



WEEK 14 Sunday, 29 March 2026 Saturday, 4 April 2026

Eastern

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	
29/03/2026	500	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	RPT	PG					
29/03/2026	530	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					
29/03/2026	630	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					
29/03/2026	700	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					
29/03/2026	730	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				
29/03/2026	830	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					
29/03/2026	930	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 Baklava and kofte, where he's blown away by Jean-Louis's designs that later inspired Sydney's famous Opera House.	UNITED KINGDOM	English-100	2016	RPT	PG	n	Y			
29/03/2026	1035	Food Lifestyle	Kitchen Glow Up	Chef's Dream Kitchen, A	2025	8	Culinary event producer Caryl Chini'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					
29/03/2026	1105	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	RPT	PG					
29/03/2026	1135	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					
29/03/2026	1235	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					
29/03/2026	1335	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					
29/03/2026	1400	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 Gavan Rooney go nuts for tonight.	AUSTRALIA	English-100	2025	RPT	G			Y		
29/03/2026	1430	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	
29/03/2026	1500	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	

29/03/2024	1530	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
29/03/2024	1600	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
29/03/2026	1630	Travel	Flat Du Tour	Ep2	2	2	Guillaume shares his recipe for a traditional Breton dessert that is all about enjoying life to the fullest. The kouign-amann is known as the richest pastry in all of Europe, and is all about butter.		English-100	0	RPT	G		
29/03/2026	1700	Cooking	Cook Clever Waste Less With Prue & Rupy	Webster-Holmes Family, The	1	2	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		
29/03/2026	1730	Cooking	Jeremy Pang's Hong Kong Kitchen	Chris Bavin	1	4	Jeremy invites good pal and TV presenter Chris Bavin to Hong Kong, they explore regenerative farming to historic cooking methods.	UNITED KINGDOM	English-100	2024	RPT	G		
29/03/2026	1830	Travel	Gordon Ramsay: Uncharted	Spain's Galician Coast	4	3	Gordon and his daughter Tilly explore centuries-old culinary traditions in Galicia, a largely overlooked, magnificent corner of Spain.	UNITED KINGDOM	English-100	2023	RPT	PG	a l w	Y
29/03/2026	1925	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G		
29/03/2026	1930	Travel	Shane Della's Malta	Gozo & The Final Feast	1	6	Shane Della heads to Malta's food bowl on the island of Gozo. He's now travelled as far back in time as he can to Malta's first settlers-the neolithic builders of Ggantija.	AUSTRALIA	English-100	2025	RPT	G		Y
29/03/2026	2000	Cooking	Flat Du Tour	Episode 1	6	1	Guillaume recreates six iconic Northern French dishes that mirror the spirit and flavours of the North of France from kitchens in Australia. From the seaside favourite of Moules-Frites with Homemade Mayonnaise to the simple yet succulent Coquille St Jacques in Tarragon Butter, each dish tells a story of terror and tradition.	AUSTRALIA	English-99, French-1	2025	RPT	G		Y
29/03/2026	2030	Travel	Rick Stein's Food Stories	Wales	1	6	In Wales, Rick meets the farmer dodging old WW2 bombs to raise salt marsh lamb, goes night fishing on the river Tywi, tries rhubarb pizza and shows us how to home smoke sea trout.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
29/03/2026	2100	Travel	Rick Stein's Food Stories	Bristol	1	7	Rick eats the ultimate jerk chicken in Bristol and witnesses the healing power of food at a cafe staffed by victims of modern slavery. He makes a modern UK favourite, the burrito.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
29/03/2026	2130	Travel	Anthony Bourdain: A Cook's Tour	Eating On The Mekong	1	3	Mekong River, Vietnam: Tony drinks a lot of Mekong moonshine. Although seduced by his Vietnam experience, Tony is not sure the royal dish Birds Nest Soup is all it's cracked up to be.	USA	English-100	2002	RPT	PG	a w	
29/03/2026	2200	Cooking	Deliciously Twisted Classics	Twisted Pot Luck	1	20	You'll stop in your tracks when you see these deliciously deceiving dishes.	USA	English-100	2023		PG		
29/03/2026	2230	Food Lifestyle	Masters Of Savours	Masters Of Luxury Teas	1	12	Tea is likely to become exceptional when it grows on miraculous soil and is handled by experts who respect the land and the plant. In this world, some unexpected countries stand out. Like Malawi, in Africa, whose harvest is now attracting connoisseurs, but also Vietnam, which is home to unique and difficult-to-access century-old tea plants.	FRANCE	English-100	2022	RPT	G		
29/03/2026	2330	Travel	Flat Du Tour	Ep2	2	2	Guillaume shares his recipe for a traditional Breton dessert that is all about enjoying life to the fullest. The kouign-amann is known as the richest pastry in all of Europe, and is all about butter.		English-100	0	RPT	G		
29/03/2026	2400	Cooking	Cook Clever Waste Less With Prue & Rupy	Webster-Holmes Family, The	1	2	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		

29/03/2026	2430	Cooking	Jeremy Pang's Hong Kong Kitchen	Chris Bavin	1	4	Jeremy invites good pal and TV presenter Chris Bavin to Hong Kong, they explore regenerative farming to historic cooking methods.	UNITED KINGDOM	English-100	2024	RPT	G		
29/03/2026	2525	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G		
29/03/2026	2530	Travel	Gordon Ramsay: Uncharted	Spain's Galician Coast	4	3	Gordon and his daughter Tilly explore centuries-old culinary traditions in Galicia, a largely overlooked, magnificent corner of Spain.	UNITED KINGDOM	English-100	2023	RPT	PG	a l w	Y
29/03/2026	2625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	1	4	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
29/03/2026	2630	Travel	Shane Delia's Malta	Gozo & The Final Feast	1	6	Shane Delia heads to Malta's food bowl on the island of Gozo. He's now travelled as far back in time as he can to Malta's first settlers-the neolithic builders of Ggantija.	AUSTRALIA	English-100	2025	RPT	G		Y
29/03/2026	2700	Cooking	Plat Du Tour	Episode 1	6	1	Guillaume recreates six iconic Northern French dishes that mirror the spirit and flavours of the North of France from kitchens in Australia. From the seaside favourite of Moules-Frites with Homemade Mayonnaise to the simple yet succulent Coquille St Jacques in Tarragon Butter, each dish tells a story of terror and tradition.	AUSTRALIA	English-99, French-1	2025	RPT	G		Y
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30/03/2026	600	Cooking	The Cook Up With Adam Liaw	Fire & Spice	9	18	Outback chef Tom Forrest and MasterChef winner Nat Thapun join Adam in the kitchen to play with all things fire and spice.	AUSTRALIA	English-100	2025	RPT	G		Y
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30/03/2026	700	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 Greentree, join Adam to make some mighty fine food.	AUSTRALIA	English-100	2024	RPT	G		Y
30/03/2026	730	Travel	Plat Du Tour	Ep2	2	2	Guillaume shares his recipe for a traditional Breton dessert that is all about enjoying life to the fullest. The kouign-amann is known as the richest pastry in all of Europe, and is all about butter.	English-100	0	RPT	G			
30/03/2026	800	Cooking	Cook Clever Waste Less With Prue & Rupy	Webster-Holmes Family, The	1	2	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Ajja to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		

30/03/2026	830	Cooking	Jeremy Pang's Hong Kong Kitchen	Chris Bavin	1	4	Jeremy invites good pal and TV presenter Chris Bavin to Hong Kong, they explore regenerative farming to historic cooking methods.	UNITED KINGDOM	English-100	2024	RPT	G			
30/03/2026	925	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G			
30/03/2026	930	Travel	Gordon Ramsay: Uncharted	Spain's Galician Coast	4	3	Gordon and his daughter Tilly explore centuries-old culinary traditions in Galicia, a largely overlooked, magnificent corner of Spain.	UNITED KINGDOM	English-100	2023	RPT	PG	a l w	Y	
30/03/2026	1025	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	1	4	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	
30/03/2026	1030	Travel	Shane Delia's Malta	Gozo & The Final Feast	1	6	Shane Delia heads to Malta's food bowl on the island of Gozo. He's now travelled as far back in time as he can to Malta's first settlers-the neolithic builders of Ggantija.	AUSTRALIA	English-100	2025	RPT	G		Y	
30/03/2026	1100	Cooking	Plat Du Tour	Episode 1	6	1	Guillaume recreates six iconic Northern French dishes that mirror the spirit and flavours of the North of France from kitchens in Australia. From the seaside favourite of Moules Frites with Homemade Mayonnaise to the simple yet succulent Coquille St Jacques in Tarragon Butter, each dish tells a story of terror and tradition.	AUSTRALIA	English-99, French-1	2025	RPT	G		Y	
30/03/2026	1130	Travel	Rick Stein's Food Stories	Wales	1	6	In Wales, Rick meets the farmer dodging old WW2 bombs to raise salt marsh lamb, goes night fishing on the river Tywi, tries rhubarb pizza and shows us how to home smoke sea trout.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
30/03/2026	1200	Travel	Rick Stein's Food Stories	Bristol	1	7	Rick eats the ultimate jerk chicken in Bristol and witnesses the healing power of food at a cafe staffed by victims of modern slavery. He makes a modern UK favourite, the burrito.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
30/03/2026	1230	Reality	Big Food Bucket List	Bohemian Rib-Sody	3	16	John ventures down to Philadelphia, PA for a spot famed for their Guatemalan food, especially their pupusas stuffed with cheese and-believe it or not-lorocco flowers!	CANADA	English-100	2022	RPT	G			
30/03/2026	1300	Cooking	Lorraine Pascale: Baking Made Easy	So Easy	1	1	Lorraine Pascale is a brand-new talent in the kitchen and she's shaking up baking. Learn how to make Soda Bread-no kneading, no rising, no effort. Fresh bread doesn't get easier than this!	UNITED KINGDOM	English-100	2011	RPT	G			
30/03/2026	1330	Travel	Pati's Mexican Table	Nectar Of The Mayan Gods, The	12	1	Pati is in the magic town of Mani to learn about something sacred to the Mayans: bees and honey. She makes sweet lime roasted chicken with broccolini.	USA	English-100	2023	RPT	G		Y	
30/03/2026	1400	Travel	Cooking Italy	Naples Part 1	2023	4	With the Chef's time in Sardinia coming to an end and Naples on the horizon, they plan a final cookout at Gioele's fig farm using his huge outdoor grill.	CANADA	English-100	2023	RPT	PG		l	
30/03/2026	1430	Cooking	On Country Kitchen	On Country Kitchen	2	9	Mark and Derek host a dinner party at Silos Estate to thank everyone. They visit a cattle farm and collect native berries and bimbolas with Noel Butler.	AUSTRALIA	English-100	2019	RPT	G		Y	Y
30/03/2026	1500	Travel	Marcus Wareing: Simply Provence	Tomatoes	1	1	When you think of French food, certain things spring to mind: wine, cheese, frogs legs. But often it's a super simple ingredient that is at the centre of great food in Provence. Whether you consider it a fruit or a vegetable, there's no denying that here, the tomato is king.	UNITED KINGDOM	English-100	2024	RPT	G			Y
30/03/2026	1530	Cooking	My Market Kitchen	Ep 11	6	11	Matt whips up an Asian classic amidst Queensland's Noosa Farmers Market. Laura tantalizes taste buds with her entree. Mike adds a Japanese-inspired twist with yuzu and miso tart.	AUSTRALIA	English-100	2021	RPT	G			
30/03/2026	1600	Cooking	Lidia's Kitchen	Surf N Turf	7	26	Surf n' Turf might not be an Italian tradition, but a crispy shrimp, sweetfish skewers with sweet and sour sauce go beautifully with a Maremma style steak! Tutzi in Cucina!	USA	English-100	2020	RPT	G			

