



WEEK 15 Sunday, 5 April 2026 Saturday, 11 April 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
5/04/2026	500	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				
5/04/2026	530	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 £3 billion empire he's been handed, opening new stores and launching new products.	UNITED KINGDOM	English-100	2020	RPT	G				Y
5/04/2026	625	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				
5/04/2026	630	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
5/04/2026	730	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				
5/04/2026	800	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				
5/04/2026	830	Cooking	The Chocolate Queen	Chocolate Queen Series 1, The Ep 3	1	3	Kirsten shares her tips to making chocolate decorations at home with beautiful chocolate leaves, decadent Chocolate and Caramel Squares, and everyone's favourite home made Easter Eggs.	AUSTRALIA	English-100	2018	RPT	G				
5/04/2026	900	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				
5/04/2026	930	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 eye 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				
5/04/2026	1000	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	
5/04/2026	1030	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				
5/04/2026	1135	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				
5/04/2026	1240	Travel	Tour De Fred: Northern Ireland	Mourne Mountains, The	1	1	Fred Sirieix 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
5/04/2026	1335	Documentary	Haigh's Chocolates - From Bean To Bar	Haigh's Chocolates - From Bean To Bar	0	0	A century-old family business evolves from a humble Adelaide confectioner into Australia's finest chocolate maker.	AUSTRALIA	English-100	2025	RPT	G			Y	
5/04/2026	1405	Cooking	The Cook Up With Adam Liaw	Works Of Tart	9	19	Renowned pastry chefs Gareth Whittton and Helen Goh join Adam to share their greatest works of tart.	AUSTRALIA	English-100	2025	RPT	G			Y	

5/04/2026	1435	Cooking	The Cook Up With Adam Liaw	Rice & Quick	9	20	Set the timer, because Adam and his guests, chef Andy Wirya and soprano Nina Korbé are making food that's rice and quick!	AUSTRALIA	English-100	2025	RPT	G	Y	
5/04/2026	1505	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	
5/04/2026	1335	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 Pollard make pies, pasties and sausage rolls.	AUSTRALIA	English-100	2024	RPT	G	Y	
5/04/2026	1605	Travel	The Cook Up With Adam Liaw	Seafood & Citrus	8	27	Adam and his guests, chefs Pingsing Poh and Matias Gilloitz, celebrate the timeless flavour combination of seafood and citrus.	AUSTRALIA	English-100	2025	RPT	G	Y	
5/04/2026	1635	Travel	Flat Du Tour	Flat Du Tour Series 3 (30min Version) Ep 1	3	1	Guillaume Brahimi is cooking dishes inspired by the hills and mountains of eastern France. From the rolling hills of the Ardennes to the snowy peaks of the Alps there is a long list of delicious produce to cook with. Guillaume shows us how to make a Carbonade à la flamande, a rich beef stew made with beer.	FRANCE	English-100	2022	RPT	G	Y	Y
5/04/2026	1700	Cooking	Cook Clever Waste Less With Prue & Rupy	Thompson Family, The	1	3	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help the Thompson family tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
5/04/2026	1730	Cooking	Jeremy Pang's Hong Kong Kitchen	Grace Dent	1	5	Join Jeremy Pang & Grace Dent for a Michelin-style pit stop of Hong Kong.	UNITED KINGDOM	English-100	2024	RPT	PG		
5/04/2026	1830	Travel	Gordon Ramsay: Uncharted	Big Island Ono	4	4	Gordon dives, hunts, forages and forges on Hawaii's Big Island.	UNITED KINGDOM	English-100	2023	RPT	PG	a l w	
5/04/2026	1925	Cooking	Destination Flavour China BiteSize	Bai Style Grilled Pork	1	11	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
5/04/2026	1930	Travel	Guillaume's French Atlantic	Episode 1	1	1	Get ready to tantalise your taste buds and immerse yourself in the picturesque beauty of Normandy as renowned chef Guillaume Brahimi takes you on an unforgettable gastronomic adventure in the premiere episode of Guillaume's French Atlantic.	AUSTRALIA	English-70; French-30	2023	RPT	PG	Y	Y
5/04/2026	2000	Cooking	Flat Du Tour	Episode 2	6	2	Chef Guillaume Brahimi celebrates the vibrant flavours of Southern France by recreating its most iconic dishes right here in Australia. Simmering with culinary tradition, Guillaume's menu includes rich and rustic Duck Breast with Tarbais Beans, the bold flavours of a Basque-style Shakshuka, and the hearty classic La Tielte Setoise.	AUSTRALIA	English-99; French-1	2025	RPT	G	Y	
5/04/2026	2030	Travel	Rick Stein's Food Stories	Suffolk	1	8	Halfway through his UK food tour, Rick visits a Suffolk bakery making artisan sourdough. He meets an old friend who sells fish on the beach and back at home he has a go at sushi!	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
5/04/2026	2100	Travel	Rick Stein's Food Stories	London: Part One	1	9	London epitomises our international UK food scene. Here Rick discovers how Chinese dim sum and Italian mozzarella are made, before tucking into a full English with Stuart Macdonic.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
5/04/2026	2130	Travel	Anthony Bourdain: A Cook's Tour	My Life As A Cook - New York City	1	6	Experience the formative moments of Tony's career as he revisits his first job and the culinary institute that taught him the basics.	USA	English-100	2002	RPT	PG	l	
5/04/2026	2200	Travel	Anthony Bourdain: A Cook's Tour	Puebla, Where The Cooks Are From	1	7	According to Tony, the best line cooks in N.Y.C. come from Mexico, so he travels to Puebla, and enjoys mole sauces, toasted ant eggs, fried worms, and the legendary pulque.	USA	English-100	2002	RPT	PG	a l w	
5/04/2026	2230	Food Lifestyle	Masters Of Savours	Masters Of Seaweed	1	14	Kombu, dulse, wakame: seaweeds are a growing success. Whether they're sought after for their nutritional properties, iodized flavours, or aesthetic appeal, they're set to conquer the world.	FRANCE	English-100	2022	RPT	PG	a w	

5/04/2026	2330	Cooking	Jeremy Pang's Hong Kong Kitchen	Grace Dent	1	5	Join Jeremy Pang & Grace Dent for a Michelin-style pit stop of Hong Kong.	UNITED KINGDOM	English-100	2024	RPT	PG		
5/04/2026	2425	Cooking	Destination Flavour China BiteSize	Bai-Style Grilled Pork	1	11	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
5/04/2026	2430	Travel	Gordon Ramsay: Uncharted	Big Island Ono	4	4	Gordon dives, hunts, forages and forges on Hawaii's Big Island.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
5/04/2026	2535	Cooking	Please Eat Slowly BiteSize	Dumplings	1	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G		
5/04/2026	2530	Travel	Guillaume's French Atlantic	Episode 1	1	1	Get ready to tantalise your taste buds and immerse yourself in the picturesque beauty of Normandy as renowned chef Guillaume Brahimi takes you on an unforgettable gastronomic adventure in the premiere episode of Guillaume's French Atlantic.	AUSTRALIA	English-70; French-30	2023	RPT	PG	Y	Y
5/04/2026	2600	Cooking	Flat Du Tour	Episode 2	6	2	Chef Guillaume Brahimi celebrates the vibrant flavours of Southern France by recreating its most iconic dishes right here in Australia. Simmering with culinary tradition, Guillaume's menu includes rich and rustic Duck Breast with Tarbais Beans, the bold flavours of a Basque-style Shakshuka, and the hearty classic La Telle Setoise.	AUSTRALIA	English-99; French-1	2025	RPT	G	Y	
5/04/2026	2630	Travel	Rick Stein's Food Stories	Suffolk	1	8	Halfway through his UK food tour, Rick visits a Suffolk bakery making artisan sourdough. He meets an old friend who sells fish on the beach and back at home he has a go at sushi!	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
5/04/2026	2700	Travel	Rick Stein's Food Stories	London: Part One	1	9	London epitomises our international UK food scene. Here Rick discovers how Chinese dim sum and Italian mozzarella are made, before tucking into a full English with Stuart Macdonic.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
5/04/2026	2730	Travel	Anthony Bourdain: A Cook's Tour	My Life As A Cook - New York City	1	6	Experience the formative moments of Tony's career as he revisits his first job and the culinary institute that taught him the basics.	USA	English-100	2002	RPT	PG	l	
5/04/2026	2800	Travel	Anthony Bourdain: A Cook's Tour	Puebla, Where The Cooks Are From	1	7	According to Tony, the best line cooks in N.Y.C. come from Mexico, so he travels to Puebla, and enjoys mole sauces, toasted ant eggs, fried worms, and the legendary pulque.	USA	English-100	2002	RPT	PG	a w	
5/04/2026	2830	Cooking	Cook Clever Waste Less With Prue & Rupy	Thompson Family, The	1	3	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Ajija to help the Thompson family tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
6/04/2026	500	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	
6/04/2026	530	Cooking	The Cook Up With Adam Liaw	Rice & Quick	9	20	Set the timer, because Adam and his guests, chef Andy Wirya and soprano Nina Korbe are making food that's rice and quick!	AUSTRALIA	English-100	2025	RPT	G	Y	
6/04/2026	600	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	
6/04/2026	630	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 Pollard make pies, pastie and sausage rolls.	AUSTRALIA	English-100	2024	RPT	G	Y	
6/04/2026	700	Travel	The Cook Up With Adam Liaw	Seafood & Citrus	8	27	Adam and his guests, chefs Pingping Poh and Matias Gilioniz, celebrate the timeless flavour combination of seafood and citrus.	AUSTRALIA	English-100	2025	RPT	G	Y	

