



WEEK 16 Sunday, 12 April 2026 Saturday, 18 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		
12/04/2026	500	Cooking	Nadiya's Family Favourites	Family Get Together	1	2	Nadiya Husain creates dishes ideal for family get-togethers, learns how to perfect her barbecue technique with BBQ King James and meets Paul Alinworth, Michelin Star Chef and salt enthusiast.	UNITED KINGDOM	English-100	2018	RPT	G						
12/04/2026	530	Documentary	Masters Of Savours	Master Of Savours: Lemons	2	1	Yuzu, Buddha's hand, caviar lemons. 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		
12/04/2026	630	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 onus to find new ways to drive costs down.	UNITED KINGDOM	English-100	2020	RPT	PG				Y	Y	
12/04/2026	725	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 Law.	AUSTRALIA	English-100	2018	RPT	G			Y	Y		
12/04/2026	730	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 grannies 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	
12/04/2026	825	Cooking	Bring A Plate	Rayan's Koska Mahshi	1	4	Rayan shares his Syrian favourite, Koska Mahshi, or stuffed zucchini, and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	2024	RPT	G				Y		
12/04/2026	830	Travel	Tour De Fred: Northern Ireland	Strangford	1	2	Fred Sincock'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	RPT						Y	
12/04/2026	930	Travel	Rick Stein's Long Weekends	Thessaloniki	2	4	Rick's off to the North-eastern Greek city of Thessaloniki, nestling 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 o w		Y		
12/04/2026	1040	Documentary	Masters Of Savours	Master Of Savours: Lemons	2	1	Yuzu, Buddha's hand, caviar lemons. 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	
12/04/2026	1140	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 onus to find new ways to drive costs down.	UNITED KINGDOM	English-100	2020	RPT	PG					Y	
12/04/2026	1230	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 grannies 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	
12/04/2026	1330	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						
12/04/2026	1400	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 Flamsted.	AUSTRALIA	English-100	2025	RPT	G				Y		
12/04/2026	1430	Cooking	The Cook Up With Adam Law	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		
12/04/2026	1500	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		
12/04/2026	1530	Cooking	The Cook Up With Adam Law	Tinned Tomatoes	7	81	A pantry staple becomes the hero tonight as Adam and his guests, comedian Mel Butler and chef Dom Wilton make magic with tinned tomatoes.	AUSTRALIA	English-100	2024	RPT	G				Y		
12/04/2026	1600	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		
12/04/2026	1630	Travel	Plat Du Tour	Plat Du Tour Series 3 (30min Version) Ep 2	3	2	Gillaume Brahmi explores the mountain regions in the south of France where there are so many regional specialities to try. In the caves under the town of Roquefort, Guillaume will learn the secrets to making the best blue cheese and pair it with a juicy BBQ steak.	FRANCE	English-100	2022	RPT	G				Y	Y	
12/04/2026	1700	Cooking	Cook Clever Waste Less With Prue & Rupy	Arcra-Anand Family, The	1	4	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aulia to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G						
12/04/2026	1730	Cooking	Jeremy Pang's Hong Kong Kitchen	Nisha Katona	1	6	Jeremy teams up with his good friend and TV chef Nisha Katona to explore Hong Kong's vibrant international food scene.	UNITED KINGDOM	English-100	2024	RPT	G						
12/04/2026	1830	Travel	Gordon Ramsay: Uncharted	Cuba's Savory Secrets	4	5	In search of Cuba's most authentic and delicious ingredients, Gordon embraces local ingenuity as he fishes and forages his way across the island.	UNITED KINGDOM	English-100	2023	RPT	PG		a l w			Y	
12/04/2026	1935	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						
12/04/2026	1950	Travel	Gillaume's French Atlantic	Episode 2	1	2	Join renowned chef Guillaume Brahmi as he unravels the artistic wonders of Normandy. Guillaume's journey begins in the picturesque town of Honfleur, renowned for its allure to renowned artists such as Monet and Boudin.	AUSTRALIA	English-70; French-30	2023	RPT	G				Y	Y	
12/04/2026	2000	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 1	1	1	Anaisie starts her first Tasmanian Spring with a 'Welcome to Country' ceremony. She learns to shoot and goes on an overnight fishing adventure before laying down roots in her new native garden.	AUSTRALIA	English-100	2021	RPT	PG		a l w		Y		
12/04/2026	2030	Travel	Rick Stein's Food Stories	London: Part Two	1	10	London-based brewer, Jaega Wiss, tries to turn Rick into a craft beer fan and he puts some in a sauce for John Dory. He enjoys borscht at a Ukrainian restaurant staffed by refugees.	UNITED KINGDOM	English-100	2023	RPT	PG		a w			Y	
12/04/2026	2100	Travel	Rick Stein's Food Stories	Kent	1	11	In Kent, The Garden of England, Rick harvests English cherries at a family-run farm. From Ramsgate he heads out to sea in search of Dover sole, his favourite fish.	UNITED KINGDOM	English-100	2023	RPT	PG		a w			Y	
12/04/2026	2130	Travel	Anthony Bourdain: A Cook's Tour	Desert Feast	1	10	Tony traverses the Moroccan desert with one goal in mind: eat a mud-oven-roasted sheep.	USA	English-100	2002	RPT	PG		a w				
12/04/2026	2200	Travel	Anthony Bourdain: A Cook's Tour	Food: That Makes You Marry	1	11	After taking a cycle-ride through Ho Chi Minh City and trying various foods from roadside vendors and markets, Tony tests his might with a few shots of snake wine and a live cobra heart.	USA	English-100	2002	RPT	M		a w				
12/04/2026	2230	Documentary	Masters Of Savours	Master Of Savours: Champagne	2	2	Champagne is one of the most prestigious treasures of French heritage, characterized by unique expertise and subject to strict appellation controls.	FRANCE	French-60; English-40	2025	RPT						Y	
12/04/2026	2430	Cooking	Jeremy Pang's Hong Kong Kitchen	Nisha Katona	1	6	Jeremy teams up with his good friend and TV chef Nisha Katona to explore Hong Kong's vibrant international food scene.	UNITED KINGDOM	English-100	2024	RPT	G						
12/04/2026	2425	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						
12/04/2026	2430	Travel	Gordon Ramsay: Uncharted	Cuba's Savory Secrets	4	5	In search of Cuba's most authentic and delicious ingredients, Gordon embraces local ingenuity as he fishes and forages his way across the island.	UNITED KINGDOM	English-100	2023	RPT	PG		a l w			Y	
12/04/2026	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 Law.	AUSTRALIA	English-100	2018	RPT	G			Y	Y		
12/04/2026	2530	Travel	Gillaume's French Atlantic	Episode 2	1	2	Join renowned chef Guillaume Brahmi as he unravels the artistic wonders of Normandy. Guillaume's journey begins in the picturesque town of Honfleur, renowned for its allure to renowned artists such as Monet and Boudin.	AUSTRALIA	English-70; French-30	2023	RPT	G				Y	Y	
12/04/2026	2600	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 1	1	1	Anaisie starts her first Tasmanian Spring with a 'Welcome to Country' ceremony. She learns to shoot and goes on an overnight fishing adventure before laying down roots in her new native garden.	AUSTRALIA	English-100	2021	RPT	PG		a l w		Y		
12/04/2026	2630	Travel	Rick Stein's Food Stories	London: Part Two	1	10	London-based brewer, Jaega Wiss, tries to turn Rick into a craft beer fan and he puts some in a sauce for John Dory. He enjoys borscht at a Ukrainian restaurant staffed by refugees.	UNITED KINGDOM	English-100	2023	RPT	PG		a w			Y	
12/04/2026	2700	Travel	Rick Stein's Food Stories	Kent	1	11	In Kent, The Garden of England, Rick harvests English cherries at a family-run farm. From Ramsgate he heads out to sea in search of Dover sole, his favourite fish.	UNITED KINGDOM	English-100	2023	RPT	PG		a w			Y	
12/04/2026	2730	Travel	Anthony Bourdain: A Cook's Tour	Desert Feast	1	10	Tony traverses the Moroccan desert with one goal in mind: eat a mud-oven-roasted sheep.	USA	English-100	2002	RPT	PG		a w				
12/04/2026	2800	Travel	Anthony Bourdain: A Cook's Tour	Food: That Makes You Marry	1	11	After taking a cycle-ride through Ho Chi Minh City and trying various foods from roadside vendors and markets, Tony tests his might with a few shots of snake wine and a live cobra heart.	USA	English-100	2002	RPT	M		a w				
12/04/2026	2830	Cooking	Cook Clever Waste Less With Prue & Rupy	Arcra-Anand Family, The	1	4	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aulia to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G						
13/04/2026	500	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 Flamsted.	AUSTRALIA	English-100	2025	RPT	G				Y		
13/04/2026	530	Cooking	The Cook Up With Adam Law	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		
13/04/2026	600	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		
13/04/2026	630	Cooking	The Cook Up With Adam Law	Tinned Tomatoes	7	81	A pantry staple becomes the hero tonight as Adam and his guests, comedian Mel Butler and chef Dom Wilton make magic with tinned tomatoes.	AUSTRALIA	English-100	2024	RPT	G				Y		
13/04/2026	700	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		
13/04/2026	730	Travel	Plat Du Tour	Plat Du Tour Series 3 (30min Version) Ep 2	3	2	Gillaume Brahmi explores the mountain regions in the south of France where there are so many regional specialities to try. In the caves under the town of Roquefort, Guillaume will learn the secrets to making the best blue cheese and pair it with a juicy BBQ steak.	FRANCE	English-100	2022	RPT	G				Y	Y	
13/04/2026	800	Cooking	Cook Clever Waste Less With Prue & Rupy	Arcra-Anand Family, The	1	4	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aulia to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G						
13/04/2026	830	Cooking	Jeremy Pang's Hong Kong Kitchen	Nisha Katona	1	6	Jeremy teams up with his good friend and TV chef Nisha Katona to explore Hong Kong's vibrant international food scene.	UNITED KINGDOM	English-100	2024	RPT	G						
