Me	Bolton: Thandie	20	23	It's the third night in Bolton and the turn of Influencer and model Thandie. She's hoping her fare will impress the gang and help bag her the prize.	UNITED KINGDOM	English-100	2022	RPT	PG	s	
24/03/2026	2700	Food Lifestyle	Come Dine With Me	Bolton: Jay	20	24	It's the third night in Bolton and the turn of HR Manager Jay. She's decided that keeping things simple will ensure her the grand prize.	UNITED KINGDOM	English-100	2022	RPT	PG	s	

24/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Crispy Bites	9	17	Adam has assembled the cracking combo of host-chef Khanh Ong plus, comedian-actor Ting Lim to make the cracking combo of crispy bites.	AUSTRALIA	English-100	2025	RPT	G	Y	
24/03/2026	2800	Cooking	The Cook And The Chef	Christmas Holidays	3	40	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren to make a favourite mince tart.	AUSTRALIA	English-100	2008	RPT	G		
24/03/2026	2830	Reality	Big Food Bucket List	My Way Or The Poke	3	12	John spreads his wings and flies to Honolulu, HI for a masterclass in traditional Hawai'ian poke and poi made from vibrant purple taro root.	CANADA	English-100	2022	RPT	G		
25/03/2026	500	Food Lifestyle	Kitchen Glow Up	Vlad & Olga's Culinary Clash	2025	4	Vlad & Olga's cramped condo kitchen is straining their marriage. He wants function, she wants minimalism & DIY fixes only cause fights.	USA	English-100	2025	RPT	PG	Y	
25/03/2026	530	Cooking	Duff: Ace Of Taste	Band Practice	1	3	There is no doubt that Duff loves to rock! And today is Duff's turn to provide the snacks for band practice. So, before he can make the music, he needs to satisfy the stomach. Duff puts together a decadent meal including cheeseburger cream puffs, sweet and spicy muhammara dip.	USA	English-100	2023	RPT	G		
25/03/2026	600	Travel	Sophie Grigson: Slice Of Italy	Puglia Forever	2	10	Sophie visits the baroque city of Lecce and one of Italy's most famous deserts is on the menu at the trullo - tiramisu. Sophie then ensures that her passion for Puglia will never be forgotten!	UNITED KINGDOM	English-100	2023	RPT	G	Y	
25/03/2026	630	Cooking	On Country Kitchen	On Country Kitchen	2	5	Painted up in beautiful traditional markings, Dwayne Bannon-Harrison shares a traditional dance with Mark and Derek. Overlooking the vineyards in the late afternoon, Derek helps Liam with the brewing process and Mark taste-tests his craft for the two of them. In Berry, Raj takes the boys through his vineyard, explaining the different types of varietals on the property and the way they are able to run the property with no carbon impact.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
25/03/2026	700	Cooking	Mad Good Food	Farmer's Market Finds	2023	5	Chef Derrell Smith heads to the Farmers Market for the first time. Inspired by rows of fresh fruit, veggies and the local farmers he creates a flavourful meal like veggie focaccia and a crisp Sangria.	USA	English-100	2023	RPT	PG		
25/03/2026	730	Cooking	My Market Kitchen	Ep 7	6	7	Laura unveils family secrets as she learns Nona Maria's famous Arancini recipe from her Mum. Then, it's off to Noosa with Matt for a breakfast or dessert extravaganza featuring his indulgent chocolate crepes.	AUSTRALIA	English-100	2021	RPT	G		
25/03/2026	800	Cooking	Lidia's Kitchen	Restaurant Inspiration	7	22	Fresh pasta with pear and pecorino is a restaurant favourite at Felidia, and Lidia shows how to use that flavour combination in a risotto. She also makes short ribs braised in barolo with orzo.	USA	English-100	2020	RPT	G		
25/03/2026	830	Travel	Jason Atherton's Dubai Dishes	Dubai Marina	2	7	Jason is in one of the most popular parts of the city, Dubai Marina, exploring food that looks so good it goes viral, with a mouthwatering menu that includes baba ghanoush.	UNITED KINGDOM	English-100	2024	RPT	G		
25/03/2026	925	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	
25/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Italian Brisket With Gremolata, Polenta And Sauteed Greens	3	7	Rachael shows the ultimate way to beat the winter chill with her irresistible Italian Brisket. Coated in a flavorful blend of extra virgin olive oil, shallots, garlic, herbs and more.	USA	English-100	2024	RPT	G		
25/03/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 7	1	7	Kirsten creates an elegant chocolate Rose decoration and a fragrant Ginger Chocolate Pear.	AUSTRALIA	English-100	2018	RPT	G		
25/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Episode 3	2	3	Bringing more tasty magic, Justine shares a clever chocolate trick to elevate any dinner table and an easy lemon cookie recipe that's sure to be a hit.	AUSTRALIA	English-100	2024	RPT			
25/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Crispy Bites	9	17	Adam has assembled the cracking combo of host-chef Khanh Ong plus, comedian-actor Ting Lim to make the cracking combo of crispy bites.	AUSTRALIA	English-100	2025	RPT	G	Y	

25/03/2026	1130	Cooking	Silvia's Italian Masterclass	Episode 5	3	5	Clever shortcuts, smart twists, and time-saving tricks. Silvia shows how Italian cooking can be both effortless and full of flavour.	AUSTRALIA	English-100	2025	RPT	PG		
25/03/2026	1200	Travel	Adam Richman Eats Britain	Lancashire Hot Pot	1	7	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 has made his way to Lancashire to try the historic, hearty Hot Pot. He also visits a breakthrough Brazilian bakery for a sumptuous sausage roll.	UNITED KINGDOM	English-100	2024	RPT	G		
25/03/2026	1230	Reality	Big Food Bucket List	Matzoh Baller	3	13	In Richmond, VA, John heads into an incredible Jewish deli that's doing it a little different, like their Jewish egg rolls you have to see to believe.	CANADA	English-100	2022	RPT	G		
25/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Meredith & Dan's Family Fix	2025	5	Meredith juggles two kids, gluten-free cooking & full-time mom life while Dan works 70+ hours for the LA Rams. With no space, scattered supplies & growing stress. She asks Ellen for a calm kitchen.	USA	English-100	2025	RPT	PG		