6/04/2026	730	Travel	Flat Du Tour	Flat Du Tour Series 3 (30min Version) Ep 1	3	1	Guillaume Brahimi is cooking dishes inspired by the hills and mountains of eastern France. From the rolling hills of the Ardennes to the snowy peaks of the Alps there is a long list of delicious produce to cook with. Guillaume shows us how to make a Cabonade a la Flamonde, a rich beef stew made with beer.	FRANCE	English-100	2022	RPT	G	Y	Y	
6/04/2026	800	Cooking	Cook Clever Waste Less With Prue & Rupy	Thompson Family, The	1	3	Culinary legend and queen of leftovers Prue Lett teams up with food expert Dr Rupy Aujla to help the Thompson family tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G			
6/04/2026	830	Cooking	Jeremy Pang's Hong Kong Kitchen	Grace Dent	1	5	Join Jeremy Pang & Grace Dent for a Michelin-style pit stop of Hong Kong.	UNITED KINGDOM	English-100	2024	RPT	PG			
6/04/2026	925	Cooking	Destination Flavour China Biteise	Bai-Style Grilled Pork	1	11	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	
6/04/2026	930	Travel	Gordon Ramsay: Uncharted	Big Island Ono	4	4	Gordon dives, hunts, forages and forges on Hawaii's Big Island.	UNITED KINGDOM	English-100	2023	RPT	PG	a l w		
6/04/2026	1025	Cooking	Please Eat Slowly Biteise	Dumplings	1	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G			
6/04/2026	1030	Travel	Guillaume's French Atlantic	Episode 1	1	1	Get ready to tantalise your taste buds and immerse yourself in the picturesque beauty of Normandy as renowned chef Guillaume Brahimi takes you on an unforgettable gastronomic adventure in the premiere episode of Guillaume's French Atlantic.	AUSTRALIA	English-70, French-30	2023	RPT	PG	Y	Y	
6/04/2026	1100	Cooking	Flat Du Tour	Episode 2	6	2	Chef Guillaume Brahimi celebrates the vibrant flavours of Southern France by recreating its most iconic dishes right here in Australia. Simmering with culinary tradition, Guillaume's menu includes rich and rustic Duck Breast with Tarbais Beans, the bold flavours of a Basque-style Shakshuka, and the hearty classic La Telle Setoise.	AUSTRALIA	English-99, French-1	2025	RPT	G	Y		
6/04/2026	1130	Travel	Rick Stein's Food Stories	Suffolk	1	8	Halfway through his UK food tour, Rick visits a Suffolk bakery making artisan sourdough. He meets an old friend who sells fish on the beach and back at home he has a go at sushi!	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
6/04/2026	1200	Travel	Rick Stein's Food Stories	London: Part One	1	9	London epitomises our international UK food scene. Here Rick discovers how Chinese dim sum and Italian mozzarella are made, before tucking into a full English with Stuart Macdon.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
6/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 1	1	1	Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes, cake and gratin.	UNITED KINGDOM	English-100	2022	RPT	PG			
6/04/2026	1300	Cooking	Lorraine Pascale: Baking Made Easy	Time To Bake	1	6	Macaroons may look unbelievably difficult to make, but really, they are just posh meringues and Lorraine has a recipe to make them with ease. Mini Tramisu Cakes are a delicious and playful twist on the classic dinner party dessert.	UNITED KINGDOM	English-100	2011	RPT	G			
6/04/2026	1330	Travel	Pat's Mexican Table	Yucatan Meats	12	6	Temoson is the birthplace of Tucatán's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pat strolls around town to try different versions of Carne Ahumada. She also returns to Haciends Tamchen for another traditional dish prepared by chef Julio Dominguez called Huidzi Bi Wai, which means united tortilla.	USA	English-100	2023	RPT	G		Y	
6/04/2026	1400	Travel	Cooking Italy	Tuscany Part 2	2023	9	Francesco, the owner of Poggio Foco, sends Chefs Rob and Craig to his favorite local cheese production house famous for ricotta and pecorino.	CANADA	English-100	2023	RPT	PG			
6/04/2026	1430	Cooking	Island Echoes With Normie Bero	Memories And Flavours Of Thursday Island	1	5	Normie returns to Thursday Island, a place close to her heart and where she spent much of her childhood. She reconnects with old friends, then reminisces about life on the island and its rich cultural heritage.	AUSTRALIA	English-80, Torres Strait Creole-20	2024	RPT	G	Y	Y	Y
6/04/2026	1500	Travel	Marus Wareing: Simply Provence	Bread	1	6	There's one essential in France that simply can't be ignored. It's cheap as chips, eaten daily with every meal and is in almost every household: the French baguette.	UNITED KINGDOM	English-100	2024	RPT	G			

6/04/2026	1530	Cooking	My Market Kitchen	Ep 16	6	16	Laura showcases the best of Adelaide's produce in her grilled peach salad with burrata and prosciutto. Mike crafts the ultimate steak sandwich. Matt craft his delicious Reuben Sando.	AUSTRALIA	English-100	2021	RPT	G	
6/04/2026	1600	Cooking	Lida's Kitchen	By The Sea	8	5	The beautiful Adriatic Sea was a big part of Lida's childhood, and she savours the bounty of its waters. She prepares linguine with clams, three Italian styles for bruschetta, mussels with farro stew.	USA	English-100	2021	RPT	G	
6/04/2026	1630	Cooking	Tastes And Traditions	Episode 6	1	6	In this heartfelt episode of Tastes and Traditions, the host brings warmth and practicality to the kitchen with two timeless recipes one for the holiday table and one for everyday comfort.	UKRAINE	English-100	2025		PG	
6/04/2026	1700	Cooking	Jamie At Home	Carrots And Beets	1	6	Purple, white and gold carrots, pink and white striped beetroots. The garden throws up a multicoloured feast of beautiful carrots and beets that form the basis of Jamie's recipe.	UNITED KINGDOM	English-100	2007	RPT	PG	
6/04/2026	1730	Cooking	Rachael Ray's Meals In Minutes	Caciucco	3	16	Rachael shows how to cook like an Italian local with her recipe for a rustic Tuscan fish stew, Caciucco.	USA	English-100	2014		PG	a w
6/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 3	2	3	Get tangled in today's episode with Kirsten's delicious babka knots. The Chocolate Queen also gives her best recipes for entertaining with chocolate truffle cups and a hazelnut tart.	AUSTRALIA	English-100	2020	RPT	G	
6/04/2026	1830	Cooking	Everyday Gourmet: Sweet Edition	Episode 12	2	12	The season ends on a delicious high. Thomas Schretzler delivers another decadent chocolate filled cake.	AUSTRALIA	English-100	2024		PG	
6/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Wine Country	9	22	Adam has the ultimate travel companions for a delicious trip to wine country: two of Australia's best food and wine minds, Maggie Beer AD and Steve Flamsteed.	AUSTRALIA	English-100	2025		G	Y
6/04/2026	1930	Cooking	Donal's Super Food In Minutes	Episode 6	1	6	Donal Skehan makes simple timesaving dishes that keep the whole family happy!	UNITED KINGDOM	English-100	2020		PG	
6/04/2026	2000	Food Lifestyle	The Streets Hong Kong	Ep 2	1	2	Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queuing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y
6/04/2026	2030	Food Lifestyle	River Cottage Revisited	Episode 4	1	4	With the help of the River Cottage hens and veg patch Hugh invents the best seasonal breakfast ever, the Full 'Springish'. He visits his old stomping ground in West Dorset.	UNITED KINGDOM	English-100	2022		PG	
6/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Bradford: Kulvir	22	1		UNITED KINGDOM	English-100	2025			
6/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Bradford: Jason	22	2	We're in Bradford for day two where it's private healthcare provider, Jason's turn to host.	UNITED KINGDOM	English-100	2025			
6/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Wine Country	9	22	Adam has the ultimate travel companions for a delicious trip to wine country: two of Australia's best food and wine minds, Maggie Beer AD and Steve Flamsteed.	AUSTRALIA	English-100	2025	RPT	G	Y
6/04/2026	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	
6/04/2026	2330	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 1	1	1	Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes, cake and gratin.	UNITED KINGDOM	English-100	2022	RPT	PG	

6/04/2026	2400	Cooking	Lorraine Pascale: Baking Made Easy	Time To Bake	1	6	Macarons may look unbelievably difficult to make, but really, they are just posh meringues and Lorraine has a recipe to make them with ease. Mini Tiramisu Cakes are a delicious and playful twist on the classic dinner party dessert.	UNITED KINGDOM	English-100	2011	RPT	G			
6/04/2026	2430	Cooking	Donal's Super Food In Minutes	Episode 6	1	6	Donal Skehan makes simple timesaving dishes that keep the whole family happy!	UNITED KINGDOM	English-100	2020	RPT	PG			
6/04/2026	2500	Food Lifestyle	The Streets Hong Kong	Ep 2	1	2	Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queuing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.	AUSTRALIA	English-95, Chinese (Traditional) 5	2024	RPT	G	Y		
6/04/2026	2530	Food Lifestyle	River Cottage Reunited	Episode 4	1	4	With the help of the River Cottage hens and veg patch Hugh invents the best seasonal breakfast ever, the Full 'Springlish'. He visits his old stomping ground in West Dorset.	UNITED KINGDOM	English-100	2022	RPT	PG			
6/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Bradford: Kulvir	22	1	This week we're in Bradford and first up is bank auditor and social media funny man Kulvir who's hoping to rack up the points with an East meets West menu fusing Punjabi food and British classics.	UNITED KINGDOM	English-100	2025	RPT				
6/04/2026	2700	Food Lifestyle	Come Dine With Me UK	Bradford: Jason	22	2	We're in Bradford for day two where it's private healthcare provider, Jason's turn to host.	UNITED KINGDOM	English-100	2025	RPT				
6/04/2026	2730	Cooking	The Cook Up With Adam Law	Wine Country	9	22	Adam has the ultimate travel companions for a delicious trip to wine country: two of Australia's best food and wine minds, Maggie Beer AO and Steve Flamsteed.	AUSTRALIA	English-100	2025	RPT	G	Y		
6/04/2026	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			
6/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 1	1	1	Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes, cake and gratin.	UNITED KINGDOM	English-100	2022	RPT	PG			
7/04/2026	500	Cooking	Lorraine Pascale: Baking Made Easy	Time To Bake	1	6	Macarons may look unbelievably difficult to make, but really, they are just posh meringues and Lorraine has a recipe to make them with ease. Mini Tiramisu Cakes are a delicious and playful twist on the classic dinner party dessert.	UNITED KINGDOM	English-100	2011	RPT	G			
7/04/2026	930	Travel	Pat's Mexican Table	Yucatan Meats	12	6	Temozon is the birthplace of Yucatan's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pat strolls around town to try different versions of Carne Ahumada. She also returns to Hacienda Tamchen for another traditional dish prepared by chef Julio Dominguez called Huadil Bili Wai, which means untied tortilla.	USA	English-100	2023	RPT	G	Y		
7/04/2026	600	Travel	Cooking Italy	Tuscany Part 2	2023	9	Francesco, the owner of Poggio Foco, sends Chefs Rob and Craig to his favorite local cheese production house famous for ricotta and pecorino.	CANADA	English-100	2023	RPT	PG			
7/04/2026	630	Cooking	Island Echoes With Normie Bero	Memories And Flavours Of Thursday Island	1	5	Normie returns to Thursday Island, a place close to her heart and where she spent much of her childhood. She reconnects with old friends, then reminisces about life on the island and its rich cultural heritage.	AUSTRALIA	English-80, Torres Strait Creole-20	2024	RPT	G	Y	Y	Y
7/04/2026	700	Travel	Marcus Wareing: Simply Provence	Bread	1	6	There's one essential in France that simply can't be ignored. It's cheap as chips, eaten daily with every meal and is in almost every household: the French baguette.	UNITED KINGDOM	English-100	2024	RPT	G			
7/04/2026	730	Cooking	My Market Kitchen	Ep 16	6	16	Laura showcases the best of Adelaide's produce in her grilled peach salad with burrata and prosciutto. Mike crafts the ultimate steak sandwich. Matt craft his delicious Reuben Sando.	AUSTRALIA	English-100	2021	RPT	G			
7/04/2026	800	Cooking	Lida's Kitchen	By The Sea	8	5	The beautiful Adriatic Sea was a big part of Lida's childhood, and she savours the bounty of its waters. She prepares linguine with clams, three Italian styles for bruschetta, mussels with farro stew.	USA	English-100	2021	RPT	G			