13/04/2026	925	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						
13/04/2026	930	Travel	Gordon Ramsay: Uncharted	Cuba's Savory Secrets	4	5	In search of Cuba's most authentic and delicious ingredients, Gordon embraces local ingenuity as he fishes and forages his way across the island.	UNITED KINGDOM	English-100	2023	RPT	PG		a l w			Y	
13/04/2026	1025	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 Law.	AUSTRALIA	English-100	2018	RPT	G			Y	Y		
13/04/2026	1030	Travel	Gillaume's French Atlantic	Episode 2	1	2	Join renowned chef Guillaume Brahmi as he unravels the artistic wonders of Normandy. Guillaume's journey begins in the picturesque town of Honfleur, renowned for its allure to renowned artists such as Monet and Boudin.	AUSTRALIA	English-70; French-30	2023	RPT	G				Y	Y	
13/04/2026	1100	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 1	1	1	Anaisie starts her first Tasmanian Spring with a 'Welcome to Country' ceremony. She learns to shoot and goes on an overnight fishing adventure before laying down roots in her new native garden.	AUSTRALIA	English-100	2021	RPT	PG		a l w		Y		
13/04/2026	1130	Documentary	Masters Of Savours	Master Of Savours: Champagne	2	2	Champagne is one of the most prestigious treasures of French heritage, characterized by unique expertise and subject to strict appellation controls.	FRANCE	French-60; English-40	2025	RPT						Y	
13/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 3	2	3	Paula visits a Belfast fishmongers where they smoke their own haddock. Inspired by Scottish Arbroath smokies, she uses it as a casing for a smoky Scotch egg served up with a dash of mayonnaise.	UNITED KINGDOM	English-100	2022	RPT	PG						
13/04/2026	1300	Cooking	Lorraine Pascale: Be A Better Cook	Tony Sartori	1	1	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	G						
13/04/2026	1330	Travel	Pat's Mexican Table	Serving Spirits	13	1	Pat explores Suarez's prohibition-era legacy and two icons - the margarita and burrito.	USA	English-100	2024	RPT						Y	
13/04/2026	1400	Travel	Pat's Mexican Table	Milan: The Fashion Film	1	4	Pat explores Suarez's prohibition-era legacy and two icons - the margarita and burrito.	CANADA	French-100	2019	RPT	PG		a			Y	

13/04/2026	1430	Cooking	Kriol Kitchen	Bindook: Brian Bin Saaban	1	2	Chilli Crab, Singapore noodles with turtle, bunjiman, lea and lili lili shell in a soya chilli sauce: Every kriol cook boasts about his or her 'Chilli Crab' and Brian Bin Saaban is no exception.	AUSTRALIA	English-100	2014	RPT	G	Y	
13/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Beef	1	11	There's so much amazing food in Provence, but one special ingredient in particular garners a lot of excitement when seen on the menu, beef.	UNITED KINGDOM	English-100	2024	RPT	G	Y	
13/04/2026	1530	Cooking	My Market Kitchen	Ep 21	6	21	Laura cooks her favourite Italian dessert, cannoli, on the banks of the River Torrens in Adelaide. Matt serves up a Basque cheesecake. Mike creates a wonderful seafood butter and lam French toast.	AUSTRALIA	English-100	2021	RPT	G		
13/04/2026	1600	Cooking	Lida's Kitchen	Winter Vegetable Patch, The	8	10	Winter is always a tough time for the garden but makes cold weather crops more valuable. Some recipes include - orecchiette with breadcumbs, pancetta, and a cabbage salad with dressing.	USA	English-100	2021	RPT	G		
13/04/2026	1630	Cooking	Tastes And Traditions	Episode 11	1	11	In this heartwarming episode of Tastes and Traditions, we dive into the rich flavors of Ukrainian home cooking.	UKRAINE	English-100	2025	RPT	PG		
13/04/2026	1700	Cooking	Jamie At Home	Peas And Broadbeans	1	11	Jamie's garden has a bumper crop of fascinating varieties of pumpkin and squash.	UNITED KINGDOM	English-100	2007	RPT	PG		
13/04/2026	1730	Cooking	Food Safari	Indian	1	5	In this episode, Maave O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries from the subcontinent. Top chef Kumar Mahadevan shows the easy steps to a tender, flavourome rogan josh while Alok Joshi cooks Hyderabadi chicken in sauces and its own juices.	AUSTRALIA	English-100	2006	RPT	G	Y	
13/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 8	2	8	Get whipped into a chocolate frenzy with Kirsten's recipes for Chocolate Mouse Cake and Ganache Filled Cookies, plus learn to make picture pretty Chocolate Snowflakes.	AUSTRALIA	English-100	2020	RPT	G		
13/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 35	4	35	Chocolate enthusiasts, Trish McKenzie joins Justine to make her cherry ripple muffins and then Justine makes a roasted duck and tomato tartle fine and whos up and see brasky tortilla.	AUSTRALIA	English-100	2014	RPT	G		
13/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Kitchen Keepers	9	25	Tonight, Adam and his guests, chef Natalie Murphy and comedian Daniel Connell, serve up their kitchen keepers.	AUSTRALIA	English-100	2025	RPT	G	Y	
13/04/2026	1930	Cooking	Dona's Super Food In Minutes	Episode 7	1	7	In this festive special, Dona' Shehan brings His Super Food in Minutes tips and tricks to the holiday season.	UNITED KINGDOM	English-100	2020	RPT	PG		
13/04/2026	2000	Food Lifestyle	The Streets Hong Kong	Ep 3	1	3	Dan heads to a popular local venue on Hong Kong Island to discover why they are renowned for their flavourful congee. He then meets up with Archan Chan, to experience innovative delicacies.	AUSTRALIA	English-95, Chinese (Traditional)	2024	RPT	G	Y	
13/04/2026	2030	Food Lifestyle	River Cottage Autumn	Beetroot And Ducks	1	1	It's autumn at River Cottage and Hugh's going to get us all eating beetroot.	UNITED KINGDOM	English-100	2008	RPT	G		
13/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Manchester: Pauline	22	11	This week we're in and around Manchester, and first up is palliative care nurse, and 'never a dull moment' Pauline who's hoping to impress her guests with a family style dinner party.	UNITED KINGDOM	English-100	2025	RPT	PG		
13/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Manchester: Richard	22	12	Second to host this week in Manchester is plumber and adult merchandise director, Richard and he's cooking a rich and indulgent menu.	UNITED KINGDOM	English-100	2025	RPT	PG		
13/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Kitchen Keepers	9	25	Tonight, Adam and his guests, chef Natalie Murphy and comedian Daniel Connell, serve up their kitchen keepers.	AUSTRALIA	English-100	2025	RPT	G	Y	
13/04/2026	2300	Cooking	The Cook And The Chef	Greek Experience, The	4	14	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu so be prepared for some syrupy, sweet lusciousness.	AUSTRALIA	English-100	2021	RPT	G		
13/04/2026	2330	Cooking	Tastes And Traditions	Episode 11	1	11	In this heartwarming episode of Tastes and Traditions, we dive into the rich flavors of Ukrainian home cooking.	UKRAINE	English-100	2025	RPT	PG		
13/04/2026	2400	Cooking	Jamie At Home	Peas And Broadbeans	1	11	Jamie's garden has a bumper crop of fascinating varieties of pumpkin and squash.	UNITED KINGDOM	English-100	2007	RPT	PG		
13/04/2026	2430	Cooking	Dona's Super Food In Minutes	Episode 7	1	7	In this festive special, Dona' Shehan brings His Super Food in Minutes tips and tricks to the holiday season.	UNITED KINGDOM	English-100	2020	RPT	PG		
13/04/2026	2500	Food Lifestyle	The Streets Hong Kong	Ep 3	1	3	Dan heads to a popular local venue on Hong Kong Island to discover why they are renowned for their flavourful congee. He then meets up with Archan Chan, to experience innovative delicacies.	AUSTRALIA	English-95, Chinese (Traditional)	2024	RPT	G	Y	
13/04/2026	2530	Food Lifestyle	River Cottage Autumn	Beetroot And Ducks	1	1	It's autumn at River Cottage and Hugh's going to get us all eating beetroot.	UNITED KINGDOM	English-100	2008	RPT	G		
13/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Manchester: Pauline	22	11	This week we're in and around Manchester, and first up is palliative care nurse, and 'never a dull moment' Pauline who's hoping to impress her guests with a family style dinner party.	UNITED KINGDOM	English-100	2025	RPT	PG		
13/04/2026	2700	Food Lifestyle	Come Dine With Me UK	Manchester: Richard	22	12	Second to host this week in Manchester is plumber and adult merchandise director, Richard and he's cooking a rich and indulgent menu.	UNITED KINGDOM	English-100	2025	RPT	PG		
13/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Kitchen Keepers	9	25	Tonight, Adam and his guests, chef Natalie Murphy and comedian Daniel Connell, serve up their kitchen keepers.	AUSTRALIA	English-100	2025	RPT	G	Y	
13/04/2026	2800	Cooking	The Cook And The Chef	Greek Experience, The	4	14	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu so be prepared for some syrupy, sweet lusciousness.	AUSTRALIA	English-100	2021	RPT	G		
13/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 3	2	3	Paula visits a Belfast deli where they make their own haddock. Inspired by Scottish Arbroath smokies, she uses it as a casing for a smoke Scotch egg served up with a parsley mayonnaise.	UNITED KINGDOM	English-100	2022	RPT	PG		
14/04/2026	500	Cooking	Lorraine Pascale: Be A Better Cook	Tommy Sartori	1	1	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	G		
14/04/2026	530	Travel	Pat's Mexican Table	Swinging Spirits	13	1	Pat explores xures's Prohibition-era legacy and two icons - the margarita and burritos.	USA	English-100	2024	RPT	PG	Y	
14/04/2026	600	Travel	David Rocco's Italia	Milan, The Fashion City	1	4	As the most progressive city in Italy, it's not surprising that Milan attracts world-renowned designers, stylists and architects. David speaks to some of these great artists, spending time with Isaa designer and CEO, Gianluca Isaia, discussing what makes Milano so inspiring.	CANADA	English-100	2019	RPT	PG	a	Y
14/04/2026	630	Cooking	Kriol Kitchen	Bindook: Brian Bin Saaban	1	2	Chilli Crab, Singapore noodles with turtle, bunjiman, lea and lili lili shell in a soya chilli sauce: Every kriol cook boasts about his or her 'Chilli Crab' and Brian Bin Saaban is no exception.	AUSTRALIA	English-100	2014	RPT	G	Y	