25/03/2026	1330	Cooking	Duff: Ace Of Taste	Josephine's First Tea Party!	1	4	Having baby Josephine in his life allows Duff to indulge in the dainty and delicious. Duff puts together recipes for tiny fingers to grab like mini quiches filled with bacon and cheese, a fancy layered sponge cake and his decadent mini fudge bites.	USA	English-100	2023	RPT	G		
25/03/2026	1400	Travel	Cooking Italy	Cagliari	2023	1	The series follows Chefs Rob and Craig as they travel to incredible and often overlooked regions of Italy.	CANADA	English-100	2023	RPT	PG	I	
25/03/2026	1430	Cooking	On Country Kitchen	On Country Kitchen	2	6	Arriving in Berrima, Bridg takes the boys through the kitchen garden attached to her restaurant, The Loch. At Maple Ridge Farm, Derek and Mark help in milking the goats at the dairy and back in Jervis bay, Joel and Adrian catch and cook up some abalone burgers for a beach fire and feed with the little ones. Atop Cambewarra mountain, Joel tells the story in language of the black cockatoo overlooking the picturesque NSW landscape.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
25/03/2026	1500	Cooking	Mad Good Food	South Carolina Family Reunion, A	2023	6	For his reunion inspired menu, Chef Derrell Smith is going back to his roots. Cookin' up some modern takes on the family classic: pesto potato salad, salmon filet, spicy kale slaw, and fruit skewers.	USA	English-100	2023	RPT	PG		
25/03/2026	1530	Cooking	My Market Kitchen	Ep 8	6	8	Mike takes on the challenge of vegan chocolate brownies. Matt teams up with Adam Walls to pair the perfect Italian-inspired wines with his grape and rosemary focaccia. Laura makes Castagnole.	AUSTRALIA	English-100	2021	RPT	G		
25/03/2026	1600	Cooking	Lidia's Kitchen	Everything Delicious	7	23	Lidia shares three simply delicious Italian classics - a prosciutto cotto appetiser, lemony shrimp over zucchini, and a light olive oil cake to finish of the meal.	USA	English-100	2020	RPT	G		
25/03/2026	1630	Travel	Jason Atherton's Dubai Dishes	Desert, The	2	8	Jason is on a health trip, heading out of the city to discover the beauty of the Desert, with a feel-good menu including homemade granola and date caramel cheesecake.	UNITED KINGDOM	English-100	2024	RPT	G		
25/03/2026	1725	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
25/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Chicken Under A Brick With Herb Salsa Verde	3	8	Rachael adds a delicious twist to a classic chicken dinner with her recipe for Chicken Under a Brick.	USA	English-100	2024		G		
25/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 8	1	8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100	2018	RPT	G		
25/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 4	2	4	From Spain to Turkey and back again, this episode has it all! Natalie Paull wows with a Chocolate Bavarian Pie,	AUSTRALIA	English-100	2024				
25/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Fire & Spice	9	18	Outback chef Tom Forrest and MasterChef winner Nat Thaipoun join Adam in the kitchen to play with all things fire and spice.	AUSTRALIA	English-100	2025		G	Y	
25/03/2026	1930	Travel	Donal's Irish Adventure	Antrim	1	5	The only way is up in this episode as Donal and his trusty sheepdog Max head northbound to county Antrim.	UNITED KINGDOM	English-100	2022	RPT	G		
25/03/2026	2000	Cooking	Richo's Hungry As Hell	Takeaway Is Cancelled	1	3	Delete the food delivery apps. Richo's staging an intervention. Tonight he shows you how to beat takeaway at its own game in the time it takes for your driver to get lost three streets over.	AUSTRALIA	English-100	2025		PG		

25/03/2026	2030	Travel	Ainsley's Taste Of Malta	Central	1	3	Ainsley is in central Malta where he starts his day exploring the beautiful ancient city of Mdina. After a tour of the city, Ainsley stops by a restaurant with an impressive history and a great view.	UNITED KINGDOM	English-100	2023	RPT	G			
25/03/2026	2130	Food Lifestyle	Come Dine With Me	Bolton: Louis	20	25	It's the final night of the competition in Bolton, where loudmouth Financial Advisor Louis is hoping his fancy menu can trump all others'.	UNITED KINGDOM	English-100	2022	RPT	PG			
25/03/2026	2200	Food Lifestyle	Come Dine With Me	Norwich: Anthony	20	26	This week's competition is in and around Norwich, where the first to host is multi-award-winning mind reader and magician, the 'Amazing' Anthony.	UNITED KINGDOM	English-100	2022	RPT	PG			
25/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Fire & Spice	9	18	Outback chef Tom Forrest and MasterChef winner Nat Thaipun join Adam in the kitchen to play with all things fire and spice.	AUSTRALIA	English-100	2025	RPT	G		Y	
25/03/2026	2300	Cooking	The Cook And The Chef	Australia Now	4	1	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen in her time as a cook and reminisces about the day in 1980 when she first got her hands on a bunch of fresh basil.	AUSTRALIA	English-100	2021	RPT	G			
25/03/2026	2330	Reality	Big Food Bucket List	Matzoh Baller	3	13	In Richmond, VA, John heads into an incredible Jewish deli that's doing it a little different, like their Jewish egg rolls you have to see to believe.	CANADA	English-100	2022	RPT	G			
25/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Meredith & Dan's Family Fix	2025	5	Meredith juggles two kids, gluten-free cooking & full-time mom life while Dan works 70+ hours for the LA Rams. With no space, scattered supplies & growing stress. She asks Ellen for a calm kitchen.	USA	English-100	2025	RPT	PG			
25/03/2026	2430	Travel	Donal's Irish Adventure	Antrim	1	5	The only way is up in this episode as Donal and his trusty sheepdog Max head northbound to county Antrim.	UNITED KINGDOM	English-100	2022	RPT	G			