7/04/2026	830	Cooking	Tastes And Traditions	Episode 6	1	6	In this heartfelt episode of Tastes and Traditions, the host brings warmth and practicality to the kitchen with two timeless recipes-one for the holiday table and one for everyday comfort.	UKRAINE	English-100	2025	RPT	PG			
7/04/2026	900	Cooking	Jamie At Home	Carrots And Beets	1	6	Purple, white and gold carrots, pink and white striped beetroots. The garden throws up a multicoloured feast of beautiful carrots and beets that form the basis of Jamie's recipes.	UNITED KINGDOM	English-100	2007	RPT	PG			
7/04/2026	930	Cooking	Rachael Ray's Meals In Minutes	Cacciucco	3	16	Rachael shows how to cook like an Italian local with her recipe for a rustic Tuscan fish stew, Cacciucco.	USA	English-100	2024	RPT	PG	a w		
7/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 3	2	3	Get tangled in today's episode with Kirsten's delicious babka knots. The Chocolate Queen also gives her best recipes for entertaining with chocolate truffle cups and a hazelnut tart.	AUSTRALIA	English-100	2020	RPT	G			
7/04/2026	1030	Cooking	Everyday Gourmet: Sweet Edition	Episode 12	2	12	The season ends on a delicious high. Thomas Schretzler delivers another decadent chocolate filled cake.	AUSTRALIA	English-100	2024	RPT	PG			
7/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Wine Country	9	22	Adam has the ultimate travel companions for a delicious trip to wine country- two of Australi's best food and wine minds, Maggie Beer AO and Steve Flamsteed.	AUSTRALIA	English-100	2025	RPT	G	Y		
7/04/2026	1130	Cooking	Donal's Super Food In Minutes	Episode 6	1	6	Donal Skehan makes simple timesaving dishes that keep the whole family happy!	UNITED KINGDOM	English-100	2020	RPT	PG			
7/04/2026	1200	Food Lifestyle	The Streets Hong Kong	Ep 2	1	2	Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queuing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.	AUSTRALIA	English-95; Chinese (Traditional)	2024	RPT	G	Y		
7/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2	1	2	Paula will be cooking on the terrace-serving up locally-caught langoustines on a potato and smoked dulce wufur with pickled carrot. She will be making what she describes as 'love on a plate'-a country pie made with locally bred ham served up with crowdie cheese and pickled smoked beetroot salad.	UNITED KINGDOM	English-100	2022	RPT	G			
7/04/2026	1300	Cooking	Lorraine Pascale: Home Cooking Made Easy	Comfort	1	1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100	2011	RPT	G			
7/04/2026	1330	Travel	Pati's Mexican Table	Recados	12	7	Pati returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Relleno Negro using a recado negro.	USA	English-100	2023	RPT	G	Y		
7/04/2026	1400	Travel	Cooking Italy	Rome	2023	10	The final day of the cooking adventure begins at a local pastry shop, then a walk through the Testaccio neighbourhood, and finally to a market where the chefs guide, Manuela, shows off fresh produce.	CANADA	English-100	2023	RPT	PG			
7/04/2026	1430	Cooking	Island Echoes With Normie Bero	Hammond Island's History And Flavours	1	6	Normie journeys to Hammond Island to explore its unique blend of cultures and rich history.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	G	Y	Y	Y
7/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Melon	1	7	In Provence, the markets and shops are awash with an extraordinary array of fresh fruit, all locally produced, and it's got Marcus thinking.	UNITED KINGDOM	English-100	2024	RPT	G			
7/04/2026	1530	Cooking	My Market Kitchen	Ep 17	6	17	Matt Sinclair kicks off the show with Chef Alastair McLeod, who crafts a grilled stone fruit and yoghurt. Mike ventures with Farmer Catherine Veitcha for a rustic, refreshing tomato salad.	AUSTRALIA	English-100	2021	RPT	G			
7/04/2026	1600	Cooking	Lida's Kitchen	Eggs And My Chickens	8	6	As a child, Lida's courtyard was home to several animals. She recollects those memories and creates a medley of ingredients for chopped salad, chicken cacciatore, and potato egg frico.	USA	English-100	2021	RPT	G			
7/04/2026	1630	Cooking	Tastes And Traditions	Episode 7	1	7	In this flavorful episode of Tastes and Traditions, we explore two heartwarming Ukrainian classics that bring comfort and elegance to the family table.	UKRAINE	English-100	2025		PG			

7/04/2026	1700	Cooking	Jamie At Home	Potatoes	1	7	Everyone loves potatoes, Jamie enthuses about these underground jewels and makes the perfect potato salad using freshly dug wonderful new potatoes at their best.	UNITED KINGDOM	English-100	2007	RPT	PG			
7/04/2026	1730	Cooking	Food Safari	Moroccan	1	1	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	2006	RPT	G	Y		
7/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 4	2	4	Today's episode showcases how chocolate can elevate our favourite desserts: as a filling to fluffy donuts, folded through a decadent creme brulee or as a coating to a crunchy peanut brittle... the options are endless!	AUSTRALIA	English-100	2020	RPT	G			
7/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 31	4	31	Justine serves up her mushroom bacon muffins and delicious vanilla jellies with rhubarb and raspberry compote. Chef Jake Kellie visits the kitchen to make his crispy pork belly and spinach puree.	AUSTRALIA	English-100	2014	RPT	G			
7/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Secret Sauces	9	23	Tonight, award-winning author Rosheen Kaul, leading man Ryan Corr and Adam reveal their secret sauces.	AUSTRALIA	English-100	2025		G		Y	
7/04/2026	1930	Cooking	Silvia's Italian Masterclass	Episode 7	3	7	From pizza by the slice to panini and piadine, this episode explores Italy's joyful snacking tradition where even the simplest bite becomes a delicious ritual.	AUSTRALIA	English-100	2025		PG			
7/04/2026	2000	Travel	Adam Richman Eats Britain	Melton Mowbray Pork Pie	1	9	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 journeys to Melton Mowbray to sample the famous pork pie, crafted in a bakery that opened in 1854, before sampling some beloved boiled sweets.	UNITED KINGDOM	English-100	2024	RPT	G			
7/04/2026	2030	Travel	Eve Longoria: Searching For Mexico	Jalisco	1	5	Today, Eve heads out West to the fertile lands of Jalisco. There's a saying that 'Jalisco is Mexico and Mexico is Jalisco', because so much of what is seen as typically 'Mexican' all originated here. In the state capital, Guadalajara, Eve enjoys traditional birria stew with the charros and meets the fiercely proud Coca people defending their ancient heritage, she also meets some of the state's most innovative chefs, who take time-honoured recipes and turn them into cutting edge cuisine.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	a w	Y	Y
7/04/2026	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	
7/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Bradford: Gabby	22	3	Third to try their luck this week is health and wellbeing coach, Gabby. She's hoping to win over her guests with her Sardinian soiree, complete with homemade pasta and a little garden serenade.	UNITED KINGDOM	English-100	2025					
7/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Bradford: Akili	22	4	Fourth up is Reiki master and holistic therapist, Akili who's hoping to enchant her guests with some exotic elegance and a fusion of flavours.	UNITED KINGDOM	English-100	2025					
7/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Secret Sauces	9	23	Tonight, award-winning author Rosheen Kaul, leading man Ryan Corr and Adam reveal their secret sauces.	AUSTRALIA	English-100	2025	RPT	G		Y	
7/04/2026	2300	Cooking	The Cook And The Chef	Vietnamese Food	4	10	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh and defined by a delicate balance of sweet, salt, acid, and sour flavours.	AUSTRALIA	English-100	2021	RPT	G		Y	
7/04/2026	2330	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2	1	2	Paula will be cooking on the terrace serving up locally caught langoustines on a potato and smoked dulce waffer with pickled carrot. She will be making what she describes as 'love on a plate' a country pie made with locally bred ham served up with crowdie cheese and pickled smoked beetroot salad.	UNITED KINGDOM	English-100	2022	RPT	G			
7/04/2026	2400	Cooking	Lorraine Pascale: Home Cooking Made Easy	Comfort	1	1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100	2011	RPT	G			
7/04/2026	2430	Cooking	Silvia's Italian Masterclass	Episode 7	3	7	From pizza by the slice to panini and piadine, this episode explores Italy's joyful snacking tradition where even the simplest bite becomes a delicious ritual.	AUSTRALIA	English-100	2025	RPT	PG			

