



WEEK 17 Sunday, 19 April 2026 Saturday, 25 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	
19/04/2026	500	Travel	Anthony Bourdain: A Cook's Tour	Tamales And Igwana, Oaxacan Style	1	13	Chef Tony Bourdain explores Mexico's Oaxaca region where he tastes toasted grasshoppers and other delicacies.	USA	English-100	2002	RPT	PG	a l w				
19/04/2026	530	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	RPT	PG			Y		
19/04/2026	630	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	
19/04/2026	725	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	1	3	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G			Y		
19/04/2026	730	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					
19/04/2026	800	Cooking	Nadiya's Family Favourites	Nothing In The House	1	3	Nadiya Hussain creates dishes for those 'Nothing in the House Days', visits a herb garden with spice expert Roopa and meets Lynn, homemade pasta fanatic in Derby.	UNITED KINGDOM	English-100	2018	RPT	G					
19/04/2026	830	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	
19/04/2026	930	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	PG					Y
19/04/2026	1025	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 Liaw.	AUSTRALIA	English-100	2018	RPT	G			Y	Y	
19/04/2026	1030	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		
19/04/2026	1135	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	RPT	PG				Y	
19/04/2026	1235	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	
19/04/2026	1330	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					
19/04/2026	1400	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					
19/04/2026	1430	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					
19/04/2026	1500	Cooking	The Cook Up With Adam Liaw	Wrapped, Rolled Or Folded	9	27	Literary sensation Alice Pung and culinary sensation Bee Satongun join Adam in The Cook Up kitchen to make food that's wrapped, rolled or folded.	AUSTRALIA	English-100	2025	RPT	G					
19/04/2026	1530	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	
19/04/2026	1600	Cooking	The Cook Up With Adam Liaw	Spicy Sausage	7	84	It's a spicy sausage spectacular, and the heat is on Adam's guests, chef Ruben Lopez Mesa and radio host Megan Burns.	AUSTRALIA	English-100	2024	RPT	G				Y	
19/04/2026	1630	Cooking	Secrets Of The Curry Kitchen	Patient Cook, The	1	1	Chef Asma Khan celebrates being a patient cook with dishes that are worth the wait. Slow cooked mutton Kosha Mangsho, a divine Duck Bhuna.	UNITED KINGDOM	English-100	2025	RPT	G					
19/04/2026	1700	Cooking	Secrets Of The Curry Kitchen	Classics, The	1	2	Celebrate timeless Indian classics. Dal, Jhal Farezi, Aloo Gobi Matter and 1st Class Railway Curry-each dish rich in flavour, heat and history.	UNITED KINGDOM	English-100	2025	RPT	G					
19/04/2026	1730	Documentary	Secrets Of Spain	Secrets Of Spain	0	0	Giacosta and George Scott reveal unexpected of-the-beaten path locations for the best food experiences in southern Spain.	USA	English-50; Spanish-50	2022	RPT	PG	a w			Y	
19/04/2026	1825	Cooking	Please Eat Slowly Bitesize	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G					
19/04/2026	1830	Travel	Gordon Ramsay: Uncharted	Royal Taste Of Jordan, A	4	6	Gordon digs deep into the verdant north and arid south of Jordan to discover rich, fresh flavours as he prepares to impress royalty at Petra.	UNITED KINGDOM	English-100	2023	RPT	PG	l				Y
19/04/2026	1925	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilal shares the full experience.	AUSTRALIA	English-100	2024	RPT	G					
19/04/2026	1930	Travel	Guillaume's French Atlantic	Episode 3	1	3	Join Guillaume Brahimi on this exciting journey through the windswept landscapes and gastronomic wonders of Brittany and uncover the deep-rooted traditions and flavours that have shaped his culinary heritage.	AUSTRALIA	English-70; French-30	2023	RPT	G			Y	Y	
19/04/2026	2000	Cooking	Girls Guide: Hunting Fishing Wild Cooking	Ep 2	1	2	Analiise makes the most of a busy spring as she starts to build her pantry and kitchen garden, before going diving for wild scallops at a friend's secret divine spot.	AUSTRALIA	English-100	2021	RPT	G				Y	
19/04/2026	2030	Travel	Rick Stein's Food Stories	Glasgow	1	12	Rick discovers the story of Italian food in Glasgow plus the best chocolate he's ever had, made by an ex-car engineer. He makes profiteroles and a Stein family favourite, osso buco.	UNITED KINGDOM	English-100	2023	RPT	PG	a w				
19/04/2026	2100	Travel	Rick Stein's Food Stories	Yorkshire	1	13	In God's own country, Rick discovers the history of the Yorkshire pud and how best to make it. He visits the UK's biggest tofu factory and cooks delicious veggie dishes at home.	UNITED KINGDOM	English-100	2023	RPT	PG	a w				
19/04/2026	2130	Travel	Anthony Bourdain: A Cook's Tour	So Much Vodka, So Little Time	1	14	Tony tries his hand at ice-fishing, drinks a lot of vodka, feasts on Russian foods, eats smoked fish and ends the outing with a dip in the outdoor cold pool.	USA	English-100	2002	RPT	PG	a w				
19/04/2026	2200	Travel	Anthony Bourdain: A Cook's Tour	Pleasing Palate, A	1	15	Tony attempts to dispel the myth that all English food is disgusting and over-boiled. Tony tries Nose to Tail Eating, explores traditional fare at Pie and Mash Shoppes, and visits a predominantly Indian community.	USA	English-100	2002	RPT	PG	l				
19/04/2026	2230	Travel	Big Zuu And AJ Tracey: Rich Flavours	South Korea	1	1	Big Zuu & AJ Tracey hit South Korea to taste the World's most pricey BBQ. They discover Seoul's supercar scene, meet a famous muck banger & cook a fried chicken feast fit for a King.	UNITED KINGDOM	English-100	2025	RPT	PG	l				Y

19/04/2026	2330	Cooking	Secrets Of The Curry Kitchen	Patient Cook, The	1	1	Chef Asma Khan celebrates being a patient cook with dishes that are worth the wait. Slow cooked mutton Kosha Mangsho, a divine Duck Bhuna.	UNITED KINGDOM	English-100	2025	RPT	G				
19/04/2026	2400	Cooking	Secrets Of The Curry Kitchen	Classics, The	1	2	Celebrate timeless Indian classics. Dal, Jhal Farezi, Aloo Gobi Matter and 1st Class Railway Curry-each dish rich in flavour, heat and history.	UNITED KINGDOM	English-100	2025	RPT	G				
19/04/2026	2430	Documentary	Secrets Of Spain	Secrets Of Spain	0	0	Gioconda and George Scott reveal unexpected off-the-beaten path locations for the best food experiences in southern Spain.	USA	English-50; Spanish-50	2022	RPT	PG	a	w	Y	
19/04/2026	2525	Cooking	Please Eat Slowly Bitesize	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G				
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19/04/2026	2625	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilida shares the full experience.	AUSTRALIA	English-100	2024	RPT	G				
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20/04/2026	530	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				
20/04/2026	600	Cooking	The Cook Up With Adam Liaw	Wrapped, Rolled Or Folded	9	27	Literary sensation Alice Pung and culinary sensation Bee Satongun join Adam in The Cook Up kitchen to make food that's wrapped, rolled or folded.	AUSTRALIA	English-100	2025	RPT	G				
20/04/2026	630	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	
20/04/2026	700	Cooking	The Cook Up With Adam Liaw	Spicy Sausage	7	84	It's a spicy sausage spectacular, and the heat is on Adam's guests, chef Ruben Lopez Mesa and radio host Megan Burslem.	AUSTRALIA	English-100	2024	RPT	G			Y	
20/04/2026	730	Cooking	Secrets Of The Curry Kitchen	Patient Cook, The	1	1	Chef Asma Khan celebrates being a patient cook with dishes that are worth the wait. Slow cooked mutton Kosha Mangsho, a divine Duck Bhuna.	UNITED KINGDOM	English-100	2025	RPT	G				
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20/04/2026	830	Documentary	Secrets Of Spain	Secrets Of Spain	0	0	Gioconda and George Scott reveal unexpected off-the-beaten path locations for the best food experiences in southern Spain.	USA	English-50; Spanish-50	2022	RPT	PG	a	w	Y	
20/04/2026	925	Cooking	Please Eat Slowly Bitesize	Mango Pancakes	1	6	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	2022	RPT	G				
20/04/2026	930	Travel	Gordon Ramsay: Uncharted	Royal Taste Of Jordan, A	4	6	Gordon digs deep into the verdant north and arid south of Jordan to discover rich, fresh flavours as he prepares to impress royalty at Petra.	UNITED KINGDOM	English-100	2023	RPT	PG	l		Y	
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20/04/2026	1100	Travel	Anthony Bourdain: A Cook's Tour	Pleasing Palate, A	1	15	Tony attempts to dispel the myth that all English food is disgusting and over-boiled. Tony tries Nose to Tail Eating, explores traditional fare at Pie and Mash Shoppes, and visits a predominantly Indian community.	USA	English-100	2002	RPT	PG	l			
20/04/2026	1130	Travel	Big Zuu And AJ Tracey: Rich Flavours	South Korea	1	1	Big Zuu & AJ Tracey hit South Korea to taste the World's most prized BBQ. They discover Seoul's supercar scene, meet a famous muck banger & cook a fried chicken feast fit for a King.	UNITED KINGDOM	English-100	2025	RPT	PG	l		Y	
20/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Episode 2	3	2	Paula demonstrates her fail-safe method for cooking the perfect pork chop with a side of creamy parsnips and smoked potatoes. She pays a visit to Glenarm Castle, where she enlists help.	UNITED KINGDOM	English-100	2023	RPT	G				
20/04/2026	1300	Cooking	Lorraine Pascale: Be A Better Cook	Sally Mack	1	6	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				
20/04/2026	1330	Travel	Pat's Mexican Table	Paquime & Pecans	13	6	Pat visits a haven of Chihuahuan culture and learns what makes their pecans so delicious.	USA	English-100	2024	RPT	G				Y