25/03/2026	2500	Cooking	Richo's Hungry Az Hell	Takeaway Is Cancelled	1	3	Delete the food delivery apps. Richo's staging an intervention. Tonight he shows you how to beat takeaway at its own game in the time it takes for your driver to get lost three streets over.	AUSTRALIA	English-100	2025	RPT	PG			
25/03/2026	2530	Travel	Ainsley's Taste Of Malta	Central	1	3	Ainsley is in central Malta where he starts his day exploring the beautiful ancient city of Mdina. After a tour of the city, Ainsley stops by a restaurant with an impressive history and a great view.	UNITED KINGDOM	English-100	2023	RPT	G			
25/03/2026	2625	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
25/03/2026	2630	Food Lifestyle	Come Dine With Me	Bolton: Louis	20	25	It's the final night of the competition in Bolton, where loudmouth Financial Advisor Louis is hoping his fancy menu can trump all others'.	UNITED KINGDOM	English-100	2022	RPT	PG			
25/03/2026	2700	Food Lifestyle	Come Dine With Me	Norwich: Anthony	20	26	This week's competition is in and around Norwich, where the first to host is multi-award-winning mind reader and magician, the 'Amazing' Anthony.	UNITED KINGDOM	English-100	2022	RPT	PG			
25/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Fire & Spice	9	18	Outback chef Tom Forrest and MasterChef winner Nat Thaipun join Adam in the kitchen to play with all things fire and spice.	AUSTRALIA	English-100	2025	RPT	G		Y	
25/03/2026	2800	Cooking	The Cook And The Chef	Australia Now	4	1	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen in her time as a cook and reminisces about the day in 1980 when she first got her hands on a bunch of fresh basil.	AUSTRALIA	English-100	2021	RPT	G			
25/03/2026	2830	Reality	Big Food Bucket List	Matzoh Baller	3	13	In Richmond, VA, John heads into an incredible Jewish deli that's doing it a little different, like their Jewish egg rolls you have to see to believe.	CANADA	English-100	2022	RPT	G			
26/03/2026	500	Food Lifestyle	Kitchen Glow Up	Meredith & Dan's Family Fix	2025	5	Meredith juggles two kids, gluten-free cooking & full-time mom life while Dan works 70+ hours for the LA Rams. With no space, scattered supplies & growing stress. She asks Ellen for a calm kitchen.	USA	English-100	2025	RPT	PG			
26/03/2026	530	Cooking	Duff: Ace Of Taste	Josephine's First Tea Party!	1	4	Having baby Josephine in his life allows Duff to indulge in the dainty and delicious. Duff puts together recipes for tiny fingers to grab like mini quiches filled with bacon and cheese, a fancy layered sponge cake and his decadent mini fudge bites.	USA	English-100	2023	RPT	G			

26/03/2026	600	Travel	Cooking Italy	Cagliari	2023	1	The series follows Chefs Rob and Craig as they travel to incredible and often overlooked regions of Italy.	CANADA	English-100	2023	RPT	PG	I	
26/03/2026	630	Cooking	On Country Kitchen	On Country Kitchen	2	6	Arriving in Berrima, Brigid takes the boys through the kitchen garden attached to her restaurant, The Loch. At Maple Ridge Farm, Derek and Mark help in milking the goats at the dairy and back in Jervis bay, Joel and Adrian catch and cook up some abalone burgers for a beach fire and feed with the little ones. Atop Cambewarra mountain, Joel tells the story in language of the black cockatoo overlooking the picturesque NSW landscape.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
26/03/2026	700	Cooking	Mad Good Food	South Carolina Family Reunion, A	2023	6	For his reunion inspired menu, Chef Derrell Smith is going back to his roots. Cookin' up some modern takes on the family classic: pesto potato salad, salmon filet, spicy kale slaw, and fruit skewers.	USA	English-100	2023	RPT	PG		
26/03/2026	730	Cooking	My Market Kitchen	Ep 8	6	8	Mike takes on the challenge of vegan chocolate brownies. Matt teams up with Adam Walls to pair the perfect Italian-inspired wines with his grape and rosemary focaccia. Laura makes Castagnole.	AUSTRALIA	English-100	2021	RPT	G		
26/03/2026	800	Cooking	Lidia's Kitchen	Everything Delicious	7	23	Lidia shares three simply delicious Italian classics - a prosciutto cotto appetiser, lemony shrimp over zucchini, and a light olive oil cake to finish of the meal.	USA	English-100	2020	RPT	G		
26/03/2026	830	Travel	Jason Atherton's Dubai Dishes	Desert, The	2	8	Jason is on a health trip, heading out of the city to discover the beauty of the Desert, with a feel-good menu including homemade granola and date caramel cheesecake.	UNITED KINGDOM	English-100	2024	RPT	G		
26/03/2026	925	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
26/03/2026	930	Cooking	Rachael Ray's Meals in Minutes	Chicken Under A Brick With Herb Salsa Verde	3	8	Rachael adds a delicious twist to a classic chicken dinner with her recipe for Chicken Under a Brick.	USA	English-100	2024	RPT	G		
26/03/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 8	1	8	Kirsten shows you how to prepare your own decadent Chocolate Hazelnut Spread and puts a chocolate twist on fried eggs.	AUSTRALIA	English-100	2018	RPT	G		
26/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Episode 4	2	4	From Spain to Turkey and back again, this episode has it all! Natalie Paull wows with a Chocolate Bavarian Pie,	AUSTRALIA	English-100	2024	RPT			
26/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Fire & Spice	9	18	Outback chef Tom Forrest and MasterChef winner Nat Thaipun join Adam in the kitchen to play with all things fire and spice.	AUSTRALIA	English-100	2025	RPT	G	Y	
26/03/2026	1130	Travel	Donal's Irish Adventure	Antrim	1	5	The only way is up in this episode as Donal and his trusty sheepdog Max head northbound to county Antrim.	UNITED KINGDOM	English-100	2022	RPT	G		
26/03/2026	1200	Cooking	Richo's Hungry As Hell	Takeaway Is Cancelled	1	3	Delete the food delivery apps. Richo's staging an intervention. Tonight he shows you how to beat takeaway at its own game in the time it takes for your driver to get lost three streets over.	AUSTRALIA	English-100	2025	RPT	PG		