30/03/2026	1630	Cooking	Tastes And Traditions	Episode 1	1	1	In this heartwarming episode of Tastes and Traditions, we dive into the flavors of the East with a rich and aromatic Shurpa-a legendary soup of tender beef, bright vegetables, and fragrant spices cooking slowly in a cast-iron pot.	UKRAINE	English-100	2025			
30/03/2026	1700	Cooking	Jamie At Home	Tomatoes	1	1	Jamie Oliver cooks tomato salad, fusilli with salsa rossa cruda, oven-baked sausage ragu, pale pink tomato and vodka consommé top and tails.	UNITED KINGDOM	English-100	2007	RPT	G	
30/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Green And White Lasagne	3	11	Rachael creates a crowd-pleasing Green and White Lasagne, layering mixed greens, cheese, sautéed mushrooms, sauce, and more for a truly flavorful dish.	USA	English-100	2024		G	Y
30/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 11	1	11	The Chocolate Queen shares her recipe for a classic Chocolate Fudge and creamy Coconut Hot Chocolate.	AUSTRALIA	English-100	2018	RPT	G	
30/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 7	2	7	The chocolate magic continues as Thomas Schnetzler joins Justine to share Switzerland's guaranteed favourite-perhaps the best chocolate cake ever.	AUSTRALIA	English-100	2024		PG	
30/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Works Of Tart	9	19	Renowned pastry chefs Gareth Whitton and Helen Goh join Adam to share their greatest works of tart.	AUSTRALIA	English-100	2025		G	Y
30/03/2026	1930	Cooking	Donal's Super Food In Minutes	Episode 5	1	5	Donal Skehan shows us how to create delicious time-saving meals.	UNITED KINGDOM	English-100	2020		PG	
30/03/2026	2000	Food Lifestyle	The Streets Hong Kong	Ep 1	1	1	Embark on a culinary adventure with Dan Hong through Hong Kong's bustling streets. Experience the city's diverse food culture, from Western-inspired che chuan teng to traditional tofu-making shops.	AUSTRALIA	English-95; Chinese (Traditional) 9	2024	RPT	G	Y
30/03/2026	2030	Food Lifestyle	River Cottage Revisited	Episode 3	1	3	Hugh takes a dip with some Wild Swimmers to find out how we can all do our bit in the fight for cleaner rivers.	UNITED KINGDOM	English-100	2022		PG	
30/03/2026	2130	Food Lifestyle	Come Dine With Me	Birmingham: Sophie	20	31	It's the first night of the competition in Birmingham and kicking off the week is glamorous financial controller, Sophie. She's hoping her indulgent food will fill up her guests.	UNITED KINGDOM	English-100	2022	RPT	PG	
30/03/2026	2200	Food Lifestyle	Come Dine With Me	Birmingham: Rebecca	20	32	It's day two of the competition in and around Birmingham where security officer Rebecca is hoping to spice things up with her Sri Lankan feast.	UNITED KINGDOM	English-100	2022	RPT	PG	
30/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Works Of Tart	9	19	Renowned pastry chefs Gareth Whitton and Helen Goh join Adam to share their greatest works of tart.	AUSTRALIA	English-100	2025	RPT	G	Y
30/03/2026	2300	Cooking	The Cook And The Chef	Vego's	4	4	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always been part of Indian and Asian culture, it didn't really kick off in the west until the mid nineteenth century, when a meat free diet became more accessible.	AUSTRALIA	English-100	2021	RPT	G	
30/03/2026	2330	Reality	Big Food Bucket List	Bohemian Rib-Sody	3	16	John ventures down to Philadelphia, PA for a spot famed for their Guatemalan food, especially their pupusas stuffed with cheese and-believe it or not-torocco flowers!	CANADA	English-100	2022	RPT	G	
30/03/2026	2400	Cooking	Lorraine Pascale: Baking Made Easy	So Easy	1	1	Lorraine Pascale is a brand-new talent in the kitchen and she's shaking up baking. Learn how to make Soda Bread-no kneading, no rising, no effort. Fresh bread doesn't get easier than this!	UNITED KINGDOM	English-100	2011	RPT	G	
30/03/2026	2430	Cooking	Donal's Super Food In Minutes	Episode 5	1	5	Donal Skehan shows us how to create delicious time-saving meals.	UNITED KINGDOM	English-100	2020	RPT	PG	

30/03/2026	2500	Food Lifestyle	The Streets Hong Kong	Ep 1	1	1	Embark on a culinary adventure with Dan Hong through Hong Kong's bustling streets. Experience the city's diverse food culture, from Western-inspired cha chaan teng to traditional tofu-making shops.	AUSTRALIA	English-95, Chinese (Traditional)-5	2024	RPT	G	Y	
30/03/2026	2530	Food Lifestyle	River Cottage Reunited	Episode 3	1	3	Hugh takes a dip with some Wild Swimmers to find out how we can all do our bit in the fight for cleaner rivers.	UNITED KINGDOM	English-100	2022	RPT	PG		
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31/03/2026	600	Travel	Pati's Mexican Table	Nectar Of The Mayan Gods, The	12	1	Pati is in the magic town of Mani to learn about something sacred to the Mayans: bees and honey. She makes sweet lime roasted chicken with broccolini.	USA	English-100	2023	RPT	G	Y	
31/03/2026	630	Travel	Cooking Italy	Naples Part 1	2023	4	With the Chef's time in Sardinia coming to an end and Naples on the horizon, they plan a final cookout at Gioele's fig farm using his huge outdoor grill.	CANADA	English-100	2023	RPT	PG	I	
31/03/2026	700	Cooking	On Country Kitchen	On Country Kitchen	2	9	Mark and Derek host a dinner party at Silos Estate to thank everyone. They visit a cattle farm and collect native berries and bimbals with Noel Butler.	AUSTRALIA	English-100	2019	RPT	G	Y	Y
31/03/2026	730	Travel	Marcus Wareing: Simply Provence	Tomatoes	1	1	When you think of French food, certain things spring to mind: wine, cheese, frogs legs. But often it's a super simple ingredient that is at the centre of great food in Provence. Whether you consider it a fruit or a vegetable, there's no denying that here, the tomato is king.	UNITED KINGDOM	English-100	2024	RPT	G		Y
31/03/2026	800	Cooking	My Market Kitchen	Ep 11	6	11	Matt whips up an Asian classic amidst Queensland's Noosa Farmers Market. Laura tantalizes taste buds with her entree. Mike adds a Japanese-inspired twist with yuzu and miso tart.	AUSTRALIA	English-100	2021	RPT	G		
31/03/2026	830	Cooking	Lidia's Kitchen	Surf N Turf	7	26	Surf n' Turf might not be an Italian tradition, but a crispy shrimp, swordfish skewers with sweet and sour sauce go beautifully with a Maremma style steak! Tusti in Cucina!	USA	English-100	2020	RPT	G		
31/03/2026	900	Cooking	Tastes And Traditions	Episode 1	1	1	In this heartwarming episode of Tastes and Traditions, we dive into the flavors of the East with a rich and aromatic Shurga-a legendary soup of tender beef, bright vegetables, and fragrant spices cooking slowly in a cast-iron pot.	UKRAINE	English-100	2025	RPT			