14/04/2026	700	Travel	Marcus Wareing: Simply Provence	Beef	1	11	There's so much amazing food in Provence, but one special ingredient in particular garners a lot of excitement when seen on the menu, beef.	UNITED KINGDOM	English-100	2024	RPT	G	Y	
14/04/2026	730	Cooking	My Market Kitchen	Ep 21	6	21	Laura cooks her favourite Italian dessert, cannoli, on the banks of the River Torrens in Adelaide. Matt serves up a Basque cheesecake. Mike creates a wonderful seafood butter and lam French toast.	AUSTRALIA	English-100	2021	RPT	G		
14/04/2026	800	Cooking	Lida's Kitchen	Winter Vegetable Patch, The	8	10	Winter is always a tough time for the garden but makes cold weather crops more valuable. Some recipes include - orecchiette with breadcumbs, pancetta, and a cabbage salad with dressing.	USA	English-100	2021	RPT	G		
14/04/2026	830	Cooking	Tastes And Traditions	Episode 11	1	11	In this heartwarming episode of Tastes and Traditions, we dive into the rich flavors of Ukrainian home cooking.	UKRAINE	English-100	2025	RPT	PG		
14/04/2026	900	Cooking	Jamie At Home	Peas And Broadbeans	1	11	Jamie's garden has a bumper crop of fascinating varieties of pumpkin and squash.	UNITED KINGDOM	English-100	2007	RPT	PG		
14/04/2026	930	Cooking	Food Safari	Indian	1	5	In this episode, Maave O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries from the subcontinent. Top chef Kumar Mahadevan shows the easy steps to a tender, flavourome rogan josh while Alok Joshi cooks Hyderabadi chicken in sauces and its own juices.	AUSTRALIA	English-100	2006	RPT	G	Y	
14/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 8	2	8	Get whipped into a chocolate frenzy with Kirsten's recipes for Chocolate Mouse Cake and Ganache Filled Cookies, plus learn to make picture pretty Chocolate Snowflakes.	AUSTRALIA	English-100	2020	RPT	G		
14/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 35	4	35	Chocolate enthusiasts, Trish McKenzie joins Justine to make her cherry ripple muffins and then Justine makes a roasted duck and tomato tartle fine and whos up and see brasky tortilla.	AUSTRALIA	English-100	2014	RPT	G		
14/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Kitchen Keepers	9	25	Tonight, Adam and his guests, chef Natalie Murphy and comedian Daniel Connell, serve up their kitchen keepers.	AUSTRALIA	English-100	2025	RPT	G	Y	
14/04/2026	1130	Cooking	Dona's Super Food In Minutes	Episode 7	1	7	In this festive special, Dona' Shehan brings His Super Food in Minutes tips and tricks to the holiday season.	UNITED KINGDOM	English-100	2020	RPT	PG		
14/04/2026	1200	Food Lifestyle	The Streets Hong Kong	Ep 3	1	3	Dan heads to a popular local venue on Hong Kong Island to discover why they are renowned for their flavourful congee. He then meets up with Archan Chan, to experience innovative delicacies.	AUSTRALIA	English-95, Chinese (Traditional)	2024	RPT	G	Y	
14/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 4	2	4	Paula finds inspiration in a vintage women's 1945 institute cookbook. She makes a beef tea served up with cornwaddle, a type of oat biscuit, topped with avocado butter cream and onion lam.	UNITED KINGDOM	English-100	2022	RPT	PG		
14/04/2026	1300	Cooking	Lorraine Pascale: Be A Better Cook	Bryony Crutcher	1	2	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	G		
14/04/2026	1330	Travel	Pat's Mexican Table	Canyon Cruise	13	2	Pat's hours turning is a way of life for the Aramun and tries foods that fuel them.	USA	English-100	2024	RPT	G	Y	
14/04/2026	1400	Travel	David Rocco's Italia	Rock 'n Roll Underground Milan	1	5	Heading to the less crowded, more trendy areas of Milan, David meets locals and foreign transplants alike who show him their favourite spots.	CANADA	English-100	2019	RPT	PG	l	Y
14/04/2026	1430	Cooking	Kriol Kitchen	Yellow River: Mark Bin Sali	1	3	All 8 Mch travel with Mark north of Broome to a popular fishing spot. They make Spicy Joonbood Patties with Chilli & Raw Skipper (fish) with lemon, chilli, garlic, soya & vinegar Salsims.	AUSTRALIA	English-100	2014	RPT	G	Y	
14/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Herbs	1	12	There are simple ingredients we have in our cupboards and gardens that can economically transform a humdrum dish into a flavourful feast: herbs.	UNITED KINGDOM	English-100	2024	RPT	PG	Y	
14/04/2026	1530	Cooking	My Market Kitchen	Ep 22	6	22	Tobie makes a strawberry cheesecake in the Prahran Market. Tobie Pottock and Adam Walls cooks a risotto in the vineyards. Laura teams up with Chef Massa for a delectable lasagne noodle delight.	AUSTRALIA	English-100	2021	RPT	G		
14/04/2026	1600	Cooking	Lida's Kitchen	Flavors Of Northern Italy, The	8	11	After the introduction of the southern Italian classics to American cuisine, the northern flavours began to arrive as well - layered casserole, herbied frittata rollup, and cavatappi with beef raguerto.	USA	English-100	2021	RPT	G		
14/04/2026	1630	Cooking	Tastes And Traditions	Episode 12	1	12	In this episode of Tastes and Traditions, we celebrate the comforting flavors of Ukrainian festive and everyday cuisine.	UKRAINE	English-100	2025	RPT	PG		
14/04/2026	1700	Cooking	Jamie At Home	Summer Brassicas	1	12	A quick trip around Jamie's vegetable garden produces an army of colourful ingredients to make inspired winter salads.	UNITED KINGDOM	English-100	2007	RPT	G		
14/04/2026	1730	Cooking	Food Safari	Greek	1	6	Maave O'Meara joins her friend chef Peter Connidis in a Greek emporium to find out which olive oil is best to use, how to pick a good feta cheese, and which herbs and spices to make use of. Next up, she enjoys a yeeros break and then sees how filo was made traditionally as well as finds out how a how-was-it-mum makes a diet delicious sarakatsika (southeast eat).	AUSTRALIA	English-100	2006	RPT	G	Y	
14/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 9	2	9	Get the basics right today with Kirsten and her recipe for chocolate lashes and homemade chocolate chips. Then learn the tricks to two Australian classic favourites with a Lamington Cake and Chocolate Caramel Slice.	AUSTRALIA	English-100	2020	RPT	G		
14/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 36	4	36	Justine takes her mustard and tomato crusted fish and cooks up a delicious chorba and is then joined by ex-Masterchef contestant, Rishi Desai to make a fantastic semolina halva.	AUSTRALIA	English-100	2014	RPT	G		
14/04/2026	1900	Cooking	The Cook Up With Adam Liaw	My Fastest Pasta	9	26	Time flies by as Adam and his guests, chef Aaron Ward and wheelchair rugby legend Shae Graham make their fastest pastas.	AUSTRALIA	English-100	2025	RPT	G	Y	
14/04/2026	1930	Cooking	Silvia's Italian Masterclass	Episode 8	3	8	Sun-soaked produce, seaside flavours, and simple pleasures- this episode celebrates the essence of an Italian summer on every plate.	AUSTRALIA	English-100	2025	RPT	PG		
14/04/2026	2000	Travel	Adam Richman Eats Britain	Tattie Scene	1	10	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to try the best food found here. He's travelled to Scone in Scotland for a taste of the tattie scene.	UNITED KINGDOM	English-100	2024	RPT	G		
14/04/2026	2030	Travel	Eva Longoria: Searching For Mexico	Veracruz	1	6	Arriving at the port of Veracruz, Eva walks in the footsteps of her ancestor, Lorenzo Longoria, who arrived in this exact spot 400 years ago, but is a contrast to the first conquistadors.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	a l s	Y
14/04/2026	2125	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G	Y	
14/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Manchester: Amy	22	13	It's the third night in and around Manchester and the turn of dental nurse Amy to try and impress her guests with an American themed dinner party.	UNITED KINGDOM	English-100	2025	RPT	PG		
14/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Manchester: Vanessa	22	14	It's the penultimate night in Manchester with cabaret practitioner Vanessa turning her modest Mancunian semi into a Chicago 'Speakeasy' for the evening.	UNITED KINGDOM	English-100	2025	RPT	PG		
14/04/2026	2230	Cooking	The Cook Up With Adam Liaw	My Fastest Pasta	9	26	Time flies by as Adam and his guests, chef Aaron Ward and wheelchair rugby legend Shae Graham make their fastest pastas.	AUSTRALIA	English-100	2025	RPT	G	Y	
14/04/2026	2300	Cooking	The Cook And The Chef	Early Settlement	4	12	Maggie and Simon are given the challenge of using 'ration' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the weekly food allowance for a rural worker in 19th century Australia.	AUSTRALIA	English-100	2021	RPT	G		
14/04/2026	2330	Cooking	Tastes And Traditions	Episode 12	1	12	In this episode of Tastes and Traditions, we celebrate the comforting flavors of Ukrainian festive and everyday cuisine.	UKRAINE	English-100	2025	RPT	PG		
14/04/2026	2400	Cooking	Jamie At Home	Summer Brassicas	1	12	A quick trip around Jamie's vegetable garden produces an army of colourful ingredients to make inspired winter salads.	UNITED KINGDOM	English-100	2007	RPT	G		
14/04/2026	2430	Cooking	Silvia's Italian Masterclass	Episode 8	3	8	Sun-soaked produce, seaside flavours, and simple pleasures- this episode celebrates the essence of an Italian summer on every plate.	AUSTRALIA	English-100	2025	RPT	PG		
14/04/2026	2500	Travel	Adam Richman Eats Britain	Tattie Scene	1	10	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to try the best food found here. He's travelled to Scone in Scotland for a taste of the tattie scene. He also visits a top restaurant in Perth for Scotland's national dish, the famous haeags, neeps and tatties.	UNITED KINGDOM	English-100	2024	RPT	G		

14/04/2026	2130	Travel	Eva Longoria: Searching For Mexico	Veracruz	1	6	Arriving at the port of Veracruz, Eva walks in the footsteps of her ancestor, Lorena Longoria, who arrived in this exact spot 400 years ago, just a century after the first conquistadors.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG	a s	Y	Y	