20/04/2026	1400	Travel	David Rocco's Italia	Fat Bologna, City Of Food	1	9	Known as Italy's pasta and food capital David learns first hand how serious Bolognese people are about fats-from the heavy, rich butter based pasta sauces to the delicious mortadella and salumi to the pork stuffed tortellini.	CANADA	English-100	2019	RPT	G				Y
20/04/2026	1430	Cooking	Kriol Kitchen	Minariny: Sylvia Clarke	1	7	Ali and Mitch travel north of Broome on Djabber Djabber country. They make whitening soup with chilli, garlic, and ginger and mullet soup with black beans.	AUSTRALIA	English-100	2014	RPT	G				Y
20/04/2026	1500	Cooking	Marcus Wareing's Kitchen Garden Tales	Tomatoes	2	1	Marcus Wareing starts his day by setting off to The Knapp in Horsham to learn all about different tomato varieties in their impressive market garden.	UNITED KINGDOM	English-100	2022	RPT	G				
20/04/2026	1530	Cooking	My Market Kitchen	Ep 26	6	26	Matt prepares a Vietnamese banh mi. Tobie Puttock, with Chef Leslie Chan, cooks sweet and sour pork with a twist. Mike and David Mann make a barbecued mango and spatchcock chicken.	AUSTRALIA	English-100	2021	RPT	G				
20/04/2026	1600	Cooking	Lidia's Kitchen	1970s Italian American, The	8	15	Lidia honours the Italian American culinary culture and prepares a chicken parmigiana, a leftover meatball panino, and a baked tomato pasta, then meatballs, and eggs.	USA	English-100	2021	RPT	G				
20/04/2026	1630	Cooking	Tastes And Traditions	Episode 16	1	16	In this episode of Tastes and Traditions, we explore two vibrant and flavourful recipes perfect for home cooking.	UKRAINE	English-100	2025	RPT	G				
20/04/2026	1700	Cooking	Jamie At Home	Winter Veg	7	1	It may be November but the garden is still offering us some beautiful winter veg. Jamie explores what the garden has to offer.	UNITED KINGDOM	English-100	2008	RPT	PG	l			
20/04/2026	1730	Cooking	Food Safari	Lebanese	1	10	This week Maeve O'Meara goes in search of the fresh green flavours of Lebanese food when she visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf. There, she discovers how to choose the best tahini, yoghurt, burghul, chick peas and spice mixes for use in the Lebanese kitchen. Later, Maeve visits Samira Saab whose tabouli is legendary and who has some simple tips on making it taste amazing.	AUSTRALIA	English-100	2006	RPT	PG			Y	
20/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 3	3	3	Start the day right with Kirsten's hot chocolate cubes and a fruity chocolate bakka. Next on the menu is a luscious strawberry cream trifle and a tasty white chocolate peanut parfait.	AUSTRALIA	English-100	2022	RPT	G				
20/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 40	4	40	Trish McKenzie drops by to make her hazelnut popcorn clusters and then Justine makes an Indian-style dry chicken curry and a beautiful spaghetti marinara.	AUSTRALIA	English-100	2014	RPT	PG				
20/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Sandwich Secrets	9	28	Tonight, Adam and his guests, social media stars Katie Lolos and Jasmin Weston are lifting the bread on some incredibly delicious sandwich secrets.	AUSTRALIA	English-100	2025	RPT	G				
20/04/2026	1930	Cooking	Donal's Super Food In Minutes	Episode 8	1	8	Super Foods promises to deliver streamlined, quick-cooking methods with minimal effort.	UNITED KINGDOM	English-100	2020	RPT	PG		a		
20/04/2026	2000	Food Lifestyle	The Streets Hong Kong	Ep 4	1	4	Dan ventures out of the city in search of an old school Haikka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA	English-95; Chinese (Traditional)5	2024	RPT	G				Y
20/04/2026	2030	Food Lifestyle	River Cottage Autumn	Spelt And Cauliflower	1	2	The autumn abundance is enough to tempt committed carnivore, Hugh, to lay on a slap up vegetarian feast at the River Cottage Canteen. However, there's one vegetable that's not invited, Cauliflower.	UNITED KINGDOM	English-100	2008	RPT	PG				
20/04/2026	2130	Food Lifestyle	Come Dine With Me UK	West Country: Kirstein	22	21	This week's competition is in the West Country, where first to host is holiday obsessed Kirstein who's hoping to impress her guests with a hearty home cooked Grecian themed evening with big portions.	UNITED KINGDOM	English-100	2025	RPT	PG				
20/04/2026	2200	Food Lifestyle	Come Dine With Me UK	West Country: Peppe	22	22	It's the second night in the West Country and the turn of social care manager Peppe. He's hoping to show his guests a night of authentic Italian hospitality and food to match.	UNITED KINGDOM	English-100	2025	RPT	PG				
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20/04/2026	2300	Cooking	The Cook And The Chef	Margaret Fulton	4	19	There are millions of bookcases around Australia that hold at least one Margaret Fulton cook book. She's an Australian living legend and has probably done more to influence what's been cooked in Australian home kitchens over the last fifty years than anyone else. Simon and Maggie recreate some of their favourite recipes written by Margaret.	AUSTRALIA	English-100	2021	RPT	G		
20/04/2026	2330	Cooking	Tastes And Traditions	Episode 16	1	16	In this episode of Tastes and Traditions, we explore two vibrant and flavourful recipes perfect for home cooking.	UKRAINE	English-100	2025	RPT	G		
20/04/2026	2400	Cooking	Jamie At Home	Winter Veg	2	3	It may be November but the garden is still offering up some beautiful winter veg. Jamie explores what the garden has proffered and takes his finds to the kitchen to make a seasonal winter veg coleslaw. More of the fabulous veg gets used for the best bubble & squeak.	UNITED KINGDOM	English-100	2008	RPT	PG	I	
20/04/2026	2430	Cooking	Donal's Super Food In Minutes	Episode 8	1	8	Super Foods promises to deliver streamlined, quick-cooking methods with minimal effort.	UNITED KINGDOM	English-100	2020	RPT	PG	a	
20/04/2026	2500	Food Lifestyle	The Streets Hong Kong	Ep 4	1	4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
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21/04/2026	530	Travel	Pat's Mexican Table	Paquime & Pecans	13	6	Pat visits a haven of Chihuahuan culture and learns what makes their pecans so delicious.	USA	English-100	2024	RPT	G	Y	
21/04/2026	600	Travel	David Rocco's Italia	Fat Bologna, City Of Food	1	9	Known as Italy's pasta and food capital David learns first hand how serious Bolognese people are about fats- from the heavy, rich butter based pasta sauces to the delicious mortadella and salumi to the pork stuffed tortellini.	CANADA	English-100	2019	RPT	G	Y	
21/04/2026	630	Cooking	Kriol Kitchen	Minariny; Sylvia Clarke	1	7	All and Mitch travel north of Broome on Djabber Djabber country. They make whitening soup with chilli, garlic, and ginger and mullet soup with black bean.	AUSTRALIA	English-100	2014	RPT	G	Y	
21/04/2026	700	Cooking	Marcus Wareing's Kitchen Garden Tales	Tomatoes	2	1	Marcus Wareing starts his day by setting off to The Knapp in Horsham to learn all about different tomato varieties in their impressive market garden.	UNITED KINGDOM	English-100	2022	RPT	G		
21/04/2026	730	Cooking	My Market Kitchen	Ep 26	6	26	Matt prepares a Vietnamese banh mi. Tobie Puttock, with Chef Leslie Chan, cooks sweet and sour pork with a twist. Mike and David Mann make a barbecued mango and spatchcock chicken.	AUSTRALIA	English-100	2021	RPT	G		
21/04/2026	800	Cooking	Lidia's Kitchen	1970s Italian American, The	8	15	Lidia honours the Italian American culinary culture and prepares a chicken parmigiana, a leftover meatball panino, and a baked tomato pasta, then meatballs, and eggs.	USA	English-100	2021	RPT	G		
21/04/2026	830	Cooking	Tastes And Traditions	Episode 16	1	16	In this episode of Tastes and Traditions, we explore two vibrant and flavourful recipes perfect for home cooking.	UKRAINE	English-100	2025	RPT	G		
21/04/2026	900	Cooking	Jamie At Home	Winter Veg	2	3	It may be November but the garden is still offering up some beautiful winter veg. Jamie explores what the garden has proffered and takes his finds to the kitchen to make a seasonal winter veg coleslaw. More of the fabulous veg gets used for the best bubble & squeak.	UNITED KINGDOM	English-100	2008	RPT	PG	I	
21/04/2026	930	Cooking	Food Safari	Lebanese	1	10	This week Maeve O'Meara goes in search of the fresh green flavours of Lebanese food when she visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf. There, she discovers how to choose the best tahini, yoghurt, burghul, chick peas and spice mixes for use in the Lebanese kitchen. Later, Maeve visits Samira Saab whose tabouli is legendary and who has some simple tips on making it taste amazing.	AUSTRALIA	English-100	2006	RPT	G	Y	
21/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 3	3	3	Start the day right with Kirsten's hot chocolate cubes and a fruity chocolate bakka. Next on the menu is a luscious strawberry cream trifle and a tasty white chocolate peanut parfait.	AUSTRALIA	English-100	2022	RPT	G		
21/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 40	4	40	Trish McKenzie drops by to make her hazelnut popcorn clusters and then Justine makes an indian-style dry chicken curry and a beautiful spaghetti marinara.	AUSTRALIA	English-100	2014	RPT	PG		
21/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Sandwich Secrets	9	28	Tonight, Adam and his guests, social media stars Katie Lolas and Jasmin Weston are lifting the bread on some incredibly delicious sandwich secrets.	AUSTRALIA	English-100	2025	RPT	G		