7/04/2026	2300	Travel	Adam Richman Eats Britain	Melton Mowbray Pork Pie	1	9	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 journeys to Melton Mowbray to sample the famous pork pie, crafted in a bakery that opened in 1851, before sampling some beloved boiled sweets.	UNITED KINGDOM	English-100	2024	RPT	G					
7/04/2026	2530	Travel	Eva Longoria: Searching For Mexico	Jalisco	1	5	Today, Eva heads out West to the fertile lands of Jalisco. There's a saying that 'Jalisco is Mexico and Mexico is Jalisco', because so much of what is seen as typically 'Mexican' all originated here. In the state capital, Guadalajara, Eva enjoys traditional birria stew with the charros and meets the fiercely proud Coca people defending their ancient heritage. She also meets some of the state's most innovative chefs, who take time-honoured recipes and turn them into cutting edge cuisine.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	a	w	Y	Y	
7/04/2026	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		
7/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Bradford: Gabby	22	3	Third to try their luck this week is health and wellbeing coach, Gabby. She's hoping to win over her guests with her Sardinian soiree, complete with homemade pasta and a little garden serenade.	UNITED KINGDOM	English-100	2025	RPT						
7/04/2026	2700	Food Lifestyle	Come Dine With Me UK	Bradford: Akili	22	4	Fourth up is Reiki master and holistic therapist, Akili who's hoping to enchant her guests with some exotic elegance and a fusion of flavours.	UNITED KINGDOM	English-100	2025	RPT						
7/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Secret Sauces	9	23	Tonight, award-winning author Rosheen Kaul, leading man Ryan Corr and Adam reveal their secret sauces.	AUSTRALIA	English-100	2025	RPT	G			Y		
7/04/2026	2800	Cooking	The Cook And The Chef	Vietnamese Food	4	10	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh and defined by a delicate balance of sweet, salt, acid, and sour flavours.	AUSTRALIA	English-100	2021	RPT	G				Y	
7/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2	1	2	Paula will be cooking on the terrace-serving up locally-caught langoustines on a potato and smoked duck wafer with pickled carrot. She will be making what she describes as 'love on a plate'-a country pie made with locally bred ham served up with crowdie cheese and pickled smoked beetroot salad.	UNITED KINGDOM	English-100	2022	RPT	G					
8/04/2026	500	Cooking	Lorraine Pascale: Home Cooking Made Easy	Comfort	1	1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple panetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100	2011	RPT	G					
8/04/2026	530	Travel	Pati's Mexican Table	Recados	12	7	Pati returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Refresco Negro using a recado negro.	USA	English-100	2023	RPT	G				Y	
8/04/2026	600	Travel	Cooking Italy	Rome	2023	10	The final day of the cooking adventure begins at a local pastry shop, then a walk through the Testaccio neighbourhood, and finally to a market where the chefs guide, Manuela, shows off fresh produce.	CANADA	English-100	2023	RPT	PG					
8/04/2026	630	Cooking	Island Echoes With Nomie Bero	Hammond Island's History And Flavours	1	6	Nomie journeys to Hammond Island to explore its unique blend of cultures and rich history.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	G			Y	Y	Y
8/04/2026	700	Travel	Marcus Wareing: Simply Provence	Melon	1	7	In Provence, the markets and shops are awash with an extraordinary array of fresh fruit, all locally produced, and it's got Marcus thinking.	UNITED KINGDOM	English-100	2024	RPT	G					
8/04/2026	730	Cooking	My Market Kitchen	Ep 17	6	17	Matt Sinclair kicks off the show with Chef Alastair McLeod, who crafts a grilled stone fruit and yoghurt. Mike ventures with Farmer Catherine Veisha for a rustic, refreshing tomato salad.	AUSTRALIA	English-100	2021	RPT	G					
8/04/2026	800	Cooking	Lidia's Kitchen	Eggs And My Chickens	8	6	As a child, Lidia's courtyard was home to several animals. She recalls those memories and creates a medley of ingredients for chopped salad, chicken cacciatore, and potato egg frito.	USA	English-100	2021	RPT	G					

8/04/2026	830	Cooking	Tastes And Traditions	Episode 7	1	7	In this flavorful episode of Tastes and Traditions, we explore two heartwarming Ukrainian classics that bring comfort and elegance to the family table.	UKRAINE	English-100	2025	RPT	PG						
8/04/2026	900	Cooking	Jamie At Home	Potatoes	1	7	Everyone loves potatoes, Jamie enthuses about these underground jewels and makes the perfect potato salad using freshly dug wonderful new potatoes at their best.	UNITED KINGDOM	English-100	2007	RPT	PG						
8/04/2026	930	Cooking	Food Safari	Moroccan	1	1	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	2006	RPT	G				Y		
8/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 4	2	4	Today's episode showcases how chocolate can elevate our favourite desserts: as a filling to fluffy donuts, folded through a decadent creme brulee or as a coating to a crunchy peanut brittle... the options are endless!	AUSTRALIA	English-100	2020	RPT	G						
8/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 31	4	31	Justine serves up her mushroom bacon muffins and delicious vanilla jellies with rhubarb and raspberry compote. Chef Jake Kellie visits the kitchen to make his crispy pork belly and spinach puree.	AUSTRALIA	English-100	2014	RPT	G						
8/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Secret Sauces	9	23	Tonight, award-winning author Rosheen Kaul, leading man Ryan Carr and Adam reveal their secret sauces.	AUSTRALIA	English-100	2025	RPT	G					Y	
8/04/2026	1130	Cooking	Silvia's Italian Masterclass	Episode 7	3	7	From pizza by the slice to panini and giadine, this episode explores Italy's joyful snacking tradition where even the simplest bite becomes a delicious ritual.	AUSTRALIA	English-100	2025	RPT	PG						
8/04/2026	1200	Travel	Adam Richman Eats Britain	Melton Mowbray Pork Pie	1	9	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 journeys to Melton Mowbray to sample the famous pork pie, crafted in a bakery that opened in 1824, before sampling some beloved boiled sweets.	UNITED KINGDOM	English-100	2024	RPT	G						
8/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 3	1	3	Paula is foraging for wild garlic which she will incorporate into a roast onion soup, served with zavoury cheese and smoked tomato jam biscuits.	UNITED KINGDOM	English-100	2022	RPT	G						
8/04/2026	1300	Cooking	Lorraine Pascale: Home Cooking Made Easy	Favourites	1	2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	2011	RPT	G						
8/04/2026	1330	Travel	Pat's Mexican Table	Maya Today	12	8	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pat visits Cenote Xoxomchil with activist and lawyer Zola Cen, who has dedicated her career to helping Mayan people. The next day, Zola invites Pat to her niece's birthday celebration.	USA	English-100	2023	RPT	G					Y	
8/04/2026	1400	Travel	David Rocco's Italia	Lost Venice	1	1	The old Venice is no more. The rising sea-level, overabundance of tourists and high cost of living has caused most of the Venetians to flee the once grand city. But for those Venetians who have stayed behind, there is now a struggle to hold on to their heritage, culture and way of life.	CANADA	English-100	2019	RPT	PG					Y	
8/04/2026	1430	Cooking	Island Echoes With Normie Bero	Sunrise And Flavours Of Horn Island, The	1	7	This episode is a heartfelt tribute to Horn Island's charm, its people, and the deep connection between the community and the sea.	AUSTRALIA	English-80, Torres Strait Creole-20	2024	RPT	PG				Y	Y	Y
8/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Chicken	1	8	Marcus creates a twist on a classic Sunday roast using a meat beloved by the French and Brits alike: chicken.	UNITED KINGDOM	English-100	2024	RPT	G						
8/04/2026	1530	Cooking	My Market Kitchen	Ep 18	6	18	Matt teams up with wine expert Adam Walls for the perfect wine match for his potato and coleriac gratin. Laura heads to Mt Lofly house in Adelaide to whip up her Italian-inspired quail coccolotta.	AUSTRALIA	English-100	2021	RPT	G						
8/04/2026	1600	Cooking	Lidia's Kitchen	Trieste's International Flavors	8	7	The city of Trieste always filled Lidia with excitement. She cooks recipes inspired by her Zia Nina - mussels triestine, orange raspberry spizz, and a coffee panna cotta.	USA	English-100	2021	RPT	PG					a w	
8/04/2026	1630	Cooking	Tastes And Traditions	Episode 8	1	8	In this episode of Tastes and Traditions, we explore two comforting homemade dishes that showcase the heart of Ukrainian cooking- preservation and simplicity.	UKRAINE	English-100	2025		PG						