14/04/2026	2625	Cooking	Destination Flavour Down Under BiteSize	Destination Flavour Down Under BiteSize Series 1 Ep 3	1	3	Some of our favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G				
14/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Manchester: Amy	22	13	It's the third night in and around Manchester and the turn of dental nurse Amy to try and impress her guests with an American themed dinner party.	UNITED KINGDOM	English-100	2025	RPT	PG				
14/04/2026	2700	Come Dine With Me UK	Come Dine With Me UK	Manchester: Vanessa	22	14	It's the penultimate night in Manchester with cabaret practitioner Vanessa turning her modest Mancunian semi into a Chicago 'Speakeasy' for the evening.	UNITED KINGDOM	English-100	2025	RPT	PG				
14/04/2026	2730	Cooking	The Cook Up With Adam Liaw	My Fastest Pasta	9	26	Time flies by as Adam and his guests, chef Aaron Ward and wheelchair rugby legend Sha Graham make their fastest pastas.	AUSTRALIA	English-100	2025	RPT	G		Y		
14/04/2026	2800	Cooking	The Cook And The Chef	21st Settlement	4	15	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs fish, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the weekly food allowance for a rural worker in 19th century Australia.	AUSTRALIA	English-100	2021	RPT	G				
14/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 4	2	4	Paula finds inspiration in a vintage women's 1940s instruction cookbook. She makes a beef tee served up with cornwafels, a type of oat biscuit, topped with savoury butter cream and onion jam.	UNITED KINGDOM	English-100	2022	RPT	PG				
15/04/2026	500	Cooking	Lorraine Pascale: Be A Better Cook	Binyon Crutcher	1	2	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	G				
15/04/2026	530	Travel	Pat's Mexican Table	Canyon Cruise	13	2	Pat's learn running is a way of life for the Raramuri and tries foods that fuel them.	USA	English-100	2024	RPT	G			Y	
15/04/2026	600	Travel	David Rocco's Italia	Rock 'n Roll Underground Milan	1	5	Heading to the less crowded, more trendy areas of Milan, David meets locals and foreign transplants alike who show him their favourite spots.	CANADA	English-100	2019	RPT	PG		l	Y	
15/04/2026	630	Cooking	Kristi Kitchen	Yellow River: Mark Bin Sali	1	3	Alli & Mitch travel with Mark north of Bromme to a popular fishing spot. They make Spicy Joombod Patties with Chilli & Raw Skippy (fish) with lemon, chilli, garlic, soy & vinegar. Soak!	AUSTRALIA	English-100	2014	RPT	G		Y		
15/04/2026	700	Travel	Marcus Wareing: Simply Provence	Herbs	1	12	There are simple ingredients we have in our cupboards and gardens that can economically transform a humdrum dish into a flavourful feast: herbs.	UNITED KINGDOM	English-100	2024	RPT	PG			Y	
15/04/2026	730	Cooking	My Market Kitchen	Ep 22	6	22	Miki makes a strawberry cheese cake in the Provan Market. Tobie Puttock and Adam Walls cooks a risotto in the vineyard. Laura teams up with Chef Massa for a delectable Japanese noodle delight.	AUSTRALIA	English-100	2021	RPT	G				
15/04/2026	800	Cooking	Lida's Kitchen	Flavors Of Northern Italy, The	8	11	After the introduction of the southern Italian classics to American cuisine, the northern flavours began to arrive as well - layered casserole, herbed fettas rolls, and cioustoli with beef sausage.	USA	English-100	2021	RPT	G				
15/04/2026	830	Cooking	Tastes And Traditions	Episode 12	1	12	In this episode of Tastes and Traditions, we celebrate the comforting flavors of Ukrainian festive and everyday cuisine.	UKRAINE	English-100	2025	RPT	PG				
15/04/2026	900	Cooking	Jamie At Home	Summer Brassicas	1	12	A quick trip around Jamie's vegetable garden produces an army of colourful ingredients to make inspired winter salads.	UNITED KINGDOM	English-100	2007	RPT	G				
15/04/2026	930	Cooking	Food Safari	Greek	1	6	Maev O'Meara joins her friend chef Peter Costello in a Greek emporium to find out what olive oil is best to use, how to pick a good feta cheese, and which herbs and spices to make use of. Next up, she enjoys a yeasty bread and then sees how filo was made traditionally as well as finding out how a boue voune mum makes a fast delicious souzaniakota (spiznach oel).	AUSTRALIA	English-100	2006	RPT	G		Y		
15/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 9	2	9	Get the basic right today with Kirsten and her recipe for chocolate fudges, and homemade chocolate chips. Then learn the tricks to two Australian classic favourites with a Lamination Cake and Chocolate Caramel Slice.	AUSTRALIA	English-100	2020	RPT	G				
15/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 36	4	36	Justine bakes her mustard and tomato crusted fish and cooks up a delicious chorba and is then joined by ex-Masterchef contestant, Rishi Desai to make a fantastic savoury halo.	AUSTRALIA	English-100	2014	RPT	G				
15/04/2026	1100	Cooking	The Cook Up With Adam Liaw	My Fastest Pasta	9	26	Time flies by as Adam and his guests, chef Aaron Ward and wheelchair rugby legend Sha Graham make their fastest pastas.	AUSTRALIA	English-100	2025	RPT	G		Y		
15/04/2026	1130	Cooking	Silvia's Italian Masterclass	Episode 8	3	8	Sun-soaked produce, seaside flavours, and simple pleasures- this episode celebrates the essence of an Italian summer on every plate.	AUSTRALIA	English-100	2025	RPT	PG				
15/04/2026	1200	Travel	Adam Richman Eats Britain	Tattie Scone	1	10	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to try the best food found here. He's travelled to Scone in Scotland for a taste of the tattie scone. He also visits in Perth for Scotland's national dish, the famous haggis, neeps and tatties.	UNITED KINGDOM	English-100	2024	RPT	G				
15/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 5	2	5	Paula show cases dollaghan, a fish caught in Lough Neagh. After trawle curing it, she serves it on wheaten farls with a cucumber relish. As a bonus, she reveals on how to make chameane from horse.	UNITED KINGDOM	English-100	2022	RPT	G				
15/04/2026	1300	Cooking	Lorraine Pascale: Be A Better Cook	Sonia Harwood	1	3	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	G				
15/04/2026	1380	Travel	Pat's Mexican Table	Symphony Of Flavours	13	3	Pat's meet the first world famous Raramuri pianist and learns ancient Chihuahuan cooking.	USA	English-100	2024	RPT	G			Y	
15/04/2026	1400	Travel	David Rocco's Italia	Reveal Of The Old Capital, Turin, The	1	6	The northern Italian city of Turin is known as one of the European epicentres for automobile manufacturing.	CANADA	English-100	2019	RPT	PG		l	Y	
15/04/2026	1430	Cooking	Kristi Kitchen	Broom: Carol, Amy & Lexie Tang Wei	1	4	Family Chinese Long Soup: Under the guidance of Lexie Tang Wei, daughters Amy and Carol and granddaughters Lauren and Marli make their famous Chinese Long Soup from scratch.	AUSTRALIA	English-100	2014	RPT	G			Y	
15/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Almonds	1	13	When in France, it's very easy to focus on the savoury food offerings. Not surprising with the incredible meat, fish, veg and cheese in such beautiful abundance.	UNITED KINGDOM	English-100	2024	RPT	G				
15/04/2026	1530	Cooking	My Market Kitchen	Ep 23	6	23	Matt is inspired to make an Etton Mess dessert overlooking the Noosa River. He cooks a hanger steak with chimichurri using meat fresh from Gary's Meats. Laura joins Chef Kieran to cook lutefisk bollen.	AUSTRALIA	English-100	2021	RPT	G				
15/04/2026	1600	Cooking	Lida's Kitchen	Here I Come New York!	8	12	As a teenager, Lida took charge of most dinners at home, soups being a popular choice. In this episode, she makes potato and pasta soup, polenta with honey and berries, and uses leftover polenta.	USA	English-100	2021	RPT	G				
15/04/2026	1630	Cooking	Tastes And Traditions	Episode 13	1	13	In this episode of Tastes and Traditions, we dive into the art of Ukrainian grilling and baking.	UKRAINE	English-100	2025	RPT	PG				
15/04/2026	1700	Cooking	Jamie At Home	Pickles And Preserves	1	13	Jamie Oliver provides tips on how to choose the best and most succulent bird for a family Christmas dinner.	UNITED KINGDOM	English-100	2007	RPT	G				
15/04/2026	1730	Cooking	Food Safari	Chinese	1	7	In this episode, Maev O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth. Maev learns from Shanghai expatriate chef Chi Yan who makes a simple melting eggplant and chilli dish, as well as Frank Shek, a Scottish-Chinese chef who is winning accolades for his incredibly simple but utterly delicious steamed snapper with black beans, chilli and lemon.	AUSTRALIA	English-100	2006	RPT	G			Y	
15/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 10	2	10	Perfect pairings is on the agenda today with a classic Raspberry Chocolate Mousse, Chocolate Popcorn and the less conventional Chocolate Glazed Ginger Cake that is a match made in heaven.	AUSTRALIA	English-100	2020	RPT	G				
15/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 37	4	37	Adam Swanson joins Justine to make his tagliatelle with chicken and almonds and then Justine shares her Dukkah crusted eggs with feta and shows you a great homemade stock.	AUSTRALIA	English-100	2014	RPT	G				
15/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Wrapped, Rolled Or Folded	9	27	Literary sensation Alice Pung and culinary sensation Bee Satong join Adam in The Cook Up kitchen to make food that's wrapped, rolled or folded.	AUSTRALIA	English-100	2025	RPT	G			Y	
15/04/2026	1930	Travel	Donal's Irish Adventure	Galway	1	8	Donal Skehan and his trusty canine companion Max are headed west in search of the scenery, tranquility, and of course, the delicious food that Galway has to offer.	UNITED KINGDOM	English-100	2022	RPT	G				
15/04/2026	2000	Cooking	Richo's Hungry As Hell	Broke As Hell	1	6	Wallee empy? Richo's been there. He's cooking absolute bangers using the cheapest cuts and pantry scraps, turning budget bruisers into flavour bombs. Proof that you don't need money to eat like a legend.	AUSTRALIA	English-100	2025	RPT	PG				