21/04/2026	1130	Cooking	Donal's Super Food In Minutes	Episode 8	1	8	Super Foods promises to deliver streamlined, quick-cooking methods with minimal effort.	UNITED KINGDOM	English-100	2020	RPT	PG	a	
21/04/2026	1200	Food Lifestyle	The Streets Hong Kong	Ep 4	1	4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
21/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Episode 3	3	3	Paula makes the perfect comfort food: beef olives with onion gravy and creamy mash. And in Mournes, cooks up monkfish with potato bread chips and a seaweed flavoured mayo.	UNITED KINGDOM	English-100	2023	RPT	G		
21/04/2026	1300	Cooking	Lorraine's Fast, Fresh And Easy Food	Easy Entertaining	1	1	The show is brimming with recipes that are perfect for a whole host of occasions from an impromptu dinner with friends to fresh and fun party food.	UNITED KINGDOM	English-100	2012	RPT	PG	a w	
21/04/2026	1330	Travel	Pat's Mexican Table	Magic Of Mata Ortiz, The	13	7	Pat visits the village of Mata Ortiz to learn about the exquisite pottery it's known for.	USA	English-100	2024	RPT	G	Y	
21/04/2026	1400	Travel	David Rocco's Italia	Old Traditional Rome	1	10	Rome, the eternal city, is often referred to as an open air museum, where it's beauty really is second to none. However in the past few years, Rome has undergone many changes.	CANADA	English-100	2019	RPT	PG	Y	
21/04/2026	1430	Cooking	Kriol Kitchen	Broome: Ali & Mitch	1	8	Mushroom Chicken with Vercicelli and Gubinge Custard - Mushroom and Chicken is a popular dish in Kriol cooking. Handed down by families who had a Chinese connection, this dish has many variations.	AUSTRALIA	English-100	2014	RPT	G	Y	
21/04/2026	1500	Cooking	Marcus Wareing's Kitchen Garden Tales	Bees	2	2	After his bees mysteriously disappeared last year, Marcus and gardener Anatoly decide they need some advice. He travels to The Newt to meet Paula and learn more about beekeeping.	UNITED KINGDOM	English-100	2022	RPT	G		
21/04/2026	1530	Cooking	My Market Kitchen	Ep 27	6	27	Mike makes chicken karagee bao in the market kitchen. Laura prepares a Tuscan panzanella salad. Matt is joined by Adam Walls to match Tasmanian wines with salmon nigiri in tropical Noosa.	AUSTRALIA	English-100	2021	RPT	G		
21/04/2026	1600	Cooking	Lidia's Kitchen	Day At The Market, A	8	16	Lidia has always loved trips to the food market as they have always been an adventure since childhood. She makes shrimp roasted pepper and olive salad, then eggplant parmigiana stacks	USA	English-100	2021	RPT	G		
21/04/2026	1630	Cooking	Tastes And Traditions	Episode 17	1	17	In this festive episode of Tastes and Traditions, we celebrate hearty and traditional dishes perfect for the holiday table.	UKRAINE	English-100	2025	G			
21/04/2026	1700	Cooking	Jamie At Home	Furred Game	2	4	Most people think nothing of eating a chicken but what about a rabbit?	UNITED KINGDOM	English-100	2008	RPT	PG	a s w	
21/04/2026	1730	Cooking	Food Safari	Mexican Safari	1	11	Mexican cuisine is one of the most ancient and developed on earth. In tonight's episode, Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	2006	RPT	G	Y	
21/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 4	3	4	An episode to make the kids happy: learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a Lamington twist or caramel filled choc nut cups - the options are endless.	AUSTRALIA	English-100	2022	RPT	G		
21/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 41	4	41	Justine has Darren Purchase in the kitchen to make his lamington ice-cream sandwich and then she makes her Gran's meatloaf and shares an easy roasted almond butter.	AUSTRALIA	English-100	2014	RPT	G		
21/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Timeless & Tasty	9	29	Tonight, comedian Elouise Eftos and acclaimed chef Ollie Hansford share their timeless and tasty recipes with Adam.	AUSTRALIA	English-100	2025	G	Y		
21/04/2026	1930	Cooking	Silvia's Italian Masterclass	Episode 9	3	9	Festive, flavourful, and fuss-free-Silvia's holiday recipes are designed to impress guests while keeping the cook relaxed and joyful.	AUSTRALIA	English-100	2025	G			
21/04/2026	2000	Travel	Taste Of Australia In Vietnam	Hanoi	1	1	In Hanoi, Luke learns about the work of pioneering social enterprise, KOTO, and enjoys some of his favourite street food, including the city's signature dish of Cha Ca.	AUSTRALIA	English-100	2024	RPT	G	Y	
21/04/2026	2030	Culture & Society	Eva Longoria: Searching For Spain	Barcelona And The Catalonia Region	1	1	With Barcelona on the coast, the region of Catalonia is strategically positioned on the Mediterranean making it a powerhouse of trade, ideas and creativity, producing a globally recognised cuisine and world class chefs that push the boundaries of what Spanish food can be.	USA	English-75; Spanish-25	2024	RPT	G	Y	Y

21/04/2026	2125	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	1	1	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	
21/04/2026	2130	Food Lifestyle	Come Dine With Me UK	West Country: Natalia	22	23	This week's competition is in the West Country, where third night's host, barber Natalia, is hoping her nineties-themed night will be a cut above the rest.	UNITED KINGDOM	English-100	2025	PG			
21/04/2026	2200	Food Lifestyle	Come Dine With Me UK	West Country: Richard	22	24	This week's competition is in the West Country, where fourth night's host, accountant manager Richard, is hoping his top-notch British bistro fare will knock the socks off the competition.	UNITED KINGDOM	English-100	2025	PG			
21/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Timeless & Tasty	9	29	Tonight, comedian Elouise Effos and acclaimed chef Ollie Hansford share their timeless and tasty recipes with Adam.	AUSTRALIA	English-100	2025	RPT	G	Y	
21/04/2026	2300	Cooking	The Cook And The Chef	Restaurant And Mietta, The	4	20	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine' which was as much about the atmosphere and service, as it was food and wine.	AUSTRALIA	English-100	2021	RPT	G		
21/04/2026	2330	Cooking	Tastes And Traditions	Episode 17	1	17	In this festive episode of Tastes and Traditions, we celebrate hearty and traditional dishes perfect for the holiday table.	UKRAINE	English-100	2025	RPT	G		
21/04/2026	2400	Cooking	Jamie At Home	Furred Game	2	4	Most people think nothing of eating a chicken but what about a rabbit?	UNITED KINGDOM	English-100	2008	RPT	PG	a s w	
21/04/2026	2430	Cooking	Silvia's Italian Masterclass	Episode 9	3	9	Festive, flavourful, and fuss-free-Silvia's holiday recipes are designed to impress guests while keeping the cook relaxed and joyful.	AUSTRALIA	English-100	2025	RPT	G		
21/04/2026	2500	Travel	Taste Of Australia In Vietnam	Hanoi	1	1	In Hanoi, Luke learns about the work of pioneering social enterprise, KOTO, and enjoys some of his favourite street food, including the city's signature dish of Cha Ca.	AUSTRALIA	English-100	2024	RPT	G	Y	
21/04/2026	2530	Culture & Society	Eva Longoria: Searching For Spain	Barcelona And The Catalonia Region	1	1	With Barcelona on the coast, the region of Catalonia is strategically positioned on the Mediterranean making it a powerhouse of trade, ideas and creativity, producing a globally recognised cuisine and world class chefs that push the boundaries of what Spanish food can be.	USA	English-75; Spanish-25	2024	RPT	G	Y	Y
21/04/2026	2625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	1	1	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	
21/04/2026	2630	Food Lifestyle	Come Dine With Me UK	West Country: Natalia	22	23	This week's competition is in the West Country, where third night's host, barber Natalia, is hoping her nineties-themed night will be a cut above the rest.	UNITED KINGDOM	English-100	2025	RPT	PG		
21/04/2026	2700	Food Lifestyle	Come Dine With Me UK	West Country: Richard	22	24	This week's competition is in the West Country, where fourth night's host, accountant manager Richard, is hoping his top-notch British bistro fare will knock the socks off the competition.	UNITED KINGDOM	English-100	2025	RPT	PG		
21/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Timeless & Tasty	9	29	Tonight, comedian Elouise Effos and acclaimed chef Ollie Hansford share their timeless and tasty recipes with Adam.	AUSTRALIA	English-100	2025	RPT	G	Y	
21/04/2026	2800	Cooking	The Cook And The Chef	Restaurant And Mietta, The	4	20	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine' which was as much about the atmosphere and service, as it was food and wine.	AUSTRALIA	English-100	2021	RPT	G		
21/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Episode 3	3	3	Paula makes the perfect comfort food: beef olives with onion gravy and creamy mash. And in Mournes, cooks up monkfish with potato bread chips and a seaweed flavoured mayo.	UNITED KINGDOM	English-100	2023	RPT	G		
22/04/2026	500	Cooking	Lorraine's Fast, Fresh And Easy Food	Easy Entertaining	1	1	The show is brimming with recipes that are perfect for a whole host of occasions from an impromptu dinner with friends to fresh and fun party food.	UNITED KINGDOM	English-100	2012	RPT	PG	a w	
22/04/2026	530	Travel	Pat's Mexican Table	Magic Of Mata Ortiz, The	13	7	Pat visits the village of Mata Ortiz to learn about the exquisite pottery it's known for.	USA	English-100	2024	RPT	G	Y	
22/04/2026	600	Travel	David Rocco's Italia	Old Traditional Rome	1	10	Rome, the eternal city, is often referred to as an open air museum, where it's beauty really is second to none. However in the past few years, Rome has undergone many changes.	CANADA	English-100	2019	RPT	PG		Y