26/03/2026	1230	Reality	Big Food Bucket List	When Deviled Pigs Fly	3	14	John gets to work in Mississauga, ON learning to make the famous butter chicken samosa that has people lining up around the block.	CANADA	English-100	2022	RPT	G		
26/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Designing Joy	2025	6	Noelle, a designer at Hedley & Bennett & her husband Tim love to cook-but their small kitchen has killed the joy. With awkward cabinets, lost appliances & no counter space they need Ellen to bring order & fun back to their family's favorite room.	USA	English-100	2025	RPT	PG		
26/03/2026	1330	Cooking	Duff: Ace Of Taste	Johnna's Favourite Things!	1	5	Marrying Johnna was about the best thing Duff has ever done, so why not make her completely happy? Duff takes on everything Johnna loves to eat, including his great grandmother's chocolate babka and a savory babka creation filled with spinach artichoke dip.	USA	English-100	2023	RPT	G		

26/03/2026	1400	Travel	Cooking Italy	Tertenia	2023	2	Chefs Rob and Craig meet up with Loris at his cousin's farm in the southwest corner of Sardinia, where the goats graze freely and produce delicious milk.	CANADA	English-100	2023	RPT	PG	I		
26/03/2026	1430	Cooking	On Country Kitchen	On Country Kitchen	2	7	Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing.	AUSTRALIA	English-100	2019	RPT	PG		Y	Y
26/03/2026	1500	Cooking	Mad Good Food	Pre-Gaming!	2023	7	As a former NFL player, game days hit a little different. These days chef Derrell Smith isn't on the field, he's changing the game with dishes like oyster mushroom wings and chili lime chips.	USA	English-100	2023	RPT	PG			
26/03/2026	1530	Cooking	My Market Kitchen	Ep 9	6	9	Matt heads to the Noosa Farmers Market, sourcing garlic for his irresistibly chilli oil. Mike returns with a simple yet flavourful chicken rice paper rolls. Laura teams up with chef Karen Chan.	AUSTRALIA	English-100	2021	RPT	G			
26/03/2026	1600	Cooking	Lidia's Kitchen	From Italy To America	7	24	Italian American cuisine continues to evolve with time. Lidia demonstrates a traditional favourite, spaghetti with meatballs. Then, a contemporary pork chop Milanese that is a delicacy.	USA	English-100	2020	RPT	G			
26/03/2026	1630	Travel	Jason Atherton's Dubai Dishes	Downtown	2	9	It's a fusion feast as Jason heads in amongst the city's skyscrapers to discover how Dubai's diverse culture has impacted the food scene. Then he cooks his version of beans on toast, Dubai style.	UNITED KINGDOM	English-100	2024	RPT	PG			
26/03/2026	1725	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	
26/03/2026	1730	Cooking	Rachael Ray's Meals in Minutes	Panadas With Anna Francese Gass	3	9	Rachael and her friend, TV host and cookbook author Anna Francese Gass, are preparing a delicious feast together in Rachael's Tuscan kitchen.	USA	English-100	2024		G			
26/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 9	1	9	The Chocolate Queen creates indulgent chocolate tacos and puts her spin on an Australian classic with Triple Chocolate Lamingtons.	AUSTRALIA	English-100	2018	RPT	G			
26/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 5	2	5	Things turn deliciously creamy as Natalie Paull's Featherlight Cream Sponge Cake steals the show, Justine's mango and tequila sorbet adds a refreshing zing.	AUSTRALIA	English-100	2024					
26/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Bread	7	78	Tonight, Adam and his guests, brilliant bakers Grego Montalban Sanchez and Hayley Thorncraft, rise to the challenge of making incredible bread recipes.	AUSTRALIA	English-100	2024	RPT	G		Y	
26/03/2026	1930	Travel	New York Gourmet With Justine Schofield	Episode 3	1	3	It's a day filled with markets as Justine explores the bold flavours of Salt City Market, browses local treasures at the CNY Regional Market, and whips up a fresh burrito by the shores of Onondaga Lake.	AUSTRALIA	English-100	2025		PG			
26/03/2026	2000	Food Lifestyle	Memory Bites With Matt Moran	Christine Anu	1	3	Chef Matt Moran and Christine Anu celebrate her Torres Strait Islander heritage through cherished dishes, heartfelt memories, and a moving exchange of culture and connection.	AUSTRALIA	English-100	2024	RPT	PG	q	Y	
26/03/2026	2030	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 6	1	6	The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter.	UNITED KINGDOM	English-100	1997	RPT	PG	I		
26/03/2026	2100	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	1	7	It is the day of the Seafood Restaurant staff's barbecue, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100	1997	RPT	G			
26/03/2026	2130	Food Lifestyle	Come Dine With Me	Norwich: Hannah	20	27	The second day of this week's competition is in and around Norwich, where second to host is glam cleaner Hannah.	UNITED KINGDOM	English-100	2022	RPT	PG			
26/03/2026	2200	Food Lifestyle	Come Dine With Me	Norwich: Jess	20	28	It's the third day of the competition in and around Norwich, where third to host is service manager and super Adele fan, Jess.	UNITED KINGDOM	English-100	2022	RPT	PG			

26/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Bread	7	78	Tonight, Adam and his guests, brilliant bakers Grego Montalban Sanchez and Hayley Thorncraft, rise to the challenge of making incredible bread recipes.	AUSTRALIA	English-100	2024	RPT	G		Y
26/03/2026	2300	Cooking	The Cook And The Chef	Italian Influence	4	2	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known and she reminisces about her childhood visits with her family to an Italian restaurant in Sydney where she fell in love with pasta.	AUSTRALIA	English-100	2021	RPT	G		
26/03/2026	2330	Reality	Big Food Bucket List	When Deviled Pigs Fly	3	14	John gets to work in Mississauga, ON learning to make the famous butter chicken samosa that has people lining up around the block.	CANADA	English-100	2022	RPT	G		