31/03/2026	930	Cooking	Jamie At Home	Tomatoes	1	1	Jamie Oliver cooks tomato salad, fusilli with salsa rossa cruda, oven-baked sausage ragu, pale pink tomato and vodka consommé top and tails.	UNITED KINGDOM	English-100	2007	RPT	G					
31/03/2026	1000	Cooking	Rachael Ray's Meals In Minutes	Green And White Lasagne	3	11	Rachael creates a crowd-pleasing Green and White Lasagne, layering mixed greens, cheese, sautéed mushrooms, sauce, and more for a truly flavorful dish.	USA	English-100	2024	RPT	G				Y	
31/03/2026	1030	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 11	1	11	The Chocolate Queen shares her recipe for a classic Chocolate Fudge and creamy Coconut Hot Chocolate.	AUSTRALIA	English-100	2018	RPT	G					
31/03/2026	1100	Cooking	The Cook Up With Adam Law	Works Of Tart	9	19	Renowned pastry chefs Gareth Whitton and Helen Goh join Adam to share their greatest works of tart.	AUSTRALIA	English-100	2025	RPT	G				Y	
31/03/2026	1130	Cooking	Donal's Super Food In Minutes	Episode 5	1	5	Donal Skehan shows us how to create delicious time-saving meals.	UNITED KINGDOM	English-100	2020	RPT	PG					
31/03/2026	1200	Food Lifestyle	The Streets Hong Kong	Ep 1	1	1	Embark on a culinary adventure with Dan Hong through Hong Kong's bustling streets. Experience the city's diverse food culture, from Western-inspired cha chaan teng to traditional tofu-making shops.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G				Y	
31/03/2026	1230	Reality	Big Food Bucket List	Dutch Dutch Baby	3	17	In Honolulu, HI, John tries out the hapa (Hawai'ian for half) restaurant of his wildest dreams, mixing American classics with Korean flavours and Hawaiian ingredients for a truly delicious experience.	CANADA	English-100	2022	RPT	G					
31/03/2026	1300	Cooking	Lorraine Pascale: Baking Made Easy	Speed Baking	1	2	Lorraine Pascale is back in the kitchen and this time it's all about speed baking. First up: two super fast canapés, Totally Lazy Mini Sausage Rolls and Sun-dried Tomato and Rosemary Palmiers, and here's the secret, they're both made with shop-bought puff pastry with absolutely no guilt.	UNITED KINGDOM	English-100	2011	RPT	G					
31/03/2026	1330	Travel	Pat's Mexican Table	Guayabera World	12	2	In Teiké, or The Capital of the Guayabera, Pati encounters a tale of sons going against their father's wishes to follow their own path. Pati meets Eldorado Xicum, a farmer's son who went against his father to build a family business making the iconic Guayabera shirts. Then she meets his son, Elio, who chose to become a chef and created a dish that resembles a Guayabera in honor of his father.	USA	English-100	2023	RPT	PG				Y	
31/03/2026	1400	Travel	Cooking Italy	Naples Part 2	2023	5	Feeling the pulsing energy of Naples Chef Rob and Craig head out on a food tour with a local expert Sonia. It starts at a small local grocery run by Tina and Angelo, known for its amazing tomatoes.	CANADA	English-100	2023	RPT	PG				I	
31/03/2026	1430	Cooking	Island Echoes With Norrie Bero	Homecoming To Mer Island	1	1	Join acclaimed Torres Strait Islander chef and cultural ambassador Norrie Bero in Island Echoes, a vibrant journey through the breathtaking landscapes and rich traditions of her homeland.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	PG			Y	Y	Y
31/03/2026	1500	Travel	Marcus Wareing: Simply Provence	Lamb	1	2	There is one thing that the Brits and the French have in common and that's the pride they take in their local dishes. Marcus, born and bred in Lancashire, knows a thing or two about good food.	UNITED KINGDOM	English-100	2024	RPT	G				Y	
31/03/2026	1530	Cooking	My Market Kitchen	Ep 12	6	12	Laura works with an up-and-coming Japanese Chef to craft a simple yet flavourful vegetable curry. Matt sources fresh ingredients presenting his top pick. Mike teams up with Naheeda.	AUSTRALIA	English-100	2021	RPT	G					
31/03/2026	1600	Cooking	Lidia's Kitchen	Our Courtyard Cantina	8	1	Lidia reminisces about her grandma's cantina (cellar) and makes pantry friendly dishes - cannellini and pancetta bruschetta and tuna chickpea salad.	USA	English-100	2021	RPT	G					
31/03/2026	1630	Cooking	Tastes And Traditions	Episode 2	1	2	In this delicious episode of Tastes and Traditions, we uncover two beloved treasures of Ukrainian cuisine.	UKRAINE	English-100	2025							
31/03/2026	1700	Cooking	Jamie At Home	Courgettes	1	2	There's a bumper crop of courgettes in Jamie's garden and he shows us how to utilise them whilst they are in season. Not only do they come in all shapes, sizes and colours but the delicate flowers are edible too.	UNITED KINGDOM	English-100	2007	RPT	G					
31/03/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Saffron Pasta	3	12	Rachael prepares her flavorful Saffron Pasta, paired with boneless chicken breasts sautéed with saffron, carrots, citrus, fennel, and more.	USA	English-100	2024			G				

31/03/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 12	1	12	The Chocolate Queen takes the humble donut to the next level with her decadent Choc Chip Donuts with Swiss Meringue and Chocolate Ganache.	AUSTRALIA	English-100	2018	RPT	G					
31/03/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 8	2	8	In this feel-good dessert episode, Natalie Fauli brings rich macadamia and white chocolate cookies, Amina Elshafei offers a Middle Eastern-inspired basbousa.	AUSTRALIA	English-100	2024			PG				
31/03/2026	1900	Cooking	The Cook Up With Adam Liaw	Rice & Quick	9	20	Set the timer, because Adam and his guests, chef Andy Wiryo and soprano Nina Korbé are making food that's rice and quick!	AUSTRALIA	English-100	2025			G				Y
31/03/2026	1930	Cooking	Silvia's Italian Masterclass	Episode 6	3	6	Rooted in thrift and creativity, this episode celebrates cucina povera - transforming humble ingredients into deeply satisfying soulful dishes.	AUSTRALIA	English-100	2025			PG				
31/03/2026	2000	Travel	Adam Richman Eats Britain	Cheddar	1	8	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 Cheddar for a true taste of real cave-aged Cheddar cheese.	UNITED KINGDOM	English-100	2024		RPT	G				
31/03/2026	2030	Travel	Eva Longoria: Searching For Mexico	Nuevo Leon	1	4	The state of Nuevo Leon borders Texas, so this is a voyage of familiarity for Texas-born Eva. In the modern state capital Monterrey, Eva ventures to an innovative restaurant called Kohli, where the chef aims to tell the story of Nuevo Leon through its inventive dishes. Here she tries their signature dish, mesteorte, prepared with beef meatballs, tempura made from tortilla ashes, squid ink and local flowers beautifully served over smoked pork bones. A culinary work of art!	UNITED KINGDOM	English-90; Spanish-10	2021		RPT	PG	a d		Y	Y
31/03/2026	2125	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Aleinah Bilal shares the full experience.	AUSTRALIA	English-100	2024		RPT	G				
31/03/2026	2130	Food Lifestyle	Come Dine With Me	Birmingham: Owen	20	33	It's the third day of the competition in Birmingham, where hip hop artist Owen is hoping his musical themed evening will be a smash hit with his guests.	UNITED KINGDOM	English-100	2022		RPT	G				
31/03/2026	2200	Food Lifestyle	Come Dine With Me	Birmingham: Richard	20	34	It's the fourth day of the competition in Birmingham, where hairdresser Richard is hoping his traditional feast will be a cut above the rest with his guests.	UNITED KINGDOM	English-100	2022		RPT	PG				
31/03/2026	2230	Cooking	The Cook Up With Adam Liaw	Rice & Quick	9	20	Set the timer, because Adam and his guests, chef Andy Wiryo and soprano Nina Korbé are making food that's rice and quick!	AUSTRALIA	English-100	2025		RPT	G				Y
31/03/2026	2300	Cooking	The Cook And The Chef	All The Tea And China	4	5	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing. In Victorian-era Australia, our eating and drinking habits were still shaped by our ties to Britain, and what could be more British than afternoon tea?	AUSTRALIA	English-100	2021		RPT	G				
31/03/2026	2330	Reality	Big Food Bucket List	Dutch Dutch Baby	3	17	In Honolulu, HI, John tries out the hapa (Hawai'ian for half) restaurant of his wildest dreams, mixing American classics with Korean flavours and Hawaiian ingredients for a truly delicious experience.	CANADA	English-100	2022		RPT	G				
31/03/2026	2400	Cooking	Lorraine Pascale: Baking Made Easy	Speed Baking	1	2	Lorraine Pascale is back in the kitchen and this time it's all about speed baking. First up: two super fast canapés, Totally Lazy Mini Sausage Rolls and Sun-dried Tomato and Rosemary Palmiers, and here's the secret, they're both made with shop-bought puff pastry with absolutely no guilt.	UNITED KINGDOM	English-100	2011		RPT	G				
31/03/2026	2430	Cooking	Silvia's Italian Masterclass	Episode 6	3	6	Rooted in thrift and creativity, this episode celebrates cucina povera - transforming humble ingredients into deeply satisfying soulful dishes.	AUSTRALIA	English-100	2025		RPT	PG				
31/03/2026	2500	Travel	Adam Richman Eats Britain	Cheddar	1	8	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 Cheddar for a true taste of real cave-aged Cheddar cheese.	UNITED KINGDOM	English-100	2024		RPT	G				
31/03/2026	2530	Travel	Eva Longoria: Searching For Mexico	Nuevo Leon	1	4	The state of Nuevo Leon borders Texas, so this is a voyage of familiarity for Texas-born Eva. In the modern state capital Monterrey, Eva ventures to an innovative restaurant called Kohli, where the chef aims to tell the story of Nuevo Leon through its inventive dishes. Here she tries their signature dish, mesteorte, prepared with beef meatballs, tempura made from tortilla ashes, squid ink and local flowers beautifully served over smoked pork bones. A culinary work of art!	UNITED KINGDOM	English-90; Spanish-10	2021		RPT	PG	a d		Y	Y