8/04/2026	1700	Cooking	Jamie At Home	Summer Salad	1	8	Jamie explains the history of pickling and preserving. If you have grown your own produce, you'll want to save it and keep it for as long as you can, or use the excess when you have a bumper crop.	UNITED KINGDOM	English-100	2007	RPT	G	
8/04/2026	1730	Cooking	Food Safari	Malaysian	1	2	Maave explores the spicy world of Malaysian food, whose devotees cross oceans for the best laksa, roti and curry.	AUSTRALIA	English-100	2006	RPT	G	Y
8/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 5	2	5	All hail The Chocolate Queen, as Kirsten dishes up more sensational desserts, like chocolate spaghetti with caramel ice cream, nutty Florentines and indulgent chocolate coconut bars.	AUSTRALIA	English-100	2020	RPT	G	
8/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 32	4	32	Justine makes pickled pork with smoked speck and cabbage, Anjum whips up glazed pineapple with peanuts and coconut ice cream. Adam cooks his chicken mushroom ravioli with fungi sauce.	AUSTRALIA	English-100	2014	RPT	G	
8/04/2026	1900	Cooking	The Cook Up With Adam Law	Basic But Brilliant	9	24	Award-winning chef Saavni Krishnan, scene-stealing actor Michael Logo and Adam share their recipes for basic but brilliant dinners.	AUSTRALIA	English-100	2025		G	Y
8/04/2026	1930	Travel	Donal's Irish Adventure	Kerry	1	7	Join Donal Skehan and his dog Max on an unforgettable adventure around the picturesque town of Dingle, County Kerry.	UNITED KINGDOM	English-100	2022	RPT	G	
8/04/2026	2000	Cooking	Richo's Hungry As Hell	Cooking For Kids	1	5	Richo's making kid-friendly favourites that won't make parents cry into the sink. Easy, tasty, sneakily nutritious and guaranteed to shut down at least one tantrum.	AUSTRALIA	English-100	2025		PG	
8/04/2026	2030	Travel	Ainsley's Taste Of Malta	Gozo	1	5	Ainsley heads to the idyllic island of Gozo to finish his journey, starting with a picturesque picnic filled with the tastes of Malta courtesy of Ana.	UNITED KINGDOM	English-100	2023	RPT	G	
8/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Bradford: Tom	22	5	It's the last night in Bradford and sales director Tom's turn to host. He's drawing on his French heritage for his menu in the hope of wowing his guests with simple dishes, executed well.	UNITED KINGDOM	English-100	2025			
8/04/2026	2200	Food Lifestyle	Come Dine With Me UK	South Wales: Claire	22	6	This week's competition is in South Wales, where first to host is farm girl Claire who's hoping to fill her guests' bellies with some local Welsh produce.	UNITED KINGDOM	English-100	2025			
8/04/2026	2230	Cooking	The Cook Up With Adam Law	Basic But Brilliant	9	24	Award-winning chef Saavni Krishnan, scene-stealing actor Michael Logo and Adam share their recipes for basic but brilliant dinners.	AUSTRALIA	English-100	2025	RPT	G	Y
8/04/2026	2300	Cooking	The Cook And The Chef	Aussie Classics	4	11	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake - using almond meal and wattleseed but experiments a bit and adds some desert limes from Maggie's cupboard to give it a real Australian flavour.	AUSTRALIA	English-100	2011	RPT	G	
8/04/2026	2330	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 3	1	3	Paula is foraging for wild garlic which she will incorporate into a roast onion soup, served with savoury cheese and smoked tomato jam biscuits.	UNITED KINGDOM	English-100	2022	RPT	G	
8/04/2026	2400	Cooking	Lorraine Pascale: Home Cooking Made Easy	Favourites	1	2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	2011	RPT	G	
8/04/2026	2430	Travel	Donal's Irish Adventure	Kerry	1	7	Join Donal Skehan and his dog Max on an unforgettable adventure around the picturesque town of Dingle, County Kerry.	UNITED KINGDOM	English-100	2022	RPT	G	
8/04/2026	2500	Cooking	Richo's Hungry As Hell	Cooking For Kids	1	5	Richo's making kid-friendly favourites that won't make parents cry into the sink. Easy, tasty, sneakily nutritious and guaranteed to shut down at least one tantrum.	AUSTRALIA	English-100	2025	RPT	PG	
8/04/2026	2530	Travel	Ainsley's Taste Of Malta	Gozo	1	5	Ainsley heads to the idyllic island of Gozo to finish his journey, starting with a picturesque picnic filled with the tastes of Malta courtesy of Ana.	UNITED KINGDOM	English-100	2023	RPT	G	
8/04/2026	2625	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G	

8/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Bradford: Tom	22	5	It's the last night in Bradford and sales director Tom's turn to host. He's drawing on his French heritage for his menu in the hope of wowing his guests with simple dishes, executed well.	UNITED KINGDOM	English-100	2025	RPT						
8/04/2026	2700	Food Lifestyle	Come Dine With Me UK	South Wales: Claire	22	6	This week's competition is in South Wales, where first to host is from girl Claire who's hoping to fill her guests' bellies with some local Welsh produce.	UNITED KINGDOM	English-100	2025	RPT						
8/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Basic But Brilliant	9	24	Award-winning chef Saavni Krishnan, scene-stealing actor Michael Logo and Adam share their recipes for basic but brilliant dinners.	AUSTRALIA	English-100	2025	RPT	G				Y	
8/04/2026	2800	Cooking	The Cook And The Chef	Aussie Classics	4	11	Maggie cooks Neerish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake - using almond meal and wattleseed but experiments a bit and adds some desert limes from Maggie's cupboard to give it a real Australian flavour.	AUSTRALIA	English-100	2021	RPT	G					
8/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 3	1	3	Paula is foraging for wild garlic which she will incorporate into a roast onion soup, served with savoury cheese and smoked tomato jam biscuits.	UNITED KINGDOM	English-100	2022	RPT	G					
9/04/2026	500	Cooking	Lorraine Pascale: Home Cooking Made Easy	Favourites	1	2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	2011	RPT	G					
9/04/2026	530	Travel	Pati's Mexican Table	Maya Today	12	8	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pati visits Cenote Xocempich with activist and lawyer Zaila Cen, who has dedicated her career to helping Mayan people. The next day, Zaila invites Pati to her next's birthday celebration.	USA	English-100	2023	RPT	G					Y
9/04/2026	600	Travel	David Rocco's Italia	Lost Venice	1	1	The old Venice is no more. The rising sea level, overabundance of tourists and high cost of living has caused most of the Venetians to flee the once grand city. But for those Venetians who have stayed behind, there is now a struggle to hold on to their heritage, culture and way of life.	CANADA	English-100	2019	RPT	PG					Y
9/04/2026	630	Cooking	Island Echoes With Normie Bero	Sunrise And Flavours Of Horn Island, The	1	7	This episode is a heartfelt tribute to Horn Island's charm, its people, and the deep connection between the community and the sea.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	PG			Y	Y	Y
9/04/2026	700	Travel	Marcus Wareing: Simply Provence	Chicken	1	8	Marcus creates a twist on a classic Sunday roast using a meat beloved by the French and Brits alike: chicken.	UNITED KINGDOM	English-100	2024	RPT	G					
9/04/2026	730	Cooking	My Market Kitchen	Ep 18	6	18	Matt teams up with wine expert Adam Walls for the perfect wine match for his pasta and vegetable gratin. Laura heads to Mt Lofly house in Adelaide to whip up her Italian-inspired quail cotoletta.	AUSTRALIA	English-100	2021	RPT	G					
9/04/2026	800	Cooking	Lidia's Kitchen	Trieste's International Flavors	8	7	The city of Trieste always filled Lidia with excitement. She cooks recipes inspired by her Zia Nina - mussels triestine, orange raspberry spritz, and a coffee panna cotta.	USA	English-100	2021	RPT	PG					a w
9/04/2026	830	Cooking	Tastes And Traditions	Episode 8	1	8	In this episode of Tastes and Traditions, we explore two comforting homemade dishes that showcase the heart of Ukrainian cooking: preservation and simplicity.	UKRAINE	English-100	2025	RPT	PG					
9/04/2026	900	Cooking	Jamie At Home	Summer Salad	1	8	Jamie explains the history of pickling and preserving. If you have grown your own produce, you'll want to save it and keep it for as long as you can, or use the excess when you have a bumper crop.	UNITED KINGDOM	English-100	2007	RPT	G					
9/04/2026	930	Cooking	Food Safari	Malaysian	1	2	Maave explores the spicy world of Malaysian food, whose devotees cross oceans for the best laksa, roti and curry.	AUSTRALIA	English-100	2006	RPT	G					Y
9/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 5	2	5	All hail The Chocolate Queen, as Kirsten dishes up more sensational desserts, like chocolate spaghetti with caramel ice cream, nutty florentines and indulgent chocolate coconut bars.	AUSTRALIA	English-100	2020	RPT	G					
9/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 32	4	32	Justine makes pickled pork with smoked speck and cabbage, Anjum whips up glazed pineapple with peanuts and coconut ice cream. Adam cooks his chicken mushroom ravioli with fungi sauce.	AUSTRALIA	English-100	2014	RPT	G					