22/04/2026	630	Cooking	Kriol Kitchen	Broome: All & Mitch	1	8	Mushroom Chicken with Vermicelli and Gubinge Custard - Mushroom and Chicken is a popular dish in Kriol cooking. Handed down by families who had a Chinese connection, this dish has many variations.	AUSTRALIA	English-100	2014	RPT	G	Y	
22/04/2026	700	Cooking	Marcus Wareing's Kitchen Garden Tales	Bees	2	2	After his bees mysteriously disappeared last year, Marcus and gardener Anatoly decide they need some advice. He travels to The Newt to meet Paula and learn more about beekeeping.	UNITED KINGDOM	English-100	2022	RPT	G		
22/04/2026	730	Cooking	My Market Kitchen	Ep 27	6	27	Mike makes chicken karagee bao in the market kitchen. Laura prepares a Tuscan panzanella salad. Matt is joined by Adam Walls to match Tasmanian wines with salmon nigiri in tropical Noosa.	AUSTRALIA	English-100	2021	RPT	G		
22/04/2026	800	Cooking	Lidia's Kitchen	Day At The Market, A	8	16	Lidia has always loved trips to the food market as they have always been an adventure since childhood. She makes shrimp roasted pepper and olive salad, then eggplant parmigiana stacks	USA	English-100	2021	RPT	G		
22/04/2026	830	Cooking	Tastes And Traditions	Episode 17	1	17	In this festive episode of Tastes and Traditions, we celebrate hearty and traditional dishes perfect for the holiday table.	UKRAINE	English-100	2025	RPT	PG		
22/04/2026	900	Cooking	Jamie At Home	Furred Game	2	4	Most people think nothing of eating a chicken but what about a rabbit?	UNITED KINGDOM	English-100	2008	RPT	PG	a s w	
22/04/2026	930	Cooking	Food Safari	Mexican Safari	1	11	Mexican cuisine is one of the most ancient and developed on earth. In tonight's episode, Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	2006	RPT	G	Y	
22/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 4	3	4	An episode to make the kids happy: learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a Lamington twist or caramel filled choc nut cups - the options are endless.	AUSTRALIA	English-100	2022	RPT	G		
22/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 41	4	41	Justine has Darren Purchase in the kitchen to make his lamington ice-cream sandwich and then she makes her Gran's meatloaf and shares and easy roasted almond butter.	AUSTRALIA	English-100	2014	RPT	G		
22/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Timeless & Tasty	9	29	Tonight, comedian Elouise Effos and acclaimed chef Ollie Hansford share their timeless and tasty recipes with Adam.	AUSTRALIA	English-100	2025	RPT	G	Y	
22/04/2026	1130	Cooking	Silvia's Italian Masterclass	Episode 9	3	9	Festive, flavourful, and fuss-free-Silvia's holiday recipes are designed to impress guests while keeping the cook relaxed and joyful.	AUSTRALIA	English-100	2025	RPT	G		
22/04/2026	1200	Travel	Taste Of Australia In Vietnam	Hanoi	1	1	In Hanoi, Luke learns about the work of pioneering social enterprise, KOTO, and enjoys some of his favourite street food, including the city's signature dish of Cha Ca.	AUSTRALIA	English-100	2024	RPT	G	Y	
22/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen	Episode 4	3	4	Paula cooks up a healthy version of a sausage roll with carrot ketchup on the side. She meets a Highland dance teacher and her father then shows them how to make the perfect barbecue lamb kebabs.	UNITED KINGDOM	English-100	2023	RPT	G		
22/04/2026	1300	Cooking	Lorraine's Fast, Fresh And Easy Food	Comfort Food	1	2	To start, we cook a breakfast of ginger bread pancakes with Parma ham and maple syrup, then a warming prawn linguine with chorizo and cabernet tomato sauce, and a soft and satisfying butternut and sweet potato.	UNITED KINGDOM	English-100	2012	RPT	PG		
22/04/2026	1330	Travel	Pat's Mexican Table	Chihuahua's Cheesiest Cheese	13	8	Pat explores the culture of the mysterious Mennonites, a religious community who came to Chihuahua from Germany.	USA	English-100	2024	RPT	G	Y	
22/04/2026	1400	Travel	David Rocco's Italia	Rome's Music & Immigrants	1	11	Spending time with a few socially-minded Roman chefs and entrepreneurs, David learns how they have opened their kitchens and restaurants to give training and jobs to the influx of immigrants who call the city home.	CANADA	English-100	2019	RPT	PG	n	Y
22/04/2026	1430	Cooking	Kriol Kitchen	Broome: All & Mitch Torres Final Episode	1	9	Kangaroo Stew with bacon, soya & vegetables & Kangaroo Satays with a Spicy Chilli Peanut Sauce: All & Mitch draw on their family influences from the Djugan/Gooniyandi & Filipino & Malay heritage.	AUSTRALIA	English-100	2014	RPT	G	Y	
22/04/2026	1500	Cooking	Marcus Wareing's Kitchen Garden Tales	Potatoes	2	3	Marcus meets a local potato farmer Steve, who is doing something quite unusual: growing thirty-three varieties of potato on just thirty-five acres. All this talk has got Marcus thinking about one of his favourite pairings; he decides to head out to the Kentish coastline to meet some local fishermen.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
22/04/2026	1530	Cooking	My Market Kitchen	Ep 28	6	28	Mike creates a Caesar salad using Kale grown by Catherine Velisha. Matt prepares a grilled sumac vegetable salad. Laura cooks with truffle risotto that is perfect for date night.	AUSTRALIA	English-100	2021	RPT	G		
22/04/2026	1600	Cooking	Lidia's Kitchen	1980s Italian American Evolution'	17	17	The 1980s brought a lot of Northern Italian cuisine to New York City. Lidia shares her recipes for a pasta primavera 'new school', and the classic raspberry and walnut butter cookies.	USA	English-100	2021	RPT	G		
22/04/2026	1630	Cooking	Tastes And Traditions	Episode 18	1	18	In this episode of Tastes and Traditions, we explore comforting and hearty Ukrainian home cooking.	UKRAINE	English-100	2025	PG			
22/04/2026	1700	Cooking	Jamie At Home	Pastry	2	5	Delicious pastry is the order of the day in this programme. Jamie shows us how to make a simple, short crust pastry that is versatile for sweet or savoury dishes.	UNITED KINGDOM	English-100	2008	RPT	PG		
22/04/2026	1730	Cooking	Food Safari	Turkish Safari	1	12	Host Maeve O'Meara visits an emporium filled with ingredients for Turkish cooking with her friend chef Serif Kaya. Esma Koroglu discusses the Turkish love of colourful dips and whips up two beauties - a beetroot dip and a carrot dip. Ishil Ihtiyar then makes a salad of golden roasted eggplant and a bulgar pilaf with cracked wheat and capsicum paste.	AUSTRALIA	English-100	2006	RPT	G	Y	
22/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	3	5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolaty heaven with a gorgeous chocolate flan. The Chocolate Queen also reveals her secret recipe for rum and raisin spread, which pairs perfectly with delicious, golden pain perdu.	AUSTRALIA	English-100	2022	RPT	G		
22/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 42	4	42	Justine cooks her Peking duck moneybags and a delicious gingerbread recipe and then Adam Swanson drops by to make his giant nigatoni with quick ragu suco.	AUSTRALIA	English-100	2014	RPT	G		

22/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Meat & Three Veg	9	30	Find out what Adam, chef turned butcher Darren O'Rourke and accountant turned burger king Ali 'Chebbo' Chebbani do with the classic meat and three veg combo.	AUSTRALIA	English-100	2025	G			
22/04/2026	1930	Travel	Locals Welcome	Nigeria - Nalja	1	1	Suresh Doss explores Nalja, that popular term to describe Nigerian culture, and finds it exploding all across the city.	CANADA	English-100	2024	PG			
22/04/2026	2000	Cooking	Richo's Hungry Az Hell	Back To Basics	1	7	Richo's stripping things back. No gadgets, no tricks, no culinary ego.	AUSTRALIA	English-100	2025	PG			
22/04/2026	2030	Travel	Rick Stein And The Japanese Ambassador	Rick Stein And The Japanese Ambassador	1	0	Rick Stein visits Japan to get a feel for its cuisine before creating a banquet at the invitation of the Japanese Ambassador.	UNITED KINGDOM	English-100	2006	RPT	PG	a w	
22/04/2026	2140	Food Lifestyle	Come Dine With Me UK	West Country: Jo	22	25	It's the final night in the West Country and actor and spiritualist Jo's turn and she's hoping her international menu will impress the group and help bag her the grand.	UNITED KINGDOM	English-100	2025	PG			
22/04/2026	2205	Food Lifestyle	Come Dine With Me UK	Leeds: Shaun	21	1	This week's competition is in and around Leeds and first up is 38 year old, foster carer and nature lover Shaun.	UNITED KINGDOM	English-100	2024	RPT	G		
22/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Meat & Three Veg	9	30	Find out what Adam, chef turned butcher Darren O'Rourke and accountant turned burger king Ali 'Chebbo' Chebbani do with the classic meat and three veg combo.	AUSTRALIA	English-100	2025	RPT	G		
22/04/2026	2300	Cooking	The Cook And The Chef	Modern Chinese	4	21	Simon fries some eggs in spectacular style while Maggie prepares a rustic Oxtail dish, perfect for the centre of a winter table.	AUSTRALIA	English-100	2021	RPT	G		
22/04/2026	2330	Cooking	Tastes And Traditions	Episode 18	1	18	In this episode of Tastes and Traditions, we explore comforting and hearty Ukrainian home cooking.	UKRAINE	English-100	2025	RPT	PG		
22/04/2026	2400	Cooking	Jamie At Home	Pastry	2	5	Delicious pastry is the order of the day in this programme. Jamie shows us how to make a simple, short crust pastry that is versatile for sweet or savoury dishes.	UNITED KINGDOM	English-100	2008	RPT	PG		
22/04/2026	2430	Travel	Locals Welcome	Nigeria - Nalja	1	1	Suresh Doss explores Nalja, that popular term to describe Nigerian culture, and finds it exploding all across the city.	CANADA	English-100	2024	RPT	PG		
22/04/2026	2500	Cooking	Richo's Hungry Az Hell	Back To Basics	1	7	Richo's stripping things back. No gadgets, no tricks, no culinary ego.	AUSTRALIA	English-100	2025	RPT	PG		