31/03/2026	2625	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	2024	RPT	G				
31/03/2026	2630	Food Lifestyle	Come Dine With Me	Birmingham: Owen	20	33	It's the third day of the competition in Birmingham, where hip hop artist Owen is hoping his musical themed evening will be a smash hit with his guests.	UNITED KINGDOM	English-100	2022	RPT	G				
31/03/2026	2700	Food Lifestyle	Come Dine With Me	Birmingham: Richard	20	34	It's the fourth day of the competition in Birmingham, where hairdresser Richard is hoping his traditional feast will be a cut above the rest with his guests.	UNITED KINGDOM	English-100	2022	RPT	PG				
31/03/2026	2730	Cooking	The Cook Up With Adam Liaw	Rice & Quick	9	20	Set the timer, because Adam and his guests, chef Andy Wiryo and soprano Nina Korbe are making food that's rice and quick!	AUSTRALIA	English-100	2025	RPT	G			Y	
31/03/2026	2800	Cooking	The Cook And The Chef	All The Tea And China	4	5	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing. In Victorian-era Australia, our eating and drinking habits were still shaped by our ties to Britain, and what could be more British than afternoon tea?	AUSTRALIA	English-100	2021	RPT	G				
31/03/2026	2830	Cooking	Everyday Gourmet: Sweet Edition	Episode 8	2	8	In this feel-good dessert episode, Natalie Paull brings rich macadamia and white chocolate cookies, Amina Elshafei offers a Middle Eastern-inspired basbousa.	AUSTRALIA	English-100	2024	RPT	PG				
1/04/2026	500	Realty	Big Food Bucket List	Dutch Dutch Baby	3	17	In Honolulu, HI, John tries out the hapa (Hawai'ian for half) restaurant of his wildest dreams, mixing American classics with Korean flavours and Hawaiian ingredients for a truly delicious experience.	CANADA	English-100	2022	RPT	G				
1/04/2026	530	Cooking	Lorraine Pascale: Baking Made Easy	Speed Baking	1	2	Lorraine Pascale is back in the kitchen and this time it's all about speed baking. First up: two super fast canapes, Tally Lazy Mini Sausage Rolls and Sun-dried Tomato and Rosemary Palmiers, and here's the secret, they're both made with shop-bought puff pastry with absolutely no guilt.	UNITED KINGDOM	English-100	2011	RPT	G				
1/04/2026	600	Travel	Pat's Mexican Table	Guayabera World	12	2	In Tekt, or The Capital of the Guayabera, Pati encounters a tale of sons going against their father's wishes to follow their own path. Pati meets Eldorado Xicum, a farmer's son who went against his father to build a family business making the iconic Guayabera shirts. Then she meets his son, Elio, who chose to become a chef and created a dish that resembles a Guayabera in honor of his father.	USA	English-100	2023	RPT	PG			Y	
1/04/2026	630	Travel	Cooking Italy	Naples Part 2	2023	5	Feeling the pulsing energy of Naples Chef Rob and Craig head out on a food tour with a local expert Sonia. It starts at a small local grocery run by Tina and Angelo, known for its amazing tomatoes.	CANADA	English-100	2023	RPT	PG		I		
1/04/2026	700	Cooking	Island Echoes With Normie Bero	Homecoming To Mer Island	1	1	Join acclaimed Torres Strait Islander chef and cultural ambassador Normie Bero in Island Echoes, a vibrant journey through the breathtaking landscapes and rich traditions of her homeland.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	PG		Y	Y	Y
1/04/2026	730	Travel	Marcus Wareing: Simply Provence	Lamb	1	2	There is one thing that the Brits and the French have in common and that's the pride they take in their local dishes. Marcus, born and bred in Lancashire, knows a thing or two about good food.	UNITED KINGDOM	English-100	2024	RPT	G			Y	
1/04/2026	800	Cooking	My Market Kitchen	Ep 12	6	12	Laura works with an up-and-coming Japanese Chef to craft a simple yet flavourful vegetable curry. Matt sources fresh ingredients presenting his top pick. Mike teams up with Naheeda.	AUSTRALIA	English-100	2021	RPT	G				
1/04/2026	830	Cooking	Lidia's Kitchen	Our Courtyard Cantina	8	1	Lidia reminisces about her grandma's cantina (cellar) and makes pantry friendly dishes - cannellini and pancetta bruschetta and tuna chickpea salad.	USA	English-100	2021	RPT	G				
1/04/2026	900	Cooking	Tastes And Traditions	Episode 2	1	2	In this delicious episode of Tastes and Traditions, we uncover two beloved treasures of Ukrainian cuisine.	UKRAINE	English-100	2025	RPT					

1/04/2026	930	Cooking	Jamie At Home	Courgettes	1	2	There's a bumper crop of courgettes in Jamie's garden and he shows us how to utilise them whilst they are in season. Not only do they come in all shapes, sizes and colours but the delicate flowers are edible too.	UNITED KINGDOM	English-100	2007	RPT	G								
1/04/2026	1000	Cooking	Rachael Ray's Meals In Minutes	Saffron Pasta	3	12	Rachael prepares her flavorful Saffron Pasta, paired with boneless chicken breasts sauteed with saffron, carrots, citrus, fennel, and more.	USA	English-100	2024	RPT	G								
1/04/2026	1030	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 12	1	12	The Chocolate Queen takes the humble donut to the next level with her decadent Choc Chip Donuts with Swiss Meringue and Chocolate Ganache.	AUSTRALIA	English-100	2018	RPT	G								
1/04/2026	1100	Cooking	The Cook Up With Adam Law	Rice & Quick	9	20	Set the timer, because Adam and his guests, chef Andy Winyo and soprano Nina Korbe are making food that's rice and quick!	AUSTRALIA	English-100	2025	RPT	G						Y		
1/04/2026	1130	Cooking	Silvia's Italian Masterclass	Episode 6	3	6	Rooted in thrift and creativity, this episode celebrates cucina povera - transforming humble ingredients into deeply satisfying soulful dishes.	AUSTRALIA	English-100	2025	RPT	PG								
1/04/2026	1200	Travel	Adam Richman Eats Britain	Cheddar	1	8	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 Cheddar for a true taste of real cave-aged Cheddar cheese.	UNITED KINGDOM	English-100	2024	RPT	G								
1/04/2026	1230	Reality	Big Food Bucket List	Hip Hip Churr-Ayl	3	18	In Montreal, QC, John gets a lesson in tapas, from perfect octopus to freshly fried churros.	CANADA	English-100	2022	RPT	PG								
1/04/2026	1300	Cooking	Lorraine Pascale: Baking Made Easy	Modern Classics	1	3	It's time to bring baking up to date as Lorraine Pascale takes on the classics. An old favourite gets a make over: strawberry and mascarpone Swiss roll is more delicious than ever before.	UNITED KINGDOM	English-100	2011	RPT	G								
1/04/2026	1330	Travel	Pati's Mexican Table	Flavours Of Merida	12	3	Pati explores the vibrant streets of Yucatan's capital, Merida, in search of its flavours. She tries the best tacos in Merida at Wayne. The aroma of freshly made cookies lures her to Donde Fabric, where their galletitos and bizcochitos are an important part of Merida's mornings.	USA	English-100	2023	RPT	PG							Y	
1/04/2026	1400	Travel	Cooking Italy	Abruzzo Part 1	2023	6	Chef Rob serves a beautiful wine at his restaurants from a stunning winery near Naples called Masseria Frattasi.	CANADA	English-100	2023	RPT	PG								
1/04/2026	1430	Cooking	Island Echoes With Nomie Bero	Beauty Of Badu, The	1	2	Nomie travels to Badu Island. With acclaimed artist Alick Tipoti, they prepare delicious dishes using fresh local ingredients.	AUSTRALIA	English-80, Torres Strait Creole-20	2024	RPT	G			Y		Y		Y	
1/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Cheese	1	3	There is one thing in France which seems even more important than food, a sporting spirit: be it football, tennis, or even petanque. Marcus is going to be combining both of these French passions.	UNITED KINGDOM	English-100	2024	RPT	G							Y	
1/04/2026	1530	Cooking	My Market Kitchen	Ep 13	6	13	Mike hosts Sofia Levin at the Pruthian Market Kitchen as she shares her delightful minty pea falafel. Chef Toby Puttock and wine expert Adam Wallis team up to cook a lamb feast paired with a rich red wine.	AUSTRALIA	English-100	2021	RPT	G								
1/04/2026	1600	Cooking	Lidia's Kitchen	Olive Grove, The	8	2	Lidia remembers Grandma Rosa's olive trees and showcases recipes such as striped bass with braised broccolini and olive oil cake, a culinary creation that's perfect with any meal of the day.	USA	English-100	2021	RPT	G								
1/04/2026	1630	Cooking	Tastes And Traditions	Episode 3	1	3	In this episode of Tastes and Traditions, we travel to the western corners of Ukraine to explore two dishes that capture the soul of local cuisine.	UKRAINE	English-100	2025										
1/04/2026	1700	Cooking	Jamie At Home	Barbecue	1	3	Jamie has a genius barbecue day as he cooks up everything from shellfish to lamb, chicken, ribs and even onions on the barbecue.	UNITED KINGDOM	English-100	2007	RPT	G								
1/04/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Golden Gnocchi With Roast Beef Tenderloin	3	13	Rachael prepares gnocchi from scratch, cooking them in butter and sage until golden and flavorful.	USA	English-100	2024			G							

1/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 13	1	13	Choux pastry buns coated in chocolate and sandwiched with chocolate cream, this isn't your average burger; it's a Chocolate Queen special.	AUSTRALIA	English-100	2018	RPT	G	
1/04/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 9	2	9	Layered decadence, classic comfort, and frozen delight await as Darren Purchase perfects the Napoleon cake, Alice Zaslavsky returns with a nostalgic jelly.	AUSTRALIA	English-100	2024		PG	
1/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Long Weekend Feast	9	21	What's better on a long weekend than sitting down to an epic feast? Join Adam, chef Oscar Solomon and host Brooke Blurton for an unmissable menu.	AUSTRALIA	English-100	2025		G	Y
1/04/2026	1930	Travel	Donal's Irish Adventure	Dublin	1	6	The last adventure of this series brings Donal and Max back home to the fair city of Dublin.	UNITED KINGDOM	English-100	2022	RPT	G	
1/04/2026	2000	Cooking	Richo's Hungry As Hell	Date Night Menu	1	4	Richo's cooking for love. Or at least for someone you hope won't ghost you tomorrow. A guaranteed crowd-pleaser menu designed to impress, seduce, and secure a second date.	AUSTRALIA	English-100	2025		PG	
1/04/2026	2030	Travel	Ainsley's Taste Of Malta	North	1	4	Heading to North Malta, Ainsley's adventure takes him to the Xemvija Heritage Trail, where he does some foraging. He visits an olive grove to learn how they revived the stock of indigenous olive trees.	UNITED KINGDOM	English-100	2023	RPT	G	
1/04/2026	2130	Food Lifestyle	Come Dine With Me	Birmingham: Donna	20	35	It's the final day of the competition in and around Birmingham and serving up the week's last meal is care worker and self-styled 'Bling Queen' Donna.	UNITED KINGDOM	English-100	2022	RPT	G	
1/04/2026	2200	Food Lifestyle	Come Dine With Me	Dundee & Perth: Siobhan	20	36	This week's competition is in and around the city of Dundee, where the first to host is civil servant Siobhan.	UNITED KINGDOM	English-100	2022	RPT	PG	
1/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Long Weekend Feast	9	21	What's better on a long weekend than sitting down to an epic feast? Join Adam, chef Oscar Solomon and host Brooke Blurton for an unmissable menu.	AUSTRALIA	English-100	2025	RPT	G	Y
1/04/2026	2300	Cooking	The Cook And The Chef	French Connection, The	4	6	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse and Duck Liver Parfait.	AUSTRALIA	English-100	2021	RPT	G	
1/04/2026	2330	Reality	Big Food Bucket List	Hip Hip Churr-Ayl	3	18	In Montreal, QC, John gets a lesson in tapai, from perfect octopus to freshly fried churros.	CANADA	English-100	2022	RPT	PG	
1/04/2026	2400	Cooking	Lorraine Pascale: Baking Made Easy	Modern Classics	1	3	It's time to bring baking up to date as Lorraine Pascale takes on the classics. An old favourite gets a make over: strawberry and mascarpone Swiss roll is more delicious than ever before.	UNITED KINGDOM	English-100	2011	RPT	G	
1/04/2026	2430	Travel	Donal's Irish Adventure	Dublin	1	6	The last adventure of this series brings Donal and Max back home to the fair city of Dublin.	UNITED KINGDOM	English-100	2022	RPT	G	
1/04/2026	2500	Cooking	Richo's Hungry As Hell	Date Night Menu	1	4	Richo's cooking for love. Or at least for someone you hope won't ghost you tomorrow. A guaranteed crowd-pleaser menu designed to impress, seduce, and secure a second date.	AUSTRALIA	English-100	2025	RPT	PG	
1/04/2026	2530	Travel	Ainsley's Taste Of Malta	North	1	4	Heading to North Malta, Ainsley's adventure takes him to the Xemvija Heritage Trail, where he does some foraging. He visits an olive grove to learn how they revived the stock of indigenous olive trees.	UNITED KINGDOM	English-100	2023	RPT	G	
1/04/2026	2625	Travel	Destination Flavour Japan Bite-size	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y
1/04/2026	2630	Food Lifestyle	Come Dine With Me	Birmingham: Donna	20	35	It's the final day of the competition in and around Birmingham and serving up the week's last meal is care worker and self-styled 'Bling Queen' Donna.	UNITED KINGDOM	English-100	2022	RPT	G	
1/04/2026	2700	Food Lifestyle	Come Dine With Me	Dundee & Perth: Siobhan	20	36	This week's competition is in and around the city of Dundee, where the first to host is civil servant Siobhan.	UNITED KINGDOM	English-100	2022	RPT	PG	