15/04/2026	2030	Culture & Society	Costco VS Supermarkets	Costco VS Supermarkets: Who Does Bulk Buy Better?	0	0	As an all-out cost-of-living price war kicks-off, Costco is under pressure from supermarkets keen to undercut them. Costco VS Supermarkets: Who Does Bulk Buy Better? examines whether you really can save cash by going cash-and-carry.	UNITED KINGDOM	English-100	2024	RPT	G			Y	
15/04/2026	2125	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Almah 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				
15/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Manchester: Danny	22	15	Our final host of the competition in Manchester is professional crooner Danny.	UNITED KINGDOM	English-100	2025	RPT	PG				
15/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Michelle	22	16	This week's competition is in Bedford & Cambridgeshire, where first to host is teaching assistant Michelle.	UNITED KINGDOM	English-100	2025	RPT	PG				
15/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Wrapped, Rolled Or Folded	9	27	Literary sensation Alice Pung and culinary sensation Bee Satong join Adam in The Cook Up kitchen to make food that's wrapped, rolled or folded.	AUSTRALIA	English-100	2025	RPT	G			Y	
15/04/2026	2300	Cooking	The Cook And The Chef	Modern Chef	4	16	Our duo pay homage to the one of the young chefs making a name for himself in Australia today. With his restaurant named as one of the top fifty in the world, Melbourne based chef Shannon Bennett is pushing the boundaries of modern French Cuisine and fine dining.	AUSTRALIA	English-100	2021	RPT	G				
15/04/2026	2330	Cooking	Tastes And Traditions	Episode 13	1	13	In this episode of Tastes and Traditions, we dive into the art of Ukrainian grilling and baking.	UKRAINE	English-100	2025	RPT	PG				
15/04/2026	2400	Cooking	Jamie At Home	Pickles And Preserves	1	13	Jamie Oliver provides tips on how to choose the best and most succulent bird for a family Christmas dinner.	UNITED KINGDOM	English-100	2007	RPT	G				
15/04/2026	2430	Travel	Donal's Irish Adventure	Galway	1	8	Donal Skehan and his trusty canine companion Max are headed west in search of the scenery, tranquility, and of course, the delicious food that Galway has to offer.	UNITED KINGDOM	English-100	2022	RPT	G				
15/04/2026	2500	Cooking	Richo's Hungry As Hell	Broke As Hell	1	6	Wallee empy? Richo's been there. He's cooking absolute bangers using the cheapest cuts and pantry scraps, turning budget bruisers into flavour bombs. Proof that you don't need money to eat like a legend.	AUSTRALIA	English-100	2025	RPT	PG				
15/04/2026	2530	Culture & Society	Costco VS Supermarkets	Costco VS Supermarkets: Who Does Bulk Buy Better?	0	0	As an all-out cost-of-living price war kicks-off, Costco is under pressure from supermarkets keen to undercut them. Costco VS Supermarkets: Who Does Bulk Buy Better? examines whether you really can save cash by going cash-and-carry.	UNITED KINGDOM	English-100	2024	RPT	G			Y	
15/04/2026	2625	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Almah 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				
15/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Manchester: Danny	22	15	Our final host of the competition in Manchester is professional crooner Danny.	UNITED KINGDOM	English-100	2025	RPT	PG				
15/04/2026	2700	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Michelle	22	16	This week's competition is in Bedford & Cambridgeshire, where first to host is teaching assistant Michelle.	UNITED KINGDOM	English-100	2025	RPT	PG				
15/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Wrapped, Rolled Or Folded	9	27	Literary sensation Alice Pung and culinary sensation Bee Satong join Adam in The Cook Up kitchen to make food that's wrapped, rolled or folded.	AUSTRALIA	English-100	2025	RPT	G			Y	
15/04/2026	2800	Cooking	The Cook And The Chef	Modern Chef	4	16	Our duo pay homage to the one of the young chefs making a name for himself in Australia today. With his restaurant named as one of the top fifty in the world, Melbourne based chef Shannon Bennett is pushing the boundaries of modern French Cuisine and fine dining.	AUSTRALIA	English-100	2021	RPT	G				
15/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 5	2	5	Paula show cases dollaghan, a fish caught in Lough Neagh. After trawle curing it, she serves it on wheaten farls with a cucumber relish. As a bonus, she reveals on how to make champagne from horse.	UNITED KINGDOM	English-100	2022	RPT	G				
16/04/2026	500	Cooking	Lorraine Pascale: Be A Better Cook	Sonia Harwood	1	3	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	G				
16/04/2026	530	Travel	Pat's Mexican Table	Symphony Of Flavours	13	3	Pat's meet the first world famous Raramuri pianist and learns ancient Chihuahuan cooking.	USA	English-100	2024	RPT	G			Y	
16/04/2026	600	Travel	David Rocco's Italia	Reveal Of The Old Capital, Turin, The	1	6	The northern Italian city of Turin is known as one of the European epicentres for automobile manufacturing.	CANADA	English-100	2019	RPT	PG		l	Y	
16/04/2026	630	Cooking	Kristi Kitchen	Broom: Carol, Amy & Lexie Tang Wei	1	4	Family Chinese Long Soup: Under the guidance of Lexie Tang Wei, daughters Amy and Carol and granddaughters Lauren and Marli make their famous Chinese Long Soup from scratch.	AUSTRALIA	English-100	2014	RPT	G			Y	
16/04/2026	700	Travel	Marcus Wareing: Simply Provence	Almonds	1	13	When in France, it's very easy to focus on the savoury food offerings. Not surprising with the incredible meat, fish, veg and cheese in such beautiful abundance.	UNITED KINGDOM	English-100	2024	RPT	G				
16/04/2026	730	Cooking	My Market Kitchen	Ep 23	6	23	Matt is inspired to make an Etton Mess dessert overlooking the Noosa River. He cooks a hanger steak with chimichurri using meat fresh from Gary's Meats. Laura joins Chef Kieran to cook lutefisk bollen.	AUSTRALIA	English-100	2021	RPT	G				
16/04/2026	800	Cooking	Lida's Kitchen	Here I Come New York!	8	12	As a teenager, Lida took charge of most dinners at home, soups being a popular choice. In this episode, she makes potato and pasta soup, polenta with honey and berries, and uses leftover polenta.	USA	English-100	2021	RPT	G				
16/04/2026	830	Cooking	Tastes And Traditions	Episode 13	1	13	In this episode of Tastes and Traditions, we dive into the art of Ukrainian grilling and baking.	UKRAINE	English-100	2025	RPT	PG				
16/04/2026	900	Cooking	Jamie At Home	Pickles And Preserves	1	13	Jamie Oliver provides tips on how to choose the best and most succulent bird for a family Christmas dinner.	UNITED KINGDOM	English-100	2007	RPT	G				
16/04/2026	930	Cooking	Food Safari	Chinese	1	7	In this episode, Maev O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth. Maev learns from Shanghai expatriate chef Chi Yan who makes a simple melting eggplant and chilli dish, as well as Frank Shek, a Scottish-Chinese chef who is winning accolades for his incredibly simple but utterly delicious steamed snapper with black beans, chilli and lemon.	AUSTRALIA	English-100	2006	RPT	G			Y	
16/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 2, The Ep 10	2	10	Perfect pairings is on the agenda today with a classic Raspberry Chocolate Mousse, Chocolate Popcorn and the less conventional Chocolate Glazed Ginger Cake that is a match made in heaven.	AUSTRALIA	English-100	2020	RPT	G				

16/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 37	4	37	Adam Swanson joins Justine to make his tagliatelle with chicken and almonds and then Justine shares her Dukkah crusted eggs with feta and shows us a neat homemade stock.	AUSTRALIA	English-100	2014	RPT	G		
16/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Wrapped, Rolled Or Folded	9	27	Literary sensation Alice Pung and culinary sensation Bee Stangun join Adam in The Cook Up kitchen to make food that's wrapped, rolled or folded.	AUSTRALIA	English-100	2025	RPT	G	Y	
16/04/2026	1130	Travel	The Irish Adventure	Galway	1	8	Donal Skehan and his trusty canine companion Max are headed west in search of the scenery, tranquility, and of course, the delicious food that Galway has to offer.	UNITED KINGDOM	English-100	2022	RPT	G		
16/04/2026	1200	Cooking	Ricki's Hungry At Hell	Broke As Hell	1	6	Walleit empy? Ricki's been there. He's cooking absolute bangers using the cheapest cuts and pantry scraps, turning budget bruisers into flavour bombs. Proof that you don't need money to eat like a legend.	AUSTRALIA	English-100	2025	RPT	PG		
16/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 6	2	6	Paula shows us how to make her version of steak Diane by substituting the steak with a collop of venison which she roasts and serves with sautéed potatoes. She demonstrates how to smoke a chicken.	UNITED KINGDOM	English-100	2022	RPT	G		
16/04/2026	1300	Cooking	Lorraine Pascale: Be A Better Cook	Neil Forster	1	4	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	G		
16/04/2026	1330	Travel	Pat's Mexican Table	Revolutionary Bites	13	4	Pat experiences preserved foods that sustained people during the Mexican Revolution.	USA	English-100	2024	RPT	G	Y	
16/04/2026	1400	Travel	David Rocco's Italia	Genova The Gritty Port Town	1	7	Throughout history, Genova, home to Christopher Columbus, has always been known as a gritty port town, playing host to mariners with an open, edgy and transient lifestyle.	CANADA	English-100	2019	RPT	PG	a d i s	Y
16/04/2026	1430	Cooking	Kriol Kitchen	Broomie: Neil Hamaguchi	1	5	Steamed Barramundi with Ginger/shallots, soy, pickled Chinese cabbage drizzled with crunchy garlic oil & Pearl shell Sashimi: if there was ever a dish that took care of itself then this would be it.	AUSTRALIA	English-100	2014	RPT	G	Y	
16/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Rice	1	14	Marcus has a VIP guest coming for dinner, the Mayor of St Remy's sister. As she is a bit of a history buff, he decides to do research into the origins of some local produce.	UNITED KINGDOM	English-100	2024	RPT	G	Y	