26/03/2026	2400	Food Lifestyle	Kitchen Glow Up	Designing Joy	2025	6	Noelle, a designer at Hedley & Bennett & her husband Tim love to cook-but their small kitchen has killed the joy. With awkward cabinets, lost appliances & no counter space they need Ellen to bring order & fun back to their family's favorite room.	USA	English-100	2025	RPT	PG		
26/03/2026	2430	Travel	New York Gourmet With Justine Schofield	Episode 3	1	3	It's a day filled with markets as Justine explores the bold flavours of Salt City Market, browses local treasures at the CNY Regional Market, and whips up a fresh burrito by the shores of Onondaga Lake.	AUSTRALIA	English-100	2025	RPT	PG		
26/03/2026	2500	Food Lifestyle	Memory Bites With Matt Moran	Christine Anu	1	3	Chef Matt Moran and Christine Anu celebrate her Torres Strait Islander heritage through cherished dishes, heartfelt memories, and a moving exchange of culture and connection.	AUSTRALIA	English-100	2024	RPT	PG	q	Y
26/03/2026	2530	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 6	1	6	The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter.	UNITED KINGDOM	English-100	1997	RPT	PG	l	
26/03/2026	2600	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	1	7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100	1997	RPT	G		
26/03/2026	2630	Food Lifestyle	Come Dine With Me	Norwich: Hannah	20	27	The second day of this week's competition is in and around Norwich, where second to host is glam cleaner Hannah.	UNITED KINGDOM	English-100	2022	RPT	PG		
26/03/2026	2700	Food Lifestyle	Come Dine With Me	Norwich: Jess	20	28	It's the third day of the competition in and around Norwich, where third to host is service manager and super Adele fan, Jess.	UNITED KINGDOM	English-100	2022	RPT	PG		
26/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Bread	7	78	Tonight, Adam and his guests, brilliant bakers Grego Montalban Sanchez and Hayley Thorncraft, rise to the challenge of making incredible bread recipes.	AUSTRALIA	English-100	2024	RPT	G		Y
26/03/2026	2800	Cooking	The Cook And The Chef	Italian Influence	4	2	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known and she reminisces about her childhood visits with her family to an Italian restaurant in Sydney where she fell in love with pasta.	AUSTRALIA	English-100	2021	RPT	G		
26/03/2026	2830	Reality	Big Food Bucket List	When Deviled Pigs Fly	3	14	John gets to work in Mississauga, ON learning to make the famous butter chicken samosa that has people lining up around the block.	CANADA	English-100	2022	RPT	G		
27/03/2026	500	Food Lifestyle	Kitchen Glow Up	Designing Joy	2025	6	Noelle, a designer at Hedley & Bennett & her husband Tim love to cook-but their small kitchen has killed the joy. With awkward cabinets, lost appliances & no counter space they need Ellen to bring order & fun back to their family's favorite room.	USA	English-100	2025	RPT	PG		
27/03/2026	530	Cooking	Duff: Ace Of Taste	Johnna's Favourite Things!	1	5	Marrying Johnna was about the best thing Duff has ever done, so why not make her completely happy? Duff takes on everything Johnna loves to eat, including his great grandmother's chocolate babka and a savory babka creation filled with spinach artichoke dip.	USA	English-100	2023	RPT	G		
27/03/2026	600	Travel	Cooking Italy	Tertenia	2023	2	Chefs Rob and Craig meet up with Loris at his cousin's farm in the southwest corner of Sardinia, where the goats graze freely and produce delicious milk.	CANADA	English-100	2023	RPT	PG	l	

27/03/2026	630	Cooking	On Country Kitchen	On Country Kitchen	2	7	Mark and Derek visit a chicken farm with a view, take in an afternoon of fishing together and learn about the methode traditionnelle of sparkling winemaking. Mark takes Derek sightseeing.	AUSTRALIA	English-100	2019	RPT	PG		Y	Y
27/03/2026	700	Cooking	Mad Good Food	Pre-Gaming!	2023	7	As a former NFL player, game days hit a little different. These days chef Derrell Smith isn't on the field, he's changing the game with dishes like oyster mushroom wings and chilli lime chips.	USA	English-100	2023	RPT	PG			
27/03/2026	730	Cooking	My Market Kitchen	Ep 9	6	9	Matt heads to the Noosa Farmers Market, sourcing garlic for his irresistibly chilli oil. Mike returns with a simple yet flavourful chicken rice paper rolls. Laura teams up with chef Karen Chan.	AUSTRALIA	English-100	2021	RPT	G			
27/03/2026	800	Cooking	Lidia's Kitchen	From Italy To America	7	24	Italian American cuisine continues to evolve with time. Lidia demonstrates a traditional favourite, spaghetti with meatballs. Then, a contemporary pork chop Milanese that is a delicacy.	USA	English-100	2020	RPT	G			
27/03/2026	830	Travel	Jason Atherton's Dubai Dishes	Downtown	2	9	It's a fusion feast as Jason heads in amongst the city's skyscrapers to discover how Dubai's diverse culture has impacted the food scene. Then he cooks his version of beans on toast, Dubai style.	UNITED KINGDOM	English-100	2024	RPT	PG			
27/03/2026	925	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
27/03/2026	930	Cooking	Rachael Ray's Meals In Minutes	Panadas With Anna Francese Gass	3	9	Rachael and her friend, TV host and cookbook author Anna Francese Gass, are preparing a delicious feast together in Rachael's Tuscan kitchen.	USA	English-100	2024	RPT	G			
27/03/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 9	1	9	The Chocolate Queen creates indulgent chocolate tacos and puts her spin on an Australian classic with Triple Chocolate Lamingtons.	AUSTRALIA	English-100	2018	RPT	G			
27/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Episode 5	2	5	Things turn deliciously creamy as Natalie Paul's Featherlight Cream Sponge Cake steals the show. Justine's mango and tequila sorbet adds a refreshing zing.	AUSTRALIA	English-100	2024	RPT				
27/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Bread	7	78	Tonight, Adam and his guests, brilliant bakers Grego Montalban Sanchez and Hayley Thorncraft, rise to the challenge of making incredible bread recipes.	AUSTRALIA	English-100	2024	RPT	G		Y	