1/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Long Weekend Feast	9	21	What's better on a long weekend than sitting down to an epic feast? Join Adam, chef Oscar Solomon and host Brooke Blurton for an unmissable menu.	AUSTRALIA	English-100	2025	RPT	G	Y		
1/04/2026	2800	Cooking	The Cook And The Chef	French Connection, The	4	6	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse and Duck Liver Parfait.	AUSTRALIA	English-100	2021	RPT	G			
1/04/2026	2830	Cooking	Everyday Gourmet: Sweet Edition	Episode 9	2	9	Layered decadence, classic comfort, and frozen delight await as Darren Purchase perfects the Napoleon cake, Alice Zaslavsky returns with a roccolo jelly.	AUSTRALIA	English-100	2024	RPT	PG			
2/04/2026	500	Reality	Big Food Bucket List	Hip Hip Churr-Ayl	3	18	In Montreal, QC, John gets a lesson in tapas, from perfect octopus to freshly fried churros.	CANADA	English-100	2022	RPT	PG			
2/04/2026	530	Cooking	Lorraine Pascale: Baking Made Easy	Modern Classics	1	3	It's time to bring baking up to date as Lorraine Pascale takes on the classics. An old favourite gets a make over: strawberry and mascarpone Swiss roll is more delicious than ever before.	UNITED KINGDOM	English-100	2011	RPT	G			
2/04/2026	600	Travel	Pati's Mexican Table	Flavours Of Merida	12	3	Pati explores the vibrant streets of Yucatan's capital, Merida, in search of its flavours. She tries the best tacos in Merida at Wayne. The aroma of freshly made cookies lures her to Donde Fabric, where their galletitos and bizcochitos are an important part of Merida's mornings.	USA	English-100	2023	RPT	PG	Y		
2/04/2026	630	Travel	Cooking Italy	Abruzzo Part 1	2023	6	Chef Rob serves a beautiful wine at his restaurants from a stunning vineyard near Naples called Masseria Frattasi.	CANADA	English-100	2023	RPT	PG			
2/04/2026	700	Cooking	Island Echoes With Normie Bero	Beauty Of Badu, The	1	2	Normie travels to Badu Island. With acclaimed artist Alick Tipoti, they prepare delicious dishes using fresh local ingredients.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	G	Y	Y	Y
2/04/2026	730	Travel	Marcus Wareing: Simply Provence	Cheese	1	3	There is one thing in France which seems even more important than food, a sporting spirit: be it football, tennis, or even petanque. Marcus is going to be combining both of these French passions.	UNITED KINGDOM	English-100	2024	RPT	G	Y		
2/04/2026	800	Cooking	My Market Kitchen	Ep 13	6	13	Mike hosts Sofia Levin at the Prahran Market Kitchen as she shares her delightful minty pea falafel. Chef Toby Puttock and wine expert Adam Wallis team up to cook a lamb feast paired with a rich red wine.	AUSTRALIA	English-100	2021	RPT	G			
2/04/2026	830	Cooking	Lidia's Kitchen	Olive Grove, The	8	2	Lidia remembers Grandma Rosa's olive trees and showcases recipes such as striped bass with braised broccolini and olive oil cake, a culinary creation that's perfect with any meal of the day.	USA	English-100	2021	RPT	G			
2/04/2026	900	Cooking	Tastes And Traditions	Episode 3	1	3	In this episode of Tastes and Traditions, we travel to the western corners of Ukraine to explore two dishes that capture the soul of local cuisine.	UKRAINE	English-100	2025	RPT				
2/04/2026	930	Cooking	Jamie At Home	Barbecue	1	3	Jamie has a genius barbecue day as he cooks up everything from shellfish to lamb, chicken, ribs and even onions on the barbecue.	UNITED KINGDOM	English-100	2007	RPT	G			
2/04/2026	1000	Cooking	Rachael Ray's Meals In Minutes	Golden Gnocchi With Roast Beef Tenderloin	3	13	Rachael prepares gnocchi from scratch, cooking them in butter and sage until golden and flavorful.	USA	English-100	2024	RPT	G			
2/04/2026	1030	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 13	1	13	Choux pastry buns coated in chocolate and sandwiched with chocolate cream, this isn't your average burger; it's a Chocolate Queen special.	AUSTRALIA	English-100	2018	RPT	G			
2/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Long Weekend Feast	9	21	What's better on a long weekend than sitting down to an epic feast? Join Adam, chef Oscar Solomon and host Brooke Blurton for an unmissable menu.	AUSTRALIA	English-100	2025	RPT	G	Y		
2/04/2026	1130	Travel	Donal's Irish Adventure	Dublin	1	6	The last adventure of this series brings Donal and Max back home to the fair city of Dublin.	UNITED KINGDOM	English-100	2022	RPT	G			

2/04/2026	1200	Cooking	Richo's Hungry As Hell	Date Night Menu	1	4	Richo's cooking for love. Or at least for someone you hope won't ghost you tomorrow. A guaranteed crowd-pleaser menu designed to impress, seduce, and secure a second date.	AUSTRALIA	English-100	2025	RPT	PG		
2/04/2026	1230	Reality	Big Food Bucket List	Toast To Coast	3	19	John jets to Long Beach, CA to explore the art of Filipino Brunch, from eggs to island French toast.	CANADA	English-100	2022	RPT	G		
2/04/2026	1300	Cooking	Lorraine Pascale: Baking Made Easy	Very Entertaining	1	4	Want stress-free and easy ideas for entertaining? Lorraine's got the answer. Take her Whiskey and Chili Tiger Prawns, they're baked in the oven and ready in less than 30 minutes. Lorraine's top 3 flavour enhancers are revealed, these are a chef's secret to fabulous baking.	UNITED KINGDOM	English-100	2011	RPT	G		
2/04/2026	1330	Travel	Pati's Mexican Table	Family Affair, A	12	4	Pati visits Chef Wilson Alonzo in his hometown of Halacho to prepare a traditional Cochinita Pibil in an underground pit. They begin at the local market to source ingredients. Then Pati helps Wilson prepare the achote marisole, along with his grandmother who taught him traditional cooking and isn't shy to correct him. The final product is a meal that captures Yucatán's history in every bite.	USA	English-100	2023	RPT	G		Y
2/04/2026	1400	Travel	Cooking Italy	Abruzzo Part 2	2023	7	Rob and Craig are brought to a special gathering place for people who live in Abruzzo. The venue is run by five brothers and is both a butcher shop and huge barbecue spot.	CANADA	English-100	2023	RPT	G		
2/04/2026	1430	Cooking	Island Echoes With Normie Berro	Moa And More	1	3	Chef Normie ventures to the picturesque Moa Island, where she meets with Hans Awang. Together, they explore his lush garden brimming with fresh produce and the bountiful ocean at his doorstep, crafting extraordinary dishes inspired by the island's natural abundance.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	PG	Y	Y
2/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Olives	1	4	In Provence, you don't have to walk far or turn too many corners before you find yourself surrounded by locally grown produce.	UNITED KINGDOM	English-100	2024	RPT	G		
2/04/2026	1530	Cooking	My Market Kitchen	Ep 14	6	14	Adam Walls returns to assist Matt and match a wine to a mushroom, tofu, and cashew lab. Mike puts his spin on a chicken bryani. Kathy from 'Sweet Greek' tantalizes with a chicken schnitzel.	AUSTRALIA	English-100	2021	RPT	G		
2/04/2026	1600	Cooking	Lida's Kitchen	Kneading Dough	8	3	The tradition of kneading dough has always been around in Lida's family. She prepares a buttery, flaky crostata with kale, butternut squash and ricotta, and a pappardelle with fresh mushrooms.	USA	English-100	2021	RPT	G		
2/04/2026	1630	Cooking	Tastes And Traditions	Episode 4	1	4	In this flavorful episode of Tastes and Traditions, we explore two beloved dishes that embody the heart of home cooking.	UKRAINE	English-100	2025				
2/04/2026	1700	Cooking	Jamie At Home	Beans	1	4	The beautiful British summer-time sees Jamie getting a thorough soaking as he picks the beans in his garden.	UNITED KINGDOM	English-100	2007	RPT	G		
2/04/2026	1730	Cooking	Rachael Ray's Meals in Minutes	Cinghiale Ragù With Picì	3	14	Rachael creates a hearty ragù sauce using sautéed vegetables and locally sourced Cinghiale meat, pairing it with Picì, a Tuscan pasta similar to a thicker spaghetti.	USA	English-100	2024		G		
2/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 1	2	1	Passionate chocaholics can rejoice with four of Kirsten's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu.	AUSTRALIA	English-100	2020	RPT	G		
2/04/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 10	2	10	Thomas Schnetzler returns with another rich, zesty chocolate cake. Justine lightens things up with a berry-packed bavaroi, and Emelia shares her take on the beloved French sable biscuit.	AUSTRALIA	English-100	2024		PG		
2/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Bakery Brunch: Pies, Pasties & Sausage Rolls, The	7	80	Ready the sauce! It's an Easy Entertaining that celebrates pastry, as Adam and his guests, comedian Jenny Tian and chef Kane Polard make pies, pasties and sausage rolls.	AUSTRALIA	English-100	2024	RPT	G		Y
2/04/2026	1930	Travel	New York Gourmet With Justine Schofield	Episode 4	1	4	The adventure rolls on in New York Gourmet as Justine visits Living Roots Winery for a tasting of elegant local wines, paired with her hearty polenta and braised greens.	AUSTRALIA	English-100	2025		PG		