22/04/2026	2530	Travel	Rick Stein And The Japanese Ambassador	Rick Stein And The Japanese Ambassador	1	0	Rick Stein visits Japan to get a feel for its cuisine before creating a banquet at the invitation of the Japanese Ambassador.	UNITED KINGDOM	English-100	2006	RPT	PG	a w	
22/04/2026	2640	Food Lifestyle	Come Dine With Me UK	West Country: Jo	22	25	It's the final night in the West Country and actor and spiritualist Jo's turn and she's hoping her international menu will impress the group and help bag her the grand.	UNITED KINGDOM	English-100	2025	RPT	PG		
22/04/2026	2705	Food Lifestyle	Come Dine With Me UK	Leeds: Shaun	21	1	This week's competition is in and around Leeds and first up is 38 year old, foster carer and nature lover Shaun.	UNITED KINGDOM	English-100	2024	RPT	G		
22/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Meat & Three Veg	9	30	Find out what Adam, chef turned butcher Darren O'Rourke and accountant turned burger king Ali 'Chebbo' Chebbani do with the classic meat and three veg combo.	AUSTRALIA	English-100	2025	RPT	G		
22/04/2026	2800	Cooking	The Cook And The Chef	Modern Chinese	4	21	Simon fries some eggs in spectacular style while Maggie prepares a rustic Oxtail dish, perfect for the centre of a winter table.	AUSTRALIA	English-100	2021	RPT	G		
22/04/2026	2830	Cooking	Paula McIntyre's Hamely Kitchen	Episode 4	3	4	Paula cooks up a healthy version of a sausage roll with carrot ketchup on the side. She meets a Highland dance teacher and her father then shows them how to make the perfect barbecue lamb kebabs.	UNITED KINGDOM	English-100	2023	RPT	G		
23/04/2026	500	Cooking	Lorraine's Fast, Fresh And Easy Food	Comfort Food	1	2	To start, we cook a breakfast of ginger bread pancakes with Parma ham and maple syrup, then a warming prawn linguine with chorizo and cabernet tomato sauce, and a soft and satisfying butternut and sweet potato.	UNITED KINGDOM	English-100	2012	RPT	PG		
23/04/2026	530	Travel	Pati's Mexican Table	Chihuahua's Cheesiest Cheese	13	8	Pati explores the culture of the mysterious Mennonites, a religious community who came to Chihuahua from Germany.	USA	English-100	2024	RPT	G	Y	
23/04/2026	600	Travel	David Rocco's Italia	Rome's Music & Immigrants	1	11	Spending time with a few socially-minded Roman chefs and entrepreneurs, David learns how they have opened their kitchens and restaurants to give training and jobs to the influx of immigrants who call the city home.	CANADA	English-100	2019	RPT	PG	n	Y
23/04/2026	630	Cooking	Kriol Kitchen	Broome: Ali & Mitch Torres Final Episode	1	9	Kangaroo Stew with bacon, soya & vegetables & Kangaroo Satays with a Spicy Chilli Peanut Sauce: Ali & Mitch draw on their family influences from the Djungan/Gooniyandi & Filipino & Malay heritage.	AUSTRALIA	English-100	2014	RPT	G	Y	
23/04/2026	700	Cooking	Marcus Wareing's Kitchen Garden Tales	Potatoes	2	3	Marcus meets a local potato farmer Steve, who is doing something quite unusual: growing thirty-three varieties of potato on just thirty-five acres. All this talk has got Marcus thinking about one of his favourite pairings; he decides to head out to the Kentish coastline to meet some local fishermen.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	
23/04/2026	730	Cooking	My Market Kitchen	Ep 28	6	28	Mike creates a Caesar salad using Kale grown by Catherine Velisha. Matt prepares a grilled sumac vegetable salad.	AUSTRALIA	English-100	2021	RPT	G		
23/04/2026	800	Cooking	Lidia's Kitchen	1980s Italian American Evolution"	8	17	The 1980s brought a lot of Northern Italian cuisine to New York City. Lidia shares her recipes for a pasta primavera 'new school', and the classic raspberry and walnut butter cookies.	USA	English-100	2021	RPT	G	G	
23/04/2026	830	Cooking	Tastes And Traditions	Episode 18	1	18	In this episode of Tastes and Traditions, we explore comforting and hearty Ukrainian home cooking.	UKRAINE	English-100	2025	RPT	PG		
23/04/2026	900	Cooking	Jamie At Home	Pastry	2	5	Delicious pastry is the order of the day in this programme. Jamie shows us how to make a simple, short crust pastry that is versatile for sweet or savoury dishes.	UNITED KINGDOM	English-100	2008	RPT	PG		
23/04/2026	930	Cooking	Food Safari	Turkish Safari	1	12	Host Maeve O'Meara visits an emporium filled with ingredients for Turkish cooking with her friend chef Serif Kaya. Esma Koroglu discusses the Turkish love of colourful dips and whips up two beauties - a beetroot dip and a carrot dip. Ishil Ihtiyar then makes a salad of golden roasted eggplant and a bulgar pilaf with cracked wheat and capsicum paste.	AUSTRALIA	English-100	2006	RPT	G	Y	
23/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	3	5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolatey heaven with a gorgeous chocolate flan. The Chocolate Queen also reveals her secret recipe for rum and raisin spread, which pairs perfectly with delicious, golden pain perdu.	AUSTRALIA	English-100	2022	RPT	G		
23/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 42	4	42	Justine cooks her Peking duck moneybags and a delicious gingerbread recipe and then Adam Swanson drops by to make his giant rigatoni with quick rau suco.	AUSTRALIA	English-100	2014	RPT	G		
23/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Meat & Three Veg	9	30	Find out what Adam, chef turned butcher Darren O'Rourke and accountant turned burger king Ali 'Chebbo' Chebbani do with the classic meat and three veg combo.	AUSTRALIA	English-100	2025	RPT	G		
23/04/2026	1130	Travel	Locals Welcome	Nigeria - Nalja	1	1	Suresh Doss explores Nalja, that popular term to describe Nigerian culture, and finds it exploding all across the city.	CANADA	English-100	2024	RPT	PG		
23/04/2026	1200	Cooking	Richo's Hungry Az Hell	Back To Basics	1	7	Richo's stripping things back. No gadgets, no tricks, no culinary ego.	AUSTRALIA	English-100	2025	RPT	PG		
23/04/2026	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		
23/04/2026	1300	Cooking	Lorraine's Fast, Fresh And Easy Food	Simple Classics	1	3	Lorraine makes simple and classic recipes that have stood the test of time. From a twist on an Italian favourite, salmon saltimbocca with gremolata potatoes and crispy sage leaves to pan fried gnocchi.	UNITED KINGDOM	English-100	2012	RPT	G		
23/04/2026	1330	Travel	Pati's Mexican Table	Hidden Guachochi	13	9	Pati has a traditional meal with Raramuri community leaders and visits a sustainable ranch.	USA	English-100	2024	RPT	G	a w	Y
23/04/2026	1400	Travel	David Rocco's Italia	Real Roman Neighbourhoods, The	1	12	David explores the traditional roots of the Roman people, but he has to leave the city centre for that.	CANADA	English-100	2019	RPT	PG	a d l	Y
23/04/2026	1430	Cooking	Kriol Kitchen	Broome: Pat Torres	1	10	Gubinge Jam with Bush Fig & Bush Fig Cup Cakes with a Bush Passion Fruit Icing: Ali & Mitch join their cousin Pat to learn how to whip up some sweet treats using local bush fruits found in the region.	AUSTRALIA	English-100	2014	RPT	G	Y	
23/04/2026	1500	Cooking	Marcus Wareing's Kitchen Garden Tales	Wasabi & Watercress	2	4	Marcus rediscovers some wasabi plants in his kitchen garden and decides to find out more about them. Heading to a wasabi farm he learns all about how to grow this temperamental plant. The farm also produce watercress and he picks up some tips for this nutritious crop too.	UNITED KINGDOM	English-100	2022	RPT	G		
23/04/2026	1530	Cooking	My Market Kitchen	Ep 29	6	29	Matt cooks a lemon ricotta tart overlooking Noosa Beach. Mike makes a bircher muesli in the market. Tobie Puttock matches Barossa wines with Sicilian meatballs alongside wine expert Adam Walls.	AUSTRALIA	English-100	2021	RPT	G		
23/04/2026	1600	Cooking	Lidia's Kitchen	Buonavia	8	18	When Lidia was in her 20's, she opened Buonavia, her first restaurant. With a menu that are favourites to her homeland; beef and potato goulash, crespelle with cherries, chocolate, and cream.	USA	English-100	2021	RPT	G		
23/04/2026	1630	Cooking	Tastes And Traditions	Episode 19	1	19	In this episode of Tastes and Traditions, we celebrate the warmth and comfort of traditional Ukrainian home cooking.	UKRAINE	English-100	2025	PG			
23/04/2026	1700	Cooking	Jamie At Home	Eggs	2	6	Jamie collects the eggs that his healthy hens have laid and heads for the kitchen. He makes a delicious homemade egg tagliatelle and an omelette salad with bresaola.	UNITED KINGDOM	English-100	2008	RPT	PG	l	
23/04/2026	1730	Cooking	Food Safari	Spanish Safari	1	13	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish paella and visits chefs and home-cooks to gather some easy recipes. Learn about the art of Spanish tapas and join Carlos Lopez, a master of the no-fuss paella which he makes on the small balcony of his apartment.	AUSTRALIA	English-100	2006	RPT	G	Y	

23/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 6	3	6	Get tangled in today's episode with Kirsten's creamy semifreddo paired with strawberries or keep it simple and treat yourself with lovely chocolate lollipops.	AUSTRALIA	English-100	2022	RPT	G				
23/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 43	4	43	Adam Liaw visit the Everyday Gourmet kitchen to cook up a bang bang chicken salad with a peppery kick and Justine serves up salmon with a yoghurt and walnut sauce.	AUSTRALIA	English-100	2014	RPT	G				
23/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Dressy Dinner Party, The	7	85	Tonight's Easy Entertaining is a celebration of sauce, as Myra Karakelle from MLK Deli and chef Jean-Paul El Tom join Adam for a dressy dinner party.	AUSTRALIA	English-100	2024	RPT	G		Y		