16/04/2026	1530	Cooking	My Market Kitchen	Ep 24	6	24	Mike makes his Asian firecracker sauce. Laura joins Chef Warren Mendes to make chorizo alla vodka at the Adelaide Central Market. Matt and Chef Jeremiah Jones chemichurri, in tropical Noosa.	AUSTRALIA	English-100	2021	RPT	G		
16/04/2026	1600	Cooking	Lidia's Kitchen	Cooking As A Kid In New York	8	13	Lidia starts off with lasagna with ricotta and mozzarella, then she makes a flavourful escarole olive oil mashed potatoes, and finishes with baked stuffed vegetables.	USA	English-100	2021	RPT	G		
16/04/2026	1630	Cooking	Tastes And Traditions	Episode 14	1	14	In this episode of Tastes and Traditions, we explore two beloved Ukrainian dishes.	UKRAINE	English-100	2025	PG			
16/04/2026	1700	Cooking	Jamie At Home	Lamb	2	1	Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.	UNITED KINGDOM	English-100	2008	RPT	G		
16/04/2026	1730	Cooking	Food Safari	Italian	1	8	Maeve takes us into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta, scaloppine and saltimbocca - the fabulous Italians. Learn how to choose the top ten ingredients to begin an Italian pantry as Maeve joins her old friend, hospitality consultant Sam Costanzo.	AUSTRALIA	English-100	2006	RPT	G	Y	
16/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 1	3	1	Chocolate Queen Kirsten Tibbals is back with more delights: from rich, airy puddings to citrus-infused shortbread! Impress your guests with delicate chocolate lace baskets or stunvine white chocolate dacquoise coupled with ostichos.	AUSTRALIA	English-100	2022	RPT	G		
16/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 38	4	38	Justine makes some her braised silverbeet in some fun little mushroom cups and shows you how to make a great spirulina salad dressing. Shaun Prentiss also joins the kitchen to whip up his scallopi bratito.	AUSTRALIA	English-100	2014	RPT	G		
16/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Fast Fresh Bites	7	83	Tonight's food is quick and easy, as Adam and his guests, musician Ely-May Barnes and chef Hamish Ingham make fast fresh bites.	AUSTRALIA	English-100	2024	RPT	G	Y	
16/04/2026	1930	Travel	New York Gourmet With Justine Schofield	Episode 6	1	6	It's the finale of New York Gourmet, but the journey keeps getting better.	AUSTRALIA	English-100	2025	PG			
16/04/2026	2000	Food Lifestyle	Memory Bites With Matt Moran	Danielle Cormack	1	6	Chef Matt Moran and actor Danielle Cormack celebrate the unlikely influence of iconic TV Chefs from New Zealand, Hudson and Hall's, recreate flamboyant dishes that shaped her childhood and career.	AUSTRALIA	English-100	2024	RPT	PG	a	Y
16/04/2026	2030	Travel	Rick Stein's Seafood Odyssey	Spain And Britain	1	3	On a chilly winter afternoon Rick welcomes the warmth of the nearby pub where the locals are sharing the local speciality - Stargazy Pie - cooked once a year to celebrate the saving of the village from starvation.	UNITED KINGDOM	English-100	1999	RPT	PG	a w	
16/04/2026	2100	Travel	Rick Stein's Seafood Odyssey	Goa And America	1	4	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100	1999	RPT	PG	a w	
16/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Dave	22	17	A truly spectacular night sees self styled culinary explorer, Dave, serve a daring menu combining flavours that no one else would ever think of combining.	UNITED KINGDOM	English-100	2025	PG			
16/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Martina	22	18	Martina is hoping her menu of various Thai curries and poached pears will win over her guests, but lady of leisure Michaela isn't a huge fan of curvy or fruit.	UNITED KINGDOM	English-100	2025	PG			
16/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Fast Fresh Bites	7	83	Tonight's food is quick and easy, as Adam and his guests, musician Ely-May Barnes and chef Hamish Ingham make fast fresh bites.	AUSTRALIA	English-100	2024	RPT	G	Y	
16/04/2026	2300	Cooking	The Cook And The Chef	Recipe Books And Charmaine Solomon	4	17	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100	2021	RPT	G		
16/04/2026	2330	Cooking	Tastes And Traditions	Episode 14	1	14	In this episode of Tastes and Traditions, we explore two beloved Ukrainian dishes.	UKRAINE	English-100	2025	RPT	PG		
16/04/2026	2400	Cooking	Jamie At Home	Lamb	2	1	Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.	UNITED KINGDOM	English-100	2008	RPT	G		
16/04/2026	2430	Travel	New York Gourmet With Justine Schofield	Episode 6	1	6	It's the finale of New York Gourmet, but the journey keeps getting better.	AUSTRALIA	English-100	2025	RPT	PG		
16/04/2026	2500	Food Lifestyle	Memory Bites With Matt Moran	Danielle Cormack	1	6	Chef Matt Moran and actor Danielle Cormack celebrate the unlikely influence of iconic TV Chefs from New Zealand, Hudson and Hall's, recreate flamboyant dishes that shaped her childhood and career.	AUSTRALIA	English-100	2024	RPT	PG	a	Y
16/04/2026	2530	Travel	Rick Stein's Seafood Odyssey	Spain And Britain	1	3	On a chilly winter afternoon Rick welcomes the warmth of the nearby pub where the locals are sharing the local speciality - Stargazy Pie - cooked once a year to celebrate the saving of the village from starvation.	UNITED KINGDOM	English-100	1999	RPT	PG	a w	
16/04/2026	2600	Travel	Rick Stein's Seafood Odyssey	Goa And America	1	4	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100	1999	RPT	PG	a w	
16/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Dave	22	17	A truly spectacular night sees self styled culinary explorer, Dave, serve a daring menu combining flavours that no one else would ever think of combining.	UNITED KINGDOM	English-100	2025	RPT	PG		
16/04/2026	2700	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Martina	22	18	Martina is hoping her menu of various Thai curries and poached pears will win over her guests, but lady of leisure Michaela isn't a huge fan of curvy or fruit.	UNITED KINGDOM	English-100	2025	RPT	PG		
16/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Fast Fresh Bites	7	83	Tonight's food is quick and easy, as Adam and his guests, musician Ely-May Barnes and chef Hamish Ingham make fast fresh bites.	AUSTRALIA	English-100	2024	RPT	G	Y	
16/04/2026	2800	Cooking	The Cook And The Chef	Recipe Books And Charmaine Solomon	4	17	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100	2021	RPT	G		
16/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 6	2	6	Paula shows us how to make her version of steak Diane with a collop of venison which she roasts and serves with sautéed potatoes. She demonstrates how to smoke a chicken.	UNITED KINGDOM	English-100	2022	RPT	G		
17/04/2026	500	Cooking	Lorraine Pascale: Be A Better Cook	Neil Forster	1	4	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	G		
17/04/2026	530	Travel	Pat's Mexican Table	Revolutionary Bites	13	4	Pat experiences preserved foods that sustained people during the Mexican Revolution.	USA	English-100	2024	RPT	G	Y	
17/04/2026	600	Travel	David Rocco's Italia	Genova The Gritty Port Town	1	7	Throughout history, Genova, home to Christopher Columbus, has always been known as a gritty port town, playing host to mariners with an open, edgy and transient lifestyle.	CANADA	English-100	2019	RPT	PG	a d i s	Y
17/04/2026	630	Cooking	Kriol Kitchen	Broomie: Neil Hamaguchi	1	5	Steamed Barramundi with Ginger/shallots, soy, pickled Chinese cabbage drizzled with crunchy garlic oil & Pearl shell Sashimi: if there was ever a dish that took care of itself then this would be it.	AUSTRALIA	English-100	2014	RPT	G	Y	
17/04/2026	700	Travel	Marcus Wareing: Simply Provence	Rice	1	14	Marcus has a VIP guest coming for dinner, the Mayor of St Remy's sister. As she is a bit of a history buff, he decides to do research into the origins of some local produce.	UNITED KINGDOM	English-100	2024	RPT	G	Y	
17/04/2026	730	Cooking	My Market Kitchen	Ep 24	6	24	Mike makes his Asian firecracker sauce. Laura joins Chef Warren Mendes to make chorizo alla vodka at the Adelaide Central Market. Matt and Chef Jeremiah Jones chemichurri, in tropical Noosa.	AUSTRALIA	English-100	2021	RPT	G		
17/04/2026	800	Cooking	Lidia's Kitchen	Cooking As A Kid In New York	8	13	Lidia starts off with lasagna with ricotta and mozzarella, then she makes a flavourful escarole olive oil mashed potatoes, and finishes with baked stuffed vegetables.	USA	English-100	2021	RPT	G		
17/04/2026	830	Cooking	Tastes And Traditions	Episode 14	1	14	In this episode of Tastes and Traditions, we explore two beloved Ukrainian dishes.	UKRAINE	English-100	2025	RPT	PG		
17/04/2026	900	Cooking	Jamie At Home	Lamb	2	1	Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.	UNITED KINGDOM	English-100	2008	RPT	G		
17/04/2026	930	Cooking	Food Safari	Italian	1	8	Maeve takes us into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta, scaloppine and saltimbocca - the fabulous Italians. Learn how to choose the top ten ingredients to begin an Italian pantry as Maeve joins her old friend, hospitality consultant Sam Costanzo.	AUSTRALIA	English-100	2006	RPT	G	Y	
17/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 1	3	1	Chocolate Queen Kirsten Tibbals is back with more delights: from rich, airy puddings to citrus-infused shortbread! Impress your guests with delicate chocolate lace baskets or stunvine white chocolate dacquoise packed with potatoes.	AUSTRALIA	English-100	2022	RPT	G		
17/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 38	4	38	Justine makes some her braised silverbeet in some fun little mushroom cups and shows you how to make a great spirulina salad dressing. Shaun Prentiss also joins the kitchen to whip up his scallopi bratito.	AUSTRALIA	English-100	2014	RPT	G		
17/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Fast Fresh Bites	7	83	Tonight's food is quick and easy, as Adam and his guests, musician Ely-May Barnes and chef Hamish Ingham make fast fresh bites.	AUSTRALIA	English-100	2024	RPT	G	Y	
17/04/2026	1130	Travel	New York Gourmet With Justine Schofield	Episode 6	1	6	It's the finale of New York Gourmet, but the journey keeps getting better.	AUSTRALIA	English-100	2025	RPT	PG		