27/03/2026	1130	Travel	New York Gourmet With Justine Schofield	Episode 3	1	3	It's a day filled with markets as Justine explores the bold flavours of Salt City Market, browses local treasures at the CNY Regional Market, and whips up a fresh burrito by the shores of Onondaga Lake.	AUSTRALIA	English-100	2025	RPT	PG			
27/03/2026	1200	Food Lifestyle	Memory Bites With Matt Moran	Christine Anu	1	3	Chef Matt Moran and Christine Anu celebrate her Torres Strait Islander heritage through cherished dishes, heartfelt memories, and a moving exchange of culture and connection.	AUSTRALIA	English-100	2024	RPT	PG	q	Y	
27/03/2026	1230	Reality	Big Food Bucket List	Holy Mole	3	15	John follows the magic down to Orlando, FL for the Walt Disney World Resort's 50th Anniversary-and explores more than 150 sips and bites full of colour, whimsy, and flavour.	CANADA	English-100	2022	RPT	G			
27/03/2026	1300	Food Lifestyle	Kitchen Glow Up	From Chaos To Calm	2025	7	Gustavo & Carissa's dream kitchen has become a nightmare. With baby gear everywhere, poor storage & broken appliances, cooking is chaos. Can Ellen transform their dysfunctional space into a safe, warm & functional kitchen for their growing family?	USA	English-100	2025	RPT	PG			
27/03/2026	1330	Cooking	Duff: Ace Of Taste	Sunset Hike	1	6	Being outside in the late afternoon with Johnna is exactly what Duff loves to do, so their sunset hike has become something of a tradition. To prepare, Duff bakes up a satisfying picnic lunch with homemade pretzels and cheese fondue.	USA	English-100	2023	RPT	G			
27/03/2026	1400	Travel	Cooking Italy	Muravera	2023	3	Rob and Craig meet up with a local fig grower named Gioele. Lying beneath a rugged mountain range, his farm goes back generations. Gioele shows the chefs the fig farming process and what makes his figs so special.	CANADA	English-100	2023	RPT	PG	a l w		
27/03/2026	1430	Cooking	On Country Kitchen	On Country Kitchen	2	8	Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.	AUSTRALIA	English-100	2019	RPT	G		Y	Y

27/03/2026	1500	Cooking	Mad Good Food	Dinner Party	2023	8	Living in Koreatown, Derrell has fallen in love with its food and culture. He's servin' up braised beef short rib with crispy rice cakes, pickled cabbage, glass noodles salad and Korean pancakes.	USA	English-100	2023	RPT	PG		
27/03/2026	1530	Cooking	My Market Kitchen	Ep 10	6	10	Matt Sinclair teams up with his son to bake a pear streusel cake. Laura brings the girls together for a raw caramel slice. Mike dazzles Damien, 'The Mushroom Man' at Prahran Market.	AUSTRALIA	English-100	2021	RPT	G		
27/03/2026	1600	Cooking	Lidia's Kitchen	All About Grandma	7	25	Grandma Erminia's favourites grace today's menu and include a rice and pea soup; a simple prosciutto cotto sandwich and a dish that the family finds on many Sunday menus: baked stuffed shells.	USA	English-100	2020	RPT	G		
27/03/2026	1630	Travel	Jason Atherton's Dubai Dishes	Al Quoz	2	10	In the last episode of the series, Jason is going artsy in Al Quoz, cooking up incredible dishes including succulent slow-cooked coffee-glazed short ribs and his take on the classic tarte tatin.	UNITED KINGDOM	English-100	2024	RPT	PG		
27/03/2026	1725	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
27/03/2026	1730	Cooking	Rachael Ray's Meals in Minutes	Shrimp Salad Stuffed Shells	3	10	Rachael prepares sauteed red shrimp with homemade stock, served over a vibrant vegetable salad.	USA	English-100	2024		PG		
27/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 10	1	10	Kirsten makes a simple Microwave Chocolate Sponge and show stopping Chocolate Pops.	AUSTRALIA	English-100	2018	RPT	G		
27/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 6	2	6	Get ready for a sweet escape: Kirsten Tibballs bakes a stunning peach upside-down cake, Justine delivers blueberry cheesecake and pear crumble, and Emelia returns with rich, gooey caramel treats.	AUSTRALIA	English-100	2024				
27/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Fine Dining At Home	7	79	It's fine dining at home, as two of the finest chefs in the country, Jae Bang and Trisha Greenlee, join Adam to make some mighty fine food.	AUSTRALIA	English-100	2024	RPT	G	Y	
27/03/2026	1930	Cooking	Rachel Khoo's Chocolate	From Bean To Bar	1	3	Rachel Khoo explores chocolates fascinating journey from humble bean to delicious bar.	UNITED KINGDOM	English-100	2021	RPT	G		
27/03/2026	2030	Cooking	Jamie's Comfort Food	Chicken Kiev, Shepherd's Pie, Spaghetti Vongole	1	4	Jamie takes on three comfort food classics, chicken Kiev, shepherd's pie and spaghetti vongole with a non-traditional pink twist.	UNITED KINGDOM	English-100	2014	RPT	G		
27/03/2026	2130	Food Lifestyle	Come Dine With Me	Norwich: Sarah	20	29	It's the fourth day of the competition in and around Norwich, where fourth to host is chatty, mobile hairdresser, Sarah.	UNITED KINGDOM	English-100	2022	RPT	PG		
27/03/2026	2200	Food Lifestyle	Come Dine With Me	Norwich: Luke	20	30	The fifth day of this week's competition is in and around Norwich, where tonight's host is surgeon Luke. Luke loves his food and is happy to admit he only works to eat good meals!	UNITED KINGDOM	English-100	2022	RPT	PG		
27/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Fine Dining At Home	7	79	It's fine dining at home, as two of the finest chefs in the country, Jae Bang and Trisha Greenlee, join Adam to make some mighty fine food.	AUSTRALIA	English-100	2024	RPT	G	Y	
27/03/2026	2300	Cooking	The Cook And The Chef	Fusion Food	4	3	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100	2021	RPT	G		
27/03/2026	2330	Reality	Big Food Bucket List	Holy Mole	3	15	John follows the magic down to Orlando, FL for the Walt Disney World Resort's 50th Anniversary-and explores more than 150 sips and bites full of colour, whimsy, and flavour.	CANADA	English-100	2022	RPT	G		