23/04/2026	1930	Documentary	Secrets Of Spain	Secrets Of Spain	0	0	Gioconda and George Scott reveal unexpected of--the-beaten path locations for the best food experiences in southern Spain.	USA	English-50; Spanish-50	2022	RPT	PG		a w	Y	
23/04/2026	2025	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 Liaw.	AUSTRALIA	English-100	2018	RPT	G			Y	
23/04/2026	2030	Travel	Rick Stein's Seafood Odyssey	Australia And Italy	1	5	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing. She also shows Rick a thing or two about seafood cooking Australian-style.	UNITED KINGDOM	English-100	1999	RPT	PG		a w	Y	
23/04/2026	2100	Travel	Rick Stein's Seafood Odyssey	America And Cornwall	1	6	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland, in America. The area is famous for striped bass and Rick makes a mouth-watering visit to an oyster shack.	UNITED KINGDOM	English-100	1999	RPT	PG		a w		
23/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Leeds: Ryan	21	2	Hoping to be a grand better off by the end of the week, is aspiring model Ryan. But will his French and Caribbean cuisine get tastebuds tingling or leave a nasty taste in the mouth?	UNITED KINGDOM	English-100	2024	RPT	PG				
23/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Leeds: Jennifer	21	3	It's night three in Leeds where medical trainer Jen is hosting a pink-themed party in an attempt to bag the big bucks.	UNITED KINGDOM	English-100	2024	RPT	G				
23/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Dressy Dinner Party, The	7	85	Tonight's Easy Entertaining is a celebration of sauce, as Myra Karakelle from MLK Deli and chef Jean-Paul El Tom join Adam for a dressy dinner party.	AUSTRALIA	English-100	2024	RPT	G		Y		
23/04/2026	2300	Cooking	The Cook And The Chef	Talking Thai	4	22	Simon revels in his favourite Thai food, and encourages heat-avoiding Maggie to 'dip a toe' into this chilli laden cuisine. The resulting savoury and sweet dishes are delicate, exquisitely complex and beautifully balanced in flavour, and surprisingly MSG-free friendly.	AUSTRALIA	English-100	2021	RPT	G				
23/04/2026	2330	Cooking	Tastes And Traditions	Episode 19	1	19	In this episode of Tastes and Traditions, we celebrate the warmth and comfort of traditional Ukrainian home cooking.	UKRAINE	English-100	2025	RPT	PG				
23/04/2026	2400	Cooking	Jamie At Home	Eggs	2	6	Jamie collects the eggs that his healthy hens have laid and heads for the kitchen. He makes a delicious homemade egg tadlatelle and an omelette salad with bresola.	UNITED KINGDOM	English-100	2008	RPT	PG		l		
23/04/2026	2430	Documentary	Secrets Of Spain	Secrets Of Spain	0	0	Gioconda and George Scott reveal unexpected of--the-beaten path locations for the best food experiences in southern Spain.	USA	English-50; Spanish-50	2022	RPT	PG		a w	Y	
23/04/2026	2525	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 Liaw.	AUSTRALIA	English-100	2018	RPT	G			Y	
23/04/2026	2530	Travel	Rick Stein's Seafood Odyssey	Australia And Italy	1	5	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing. She also shows Rick a thing or two about seafood cooking Australian-style.	UNITED KINGDOM	English-100	1999	RPT	PG		a w	Y	
23/04/2026	2600	Travel	Rick Stein's Seafood Odyssey	America And Cornwall	1	6	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland, in America. The area is famous for striped bass and Rick makes a mouth-watering visit to an oyster shack.	UNITED KINGDOM	English-100	1999	RPT	PG		a w		
23/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Leeds: Ryan	21	2	Hoping to be a grand better off by the end of the week, is aspiring model Ryan. But will his French and Caribbean cuisine get tastebuds tingling or leave a nasty taste in the mouth?	UNITED KINGDOM	English-100	2024	RPT	PG				
23/04/2026	2700	Food Lifestyle	Come Dine With Me UK	Leeds: Jennifer	21	3	It's night three in Leeds where medical trainer Jen is hosting a pink-themed party in an attempt to bag the big bucks.	UNITED KINGDOM	English-100	2024	RPT	G				
23/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Dressy Dinner Party, The	7	85	Tonight's Easy Entertaining is a celebration of sauce, as Myra Karakelle from MLK Deli and chef Jean-Paul El Tom join Adam for a dressy dinner party.	AUSTRALIA	English-100	2024	RPT	G		Y		
23/04/2026	2800	Cooking	The Cook And The Chef	Talking Thai	4	22	Simon revels in his favourite Thai food, and encourages heat-avoiding Maggie to 'dip a toe' into this chilli laden cuisine. The resulting savoury and sweet dishes are delicate, exquisitely complex and beautifully balanced in flavour, and surprisingly MSG-free friendly.	AUSTRALIA	English-100	2021	RPT	G				
23/04/2026	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				
24/04/2026	500	Cooking	Lorraine's Fast, Fresh And Easy Food	Simple Classics	1	3	Lorraine makes simple and classic recipes that have stood the test of time. From a twist on an Italian favourite, salmon saltimbocca with gremolata potatoes and crispy sage leaves to pan fried gnocchi.	UNITED KINGDOM	English-100	2012	RPT	G				
24/04/2026	530	Travel	Pat's Mexican Table	Hidden Guachochi	13	9	Pat has a traditional meal with Raramuri community leaders and visits a sustainable ranch.	USA	English-100	2024	RPT	PG		a w	Y	
24/04/2026	600	Travel	David Rocco's Italia	Real Roman Neighbourhoods, The	1	12	David explores the traditional roots of the Roman people, but he has to leave the city centre for that.	CANADA	English-100	2019	RPT	PG		a d l	Y	
24/04/2026	630	Cooking	Kriol Kitchen	Broome: Pat Torres	1	10	Gubinge Jam with Bush Fig & Bush Fig Cup Cakes with a Bush Passion Fruit Icing: All & Mitch join their cousin Pat to learn how to whip up some sweet treats using local bush fruits found in the region.	AUSTRALIA	English-100	2014	RPT	G			Y	
24/04/2026	700	Cooking	Marcus Wareing's Kitchen Garden Tales	Wasabi & Watercress	2	4	Marcus rediscovers some wasabi plants in his kitchen garden and decides to find out more about them. Heading to a wasabi farm he learns all about how to grow this temperamental plant. The farm also produce watercress and he picks up some tips for this nutritious crop too.	UNITED KINGDOM	English-100	2022	RPT	G				
24/04/2026	730	Cooking	My Market Kitchen	Ep 29	6	29	Matt cooks a lemon ricotta tart overlooking Noosa Beach. Mike makes a bircher muesli in the market. Tobie Puttock matches Barossa wines with Sicilian meatballs alongside wine expert Adam Walls.	AUSTRALIA	English-100	2021	RPT	G				
24/04/2026	800	Cooking	Lidia's Kitchen	Buonavia	8	18	When Lidia was in her 20's, she opened Buonavia, her first restaurant. With a menu that are favourites to her homeland; beef and potato goulash, crespelle with cherries, chocolate, and cream.	USA	English-100	2021	RPT	G				
24/04/2026	830	Cooking	Tastes And Traditions	Episode 19	1	19	In this episode of Tastes and Traditions, we celebrate the warmth and comfort of traditional Ukrainian home cooking.	UKRAINE	English-100	2025	RPT	PG				
24/04/2026	900	Cooking	Jamie At Home	Eggs	2	6	Jamie collects the eggs that his healthy hens have laid and heads for the kitchen. He makes a delicious homemade egg tadlatelle and an omelette salad with bresola.	UNITED KINGDOM	English-100	2008	RPT	PG		l		
24/04/2026	930	Cooking	Food Safari	Spanish Safari	1	13	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry and visits chefs and home-cooks to gather some easy recipes. Learn about the art of Spanish tapas and join Carlos Lopez, a master of the no-fuss paella which he makes on the small balcony of his apartment.	AUSTRALIA	English-100	2006	RPT	G			Y	
24/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 6	3	6	Get tangled in today's episode with Kirsten's creamy semifreddo paired with strawberries or keep it simple and treat yourself with lovely chocolate lollipops.	AUSTRALIA	English-100	2022	RPT	G				
24/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 43	4	43	Adam Liaw visit the Everyday Gourmet kitchen to cook up a bang bang chicken salad with a peppery kick and Justine serves up salmon with a yoghurt and walnut sauce.	AUSTRALIA	English-100	2014	RPT	G				
24/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Dressy Dinner Party, The	7	85	Tonight's Easy Entertaining is a celebration of sauce, as Myra Karakelle from MLK Deli and chef Jean-Paul El Tom join Adam for a dressy dinner party.	AUSTRALIA	English-100	2024	RPT	G		Y		
24/04/2026	1130	Documentary	Secrets Of Spain	Secrets Of Spain	0	0	Gioconda and George Scott reveal unexpected of--the-beaten path locations for the best food experiences in southern Spain.	USA	English-50; Spanish-50	2022	RPT	PG		a w	Y	
24/04/2026	1225	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 Liaw.	AUSTRALIA	English-100	2018	RPT	G			Y	
24/04/2026	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 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				
24/04/2026	1300	Cooking	Lorraine's Fast, Fresh And Easy Food	Baking It	1	4	Baking isn't all about breads and cakes as Lorraine shows in tonight's episode.	UNITED KINGDOM	English-100	2012	RPT	G				
24/04/2026	1330	Travel	Destination Flavour	Destination Flavour Series 1 Episode 1	1	1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes. In this episode, Renee meets legendary winemaker turned sheep farmer David Hohnen from the Margaret River region, Adam learns about the new craze for hot and cold smoking in Melbourne, while Lily catches up with leading provider Simon Johnson on Sydney's beautiful Hawkesbury River.	AUSTRALIA	English-100	2012	RPT	G			Y	