2/04/2026	2000	Food Lifestyle	Memory Bites With Matt Moran	Richard Roxburgh	1	4	Actor Richard Roxburgh revisits his mother's creative influence on his acting career as chef Matt Moran recreates her iconic Beggar's Chicken, a unique school sandwich, and beloved Lemon Delicous Dessert.	AUSTRALIA	English-100	2024	RPT	PG	Y
2/04/2026	2030	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 8	1	8	Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change.	UNITED KINGDOM	English-100	1997	RPT	PG	I n
2/04/2026	2130	Food Lifestyle	Come Dine With Me	Dundee & Perth: Kezia	20	37	It's night two in Dundee where the youngest contestant of the group, 20 year old student Kezia is hoping tonight will be child's play as she battles to beat the rest to 1000 Pounds.	UNITED KINGDOM	English-100	2022	RPT	G	
2/04/2026	2200	Food Lifestyle	Come Dine With Me	Dundee & Perth: Stephen	20	38	It's night three in Dundee where hairdresser Stephen is hoping to be a cut above the rest with an evening of familiar favourites.	UNITED KINGDOM	English-100	2022	RPT	G	
2/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Bakery Brunch: Pies, Pasties & Sausage Rolls, The	7	80	Ready the sauce! It's an Easy Entertaining that celebrates pastry, as Adam and his guests, comedian Jenny Tan and chef Kane Pollard make pies, pastie and sausage rolls.	AUSTRALIA	English-100	2024	RPT	G	Y
2/04/2026	2300	Cooking	The Cook And The Chef	Australian Native Foods	4	7	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate. Although early settlers cooked native foods like kangaroo, swan, possum, fruits and berries, once farming was established they reverted to more traditional fare. Fast forward to the 1980s and native foods are rediscovered along with their unique flavours.	AUSTRALIA	English-100	2021	RPT	G	
2/04/2026	2330	Reality	Big Food Bucket List	Toast To Coast	3	19	John jets to Long Beach, CA to explore the art of Filipino Brunch, from eggs to island French toast.	CANADA	English-100	2022	RPT	G	
2/04/2026	2400	Cooking	Lorraine Pascale: Baking Made Easy	Very Entertaining	1	4	Want stress-free and easy ideas for entertaining? Lorraine's got the answer. Take her Whiskey and Chili Tiger Prawns, they're baked in the oven and ready in less than 30 minutes. Lorraine's top 3 flavour enhancers are revealed, these are a chef's secret to fabulous baking.	UNITED KINGDOM	English-100	2011	RPT	G	
2/04/2026	2430	Travel	New York Gourmet With Justine Schofield	Episode 4	1	4	The adventure rolls on in New York Gourmet as Justine visits Living Roots Winery for a tasting of elegant local wines, paired with her hearty polenta and braised greens.	AUSTRALIA	English-100	2025	RPT	PG	
2/04/2026	2500	Food Lifestyle	Memory Bites With Matt Moran	Richard Roxburgh	1	4	Actor Richard Roxburgh revisits his mother's creative influence on his acting career as chef Matt Moran recreates her iconic Beggar's Chicken, a unique school sandwich, and beloved Lemon Delicous Dessert.	AUSTRALIA	English-100	2024	RPT	PG	Y
2/04/2026	2530	Travel	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 8	1	8	Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change.	UNITED KINGDOM	English-100	1997	RPT	PG	I n
2/04/2026	2630	Food Lifestyle	Come Dine With Me	Dundee & Perth: Kezia	20	37	It's night two in Dundee where the youngest contestant of the group, 20 year old student Kezia is hoping tonight will be child's play as she battles to beat the rest to 1000 Pounds.	UNITED KINGDOM	English-100	2022	RPT	G	
2/04/2026	2700	Food Lifestyle	Come Dine With Me	Dundee & Perth: Stephen	20	38	It's night three in Dundee where hairdresser Stephen is hoping to be a cut above the rest with an evening of familiar favourites.	UNITED KINGDOM	English-100	2022	RPT	G	
2/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Bakery Brunch: Pies, Pasties & Sausage Rolls, The	7	80	Ready the sauce! It's an Easy Entertaining that celebrates pastry, as Adam and his guests, comedian Jenny Tan and chef Kane Pollard make pies, pastie and sausage rolls.	AUSTRALIA	English-100	2024	RPT	G	Y
2/04/2026	2800	Cooking	The Cook And The Chef	Australian Native Foods	4	7	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate. Although early settlers cooked native foods like kangaroo, swan, possum, fruits and berries, once farming was established they reverted to more traditional fare. Fast forward to the 1980s and native foods are rediscovered along with their unique flavours.	AUSTRALIA	English-100	2021	RPT	G	
2/04/2026	2830	Cooking	Everyday Gourmet: Sweet Edition	Episode 10	2	10	Thomas Schnetzler returns with another rich, zesty chocolate cake. Justine lightens things up with a berry-packed bavarois, and Emelia shares her take on the beloved French sable biscuit.	AUSTRALIA	English-100	2024	RPT	PG	
3/04/2026	300	Reality	Big Food Bucket List	Toast To Coast	3	19	John jets to Long Beach, CA to explore the art of Filipino Brunch, from eggs to island French toast.	CANADA	English-100	2022	RPT	G	

3/04/2026	530	Cooking	Lorraine Pascale: Baking Made Easy	Very Entertaining	1	4	Want stress-free and easy ideas for entertaining? Lorraine's got the answer. Take her Whiskey and Chili Tiger Prawns, they're baked in the oven and ready in less than 30 minutes. Lorraine's top 3 flavour enhancers are revealed, these are a chef's secret to fabulous baking.	UNITED KINGDOM	English-100	2011	RPT	G		
3/04/2026	600	Travel	Pat's Mexican Table	Family Affair, A	12	4	Pat visits Chef Wilson Alonzo in his hometown of Halacho to prepare a traditional Cochinita Pibil in an underground pit. They begin at the local market to source ingredients. Then Pat helps Wilson prepare the achote marinade, along with his grandmother who taught him traditional cooking and isn't shy to correct him. The final product is a meal that captures Yucatan's history in every bite.	USA	English-100	2023	RPT	G		Y
3/04/2026	630	Travel	Cooking Italy	Abruzzo Part 2	2023	7	Rob and Craig are brought to a special gathering place for people who live in Abruzzo. The venue is run by five brothers and is both a butcher shop and huge barbecue spot.	CANADA	English-100	2023	RPT	G		
3/04/2026	700	Cooking	Island Echoes With Nonie Bero	Moa And More	1	3	Chef Nonie ventures to the picturesque Moa Island, where she meets with Hans Awang. Together, they explore his lush garden brimming with fresh produce and the bountiful ocean at his doorstep, crafting extraordinary dishes inspired by the island's natural abundance.	AUSTRALIA	English-80, Torres Strait Creole-20	2024	RPT	PG	Y	Y
3/04/2026	730	Travel	Marcus Wareing: Simply Provence	Olives	1	4	In Provence, you don't have to walk far or turn too many corners before you find yourself surrounded by locally grown produce.	UNITED KINGDOM	English-100	2024	RPT	G		
3/04/2026	800	Cooking	My Market Kitchen	Ep 14	6	14	Adam Walls returns to assist Matt and match a wine to a mushroom, tofu, and cashew tart. Mike puts his spin on a chicken bryani. Kathy from 'Sweet Greek' tantalizes with a chicken schizotzi.	AUSTRALIA	English-100	2021	RPT	G		
3/04/2026	830	Cooking	Lida's Kitchen	Kneading Dough	8	3	The tradition of kneading dough has always been around in Lida's family. She prepares a buttery, flaky crostata with kale, butternut squash and ricotta, and a pappardelle with fresh mushrooms.	USA	English-100	2021	RPT	G		
3/04/2026	900	Cooking	Tastes And Traditions	Episode 4	1	4	In this flavorful episode of Tastes and Traditions, we explore two beloved dishes that embody the heart of home cooking.	UKRAINE	English-100	2025	RPT	G		
3/04/2026	930	Cooking	Jamie At Home	Beans	1	4	The beautiful British summer-time sees Jamie getting a thorough soaking as he picks the beans in his garden.	UNITED KINGDOM	English-100	2007	RPT	G		
3/04/2026	1000	Cooking	Rachael Ray's Meals In Minutes	Cinghiale Ragù With Pici	3	14	Rachael creates a hearty ragù sauce using sauteed vegetables and locally sourced Cinghiale meat, pairing it with Pici, a Tuscan pasta similar to a thicker spaghetti.	USA	English-100	2024	RPT	G		
3/04/2026	1030	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 1	2	1	Passionate chocoholics can rejoice with four of Kristen's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu.	AUSTRALIA	English-100	2020	RPT	G		
3/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Bakery Brunch: Pies, Pasties & Sausage Rolls, The	7	80	Ready the sauce! It's an Easy Entertaining that celebrates pastry, as Adam and his guests, comedian Jenny Tian and chef Kane Pellard make pies, pastie and sausage rolls.	AUSTRALIA	English-100	2024	RPT	G	Y	
3/04/2026	1130	Travel	New York Gourmet With Justine Schofield	Episode 4	1	4	The adventure rolls on in New York Gourmet as Justine visits Living Roots Winery for a tasting of elegant local wines, paired with her hearty polenta and braised greens.	AUSTRALIA	English-100	2025	RPT	PG		
3/04/2026	1200	Food Lifestyle	Memory Bites With Matt Moran	Richard Roxburgh	1	4	Actor Richard Roxburgh revisits his mother's creative influence on his acting career as chef Matt Moran recreates her iconic Beggar's Chicken, a unique school sandwich, and beloved Lemon Delicious Dessert.	AUSTRALIA	English-100	2024	RPT	PG	Y	
3/04/2026	1230	Reality	Big Food Bucket List	Pist Chicken, The	3	20	In Washington DC, this chef's Vietnamese & Cajun background has created an incredible menu filled with fusion flavours to die for, like their saucy, delicious crawfish & noodles.	CANADA	English-100	2022	RPT	G		
3/04/2026	1300	Cooking	Lorraine Pascale: Baking Made Easy	Bake To Impress	1	5	If you want to impress with baking, Lorraine's got it covered. First, a beautiful Tomato and Basil Tarte Tatin that is both simple and stunning.	UNITED KINGDOM	English-100	2011	RPT	G		
3/04/2026	1330	Travel	Pat's Mexican Table	Ode To The Egg	12	5	Pat arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motulenses. Pat meets Dona Evelia, who put Motul back on the map with her world-famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchens, where chef Julio Dominguez makes Abuelita's Buttoned Eggs.	USA	English-100	2023	RPT	G		Y
3/04/2026	1400	Travel	Cooking Italy	Tuscany Part 1	2023	8	As Chefs Rob and Craig continue their culinary inspiration tour they land at Poggio Foco, a winery and farm in Maremma, Tuscany.	CANADA	English-100	2023	RPT	PG		