27/03/2026	2400	Food Lifestyle	Kitchen Glow Up	From Chaos To Calm	2025	7	Gustavo & Carissa's dream kitchen has become a nightmare. With baby gear everywhere, poor storage & broken appliances, cooking is chaos. Can Ellen transform their dysfunctional space into a safe, warm & functional kitchen for their growing family?	USA	English-100	2025	RPT	PG	
27/03/2026	2430	Cooking	Rachel Khoo's Chocolate	From Bean To Bar	1	3	Rachel Khoo explores chocolates fascinating journey from humble bean to delicious bar.	UNITED KINGDOM	English-100	2021	RPT	G	
27/03/2026	2525	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G	
27/03/2026	2530	Cooking	Jamie's Comfort Food	Chicken Kiev, Shepherd's Pie, Spaghetti Vongole	1	4	Jamie takes on three comfort food classics, chicken Kiev, shepherd's pie and spaghetti vongole with a non-traditional pink twist.	UNITED KINGDOM	English-100	2014	RPT	G	
27/03/2026	2625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 8	1	8	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
27/03/2026	2630	Food Lifestyle	Come Dine With Me	Norwich: Sarah	20	29	It's the fourth day of the competition in and around Norwich, where fourth to host is chatty, mobile hairdresser, Sarah.	UNITED KINGDOM	English-100	2022	RPT	PG	
27/03/2026	2700	Food Lifestyle	Come Dine With Me	Norwich: Luke	20	30	The fifth day of this week's competition is in and around Norwich, where tonight's host is surgeon Luke. Luke loves his food and is happy to admit he only works to eat good meals!	UNITED KINGDOM	English-100	2022	RPT	PG	
27/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Fine Dining At Home	7	79	It's fine dining at home, as two of the finest chefs in the country, Jae Bang and Trisha Greenree, join Adam to make some mighty fine food.	AUSTRALIA	English-100	2024	RPT	G	Y
27/03/2026	2800	Cooking	The Cook And The Chef	Fusion Food	4	3	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100	2021	RPT	G	
27/03/2026	2830	Reality	Big Food Bucket List	Holy Mole	3	15	John follows the magic down to Orlando, FL for the Walt Disney World Resort's 50th Anniversary-and explores more than 150 sips and bites full of colour, whimsy, and flavour.	CANADA	English-100	2022	RPT	G	
28/03/2026	500	Food Lifestyle	Kitchen Glow Up	From Chaos To Calm	2025	7	Gustavo & Carissa's dream kitchen has become a nightmare. With baby gear everywhere, poor storage & broken appliances, cooking is chaos. Can Ellen transform their dysfunctional space into a safe, warm & functional kitchen for their growing family?	USA	English-100	2025	RPT	PG	
28/03/2026	530	Cooking	Duff: Ace Of Taste	Sunset Hike	1	6	Being outside in the late afternoon with Johnna is exactly what Duff loves to do, so their sunset hike has become something of a tradition. To prepare, Duff bakes up a satisfying picnic lunch with homemade pretzels and cheese fondue.	USA	English-100	2023	RPT	G	

28/03/2026	600	Travel	Cooking Italy	Muravera	2023	3	Rob and Craig meet up with a local fig grower named Gioele. Lying beneath a rugged mountain range, his farm goes back generations. Gioele shows the chefs the fig farming process and what makes his figs so special.	CANADA	English-100	2023	RPT	PG	a l w	
28/03/2026	630	Cooking	On Country Kitchen	On Country Kitchen	2	8	Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
28/03/2026	700	Cooking	Mad Good Food	Dinner Party	2023	8	Living in Koreatown, Derrell has fallen in love with its food and culture. He's servin' up braised beef short rib with crispy rice cakes, pickled cabbage, glass noodles salad and Korean pancakes.	USA	English-100	2023	RPT	PG		
28/03/2026	730	Cooking	My Market Kitchen	Ep 10	6	10	Matt Sinclair teams up with his son to bake a pear streusel cake. Laura brings the girls together for a raw caramel slice. Mike dazzles Damien, 'The Mushroom Man' at Prahran Market.	AUSTRALIA	English-100	2021	RPT	G		
28/03/2026	800	Cooking	Lidia's Kitchen	All About Grandma	7	25	Grandma Erminia's favourites grace today's menu and include a rice and pea soup; a simple prosciutto cotto sandwich and a dish that the family finds on many Sunday menus: baked stuffed shells.	USA	English-100	2020	RPT	G		
28/03/2026	830	Travel	Jason Atherton's Dubai Dishes	Al Quoz	2	10	In the last episode of the series, Jason is going artsy in Al Quoz, cooking up incredible dishes including succulent slow-cooked coffee-glazed short ribs and his take on the classic tarte tatin.	UNITED KINGDOM	English-100	2024	RPT	PG		
28/03/2026	925	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
28/03/2026	930	Cooking	Rachael Ray's Meals in Minutes	Shrimp Salad Stuffed Shells	3	10	Rachael prepares sauteed red shrimp with homemade stock, served over a vibrant vegetable salad.	USA	English-100	2024	RPT	PG		
28/03/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 10	1	10	Kirsten makes a simple Microwave Chocolate Sponge and show stopping Chocolate Pops.	AUSTRALIA	English-100	2018	RPT	G		
28/03/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Episode 6	2	6	Get ready for a sweet escape: Kirsten Tibballs bakes a stunning peach upside-down cake, Justine delivers blueberry cheesecake and pear crumble, and Emelia returns with rich, gooey caramel treats.	AUSTRALIA	English-100	2024	RPT			
28/03/2026	1100	Cooking	The Cook Up With Adam Liaw	Fine Dining At Home	7	79	It's fine dining at home, as two of the finest chefs in the country, Jae Bang and Trisha Greenree, join Adam to make some mighty fine food.	AUSTRALIA	English-100	2024	RPT	G	Y	
28/03/2026	1130	Cooking	Rachel Khoo's Chocolate	From Bean To Bar	1	3	Rachel Khoo explores chocolates fascinating journey from humble bean to delicious bar.	UNITED KINGDOM	English-100	2021	RPT	G		

28/03/2026	1225	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G		
28/03/2026	1230	Cooking	The Cook And The Chef	Fusion Food	4	3	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100	2021	RPT	G		
28/03/2026	1300	Food Lifestyle	Kitchen Glow Up	Chef's Dream Kitchen, A	2025	8	Culinary event producer Caryl Chinn's 1970s kitchen is a design disaster, embarrassing her during tastings with top chefs. With broken appliances, wasted space & clutter everywhere, she's counting on Ellen to deliver a kitchen fit for work & play.	USA	English-100	2025	RPT	PG		