24/04/2026	1400	Travel	David Rocco's Italia	Roman Food & Social Projects	1	13	Rome has always been a multicultural city, and that's apparent now more than ever. David meets with members of L'Orchestra di Piazza Vittorio, a band mostly made up of immigrants, who have achieved international success.	CANADA	English-100	2019	RPT	PG				Y
24/04/2026	1430	Cooking	Kriol Kitchen	All & Mitch Torres: Stinky Pearl Shell & Garlic Butter Pearl Meat	2	1	Alli and Mitch share two recipes they grew up with that their father used to make - a condiment made from the intestines of the pearl shell and also a dish made from the muscle of the shell.	AUSTRALIA	English-100	2014	RPT	G			Y	
24/04/2026	1500	Cooking	Marcus Wareing's Kitchen Garden Tales	Salt Marsh Lamb	2	5	Having cooked with salt marsh lamb for years, Marcus decides to venture out to the Romney Marshes to meet shepherd Chris and his flock. Here he learns what gives this lamb its delicate flavour.	UNITED KINGDOM	English-100	2022	RPT	G				

24/04/2026	1530	Cooking	My Market Kitchen	Ep 30	6	30	Mike hits the road with David Mann for chicken kebabs with mojo rojo sauce. Chef Warren Mendez and Mandy Hall makes chilli hot sauce. Karen Chan prepares spicy sweet pulled pork.	AUSTRALIA	English-100	2021	RPT	G	
24/04/2026	1600	Cooking	Lidia's Kitchen	Baking Bread	8	19	Lidia constantly cherishes the memory of baking bread with her Grandma Rosa. She makes onion tomato focaccia then talks about Taralli. She cooks pizza rolls with two unique Italian fillings.	USA	English-100	2021	RPT	G	
24/04/2026	1630	Cooking	Tastes And Traditions	Episode 20	1	20	In this episode of Tastes and Traditions, we explore the rich flavours of Ukrainian home cooking, starting with Eggs in Spicy Sauce.	UKRAINE	English-100	2025	RPT	PG	
24/04/2026	1700	Cooking	Jamie At Home	Rhubarb	2	7	Rhubarb is finally having a resurgence! This is good news for the UK as historically they grow some of the best rhubarb in the world.	UNITED KINGDOM	English-100	2008	RPT	G	
24/04/2026	1730	Cooking	Food Safari	Japanese Safari	2	1	Maeve joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste. Top restaurateur Kimitata Azuma makes a fast and easy fresh tuna salad, and home-cook Yuki Totsuba shows how to make miso soup. Sushi master Shinji Tani reveals some of the secrets of his art. While knife expert Hideo Dekura slices sashimi.	AUSTRALIA	English-100	2007	RPT	G	Y
24/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 7	3	7	From elegant swans to delicate chocolate tubes, it's time for homemade desserts that are just as good as any fine dining establishment.	AUSTRALIA	English-100	2022	RPT	G	
24/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 44	4	44	Justine makes a staple vegetable super fun with her broccoli topped with grated hard ricotta and shows you some mini mozzarella and salami pizza pockets.	AUSTRALIA	English-100	2014	RPT	G	
24/04/2026	1900	Travel	The Cook Up With Adam Liaw	Spice World	8	3	Stop right now, thank you very much, and take a trip to spice world with Adam and his guests, comedian Tegan Higginbotham and chef Tom Sarafan.	AUSTRALIA	English-100	2025	RPT	G	Y
24/04/2026	1930	Cooking	Instant Italian	Play Dough	1	1	Anna shows how to take pizza dough to a whole new level with her recipes for Pizza Montanare, a fried pizza, and Bubble Bread, a crisp dough with a cheesy centre.	USA	English-100	2025	RPT	G	
24/04/2026	2000	Travel	The Hairy Bikers USA	Finger Lickin' Frogs	1	1	Bill and Paul arrive in Central, Arkansas on the opening day of frog gigging season. They learn how to spear bullfrogs with a stick and cook them up on the side of the river banks. They also learn the secret to a famous BBQ sauce and in the end, they throw down with a group of Dutch Oven fanatics called The Redneck Gourmets.	UNITED KINGDOM	English-100	2011	RPT	PG	a l w
24/04/2026	2030	Cooking	Jamie's Super Food	Episode 2	1	2	Jamie's in the Nicoyan Peninsula in Costa Rica, where he joins fisherman Otto for a meal of freshly caught fish with family and friends on the beach.	UNITED KINGDOM	English-100	2015	RPT	PG	Y
24/04/2026	2125	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G	
24/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Leeds: Phillip	21	4	It's night four and a Middle Eastern mezze is on the menu for freelance creative Philip.	UNITED KINGDOM	English-100	2024	RPT	G	
24/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Leeds: Sarah	21	5	It's the final night in Leeds and hair salon owner Sarah hopes to delight her diners with some classic eighties nosh.	UNITED KINGDOM	English-100	2024	RPT	G	
24/04/2026	2230	Travel	The Cook Up With Adam Liaw	Spice World	8	3	Stop right now, thank you very much, and take a trip to spice world with Adam and his guests, comedian Tegan Higginbotham and chef Tom Sarafan.	AUSTRALIA	English-100	2025	RPT	G	Y
24/04/2026	2300	Cooking	The Cook And The Chef	Andrew Fielke	4	23	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods. Since then chefs have been experimenting with the bold flavours of Australian bushfoods and our own Australian Native Cuisine is evolving.	AUSTRALIA	English-100	2021	RPT	G	
24/04/2026	2330	Cooking	Tastes And Traditions	Episode 20	1	20	In this episode of Tastes and Traditions, we explore the rich flavours of Ukrainian home cooking, starting with Eggs in Spicy Sauce.	UKRAINE	English-100	2025	RPT	PG	
24/04/2026	2400	Cooking	Jamie At Home	Rhubarb	2	7	Rhubarb is finally having a resurgence! This is good news for the UK as historically they grow some of the best rhubarb in the world.	UNITED KINGDOM	English-100	2008	RPT	G	
24/04/2026	2430	Cooking	Instant Italian	Play Dough	1	1	Anna shows how to take pizza dough to a whole new level with her recipes for Pizza Montanare, a fried pizza, and Bubble Bread, a crisp dough with a cheesy centre.	USA	English-100	2025	RPT	G	
24/04/2026	2500	Travel	The Hairy Bikers USA	Finger Lickin' Frogs	1	1	Bill and Paul arrive in Central, Arkansas on the opening day of frog gigging season. They learn how to spear bullfrogs with a stick and cook them up on the side of the river banks. They also learn the secret to a famous BBQ sauce and in the end, they throw down with a group of Dutch Oven fanatics called The Redneck Gourmets.	UNITED KINGDOM	English-100	2011	RPT	PG	a l w
24/04/2026	2530	Cooking	Jamie's Super Food	Episode 2	1	2	Jamie's in the Nicoyan Peninsula in Costa Rica, where he joins fisherman Otto for a meal of freshly caught fish with family and friends on the beach.	UNITED KINGDOM	English-100	2015	RPT	PG	Y
24/04/2026	2625	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G	
24/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Leeds: Phillip	21	4	It's night four and a Middle Eastern mezze is on the menu for freelance creative Philip.	UNITED KINGDOM	English-100	2024	RPT	G	
24/04/2026	2700	Food Lifestyle	Come Dine With Me UK	Leeds: Sarah	21	5	It's the final night in Leeds and hair salon owner Sarah hopes to delight her diners with some classic eighties nosh.	UNITED KINGDOM	English-100	2024	RPT	G	
24/04/2026	2730	Travel	The Cook Up With Adam Liaw	Spice World	8	3	Stop right now, thank you very much, and take a trip to spice world with Adam and his guests, comedian Tegan Higginbotham and chef Tom Sarafan.	AUSTRALIA	English-100	2025	RPT	G	Y
24/04/2026	2800	Cooking	The Cook And The Chef	Andrew Fielke	4	23	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods. Since then chefs have been experimenting with the bold flavours of Australian bushfoods and our own Australian Native Cuisine is evolving.	AUSTRALIA	English-100	2021	RPT	G	
24/04/2026	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 dulce 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	
25/04/2026	500	Cooking	Lorraine's Fast, Fresh And Easy Food	Baking It	1	4	Baking isn't all about breads and cakes as Lorraine shows in tonight's episode.	UNITED KINGDOM	English-100	2012	RPT	G	
25/04/2026	530	Travel	Destination Flavour	Destination Flavour Series 1 Episode 1	1	1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes. In this episode, Renee meets legendary winemaker turned sheep farmer David Hohnen from the Margaret River region, Adam learns about the new craze for hot and cold smoking in Melbourne, while Lily catches up with leading provider Simon Johnson on Sydney's beautiful Hawkesbury River.	AUSTRALIA	English-100	2012	RPT	G	Y
25/04/2026	600	Travel	David Rocco's Italia	Roman Food & Social Projects	1	13	Rome has always been a multicultural city, and that's apparent now more than ever. David meets with members of L'Orchestra di Piazza Vittorio, a band mostly made up of immigrants, who have achieved international success.	CANADA	English-100	2019	RPT	PG	Y
25/04/2026	630	Cooking	Kriol Kitchen	Alli & Mitch Torres: Stinky Pearl Shell & Garlic Butter Pearl Meat	2	1	Alli and Mitch share two recipes they grew up with that their father used to make - a condiment made from the intestines of the pearl shell and also a dish made from the muscle of the shell.	AUSTRALIA	English-100	2014	RPT	G	Y
25/04/2026	700	Cooking	Marcus Wareing's Kitchen Garden Tales	Salt Marsh Lamb	2	5	Having cooked with salt marsh lamb for years, Marcus decides to venture out to the Romney Marshes to meet shepherd Chris and his flock. Here he learns what gives this lamb its delicate flavour.	UNITED KINGDOM	English-100	2022	RPT	G	
25/04/2026	730	Cooking	My Market Kitchen	Ep 30	6	30	Mike hits the road with David Mann for chicken kebabs with mojo rojo sauce. Chef Warren Mendez and Mandy Hall makes chilli hot sauce. Karen Chan prepares spicy sweet pulled pork.	AUSTRALIA	English-100	2021	RPT	G	