17/04/2026	1150	Food Lifestyle	Memory Bites With Matt Moran	Danielle Cormack	1	6	Chef Matt Moran and actor Danielle Cormack celebrate the unlikely influence of iconic TV Chefs from New Zealand, Hudson and Hall's, recreate flamboyant dishes that shaped her childhood and career.	AUSTRALIA	English-100	2024	RPT	PG	a	Y
17/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Episode 1	3	1	Paula shows us her version of cullen skink soup with a hunk of cheese and scallion soda bread on the side. She heads to Cushendun beach, to share tips on how to barbecue the perfect pork shoulder.	UNITED KINGDOM	English-100	2023	RPT	G		
17/04/2026	1300	Cooking	Lorraine Pascale: Be A Better Cook	Travis Francis	1	5	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	PG	a w	Y
17/04/2026	1330	Travel	Pat's Mexican Table	Cowboy Life	13	5	Pat saddles up for an exhilarating ride into Chihuaha's ranch and rodeo life.	USA	English-100	2024	RPT	PG	a w	Y
17/04/2026	1400	Travel	David Rocco's Italia	Cinque Terre: Keeping Traditions At A Tourist Destination	1	8	A picturesque seaside region that's a tourism hot-spot, the Cinque-Terre consists of 5 coastal towns that historically produce wine, seafood, and simple Ligurian food that's heavy on the pesto.	CANADA	English-100	2019	RPT	PG		
17/04/2026	1430	Cooking	Kriol Kitchen	Goobarragan: Kathleen Cox	1	6	They make Blue Bone Sauce & Chill Fish.	AUSTRALIA	English-100	2014	RPT	G	Y	
17/04/2026	1500	Travel	Marcus Wareing: Simply Provence	Vegetables	1	15	Marcus' time in Saint Remy is nearly at an end. During his trip, he's been a sous-chef, been run over by goats, searched for snails and steered a combine harvester.	UNITED KINGDOM	English-100	2024	RPT	G		
17/04/2026	1530	Cooking	My Market Kitchen	Ep 25	6	25	Laura starts the show with hand rolled piggi with pork sausage sago. Mike and Jacob Leung cooks drunken cheezy beef in the market. Matt closes the show with a decent, taffee sauce for toastie.	AUSTRALIA	English-100	2021	RPT	G		
17/04/2026	1600	Cooking	Lidia's Kitchen	My Fruit Trees	8	14	Lidia's fig tree reminds her of her time growing up in Istria, where they would grow fruit trees. She makes roasted pork loin with dried cherry sauce, then fennel and Asian pear salad.	USA	English-100	2021	RPT	PG		
17/04/2026	1630	Cooking	Tastes And Traditions	Episode 15	1	15	In this episode of Tastes and Traditions, we dive into two hearty and flavorful dishes.	UKRAINE	English-100	2025	PG			
17/04/2026	1700	Cooking	Jamie At Home	Leeks	2	2	Leeks are not only a beautiful plant - they're a versatile asset in the kitchen. Jamie makes delicious pappardelle with slow-roasted leeks and a clever concertina squid with grilled leeks.	UNITED KINGDOM	English-100	2008	RPT	G		
17/04/2026	1730	Cooking	Food Safari	Thai	1	9	Maeve visits Thailand in Isdhan with her chef friend Saje Saengham to learn about fish sauce and noodles, seasoning sauce and dried prawns. Also, ship owner Arl Whipple gives a rundown of the many types of eggplant, chillies and herbs needed for simple dishes.	AUSTRALIA	English-100	2006	RPT	G	Y	
17/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 2	3	2	Learn to trick everyone's eyes with delicate chocolate pencils, and then try your stomach with two chocolaty cakes. A classic yet delicious truffle recipe, which will undoubtedly please everyone is also on the menu today.	AUSTRALIA	English-100	2022	RPT	G		

17/04/2024	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 39	4	39	Justine serves up her sweet chilli chicken dumettes, Daniela Fra shares her recipe for quinoa tabbouleh with acai and chia and Dario D'Agostino makes his calamari in padella.	AUSTRALIA	English-100	2014	RPT	G		
17/04/2024	1900	Cooking	The Cook Up With Adam Liew	Spicy Sausage	7	84	It's a spicy sausage spectacular, and the heat is on Adam's guests, chef Ruben Lopes Mesa and radio host Megan Burlem.	AUSTRALIA	English-100	2024	RPT	G	Y	
17/04/2024	1930	Cooking	Rachel Khoo's Chocolate	Wow Factor, The	1	6	Chocolate is one ingredient that never fails to impress. Rachel Khoo meets food artist Prudence Stalke, who creates spectacular sculptures from Chocolate Inspired by these creations Rachel makes.	UNITED KINGDOM	English-100	2021	RPT	G		
17/04/2024	2025	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Amalul'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		
17/04/2024	2030	Cooking	Jamie's Super Food	Episode 1	1	1	Jamie's Super Food is an exciting new series where you can learn how to eat your way to a healthier life.	UNITED KINGDOM	English-100	2015	RPT	G	Y	
17/04/2024	2125	Travel	Destination Flavour Japan Bitesize	Okinawa	1	10	Some of your favourite moments and recipes from Adam Liew'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	
17/04/2024	2130	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Shane	22	19	Fourth to host this week in Bedford and Cambridgeshire is tech entrepreneur Shane. He's hoping to wow his guests with a menu that draws on his Japanese heritage and his love of high end restaurants.	UNITED KINGDOM	English-100	2025	PG			
17/04/2024	2200	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Michaela	22	20	The final night of the week sees lady of leisure Michaela attempt an Italian menu inspired by a favourite restaurant near her holiday home.	UNITED KINGDOM	English-100	2025	PG			
17/04/2024	2230	Cooking	The Cook Up With Adam Liew	Spicy Sausage	7	84	It's a spicy sausage spectacular, and the heat is on Adam's guests, chef Ruben Lopes Mesa and radio host Megan Burlem.	AUSTRALIA	English-100	2024	RPT	G	Y	
17/04/2024	2300	Cooking	The Cook And The Chef	Stephanie Alexander	4	18	In any who's who of Australian cuisine, Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the past and the future of food in Australia.	AUSTRALIA	English-100	2021	RPT	G		
17/04/2024	2330	Cooking	Tastes And Traditions	Episode 15	1	15	In this episode of Tastes and Traditions, we dive into two hearty and flavorful dishes.	UKRAINE	English-100	2025	RPT	PG		
17/04/2024	2400	Cooking	Jamie At Home	Leeks	2	2	Leeks are not only a beautiful plant - they're a versatile asset in the kitchen. Jamie makes delicious pappardelle with slow-roasted leeks and a clever concentric salad with grilled leeks.	UNITED KINGDOM	English-100	2008	RPT	G		
17/04/2024	2430	Cooking	Rachel Khoo's Chocolate	Wow Factor, The	1	6	Chocolate is one ingredient that never fails to impress. Rachel Khoo meets food artist Prudence Stalke, who creates spectacular sculptures from Chocolate Inspired by these creations Rachel makes.	UNITED KINGDOM	English-100	2021	RPT	G		
17/04/2024	2525	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Amalul'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		
17/04/2024	2530	Cooking	Jamie's Super Food	Episode 1	1	1	Jamie's Super Food is an exciting new series where you can learn how to eat your way to a healthier life.	UNITED KINGDOM	English-100	2015	RPT	G	Y	
17/04/2024	2625	Travel	Destination Flavour Japan Bitesize	Okinawa	1	10	Some of your favourite moments and recipes from Adam Liew'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	
17/04/2024	2630	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Shane	22	19	Fourth to host this week in Bedford and Cambridgeshire is tech entrepreneur Shane. He's hoping to wow his guests with a menu that draws on his Japanese heritage and his love of high end restaurants.	UNITED KINGDOM	English-100	2025	RPT	PG		
17/04/2024	2700	Food Lifestyle	Come Dine With Me UK	Bedfordshire And Cambridgeshire: Michaela	22	20	The final night of the week sees lady of leisure Michaela attempt an Italian menu inspired by a favourite restaurant near her holiday home.	UNITED KINGDOM	English-100	2025	RPT	PG		
17/04/2024	2730	Cooking	The Cook Up With Adam Liew	Spicy Sausage	7	84	It's a spicy sausage spectacular, and the heat is on Adam's guests, chef Ruben Lopes Mesa and radio host Megan Burlem.	AUSTRALIA	English-100	2024	RPT	G	Y	
17/04/2024	2800	Cooking	The Cook And The Chef	Stephanie Alexander	4	18	In any who's who of Australian cuisine, Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the past and the future of food in Australia.	AUSTRALIA	English-100	2021	RPT	G		
17/04/2024	2830	Cooking	Paula McIntyre's Hamely Kitchen	Episode 1	3	1	Paula shows us her version of cullen skink soup with a hunk of cheese and scallion soda bread on the side. She heads to Cushendun beach, to share tips on how to barbecue the perfect cook shoulder.	UNITED KINGDOM	English-100	2023	RPT	G		
18/04/2024	500	Cooking	Lorraine Pascale: Be A Better Cook	Travis Francis	1	5	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	2014	RPT	PG		
18/04/2024	530	Travel	Pat's Mexican Table	Cowboy Life	13	5	Pat saddles up for an exhilarating ride into Chihuahua's ranch and rodeo life.	USA	English-100	2024	RPT	PG	a w	
18/04/2024	600	Travel	David Rocco's Italia	Cinque Terre: Keeping Traditions As A Tourist Destination	1	8	A picturesque seaside region that's a tourist hot spot, the Cinque Terre consists of 5 coastal towns that historically produce wine, seafood, and simple Ligurian food that's heavy on the pasta.	CANADA	English-100	2019	RPT	Y		
18/04/2024	630	Cooking	Kristi Kitchen	Goobargan: Kathleen Cox	1	6	All and Mitch travel two hours north of Broome to a tourist camping destination named Goobargan and spend the day with Kathleen Cox. They make Blue Bone Soup & Chili Fish.	AUSTRALIA	English-100	2014	RPT	G	Y	
18/04/2024	700	Travel	Marcus Wareing: Simply Provence	Vegetables	1	15	Marcus' time in Saint Remy is nearly at an end. During his trip, he's been a sous-chef, been run over by goats, searched for snails and steered a combine harvester.	UNITED KINGDOM	English-100	2024	RPT	G		
18/04/2024	730	Cooking	My Market Kitchen	Ep 25	6	25	Laura starts the show with hand rolled picci with pork sausage sugo. Mike and Jacob Leung cooks drunken cheeky beef in the market. Matt closes the show with a dessert, toffee apple frangisane.	AUSTRALIA	English-100	2021	RPT	G		