28/03/2026	1330	Cooking	On Country Kitchen	On Country Kitchen	2	8	Mark and Derek visit a mushroom farm, help out at a community garden, and get their hands sticky in confectionary making. At Mount Keira lookout, Mark tells Derek the story of the mountain.	AUSTRALIA	English-100	2019	RPT	G	Y	Y

28/03/2026	1400	Cooking	Mad Good Food	Dinner Party	2023	8	Living in Koreatown, Derrell has fallen in love with its food and culture. He's servin' up braised beef short rib with crispy rice cakes, pickled cabbage, glass noodles salad and Korean pancakes.	USA	English-100	2023	RPT	PG		
28/03/2026	1430	Cooking	My Market Kitchen	Ep 10	6	10	Matt Sinclair teams up with his son to bake a pear streusel cake. Laura brings the girls together for a raw caramel slice. Mike dazzles Damien, 'The Mushroom Man' at Prahran Market.	AUSTRALIA	English-100	2021	RPT	G		
28/03/2026	1500	Cooking	Lidia's Kitchen	All About Grandma	7	25	Grandma Erminia's favourites grace today's menu and include a rice and pea soup; a simple prosciutto cotto sandwich and a dish that the family finds on many Sunday menus: baked stuffed shells.	USA	English-100	2020	RPT	G		
28/03/2026	1530	Travel	Jason Atherton's Dubai Dishes	Al Quoz	2	10	In the last episode of the series, Jason is going artsy in Al Quoz, cooking up incredible dishes including succulent slow-cooked coffee-glazed short ribs and his take on the classic tarte tatin.	UNITED KINGDOM	English-100	2024	RPT	PG		
28/03/2026	1625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 8	1	8	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
28/03/2026	1630	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 4	1	4	Chocolatier Yodi is given the job of dreaming up some limited edition drinking chocolate flavours and trying to get them approved for sale.	UNITED KINGDOM	English-100	2025	RPT	PG		
28/03/2026	1730	Travel	Tom Kerridge Cooks Britain	Kent And Cambridgeshire - Apples And Beetroot	1	1	Tom Kerridge heads to Kent and Cambridgeshire in his 1950s food truck to discover what it takes to produce the food on our plate and to cook with the British ingredients he finds along the way. His journey starts in the Fens in Cambridgeshire where he's in search of Beetroot.	UNITED KINGDOM	English-100	2024	RPT	G		
28/03/2026	1800	Cooking	Nadiya's Cook Once, Eat Twice	Feel Good Favourites	1	6	Tonight, Nadiya turns her attention to one of her favourite things, baking. Nadiya's fun packed, Cook Once Eat Twice recipes will bring joy and ease to both sweet and savoury bakes, helping us stretch our weekly shop further than we could imagine.	UNITED KINGDOM	English-100	2024	RPT	G		
28/03/2026	1830	Travel	Jamie's Food Escapes	Athens	1	6	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off an island, meets bee keepers who produce amazing honey, and makes goats cheese with a Greek Orthodox monk. He is inspired to cook Greek salad, honey and pistachio cake, wicked kebabs, fisherman's stew, and fresh tuna with lemon sauce.	UNITED KINGDOM	English-100	2009	RPT	PG	a	
28/03/2026	1930	Cooking	Air Fryer Diet: Lose Weight, Cook Fast	Episode 2	1	2	Nutritionist Jenny Tschiesche will be counting the calories and making the most of what's already in your kitchen cupboards, while airfryer chef Dean Edwards will pack his food for the waistline.	UNITED KINGDOM	English-100	2025	RPT	G		
28/03/2026	2030	Travel	Rick Stein's Long Weekends	Copenhagen	2	2	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining. Like a local, he explores the narrow streets and colourful houses of this capital city by bicycle, taking in its cutting edge contemporary architecture. Rick takes delight in Baksvaerd Kirke, where he's blown away by Jørn Utzon's designs that later inspired Sydney's famous Opera House.	UNITED KINGDOM	English-100	2016	RPT	PG	n	Y
28/03/2026	2135	Travel	Anthony Bourdain: A Cook's Tour	Dining With Geishas	1	2	Tony travels to an old-style Japanese inn that specializes in kaiseki cuisine, ancient tea ceremony, and local ingredients.	USA	English-100	2002	RPT	PG		

28/03/2026	2205	Cooking	Deliciously Twisted Classics	Twisty Tapas	1	19	Tapas are small bites which have become popular in the modern food scene, and now they're being twisted and transformed.	USA	English-100	2023		PG
28/03/2026	2235	Food Lifestyle	Masters Of Savours	Masters Of Coffee	1	11	For almost a decade, the world of roasting has been in the midst of a revolution with the so-called 'specialty' coffee. These coffees are being tended in exceptional places such as the Finca Bora in Panama, the Reunion Island, or the heights of Cali in Colombia. This program shows us the complexity of this plant through the men and women who watch over it with passion.	FRANCE	English-100	2022	RPT	G
28/03/2026	2335	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 4	1	4	Chocolatier Yodi is given the job of dreaming up some limited edition drinking chocolate flavours and trying to get them approved for sale.	UNITED KINGDOM	English-100	2025	RPT	PG
28/03/2026	2435	Travel	Tom Kerridge Cooks Britain	Kent And Cambridgeshire - Apples And Beetroot	1	1	Tom Kerridge heads to Kent and Cambridgeshire in his 1950s food truck to discover what it takes to produce the food on our plate and to cook with the British ingredients he finds along the way. His journey starts in the Fens in Cambridgeshire where he's in search of Beetroot.	UNITED KINGDOM	English-100	2024	RPT	G
28/03/2026	2500	Cooking	Nadiya's Cook Once, Eat Twice	Feel Good Favourites	1	6	Tonight, Nadiya turns her attention to one of her favourite things, baking. Nadiya's fun packed, Cook Once Eat Twice recipes will bring joy and ease to both sweet and savoury bakes, helping us stretch our weekly shop further than we could imagine.	UNITED KINGDOM	English-100	2024	RPT	G