9/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Basic But Brilliant	9	24	Award-winning chef Saaviri Krishnan, scene-stealing actor Michael Logo and Adam share their recipes for basic but brilliant dinners.	AUSTRALIA	English-100	2025	RPT	G	Y		
9/04/2026	1130	Travel	Donal's Irish Adventure	Kerry	1	7	Join Donal Sheehan and his dog Max on an unforgettable adventure around the picturesque town of Dingle, County Kerry.	UNITED KINGDOM	English-100	2022	RPT	G			
9/04/2026	1200	Cooking	Richo's Hungry As Hell	Cooking For Kids	1	5	Richo's making kid-friendly favourites that won't make parents cry into the sink. Easy, tasty, sneakily nutritious and guaranteed to shut down at least one tantrum.	AUSTRALIA	English-100	2025	RPT	PG			
9/04/2026	1230	Cooking	Paula McIntyre's Homely Kitchen	Paula McIntyre's Homely Kitchen Series 2 Ep 1	2	1	Paula adds a modern twist to a traditional roazle bread, a variation on potato bread, by transforming it into a taco.	UNITED KINGDOM	English-100	2022	RPT	G			
9/04/2026	1300	Cooking	Lorraine Pascale: Home Cooking Made Easy	Entertaining	1	3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100	2011	RPT	G			
9/04/2026	1330	Travel	Pati's Mexican Table	Pink	12	9	An ingredient Pati constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means bluish red, gets its distinctive color from red algae. Engineer Felipe Peret takes Pati to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100	2023	RPT	G	Y		
9/04/2026	1400	Travel	David Rocco's Italia	Old Venice On The Water	1	2	David sets out with his family to get the true Venice tourist experience and meets a charming gondolier and his wife, who teach them all about the history and pride of the age-old tradition of the gondolas in Venice. They explore local hotspots and venture off the beaten path to a beautiful Venetian winery, sampling gourmet cicchetti along the way. David then spends time with Emanuel, a local fisherman.	CANADA	English-100	2019	RPT	PG	a w	Y	
9/04/2026	1430	Cooking	Island Echoes With Normie Bero	Echoes Of Erub	1	8	In the final episode of Season 1 of Island Echoes, Normie Bero visits the breathtaking island of Erub to experience a truly unique local pastime.	AUSTRALIA	English-80, Torres Strait Creole-20	2024	RPT	G	Y	Y	Y
9/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Chocolate	1	9	There is one delicious food that is adored across the world. It may have started life in South America as the humble cocoa bean, but it's the Swiss, Belgians and French, who've turned it into an ingredient we all adore.	UNITED KINGDOM	English-100	2024	RPT	G	Y		
9/04/2026	1530	Cooking	My Market Kitchen	Ep 19	6	19	Mike is joined by his daughter Abigail to whip up her favourite treat, double chocolate cookies. Matt creates a Vietnamese dessert, coconut creme caramel. Laura wraps up the show with carbonara.	AUSTRALIA	English-100	2021	RPT	G			
9/04/2026	1600	Cooking	Lidia's Kitchen	Wheat Harvest And Pasta	8	8	Lidia talks the hard work involved with making flour, then bread and pasta. She makes croutons with a Caesar salad, then a frittata with spinach and herbed ricotta, and a lagane pasta with chickpeas.	USA	English-100	2021	RPT	G			
9/04/2026	1630	Cooking	Tastes And Traditions	Episode 9	1	9	In this cozy episode of Tastes and Traditions, we revisit two timeless classics of Ukrainian home cooking-warm, fragrant Cabbage Buns and juicy Pork Cutlets.	UKRAINE	English-100	2025		PG			
9/04/2026	1700	Cooking	Jamie At Home	Pizza	1	9	Jamie searches for edible wild mushrooms in a local forest with his mentor, Genaro Costalido. Then he uses them to make bruschetta, risotto and venison Stroganoff.	UNITED KINGDOM	English-100	2007	RPT	G			
9/04/2026	1730	Cooking	Food Safari	Portuguese	1	3	Maeva O'Meara takes you on a journey within your very own kitchen and makes new flavours familiar. In tonight's episode, Maeva explores the world of Portuguese food.	AUSTRALIA	English-100	2006	RPT	G	Y		
9/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 6	2	6	Warm apple tarts are hard to resist and pastry expert Kristen Tibbatts is in the kitchen showing her version that's easy to replicate at home. She's also giving up a brilliant no-churn Chocolate, Date and Ice Cream cake that is better than anything you'll find in the store.	AUSTRALIA	English-100	2020	RPT	G			
9/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 33	4	33	Today on the show, Justine makes her sweet potato and ginger gratin, gives you some great tips for steaming eggs and Adam Liaw makes his leche flan.	AUSTRALIA	English-100	2014	RPT	PG	I		

9/04/2026	1900	Cooking	The Cook Up With Adam Liam	Tinned Tomatoes	7	81	A pantry staple becomes the hero tonight as Adam and his guests, comedian Mel Buttie and chef Dom Wilton make magic with tinned tomatoes.	AUSTRALIA	English-100	2024	RPT	G	Y
9/04/2026	1930	Travel	New York Gourmet With Justine Schofield	Episode 5	1	5	Justine visits another iconic Buffalo venue for a traditional roast beef lunch before setting off for the breathtaking 1000 Islands, visiting scenic spots like Boldt Castle and Morgan Island.	AUSTRALIA	English-100	2025		PG	
9/04/2026	2000	Food Lifestyle	Memory Bites With Matt Moran	Courtney Act	1	5	Chef Matt Moran delves into the food memories of multifaceted entertainer Courtney Act, revealing how retro family dishes and deep resilience have illuminated their path to stardom.	AUSTRALIA	English-100	2024	RPT	PG	Y
9/04/2026	2030	Travel	Rick Stein's Seafood Odyssey	Suffolk And Naples	1	1	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100	1999	RPT	PG	a s w
9/04/2026	2100	Travel	Rick Stein's Seafood Odyssey	India And Cornwall	1	2	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing for the 'best fish in the world' - turbot.	UNITED KINGDOM	English-100	1999	RPT	PG	a w
9/04/2026	2130	Food Lifestyle	Come Dine With Me UK	South Wales: Richard	22	7	It's the second night of the competition and the turn of account executive Ricard to host, not in his house but next door in the pub he runs with his partner.	UNITED KINGDOM	English-100	2025			
9/04/2026	2200	Food Lifestyle	Come Dine With Me UK	South Wales: Daffyd	22	8	Third to host in South Wales is hotel receptionist and aspiring personal trainer Daffyd, who's hosting a healthy vegetarian-ish dinner party, as he hopes to impress his guests.	UNITED KINGDOM	English-100	2025			
9/04/2026	2230	Cooking	The Cook Up With Adam Liam	Tinned Tomatoes	7	81	A pantry staple becomes the hero tonight as Adam and his guests, comedian Mel Buttie and chef Dom Wilton make magic with tinned tomatoes.	AUSTRALIA	English-100	2024	RPT	G	Y
9/04/2026	2300	Cooking	The Cook And The Chef	Art Of Presentation, The	4	12	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish. Maggie's approach is a bit different, self-framed, she likes to keep her style simple and natural, letting the food speak for itself and the skills of the photographer really shine through.	AUSTRALIA	English-100	2021	RPT	G	
9/04/2026	2330	Cooking	Paula McInyre's Hamely Kitchen	Paula McInyre's Hamely Kitchen Series 2 Ep 1	2	1	Paula adds a modern twist to a traditional rye bread, a variation on potato bread, by transforming it into a taco.	UNITED KINGDOM	English-100	2022	RPT	G	
9/04/2026	2400	Cooking	Lorraine Pascale: Home Cooking Made Easy	Entertaining	1	3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100	2011	RPT	G	
9/04/2026	2430	Travel	New York Gourmet With Justine Schofield	Episode 5	1	5	Justine visits another iconic Buffalo venue for a traditional roast beef lunch before setting off for the breathtaking 1000 Islands, visiting scenic spots like Boldt Castle and Morgan Island.	AUSTRALIA	English-100	2025	RPT	PG	
9/04/2026	2500	Food Lifestyle	Memory Bites With Matt Moran	Courtney Act	1	5	Chef Matt Moran delves into the food memories of multifaceted entertainer Courtney Act, revealing how retro family dishes and deep resilience have illuminated their path to stardom.	AUSTRALIA	English-100	2024	RPT	PG	Y
9/04/2026	2530	Travel	Rick Stein's Seafood Odyssey	Suffolk And Naples	1	1	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100	1999	RPT	PG	a s w
9/04/2026	2600	Travel	Rick Stein's Seafood Odyssey	India And Cornwall	1	2	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing for the 'best fish in the world' - turbot.	UNITED KINGDOM	English-100	1999	RPT	PG	a w
9/04/2026	2630	Food Lifestyle	Come Dine With Me UK	South Wales: Richard	22	7	It's the second night of the competition and the turn of account executive Ricard to host, not in his house but next door in the pub he runs with his partner.	UNITED KINGDOM	English-100	2025	RPT		
9/04/2026	2700	Food Lifestyle	Come Dine With Me UK	South Wales: Daffyd	22	8	Third to host in South Wales is hotel receptionist and aspiring personal trainer Daffyd, who's hosting a healthy vegetarian-ish dinner party, as he hopes to impress his guests.	UNITED KINGDOM	English-100	2025	RPT		

9/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Tinned Tomatoes	7	81	A pantry staple becomes the hero tonight as Adam and his guests, comedian Mel Buttie and chef Dom Wilton make magic with tinned tomatoes.	AUSTRALIA	English-100	2024	RPT	G	Y		
9/04/2026	2800	Cooking	The Cook And The Chef	Art Of Presentation, The	4	12	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish. Maggie's approach is a bit different, self trained, she likes to keep her style simple and natural, letting the food speak for itself and the skills of the photographer really shine through.	AUSTRALIA	English-100	2021	RPT	G			
9/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 1	2	1	Paula adds a modern twist to a traditional roole breid, a variation on potato bread, by transforming it into a taco.	UNITED KINGDOM	English-100	2022	RPT	G			
10/04/2026	500	Cooking	Lorraine Pascale: Home Cooking Made Easy	Entertaining	1	3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100	2011	RPT	G			
10/04/2026	530	Travel	Pati's Mexican Table	Pink	12	9	An ingredient Pati constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means bluish red, gets its distinctive color from red algae. Engineer Felipe Perez takes Pati to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100	2023	RPT	G	Y		
10/04/2026	600	Travel	David Rocco's Italia	Old Venice On The Water	1	2	David sets out with his family to get the true Venice tourist experience and meets a charming gondolier and his wife, who teach them all about the history and pride of the age-old tradition of the gondolas in Venice. They explore local hotspots and venture off the beaten path to a beautiful Venetian winery, sampling gourmet cicchetti along the way. David then spends time with Emanuel, a local fisherman,	CANADA	English-100	2019	RPT	PG	a w	Y	
10/04/2026	630	Cooking	Island Echoes With Normie Bero	Echoes Of Erub	1	8	In the final episode of Season 1 of Island Echoes, Normie Bero visits the breathtaking island of Erub to experience a truly unique local pastime.	AUSTRALIA	English-80; Torres Strait Creole-20	2024	RPT	G	Y	Y	Y
10/04/2026	700	Travel	Marus Wareing: Simply Provence	Chocolate	1	9	There is one delicious food that is adored across the world. It may have started life in South America as the humble cocoa bean, but it's the Swiss, Belgians and French, who've turned it into an ingredient we all adore.	UNITED KINGDOM	English-100	2024	RPT	G	Y		
10/04/2026	730	Cooking	My Market Kitchen	Ep 19	6	19	Mike is joined by his daughter Abigail to whip up her favourite treat, double chocolate cookies. Matt creates a Vietnamese dessert, coconut creme caramel. Laura wraps up the show with cartoons.	AUSTRALIA	English-100	2021	RPT	G			
10/04/2026	800	Cooking	Lidia's Kitchen	Wheat Harvest And Pasta	8	8	Lidia talks the hard work involved with making flour, then bread and pasta. She makes croquons with a Caesar salad, then a fustilli with spinach and herbed ricotta, and a lagane pasta with chickpeas.	USA	English-100	2021	RPT	G			
10/04/2026	830	Cooking	Tastes And Traditions	Episode 9	1	9	In this cozy episode of Tastes and Traditions, we revisit two timeless classics of Ukrainian home cooking-warm, fragrant Cabbage Buns and juicy Pork Cutlets.	UKRAINE	English-100	2025	RPT	PG			
10/04/2026	900	Cooking	Jamie At Home	Pizza	1	9	Jamie searches for edible wild mushrooms in a local forest with his mentor, Genaro Contaldo. Then he uses them to make bruschetta, risotto and venison Stroganoff.	UNITED KINGDOM	English-100	2007	RPT	G			
10/04/2026	930	Cooking	Food Safari	Portuguese	1	3	Maevie O'Meara takes you on a journey within your very own kitchen and makes new flavours familiar. In tonight's episode, Maevie explores the world of Portuguese food.	AUSTRALIA	English-100	2006	RPT	G	Y		
10/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 6	2	6	Warm apple tarts are hard to resist and pastry expert Kirsten Tibballs is in the kitchen showing her version that's easy to replicate at home. She's also dishing up a brilliant no churn Chocolate, Date and Ice Cream cake that is better than anything you'll find in the store.	AUSTRALIA	English-100	2020	RPT	G			
10/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 33	4	23	Today on the show, Justine makes her sweet potato and ginger gratin, gives you some great tips for steaming eggs and Adam Liaw makes his leche flan.	AUSTRALIA	English-100	2014	RPT	PG	l		
10/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Tinned Tomatoes	7	81	A pantry staple becomes the hero tonight as Adam and his guests, comedian Mel Buttie and chef Dom Wilton make magic with tinned tomatoes.	AUSTRALIA	English-100	2024	RPT	G	Y		
10/04/2026	1130	Travel	New York Gourmet With Justine Schofield	Episode 5	1	5	Justine visits another iconic Buffalo venue for a traditional roast beef lunch before setting off for the breathtaking 1000 Islands, visiting scenic spots like Boldt Castle and Morgan Island.	AUSTRALIA	English-100	2025	RPT	PG			
10/04/2026	1200	Food Lifestyle	Memory Bites With Matt Moran	Courtney Act	1	5	Chef Matt Moran delves into the food memories of multifaceted entertainer Courtney Act, revealing how retro family dishes and deep resilience have illuminated their path to stardom.	AUSTRALIA	English-100	2024	RPT	PG	Y		