3/04/2026	1430	Cooking	Island Echoes With Normie Bero	Kup Murri And The Spirit Of Tradition	1	4	In this heartfelt episode, Normie continues her journey on Masig Island, uncovering one of the Torres Strait's most sought-after dishes, prepared using the renowned Kup Murri.	AUSTRALIA	English-80, Torres Strait Creole-20	2024	RPT	G	Y	Y	
3/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Pork	1	5	Marcus is visiting a local farmers market where each week a local French chef impresses the crowds with a live cooking demo. However, he has been told a British chef is cooking tonight - Nini!	UNITED KINGDOM	English-100	2024	RPT	G		Y	
3/04/2026	1530	Cooking	My Market Kitchen	Ep 15	6	15	Matt is joined by Dylan Campbell, who mixes up a sorrento spritz to pair with Matt's sashimi swordfish. Mike reinvents his mac and cheese puffs. Laura serves up a Greek dip, taramasalata.	AUSTRALIA	English-100	2021	RPT	G			
3/04/2026	1600	Cooking	Lida's Kitchen	My Family's Milk And Cheese	8	4	Lida reminisces about her childhood chores, like helping her grandmother prepare ricotta. She celebrates the culture of cheese and prepares two ways to make crostini and stuffed potatoes.	USA	English-100	2021	RPT	G			
3/04/2026	1630	Cooking	Tastes And Traditions	Episode 5	1	5	In this festive episode of Tastes and Traditions, we celebrate two beloved dishes that bring family and friends together one for the holiday table, and one for the open fire.	UKRAINE	English-100	2025					
3/04/2026	1700	Cooking	Jamie At Home	Onions	1	5	Jamie pulls up some of his first onions of the year and makes a crisp and fresh cheese and onion salad. The red onions he uses in an onion and potato al forno with tender roast pork.	UNITED KINGDOM	English-100	2007	RPT	G			
3/04/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Dirty Martini Chicken With Olive Leaf Pasta	3	15	Rachael prepares a simple yet flavorful braised Dirty Martini Chicken, paired with a rich brown butter sage pasta.	USA	English-100	2024		PG	I	Y	
3/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 2	2	2	Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best no-bake cheesecake tart, choc nut meringues and makes a delicious lemon tart.	AUSTRALIA	English-100	2020	RPT	G			
3/04/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 11	2	11	From buttery biscuits to frozen indulgence, this episode is full of charm. Julia Busuttil Nishimura shares a lunettes biscuit with a twist, Dezi Madafferi presents a traditional Greek treat.	AUSTRALIA	English-100	2024		PG			
3/04/2026	1900	Travel	The Cook Up With Adam Liaw	Seafood & Citrus	8	27	Adam and his guests, chefs Pingsing Poh and Matias Cilloniz, celebrate the timeless flavour combination of seafood and citrus.	AUSTRALIA	English-100	2025	RPT	G		Y	
3/04/2026	1930	Cooking	Rachel Khoo's Chocolate	Indulgence	1	4	Rachel Khoo explores why chocolate is so irresistible and creates her favourite indulgent treats.	UNITED KINGDOM	English-100	2021	RPT	PG	a s		
3/04/2026	2025	Cooking	Destination Flavour China Biteize	Black Sesame Tangyuan	1	1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
3/04/2026	2030	Cooking	Jamie's Comfort Food	Curried Fish Pie, Butter And Sage Gnocchi And Hummingbird Cake	1	5	Episode five sees Jamie and young son, Buddy, making a curried fish pie. Unlike a traditional fish pie, this Indian-inspired version has amazing perfumed layers of flavour and a crispy, temper-drizzled top. Next, Jamie takes on a staple comfort food classic, the humble bacon sandwich.	UNITED KINGDOM	English-100	2014	RPT	G			
3/04/2026	2130	Food Lifestyle	Come Dine With Me	Dundee & Perth: Guy	20	39	This week's competition is in and around Dundee and Perth, where the fourth to host is tyre salesman Guy, who intends to treat his guests to a night of gastronomy standard fast food.	UNITED KINGDOM	English-100	2022	RPT	PG			
3/04/2026	2200	Food Lifestyle	Come Dine With Me	Dundee & Perth: Laurent	20	40	This week's competition is in and around Dundee and Perth, where the fifth to host is author and stay at home dad, Laurent, who wishes to delight his new found friends with a night of France.	UNITED KINGDOM	English-100	2022	RPT	PG			

3/04/2026	2230	Travel	The Cook Up With Adam Liaw	Seafood & Citrus	8	27	Adam and his guests, chefs Pinging Poh and Matias Cilloniz, celebrate the timeless flavour combination of seafood and citrus.	AUSTRALIA	English-100	2025	RPT	G	Y	
3/04/2026	2300	Cooking	The Cook And The Chef	1970's, The	4	9	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100	2021	RPT	G		
3/04/2026	2330	Reality	Big Food Bucket List	Plot Chickens, The	3	20	In Washington DC, this chef's Vietnamese & Cajun background has created an incredible menu filled with fusion flavours to die for, like their saucy, delicious crawfish & noodles.	CANADA	English-100	2022	RPT	G		
3/04/2026	2400	Cooking	Lorraine Pascale: Baking Made Easy	Bake To Impress	1	5	If you want to impress with baking, Lorraine's got it covered. First, a beautiful Tomato and Basil Tarte Tatin that is both simple and stunning.	UNITED KINGDOM	English-100	2011	RPT	G		
3/04/2026	2430	Cooking	Rachel Khoo's Chocolate	Indulgence	1	4	Rachel Khoo explores why chocolate is so irresistible and creates her favourite indulgent treats.	UNITED KINGDOM	English-100	2021	RPT	PG	a s	
3/04/2026	2525	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	1	1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G	Y	Y
3/04/2026	2530	Cooking	Jamie's Comfort Food	Curried Fish Pie, Butter And Sage Grudi And Hummingbird Cake	1	5	Episode five sees Jamie and young son, Buddy, making a curried fish pie. Unlike a traditional fish pie, this Indian inspired version has amazing perfumed layers of flavour and a crispy, tempura-frittered top. Next, Jamie takes on a staple comfort food classic, the humble bacon sandwich.	UNITED KINGDOM	English-100	2014	RPT	G		
3/04/2026	2630	Food Lifestyle	Come Dine With Me	Dundee & Perth: Guy	20	39	This week's competition is in and around Dundee and Perth, where the fourth to host is tyre salesman Guy, who intends to treat his guests to a night of gastronomy standard fast food.	UNITED KINGDOM	English-100	2022	RPT	PG		
3/04/2026	2700	Food Lifestyle	Come Dine With Me	Dundee & Perth: Laurent	20	40	This week's competition is in and around Dundee and Perth, where the fifth to host is author and stay at home dad, Laurent, who wishes to delight his new found friends with a night of France.	UNITED KINGDOM	English-100	2022	RPT	PG		
3/04/2026	2730	Travel	The Cook Up With Adam Liaw	Seafood & Citrus	8	27	Adam and his guests, chefs Pinging Poh and Matias Cilloniz, celebrate the timeless flavour combination of seafood and citrus.	AUSTRALIA	English-100	2025	RPT	G	Y	
3/04/2026	2800	Cooking	The Cook And The Chef	1970's, The	4	9	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100	2021	RPT	G		
3/04/2026	2830	Cooking	Everyday Gourmet: Sweet Edition	Episode 11	2	11	From buttery biscuits to frozen indulgence, this episode is full of charm. Julia Busuttill Nishimura shares a lunettes biscuit with a twist, Dezi Madafferi presents a traditional Greek treat.	AUSTRALIA	English-100	2024	RPT	PG		
4/04/2026	500	Reality	Big Food Bucket List	Plot Chickens, The	3	20	In Washington DC, this chef's Vietnamese & Cajun background has created an incredible menu filled with fusion flavours to die for, like their saucy, delicious crawfish & noodles.	CANADA	English-100	2022	RPT	G		