25/04/2026	800	Cooking	Lidia's Kitchen	Baking Bread	8	19	Lidia constantly cherishes the memory of baking bread with her Grandma Rosa. She makes onion tomato focaccia then talks about Taralli. She cooks pizza rolls with two unique Italian fillings.	USA	English-100	2021	RPT	G	
25/04/2026	830	Cooking	Tastes And Traditions	Episode 20	1	20	In this episode of Tastes and Traditions, we explore the rich flavours of Ukrainian home cooking, starting with Eggs in Spicy Sauce.	UKRAINE	English-100	2025	RPT	PG	
25/04/2026	900	Cooking	Jamie At Home	Rhubarb	2	7	Rhubarb is finally having a resurgence! This is good news for the UK as historically they grow some of the best rhubarb in the world.	UNITED KINGDOM	English-100	2008	RPT	G	
25/04/2026	930	Cooking	Food Safari	Japanese Safari	2	1	Maeve joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste. Top restaurateur Kimitata Azuma makes a fast and easy fresh tuna salad, and home-cook Yuki Totsuba shows how to make miso soup. Sushi master Shinji Tani reveals some of the secrets of his art. While knife expert Hideo Dekura slices sashimi.	AUSTRALIA	English-100	2007	RPT	G	Y
25/04/2026	1000	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 7	3	7	From elegant swans to delicate chocolate tubes, it's time for homemade desserts that are just as good as any fine dining establishment.	AUSTRALIA	English-100	2022	RPT	G	
25/04/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 44	4	44	Justine makes a staple vegetable super fun with her broccoli topped with grated hard ricotta and shows you some mini mozzarella and salami pizza pockets.	AUSTRALIA	English-100	2014	RPT	G	
25/04/2026	1100	Travel	The Cook Up With Adam Liaw	Spice World	8	3	Stop right now, thank you very much, and take a trip to spice world with Adam and his guests, comedian Tegan Higginbotham and chef Tom Sarafan.	AUSTRALIA	English-100	2025	RPT	G	Y
25/04/2026	1130	Cooking	Instant Italian	Play Dough	1	1	Anna shows how to take pizza dough to a whole new level with her recipes for Pizza Montanare, a fried pizza, and Bubble Bread, a crisp dough with a cheesy centre.	USA	English-100	2025	RPT	G	

25/04/2026	1200	Travel	The Hairy Bikers USA	Finger Lickin' Frogs	1	1	Bill and Paul arrive in Central, Arkansas on the opening day of frog gigging season. They learn how to spear bullfrogs with a stick and cook them up on the side of the river banks. They also learn the secret to a famous BBQ sauce and in the end, they throw down with a group of Dutch Oven fanatics called The Redneck Gourmets.	UNITED KINGDOM	English-100	2011	RPT	PG	a l w
25/04/2026	1230	Cooking	Jamie's Super Food	Episode 2	1	2	Jamie's in the Nicoyan Peninsula in Costa Rica, where he joins fisherman Otto for a meal of freshly caught fish with family and friends on the beach.	UNITED KINGDOM	English-100	2015	RPT	PG	Y
25/04/2026	1325	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G	
25/04/2026	1330	Travel	David Rocco's Italia	Roman Food & Social Projects	1	13	Rome has always been a multicultural city, and that's apparent now more than ever. David meets with members of L'Orchestra di Piazza Vittorio, a band mostly made up of immigrants, who have achieved international success.	CANADA	English-100	2019	RPT	PG	Y
25/04/2026	1400	Cooking	Kriol Kitchen	Alli & Mitch Torres: Stinky Pearl Shell & Garlic Butter Pearl Meat	2	1	Alli and Mitch share two recipes they grew up with that their father used to make - a condiment made from the intestines of the pearl shell and also a dish made from the muscle of the shell.	AUSTRALIA	English-100	2014	RPT	G	Y
25/04/2026	1430	Cooking	Marcus Wareing's Kitchen Garden Tales	Salt Marsh Lamb	2	5	Having cooked with salt marsh lamb for years, Marcus decides to venture out to the Romney Marshes to meet shepherd Chris and his flock. Here he learns what gives this lamb its delicate flavour.	UNITED KINGDOM	English-100	2022	RPT	G	
25/04/2026	1500	Cooking	My Market Kitchen	Ep 30	6	30	Mike hits the road with David Mann for chicken kebabs with mojo rojo sauce. Chef Warren Mendez and Mandy Hall makes chilli hot sauce. Karen Chan prepares spicy sweet pulled pork.	AUSTRALIA	English-100	2021	RPT	G	
25/04/2026	1530	Cooking	Mary Berry's Fantastic Feasts	Ep 1	1	1	Dame Mary Berry knows a thing or two about cooking up a Festive Feast, and this year she's sharing her cooking skills with novice cooks, cousins James, Jack and Leah, who want to throw a great feast.	UNITED KINGDOM	English-100	2022	RPT	G	
25/04/2026	1635	Food Lifestyle	Inside Iceland: A Budget Supermarket	Ep 4	1	4	Christmas is the biggest time of year for all retailers, but especially for Britain's ultra-competitive supermarkets. They have to think about Christmas for at least ten months a year, says Iceland's Head Development Chef.	UNITED KINGDOM	English-100	2020	RPT	PG	
25/04/2026	1730	Travel	Tom Kerridge Cooks Britain	East Of Scotland - Haddock And Carrots	1	5	Tom Kerridge heads to the East Coast of Scotland 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	G	
25/04/2026	1800	Cooking	Nadiya's Family Favourites	Manic Weekdays	1	4	Nadiya Hussain creates tasty dishes for manic weekdays, visits the world's first cereal cafe in London, and rolls the dough with baker Heather at her Bread Baking Club.	UNITED KINGDOM	English-100	2018	RPT	PG	
25/04/2026	1830	Cooking	Jamie Cooks Italy	Basilicata	1	4	This week Jamie heads off the beaten track to the breath-taking but little known Basilicata in search of some seriously old school Italian recipes.	UNITED KINGDOM	English-100	2018	RPT	G	Y
25/04/2026	1930	Travel	Tour De Fred: Northern Ireland	North Coast, The	1	4	Fred's cycle on the North Coast takes him through dramatic cliffs and rolling hills. He tries golf and also gets a lesson in hurling, the fastest field sport in the world.	UNITED KINGDOM	English-100	2025	PG		Y
25/04/2026	2030	Animation	Rick Stein's Mediterranean Escapes	Corsica And Sardinia	1	1	Rick Stein journeys across the beautiful Mediterranean, visiting islands and places that radiate a vibrant sense of individuality through their spirit, history and food. His escape begins in Marseille, where he catches a ferry to Bastia, the ancient capital of Corsica, and is invited to a typical Corsican feast.	UNITED KINGDOM	English-100	2007	RPT	PG	Y
25/04/2026	2140	Travel	Anthony Bourdain: A Cook's Tour	My Hometown Favourites	1	16	Tony gives us an intimate tour of the New York City foods he loves - sturgeon and bagels, fluke ceviche, braised veal cheek, authentic cheese and, of course, a hotdog.	USA	English-100	2002	RPT	PG	
25/04/2026	2205	Travel	Anthony Bourdain: A Cook's Tour	French Laundry Experience, The	1	17	Marooned in San Francisco, Tony tastes local shellfish and durian ice cream before embarking on a pilgrimage to experience the genius of Thomas Keller, chef, and owner of The French Laundry.	USA	English-100	2002	RPT	PG	a w
25/04/2026	2230	Travel	Big Zuu And AJ Tracey: Rich Flavours	Scotland	1	2	Zuu & AJ hit the Highlands to taste the World's most expensive haggis. Meeting Scottish nobility, they carriage drive & fly fish, before cooking up a spicy feast for Scottish food royalty.	UNITED KINGDOM	English-100	2025	RPT	PG	
25/04/2026	2330	Travel	Tom Kerridge Cooks Britain	East Of Scotland - Haddock And Carrots	1	5	Tom Kerridge heads to the East Coast of Scotland 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	G	
25/04/2026	2400	Cooking	Nadiya's Family Favourites	Manic Weekdays	1	4	Nadiya Hussain creates tasty dishes for manic weekdays, visits the world's first cereal cafe in London, and rolls the dough with baker Heather at her Bread Baking Club.	UNITED KINGDOM	English-100	2018	RPT	PG	
25/04/2026	2430	Food Lifestyle	Inside Iceland: A Budget Supermarket	Ep 4	1	4	Christmas is the biggest time of year for all retailers, but especially for Britain's ultra-competitive supermarkets. They have to think about Christmas for at least ten months a year, says Iceland's Head Development Chef.	UNITED KINGDOM	English-100	2020	RPT	PG	
25/04/2026	2525	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G	
25/04/2026	2530	Cooking	Jamie Cooks Italy	Basilicata	1	4	This week Jamie heads off the beaten track to the breath-taking but little known Basilicata in search of some seriously old school Italian recipes.	UNITED KINGDOM	English-100	2018	RPT	G	Y
25/04/2026	2625	Fillers	Destination Flavour Scandinavia Bitesize	Series 1 Ep 3	1	3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G	Y
25/04/2026	2630	Travel	Tour De Fred: Northern Ireland	North Coast, The	1	4	Fred's cycle on the North Coast takes him through dramatic cliffs and rolling hills. He tries golf and also gets a lesson in hurling, the fastest field sport in the world.	UNITED KINGDOM	English-100	2025	RPT	PG	Y
25/04/2026	2725	Cooking	Bring A Plate	Keyma's Empanadas	1	3	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	2024	RPT	G	Y
25/04/2026	2730	Travel	Anthony Bourdain: A Cook's Tour	My Hometown Favourites	1	16	Tony gives us an intimate tour of the New York City foods he loves - sturgeon and bagels, fluke ceviche, braised veal cheek, authentic cheese and, of course, a hotdog.	USA	English-100	2002	RPT	PG	
25/04/2026	2800	Travel	Anthony Bourdain: A Cook's Tour	French Laundry Experience, The	1	17	Marooned in San Francisco, Tony tastes local shellfish and durian ice cream before embarking on a pilgrimage to experience the genius of Thomas Keller, chef, and owner of The French Laundry.	USA	English-100	2002	RPT	PG	a w
25/04/2026	2830	Travel	Tom Kerridge Cooks Britain	East Of Scotland - Haddock And Carrots	1	5	Tom Kerridge heads to the East Coast of Scotland 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	G	