10/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 2	2	2	Paula rustles up a sandwich or 'piece' as it is known in Belfast, but first she has to catch the filling. She joins father-and-son fishing duo, Gerry and Daniel McNally to fish for pollan.	UNITED KINGDOM	English-100	2022	RPT	PG	
10/04/2026	1300	Cooking	Lorraine Pascale: Home Cooking Made Easy	Simple	1	4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast-baked mashed potato.	UNITED KINGDOM	English-100	2011	RPT	G	
10/04/2026	1330	Travel	Pati's Mexican Table	Mayan League Of Their Own, A	12	10	Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enequina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.	USA	English-100	2023	RPT	PG	Y
10/04/2026	1400	Travel	David Rocco's Italia	Verona: City Of Love	1	3	David travels to beautiful Verona, a town known for food, wine and love. It was the setting of Shakespeare's most famous romance, Romeo & Juliet, and a city of people known to open their hearts to strangers.	CANADA	English-100	2019	RPT	PG	a
10/04/2026	1430	Cooking	Kriel Kitchen	Broome: Veronica Francis	1	1	Enjoy the culinary skills of Veronica Francis, who draws on her Malaysian influences from her father.	AUSTRALIA	English-100	2014	RPT	G	Y
10/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Fish	1	10	It's fair to say that when it comes to our national classic dishes, the French and the Brits like to do things differently.	UNITED KINGDOM	English-100	2024	RPT	G	Y
10/04/2026	1530	Cooking	My Market Kitchen	Ep 20	6	20	Matt prepares a BBQ chicken from his restaurant menu. Mike and Catherine Velisha cook up a smoked tofu and broccoli stir fry in the market. Laura's mum prepares her blueberry galette.	AUSTRALIA	English-100	2021	RPT	G	
10/04/2026	1600	Cooking	Lidia's Kitchen	Cooking With The Nuns	8	9	Lidia went to school near Trieste and picked up many essential kitchen skills. Inspired by the soups in school lunches, she makes cannellini bean and lentil soup, and a one pot of sausages and apples.	USA	English-100	2021	RPT	G	
10/04/2026	1630	Cooking	Tastes And Traditions	Episode 10	1	10	In this flavorful episode of Tastes and Traditions, we explore two timeless dishes that capture the essence of Ukrainian warmth and festivity.	UKRAINE	English-100	2025		PG	
10/04/2026	1700	Cooking	Jamie At Home	Strawberries	1	10	Jamie makes some great game recipes starting with his very own Essex Fried Rabbit. His local gamekeeper brings Jamie some venison and they have a chat about the free range nature of deer.	UNITED KINGDOM	English-100	2007	RPT	PG	
10/04/2026	1730	Cooking	Food Safari	Vietnamese	1	4	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul. Maeve joins her friend Peter Nguyen, engineer and food expert to learn which fish sauce is best used for cooking and which one for salads and why it's similar to olive oil in its purity and health benefits. Peter also explains how to choose the right rice paper and where to find coconut juice.	AUSTRALIA	English-100	2006	RPT	G	Y
10/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 7	2	7	An episode to make the kids happy - learn to make Coconut Lolipops, Chocolate Butterflies and Flower Pot Cakes. Plus Kirsten's recipe for a Choc Swiss Roll that's perfectly light and airy.	AUSTRALIA	English-100	2020	RPT	G	
10/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 34	4	34	Justine makes her grilled sirloin with chilli, lime and coriander butter, shows you her acai yoghurt mix and Johnny Di Francesco cooks his classic pizza margherita.	AUSTRALIA	English-100	2014	RPT	G	
10/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Fast Fuel	7	82	Just like a servo for your body, Adam and his guests, chef John Ralley and Paralympic great Ellie Cole make some fast fuel.	AUSTRALIA	English-100	2024	RPT	G	Y
10/04/2026	1930	Cooking	Rachel Khoo's Chocolate	Special Occasions	1	5	Rachel Khoo is a strong believer that if something is worth celebrating, it must involve chocolate!	UNITED KINGDOM	English-100	2021	RPT	PG	

10/04/2026	2025	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G	
10/04/2026	2030	Cooking	Jamie's Comfort Food	Jerk Ham With Egg And Chips, Chocolate Nougat Cake And Chicken Kebab	1	6	This episode sees Jamie take a British cafe favourite (ham, egg and chips) and give it a wonderful Jamaican twist with a hit of fiery jerk marinade. Next, Jamie cooks up a simple, but incredibly elegant pasta dish, loaded with beautiful crab meat, wafer-thin fennel and a hit of chilli to bring everything together.	UNITED KINGDOM	English-100	2014	RPT	G	
10/04/2026	2130	Food Lifestyle	Come Dine With Me UK	South Wales: Sophie	22	9	Fourth to host in South Wales is children's doctor Sophie, who despite usually being a vegan has decided to cook meat for her diners in an attempt to grab the grand.	UNITED KINGDOM	English-100	2025			
10/04/2026	2200	Food Lifestyle	Come Dine With Me UK	South Wales: Sandra	22	10	It's the final night of the competition and the turn of civil servant Sandra to host.	UNITED KINGDOM	English-100	2025			
10/04/2026	2230	Cooking	The Cook Up With Adam Law	Fast Fuel	7	82	Just like a servo for your body, Adam and his guests, chef John Ralley and Paralympic great Ellie Cole make some fast fuel.	AUSTRALIA	English-100	2024	RPT	G	Y
10/04/2026	2300	Cooking	The Cook And The Chef	1980's, The	4	13	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyrtiss.	AUSTRALIA	English-100	2021	RPT	G	
10/04/2026	2330	Cooking	Paula McInyre's Hamely Kitchen	Paula McInyre's Hamely Kitchen Series 2 Ep 2	2	2	Paula rustles up a sandwich or 'piecer' as it is known in Belfast, but first she has to catch the filling. She joins father-and-son fishing duo, Gerry and Daniel McKeighly to fish for pollan.	UNITED KINGDOM	English-100	2022	RPT	PG	
10/04/2026	2400	Cooking	Lorraine Pascale: Home Cooking Made Easy	Simple	1	4	Lorraine brings the taste of Spain to the table with her Rioja-braised lamb shanks with chorizo and garlic, served with her buttery fast-baked mashed potato.	UNITED KINGDOM	English-100	2011	RPT	G	
10/04/2026	2430	Cooking	Rachel Khoo's Chocolate	Special Occasions	1	5	Rachel Khoo is a strong believer that if something is worth celebrating, it must involve chocolate!	UNITED KINGDOM	English-100	2021	RPT	PG	
10/04/2026	2525	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G	
10/04/2026	2530	Cooking	Jamie's Comfort Food	Jerk Ham With Egg And Chips, Chocolate Nougat Cake And Chicken Kebab	1	6	This episode sees Jamie take a British cafe favourite (ham, egg and chips) and give it a wonderful Jamaican twist with a hit of fiery jerk marinade. Next, Jamie cooks up a simple, but incredibly elegant pasta dish, loaded with beautiful crab meat, wafer-thin fennel and a hit of chilli to bring everything together.	UNITED KINGDOM	English-100	2014	RPT	G	
10/04/2026	2630	Food Lifestyle	Come Dine With Me UK	South Wales: Sophie	22	9	Fourth to host in South Wales is children's doctor Sophie, who despite usually being a vegan has decided to cook meat for her diners in an attempt to grab the grand.	UNITED KINGDOM	English-100	2025	RPT		
10/04/2026	2700	Food Lifestyle	Come Dine With Me UK	South Wales: Sandra	22	10	It's the final night of the competition and the turn of civil servant Sandra to host.	UNITED KINGDOM	English-100	2025	RPT		