4/04/2026	530	Cooking	Lorraine Pascale: Baking Made Easy	Bake To Impress	1	5	If you want to impress with baking, Lorraine's got it covered. First, a beautiful Tomato and Basil Tarte Tatin that is both simple and stunning.	UNITED KINGDOM	English-100	2011	RPT	G		
4/04/2026	600	Travel	Pat's Mexican Table	Ode To The Egg	12	5	Patl arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motuleños. Patl meets Dora Ivelta, who put Motul back on the map with her world-famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchen, where chef Julio Dominguez makes Abuelo's Buttered Eggs.	USA	English-100	2023	RPT	G		Y
4/04/2026	630	Travel	Cooking Italy	Tuscany Part 1	2023	8	As Chefs Rob and Craig continue their culinary inspiration tour they land at Poggio Foco, a winery and farm in Maremma, Tuscany.	CANADA	English-100	2023	RPT	PG		
4/04/2026	700	Cooking	Island Echoes With Nomie Bero	Kup Murri And The Spirit Of Tradition	1	4	In this heartfelt episode, Nomie continues her journey on Masig Island, uncovering one of the Torres Strait's most sought-after dishes, prepared using the renowned Kup Murri.	AUSTRALIA	English-80, Torres Strait Creole-20	2024	RPT	G	Y	Y
4/04/2026	730	Travel	Marcus Wareing: Simply Provence	Pork	1	5	Marcus is visiting a local farmers market where each week a local French chef impresses the crowds with a live cooking demo. However, he has been told a British chef is cooking tonight - him!	UNITED KINGDOM	English-100	2024	RPT	G		Y
4/04/2026	800	Cooking	My Market Kitchen	Ep 15	6	15	Matt is joined by Dylan Campbell, who mixes up a sorrento spritz to pair with Matt's sashimi swordfish. Mike reinvents his mac and cheese piffle. Laura serves up a Greek dip, taramasalata.	AUSTRALIA	English-100	2021	RPT	G		
4/04/2026	830	Cooking	Lidia's Kitchen	My Family's Milk And Cheese	8	4	Lidia reminisces about her childhood chores, like helping her grandmother prepare ricotta. She celebrates the culture of cheese and prepares two ways to make crostini and stuffed potatoes.	USA	English-100	2021	RPT	G		
4/04/2026	900	Cooking	Tastes And Traditions	Episode 5	1	5	In this festive episode of Tastes and Traditions, we celebrate two beloved dishes that bring family and friends together one for the holiday table, and one for the open fire.	UKRAINE	English-100	2025	RPT			
4/04/2026	930	Cooking	Jamie At Home	Onions	1	5	Jamie pulls up some of his first onions of the year and makes a crisp and fresh cheese and onion salad. The red onions he uses in an onion and potato ai forno with tender roast pork.	UNITED KINGDOM	English-100	2007	RPT	G		
4/04/2026	1000	Cooking	Rachael Ray's Meals In Minutes	Dirty Martini Chicken With Olive Leaf Pasta	3	15	Rachael prepares a simple yet flavorful braised Dirty Martini Chickens, paired with a rich brown butter sage pasta.	USA	English-100	2024	RPT	PG	I	Y
4/04/2026	1030	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 2	2	2	Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best no-bake cheesecake tart, choc nut meringues and makes a delicious lemon tart.	AUSTRALIA	English-100	2020	RPT	G		
4/04/2026	1100	Travel	The Cook Up With Adam Liaw	Seafood & Citrus	8	27	Adam and his guests, chefs Pingping Poh and Matias Cilloniz, celebrate the timeless flavour combination of seafood and citrus.	AUSTRALIA	English-100	2025	RPT	G		Y

4/04/2026	1130	Travel	Pati's Mexican Table	Ode To The Egg	12	5	Pati arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motulenos. Pati meets Dona Evelia, who put Motul back on the map with her world famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchen, where chef Julio Dominguez makes Abuela's Buttoned Eggs.	USA	English-100	2023	RPT	G	Y
4/04/2026	1200	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	
4/04/2026	1230	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	1	3	Kristen shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100	2018	RPT	G	
4/04/2026	1300	Cooking	The Cook And The Chef	An Easter Breakfast	2	8	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie's on a quest for the perfect omelette and Simon, being a big fan of Chinese Yum cha, whips up some tasty savoury treats.	AUSTRALIA	English-100	2007	RPT	G	
4/04/2026	1330	Cooking	The Cook And The Chef	Easter In Cooking	1	10	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chef. Maggie's no fan of chilli but Simon's determined to win her over. Simon's chocolate work extends to Maggie's kitchen while Maggie makes a delicious Russian Easter dessert. Maggie also heads out into the suburbs of Adelaide to source her favourite home grown tomato.	AUSTRALIA	English-100	2006	RPT	G	
4/04/2026	1400	Travel	Shane Della's Malta	Three Cities & The Knights Of Malta, The	1	3	Shane explores the incredible legacy left by the Knights of Malta-architecturally, culturally and spiritually. From candlelit Easter processions to prison-baked pastries, The Three Cities of Malta are like nowhere else in the world.	AUSTRALIA	English-100	2025	RPT	G	Y
4/04/2026	1430	Cooking	Mary Berry's Easter Feasts	Ep 1	1	1	Traditions followed by British families during Lent and Good Friday.	UNITED KINGDOM	English-100	2022	RPT	G	

4/04/2026	1535	Cooking	Mary Berry's Easter Feasts	Ep 2	1	2	The foods that bring communities together on Easter Sunday.	UNITED KINGDOM	English-100	2022	RPT	G		
4/04/2026	1645	Food Lifestyle	Inside Iceland: A Budget Supermarket	Ep 1	1	1	Sir Malcolm Walker, who founded Iceland 50 years ago, has handed the reins of the company to his son Richard. The 38 year old Managing Director has big plans to build on the £1 billion empire he's been handed, opening new stores and launching new products.	UNITED KINGDOM	English-100	2020	RPT	G	Y	
4/04/2026	1735	Travel	Tom Kerridge Cooks Britain	Pennines - Beef And Tomatoes	1	2	Tom Kerridge heads to the Pennines 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.	UNITED KINGDOM	English-100	2024	RPT	PG		
4/04/2026	1800	Cooking	Nadiya's Family Favourites	Family Days Out	1	1	Nadiya Hussain creates dishes for the perfect family day out, visits a rapeseed farm in Northampton and meets Gillian, Cornish Pasty Amateur World Champion.	UNITED KINGDOM	English-100	2018	RPT	G		
4/04/2026	1830	Cooking	Jamie Cooks Italy	Aeolian Islands, The	1	1	Jamie Cooks Italy is a glorious food travel series in which Jamie Oliver goes in search of Italy's very best home cooks to bring us extraordinary Italian dishes that turn the simple into the sublime.	UNITED KINGDOM	English-100	2018	RPT	G	Y	
4/04/2026	1930	Travel	Tour De Fred: Northern Ireland	Mourne Mountains, The	1	1	Fred Sirleix is cycling in Northern Ireland. In County Down, he's heading to the Mourne Mountains on a steep climbing route that will really test his stamina.	UNITED KINGDOM	English-100	2025			Y	
4/04/2026	2030	Travel	Rick Stein's Long Weekends	Cadiz	2	3	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders whose influence on the city can still be seen to this day. White houses and golden domes contrast against the deep blue Atlantic, and a myriad of bars and tavernas offer tantalising tastes of thick pea soups, cured pork lardons, freshly grilled mackerel, and rice dishes flavoured with garlic, saffron, and parsley.	UNITED KINGDOM	English-100	2016	RPT	PG	a w	Y
4/04/2026	2140	Travel	Anthony Bourdain: A Cook's Tour	Wild Delicacies	1	4	Cambodia: With a friend along for the ride, Tony travels to Phnom Penh, Cambodia, where he explores a food culture that is both pleasing to the palate and slightly frightening.	USA	English-100	2002	RPT	PG	a w	
4/04/2026	2205	Travel	Anthony Bourdain: A Cook's Tour	Childhood Flavors	1	5	Returning for a trip down memory lane, Tony enjoys childhood staples, including steak frites, gaufres (waffles), soupe de pecheur (fisherman's soup) and fresh oysters.	USA	English-100	2002	RPT	PG	a s	
4/04/2026	2230	Food Lifestyle	Masters Of Savours	Masters Of Chiles	1	13	Originating in South and Central America, chiles have enjoyed dazzling success over the world. From India to Thailand, chefs reveal their secrets for bringing out the richness of their aromatic notes.	FRANCE	English-100	2022	RPT	G		
4/04/2026	2330	Travel	Tom Kerridge Cooks Britain	Pennines - Beef And Tomatoes	1	2	Tom Kerridge heads to the Pennines 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.	UNITED KINGDOM	English-100	2024	RPT	PG		
4/04/2026	2400	Cooking	Nadiya's Family Favourites	Family Days Out	1	1	Nadiya Hussain creates dishes for the perfect family day out, visits a rapeseed farm in Northampton and meets Gillian, Cornish Pasty Amateur World Champion.	UNITED KINGDOM	English-100	2018	RPT	G		

4/04/2026	2430	Food Lifestyle	Inside Iceland: A Budget Supermarket	Ep 1	1	1	Sir Malcolm Walker, who founded Iceland 50 years ago, has handed the reins of the company to his son Richard. The 38 year old Managing Director has big plans to build on the £1 billion empire he's been handed, opening new stores and launching new products.	UNITED KINGDOM	English-100	2020	RPT	G	Y
4/04/2026	2525	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G	
4/04/2026	2530	Travel	Shane Della's Malta	Three Cities & The Knights Of Malta, The	1	3	Shane explores the incredible legacy left by the Knights of Malta-architecturally, culturally and spiritually. From candlelit Easter processions to prison-baked pastries, The Three Cities of Malta are like nowhere else in the world.	AUSTRALIA	English-100	2025	RPT	G	Y
4/04/2026	2559	Cooking	Jamie Cooks Italy	Aeolian Islands, The	1	1	Jamie Cooks Italy is a glorious food travel series in which Jamie Oliver goes in search of Italy's very best home cooks to bring us extraordinary Italian dishes that turn the simple into the sublime.	UNITED KINGDOM	English-100	2018	RPT	G	Y
4/04/2026	2600	Travel	Tour De Fred: Northern Ireland	Mourne Mountains, The	1	1	Fred Sireix is cycling in Northern Ireland. In County Down, he's heading to the Mourne Mountains on a steep climbing route that will really test his stamina.	UNITED KINGDOM	English-100	2025	RPT		Y