18/04/2024	800	Cooking	Lidia's Kitchen	My Fruit Trees	8	14	Lidia's fig tree reminds her of her time growing up in Istria, where they would grow fruit trees. She makes roasted pork loin with dried cherry sauce, then fennel and Asian pear salad.	USA	English-100	2021	RPT	PG		
18/04/2024	830	Cooking	Tastes And Traditions	Episode 15	1	15	In this episode of Tastes and Traditions, we dive into two hearty and flavorful dishes.	UKRAINE	English-100	2025	RPT	PG		
18/04/2024	900	Cooking	Jamie At Home	Leeks	2	2	Leeks are not only a beautiful plant - they're a versatile asset in the kitchen. Jamie makes delicious pappardelle with slow-roasted leeks and a clever concentric salad with grilled leeks.	UNITED KINGDOM	English-100	2008	RPT	G		
18/04/2024	930	Cooking	Food Safari	Thai	1	9	Maew visits Thainatown in Sydney with her chef friend Suiet Saengtham to learn about fish sauce and noodles, seasoning sauce and dried prawns. Also, shop owner An Walpole gives a rundown of the many types of eggplant, chillies and herbs needed for simple dishes.	AUSTRALIA	English-100	2006	RPT	G	Y	
18/04/2024	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep. 2	3	2	Learn to trick everyone's eyes with delicate chocolate pencils, and then fill your stomach with two chocolatey cakes. A classic yet delicious truffle recipe, which will undoubtedly please everyone is also on the menu today.	AUSTRALIA	English-100	2022	RPT	G		
18/04/2024	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 39	4	39	Justine serves up her sweet chilli chicken dumettes, Daniela Fra shares her recipe for quinoa tabbouleh with acai and chia and Dario D'Agostino makes his calamari in padella.	AUSTRALIA	English-100	2014	RPT	G		
18/04/2024	1100	Cooking	The Cook Up With Adam Liew	Spicy Sausage	7	84	It's a spicy sausage spectacular, and the heat is on Adam's guests, chef Ruben Lopes Mesa and radio host Megan Burlem.	AUSTRALIA	English-100	2024	RPT	G	Y	
18/04/2024	1130	Cooking	Rachel Khoo's Chocolate	Wow Factor, The	1	6	Chocolate is one ingredient that never fails to impress. Rachel Khoo meets food artist Prudence Stalke, who creates spectacular sculptures from Chocolate Inspired by these creations Rachel makes.	UNITED KINGDOM	English-100	2021	RPT	G		
18/04/2024	1225	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Amalul'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		
18/04/2024	1230	Cooking	Jamie's Super Food	Episode 1	1	1	Jamie's Super Food is an exciting new series where you can learn how to eat your way to a healthier life.	UNITED KINGDOM	English-100	2015	RPT	G	Y	
18/04/2024	1325	Travel	Destination Flavour Japan Bitesize	Okinawa	1	10	Some of your favourite moments and recipes from Adam Liew'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	
18/04/2024	1330	Travel	Marcus Wareing: Simply Provence	Vegetables	1	15	Marcus' time in Saint Remy is nearly at an end. During his trip, he's been a sous-chef, been run over by goats, searched for snails and steered a combine harvester.	UNITED KINGDOM	English-100	2024	RPT	G		
18/04/2024	1400	Cooking	My Market Kitchen	Ep 25	6	25	Laura starts the show with hand rolled picci with pork sausage sugo. Mike and Jacob Leung cooks drunken cheeky beef in the market. Matt closes the show with a dessert, toffee apple frangisane.	AUSTRALIA	English-100	2021	RPT	G		
18/04/2024	1430	Cooking	Lidia's Kitchen	My Fruit Trees	8	14	Lidia's fig tree reminds her of her time growing up in Istria, where they would grow fruit trees. She makes roasted pork loin with dried cherry sauce, then fennel and Asian pear salad.	USA	English-100	2021	RPT	PG		
18/04/2024	1500	Cooking	Tastes And Traditions	Episode 15	1	15	In this episode of Tastes and Traditions, we dive into two hearty and flavorful dishes.	UKRAINE	English-100	2025	RPT	PG		
18/04/2024	1530	Cooking	Jamie At Home	Leeks	2	2	Leeks are not only a beautiful plant - they're a versatile asset in the kitchen. Jamie makes delicious pappardelle with slow-roasted leeks and a clever concentric salad with grilled leeks.	UNITED KINGDOM	English-100	2008	RPT	G		
18/04/2024	1600	Cooking	Food Safari	Thai	1	9	Maew visits Thainatown in Sydney with her chef friend Suiet Saengtham to learn about fish sauce and noodles, seasoning sauce and dried prawns. Also, shop owner An Walpole gives a rundown of the many types of eggplant, chillies and herbs needed for simple dishes.	AUSTRALIA	English-100	2006	RPT	G	Y	
18/04/2024	1630	Food Lifestyle	Inside Iceland: A Budget Supermarket	Ep 3	1	3	Brits who are seeking more value for money are buying more frozen food. Iceland is battling to keep its frozen crown as supermarkets look to cash in.	UNITED KINGDOM	English-100	2020	RPT	G	Y	
18/04/2024	1725	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	1	3	The best bits of Adam Liew's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
18/04/2024	1730	Travel	Tom Kerridge Cooks Britain	Scotland - Mussels And Strawberries	1	4	Tom Kerridge heads to Scotland in his 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. This episode - mussels and strawberries!	UNITED KINGDOM	English-100	2024	RPT	PG		
18/04/2024	1800	Cooking	Nadya's Family Favourites	Nothing In The House	1	3	Nadya Hussain creates dishes for those 'Nothing in the House Days', visits a herb garden with spice expert Rooqa and meets Lynn, homemade pasta fanatic in Derby.	UNITED KINGDOM	English-100	2018	RPT	G		
18/04/2024	1830	Cooking	Jamie Cooks Italy	Naples	1	3	This week Jamie heads to fiery Naples, the pizza capital of Italy, to seek out undiscovered family recipes the locals love to eat.	UNITED KINGDOM	English-100	2018	RPT	G	Y	
18/04/2024	1930	Travel	Tour De Fred: Northern Ireland	Belfast	1	3	Fred's bike challenge takes him to explore Belfast, where he also takes on a former Irish champion in the boxing ring and discovers a new talent at the pottery wheel.	UNITED KINGDOM	English-100	2025	RPT	G	Y	
18/04/2024	2030	Travel	Rick Stein's Long Weekends	Palermo	2	5	Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence - making its cuisine unique and irresistible. Pine nuts, raisins, almonds, and golden bread crumbs are combined with flavors of local sun-ripened tomatoes, lemons, and the finest olive oil to create unforgettable dishes that just have to be replicated at back home. Palermo is a grand city with rough edges synonymous with Garibaldi and the setting for one of Rick's favourite novels of all time - The Leopard. He arrives just in time to see locals celebrating a festival in honour of Palermo's patron saint, Rosalia.	UNITED KINGDOM	English-100	2016	RPT	PG	n	Y
18/04/2024	2140	Travel	Anthony Bourdain: A Cook's Tour	Eating On The Edge Of Nowhere	1	12	Taking his obsession with the film Apocalypse Now a little too seriously, Tony sets out for Pallin, reputed to be one of the most dangerous towns on Earth.	USA	English-100	2002	RPT	PG	a	
18/04/2024	2105	Travel	Anthony Bourdain: A Cook's Tour	Tamale And Iguaçu, Daaxacan Style	1	13	Chef Tony Bourdain explores Mexico's Daaxaca region where he tastes toasted grasshoppers and other delicacies.	USA	English-100	2002	RPT	PG	a w	
18/04/2024	2230	Documentary	Masters Of Savours	Master Of Savours: Tofu	2	3	Originally from China, tofu appeared on our plates a few years ago, quickly becoming the star of wellness magazines.	FRANCE	English-55; French-25; Japanese-8; Korean-8; Mandarin-4	2025	PG		Y	
18/04/2024	2330	Food Lifestyle	Inside Iceland: A Budget Supermarket	Ep 3	1	3	Brits who are seeking more value for money are buying more frozen food. Iceland is battling to keep its frozen crown as supermarkets look to cash in.	UNITED KINGDOM	English-100	2020	RPT	G	Y	
18/04/2024	2425	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	1	3	The best bits of Adam Liew's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
18/04/2024	2430	Travel	Tom Kerridge Cooks Britain	Scotland - Mussels And Strawberries	1	4	Tom Kerridge heads to Scotland in his 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. This episode - mussels and strawberries!	UNITED KINGDOM	English-100	2024	RPT	PG		
18/04/2024	2500	Cooking	Nadya's Family Favourites	Nothing In The House	1	3	Nadya Hussain creates dishes for those 'Nothing in the House Days', visits a herb garden with spice expert Rooqa and meets Lynn, homemade pasta fanatic in Derby.	UNITED KINGDOM	English-100	2018	RPT	G		
18/04/2024	2530	Cooking	Jamie Cooks Italy	Naples	1	3	This week Jamie heads to fiery Naples, the pizza capital of Italy, to seek out undiscovered family recipes the locals love to eat.	UNITED KINGDOM	English-100	2018	RPT	G	Y	
18/04/2024	2630	Travel	Tour De Fred: Northern Ireland	Belfast	1	3	Fred's bike challenge takes him to explore Belfast, where he also takes on a former Irish champion in the boxing ring and discovers a new talent at the pottery wheel.	UNITED KINGDOM	English-100	2025	RPT	G	Y	
18/04/2024	2725	Cooking	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	1	3	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	

18/04/2026	2730	Travel	Rick Stein's Long Weekends	Palermo	2	5	Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence - making its cuisine unique and irresistible. Pine nuts, raisins, almonds, and golden breadcrumbs are combined with flavours of local sun-ripened tomatoes, lemons, and the finest olive oil to create unforgettable dishes that just have to be replicated at back home. Palermo is a grand city with rough edges synonymous with Garibaldi and the setting for one of Rick's favourite novels of all time - The Leopard. He arrives just in time to see locals celebrating a festival in honour of Palermo's patron saint, Rosalia.	UNITED KINGDOM	English-100	2016	RPT	PG	n	Y
18/04/2026	2835	Travel	Anthony Bourdain: A Cook's Tour	Eating On The Edge Of Nowhere	1	12	Taking his obsession with the film Apocalypse Now a little too seriously, Tony sets out for Palin, reputed to be one of the most dangerous towns on Earth.	USA	English-100	2002	RPT	PG	a	