10/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Fast Fuel	7	82	Just like a servo for your body, Adam and his guests, chef John Ralley and Paralympic great Ellie Cole make some fast fuel.	AUSTRALIA	English-100	2024	RPT	G	Y
10/04/2026	2800	Cooking	The Cook And The Chef	1980's, The	4	13	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyrtiss.	AUSTRALIA	English-100	2011	RPT	G	
10/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 2	2	2	Paula rustles up a sandwich or 'piece' as it is known in Belfast, but first she has to catch the filling. She joins father and son fishing duo, Gerry and Daniel McKeally to fish for pollan.	UNITED KINGDOM	English-100	2022	RPT	PG	
11/04/2026	500	Cooking	Lorraine Pascale: Home Cooking Made Easy	Simple	1	4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast-baked mashed potato.	UNITED KINGDOM	English-100	2011	RPT	G	
11/04/2026	530	Travel	Pati's Mexican Table	Mayan League Of Their Own, A	12	10	Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enequina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.	USA	English-100	2023	RPT	PG	Y
11/04/2026	600	Travel	David Rocco's Italia	Verona: City Of Love	1	3	David travels to beautiful Verona, a town known for food, wine and love. It was the setting of Shakespeare's most famous romance, Romeo & Juliet, and a city of people known to open their hearts to strangers.	CANADA	English-100	2019	RPT	PG	a
11/04/2026	630	Cooking	Kriel Kitchen	Broome: Veronica Francis	1	1	Enjoy the culinary skills of Veronica Francis, who draws on her Malaysian influences from her father.	AUSTRALIA	English-100	2014	RPT	G	Y
11/04/2026	700	Travel	Marcus Wareing: Simply Provence	Fish	1	10	It's fair to say that when it comes to our national classic dishes, the French and the Brits like to do things differently.	UNITED KINGDOM	English-100	2024	RPT	G	Y
11/04/2026	730	Cooking	My Market Kitchen	Ep 20	6	20	Matt prepares a BBQ chicken from his restaurant menu. Mike and Catherine Velisha cook up a smoked tofu and broccoli stir fry in the market. Laura's mum prepares her blueberry galette.	AUSTRALIA	English-100	2021	RPT	G	
11/04/2026	800	Cooking	Lidia's Kitchen	Cooking With The Nuns	8	9	Lidia went to school near Trieste and picked up many essential kitchen skills. Inspired by the nuns in school lunches, she makes carnellini bean and lentil soup, and a one pot of sausages and apples.	USA	English-100	2021	RPT	G	
11/04/2026	830	Cooking	Tastes And Traditions	Episode 10	1	10	In this flavorful episode of Tastes and Traditions, we explore two timeless dishes that capture the essence of Ukrainian warmth and festivity.	UKRAINE	English-100	2025	RPT	PG	
11/04/2026	900	Cooking	Jamie At Home	Strawberries	1	10	Jamie makes some great game recipes starting with his very own Essex Fried Rabbit. His local gamekeeper brings Jamie some venison and they have a chat about the free range nature of deer.	UNITED KINGDOM	English-100	2007	RPT	PG	

11/04/2026	930	Cooking	Food Safari	Vietnamese	1	4	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul. Maeve joins her friend Peter Nguyen, engineer and food expert to learn which fish sauce is best used for cooking and which one for salads and why it's similar to olive oil in its purity and health benefits. Peter also explains how to choose the right rice paper and where to find coconut juice.	AUSTRALIA	English-100	2006	RPT	G	Y
11/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 7	2	7	An episode to make the kids happy - learn to make Coconut Lollipop, Chocolate Butterflies and Flower Pot Cakes. Plus Kirsten's recipe for a Choc Swiss Roll that's perfectly light and airy.	AUSTRALIA	English-100	2020	RPT	G	
11/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 34	4	34	Justine makes her grilled sirloin with chilli, lime and coriander butter, shows you her acai yoghurt mix and Johnny Di Francesco cooks his classic pizza margherita.	AUSTRALIA	English-100	2014	RPT	G	
11/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Fast Fuel	7	82	Just like a servo for your body, Adam and his guests, chef John Ralley and Paralympic great Ellie Cole make some fast fuel.	AUSTRALIA	English-100	2024	RPT	G	Y
11/04/2026	1130	Cooking	Rachel Khoi's Chocolate	Special Occasions	1	5	Rachel Khoi is a strong believer that if something is worth celebrating, it must involve chocolate!	UNITED KINGDOM	English-100	2021	RPT	PG	
11/04/2026	1225	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G	
11/04/2026	1230	Cooking	Jamie's Comfort Food	Jerk Ham With Egg And Chips, Chocolate Nougat Cake And Chicken Kebab	1	6	This episode sees Jamie take a British cafe favourite (ham, egg and chips) and give it a wonderful Jamaican twist with a hit of fiery jerk marinade. Next, Jamie cooks up a simple, but incredibly elegant pasta dish, loaded with beautiful crab meat, wafer-thin fennel and a hit of chilli to bring everything together.	UNITED KINGDOM	English-100	2014	RPT	G	

11/04/2026	1330	Cooking	Tastes And Traditions	Episode 10	1	10	In this flavorful episode of Tastes and Traditions, we explore two timeless dishes that capture the essence of Ukrainian warmth and festivity.	UKRAINE	English-100	2025	RPT	PG			
11/04/2026	1400	Cooking	Jamie At Home	Strawberries	1	10	Jamie makes some great game recipes starting with his very own Essex Fried Rabbit. His local gamekeeper brings Jamie some venison and they have a chat about the free range nature of deer.	UNITED KINGDOM	English-100	2007	RPT	PG			
11/04/2026	1430	Cooking	Food Safari	Vietnamese	1	4	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul. Maeve joins her friend Peter Nguyen, engineer and food expert to learn which fish sauce is best used for cooking and which one for salads and why it's similar to olive oil in its purity and health benefits. Peter also explains how to choose the right rice paper and where to find coconut juice.	AUSTRALIA	English-100	2006	RPT	G		Y	
11/04/2026	1500	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 7	2	7	An episode to make the kids happy - learn to make Coconut Lollipop, Chocolate Butterflies and Flower Pot Cakes. Plus Kirsten's recipe for a Choc Swiss Roll that's perfectly light and airy.	AUSTRALIA	English-100	2020	RPT	G			
11/04/2026	1530	Cooking	Everyday Gourmet With Justine Schofield	Ep 34	4	34	Justine makes her grilled sirloin with chilli, lime and coriander butter, shows you her acai yoghurt mix and Johnny Di Francesco cooks his classic pizza margherita.	AUSTRALIA	English-100	2014	RPT	G			
11/04/2026	1600	Cooking	The Cook Up With Adam Liew	Fast Fuel	7	82	Just like a servo for your body, Adam and his guests, chef John Raley and Paralympic great Ellie Cole make some fast fuel.	AUSTRALIA	English-100	2024	RPT	G		Y	
11/04/2026	1630	Food Lifestyle	Inside Iceland: A Budget Supermarket	Ep 2	1	2	In this episode, with British supermarkets chasing every pound going and under more pressure than ever now that Lidl and Aldi have shaken up the market, the budget chain is under pressure to find new ways to drive costs down.	UNITED KINGDOM	English-100	2020	RPT	PG		Y	
11/04/2026	1725	Cooking	Destination Flavour China Bitesize	Tibetan Yak Belly Stew	1	12	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liew.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
11/04/2026	1730	Travel	Tom Kerridge Cooks Britain	Cornwall - Sardines And Milk	1	3	Tom's journey starts in Newlyn, the largest fishing port in England, where he's searching for sardines. Then he cooks up a tasty take on sardines on toast for the crew.	UNITED KINGDOM	English-100	2024	RPT	G			
11/04/2026	1800	Cooking	Nadiya's Family Favourites	Family Get Togethers	1	2	Nadiya Hussain creates dishes ideal for family get-togethers, learns how to perfect her barbecue technique with BBQ King James and meets Paul Ainsworth, Michelin Star Chef and salt enthusiast.	UNITED KINGDOM	English-100	2018	RPT	G			
11/04/2026	1830	Cooking	Jamie Cooks Italy	Puglia	1	2	This week Jamie heads to glorious Puglia to seek out family recipes that make this spectacular region the hottest food destination in Italy. Jamie meets Puglia's real pasta granias inspiring Jamie's awesome and authentic homemade pasta with warm broccoli and tangy cheese pesto.	UNITED KINGDOM	English-100	2018	RPT	PG		a w	Y
11/04/2026	1930	Travel	Tour De Fred: Northern Ireland	Strangford	1	2	Fred Sirani's journey in Northern Ireland takes him along Strangford Lough's scenic shores. He cycles from Castle Ward to Portaferry, by land and sea routes.	UNITED KINGDOM	English-100	2025				Y	

11/04/2026	2030	Travel	Rick Stein's Long Weekends	Thessaloniki	2	4	Rick's off to the North-eastern Greek city of Thessaloniki, nestled on the northern shores of the Aegean Sea. The city is revered as the gourmet capital of Greece.	UNITED KINGDOM	English-100	2016	RPT	PG	a n w	Y
11/04/2026	2140	Travel	Anthony Bourdain: A Cook's Tour	Cook Who Came In From The Cold, The	1	8	Tony plays spy in Russia and sets off to locate the best blinis and borscht St. Petersburg has to offer.	USA	English-100	2002	RPT	PG		
11/04/2026	2205	Travel	Anthony Bourdain: A Cook's Tour	Los Angeles: My Own Heart Of Darkness	1	9	New York chef, Anthony Bourdain, descends into the culinary underbelly of his metropolitan nemesis, Los Angeles.	USA	English-100	2002	RPT	PG	a w	
11/04/2026	2230	Documentary	Masters Of Savours	Master Of Savours: Lemons	2	1	Yuzu, Buddha's hand, caviar lemon. The lemon family is large, and some members are far from our classic yellow lemons.	FRANCE	English-70; French-11; Japanese-11; Italian-8	2025	RPT	PG		Y
11/04/2026	2330	Food Lifestyle	Inside Iceland: A Budget Supermarket	Ep 2	1	2	In this episode, with British supermarkets chasing every pound going and under more pressure than ever now that Lidl and Aldi have shaken up the market, the budget chain is under pressure to find new ways to drive costs down.	UNITED KINGDOM	English-100	2020	RPT	PG		Y