



WEEK 18 **Sunday, 26 April 2026** **Saturday, 2 May 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
26/04/2026	500	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				
26/04/2026	530	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				
26/04/2026	625	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G				
26/04/2026	630	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	
26/04/2026	725	Fillers	Destination Flavour Scandinavia Bitesize	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		Y
26/04/2026	730	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	
26/04/2026	825	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		
26/04/2026	830	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		
26/04/2026	935	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				
26/04/2026	1035	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				
26/04/2026	1130	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	
26/04/2026	1225	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				
26/04/2026	1230	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	
26/04/2026	1325	Fillers	Destination Flavour Scandinavia Bitesize	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		Y
26/04/2026	1330	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				
26/04/2026	1400	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				
26/04/2026	1430	Cooking	The Cook Up With Adam Liaw	Timeless & Tasty	9	29	Tonight, comedian Elouise Etos and acclaimed chef Ollie Hansford share their timeless and tasty recipes with Adam.	AUSTRALIA	English-100	2025	RPT	G		Y		
26/04/2026	1500	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				
26/04/2026	1530	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		
26/04/2026	1600	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 Sarafian.	AUSTRALIA	English-100	2025	RPT	G		Y		

26/04/2026	1630	Cooking	Secrets Of The Curry Kitchen	Tangra: Kolkata's China Town	1	3	Chef Asma Khan's recipes inspired by Kolkata's China-Town. Fried Chicken, Chilli Steak with spicy Mash and mouthwatering Tangra Prawns. Tantalising Indo-Chinese flavours.	UNITED KINGDOM	English-100	2025	RPT	G			
26/04/2026	1700	Cooking	Secrets Of The Curry Kitchen	Sweet Things	1	4	Chef Asma Khan makes Indian desserts with unique quality. Delicious Kheer, a spiced bread & butter pudding, a chocolate treat and banana fritters.	UNITED KINGDOM	English-100	2025	RPT	G			
26/04/2026	1730	Travel	Nadiya's American Adventure	Louisiana	1	1	Nadiya Hussain has always been fascinated by America, home to more immigrants than any other country, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG		Y	
26/04/2026	1840	Travel	Gordon Ramsay: Uncharted Showdown	England's Jurassic Coast	1	1	Gordon Ramsay dives, rappels, kayaks, forages and fishes on an all-out action global adventure in search of the world's most incredible food.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y	
26/04/2026	1930	Travel	Guillaume's French Atlantic	Episode 4	1	4	Join Chef Guillaume Brahimi on this captivating maritime journey, immersing yourself in the profound Celtic heritage and extraordinary seafood of Brittany, as he continues to uncover the region's culinary treasures and cultural wonders.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
26/04/2026	2000	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 3	1	3	Analeise embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout at Lake Pedder.	AUSTRALIA	English-100	2021	RPT	PG		Y	
26/04/2026	2030	Travel	Rick Stein's Food Stories	Midlands	1	14	Food writer Gurdeep Loyal tours Rick around Leicester's best Indian food, from a hidden gem food truck to Indian high tea. At home Rick cooks our favourite, chicken tikka masala.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
26/04/2026	2100	Travel	Rick Stein's Food Stories	West Country	1	15	In the West Country, Rick meets an organic food pioneer, a famous female cheesemaker and the master of simple British food, chef Mark Hix. Then, he cooks his own veggie dishes.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
26/04/2026	2130	Travel	Anthony Bourdain: A Cook's Tour	Traditional Tastes	1	18	Tony is invited to experience the culinary heart and distinct walled medinas (districts) of the Moroccan city Fez.	USA	English-100	2002	RPT	PG			
26/04/2026	2200	Travel	Anthony Bourdain: A Cook's Tour	Portugal: Cod Crazy	1	19	Tony travels to Porto, home of the famous Port wine, where he is immediately exposed to the codfish and the almost mythical place it holds in Portuguese cuisine and culture.	USA	English-100	2002	RPT	PG	a w		
26/04/2026	2230	Travel	Big Zuu And AJ Tracey: Rich Flavours	New York	1	3	Zuu & AJ hit New York to taste the World's most expensive Pizza. They cook up a storm in a Michelin starred kitchen and create a surprising spin on Pizza for wall street traders.	UNITED KINGDOM	English-100	2025	RPT	M	l	Y	
26/04/2026	2330	Cooking	Secrets Of The Curry Kitchen	Tangra: Kolkata's China Town	1	3	Chef Asma Khan's recipes inspired by Kolkata's China-Town. Fried Chicken, Chilli Steak with spicy Mash and mouthwatering Tangra Prawns. Tantalising Indo-Chinese flavours.	UNITED KINGDOM	English-100	2025	RPT	G			
26/04/2026	2400	Cooking	Secrets Of The Curry Kitchen	Sweet Things	1	4	Chef Asma Khan makes Indian desserts with unique quality. Delicious Kheer, a spiced bread & butter pudding, a chocolate treat and banana fritters.	UNITED KINGDOM	English-100	2025	RPT	G			
26/04/2026	2430	Travel	Nadiya's American Adventure	Louisiana	1	1	Nadiya Hussain has always been fascinated by America, home to more immigrants than any other country, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG		Y	
26/04/2026	2540	Travel	Gordon Ramsay: Uncharted Showdown	England's Jurassic Coast	1	1	Gordon Ramsay dives, rappels, kayaks, forages and fishes on an all-out action global adventure in search of the world's most incredible food.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y	
26/04/2026	2630	Travel	Rick Stein's Food Stories	Midlands	1	14	Food writer Gurdeep Loyal tours Rick around Leicester's best Indian food, from a hidden gem food truck to Indian high tea. At home Rick cooks our favourite, chicken tikka masala.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
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26/04/2026	2800	Travel	Anthony Bourdain: A Cook's Tour	Portugal: Cod Crazy	1	19	Tony travels to Porto, home of the famous Port wine, where he is immediately exposed to the codfish and the almost mythical place it holds in Portuguese cuisine and culture.	USA	English-100	2002	RPT	PG	a w		
26/04/2026	2830	Travel	Guillaume's French Atlantic	Episode 4	1	4	Join Chef Guillaume Brahimi on this captivating maritime journey, immersing yourself in the profound Celtic heritage and extraordinary seafood of Brittany, as he continues to uncover the region's culinary treasures and cultural wonders.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
27/04/2026	500	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			
27/04/2026	530	Cooking	The Cook Up With Adam Liaw	Timeless & Tasty	9	29	Tonight, comedian Elouise Efros and acclaimed chef Ollie Hansford share their timeless and tasty recipes with Adam.	AUSTRALIA	English-100	2025	RPT	G		Y	
27/04/2026	600	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			
27/04/2026	630	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	

27/04/2026	700	Travel	The Cook Up With Adam Ulaw	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	
27/04/2026	730	Cooking	Secrets Of The Curry Kitchen	Tangra: Kolkata's China Town	1	3	Chef Asma Khan's recipes inspired by Kolkata's China-Town. Fried Chicken, Chili Steak with spicy Mash and mouthwatering Tangra Prawns. Tantalising Indo-Chinese flavours.	UNITED KINGDOM	English-100	2025	RPT	G			
27/04/2026	800	Cooking	Secrets Of The Curry Kitchen	Sweet Things	1	4	Chef Asma Khan makes Indian desserts with unique quality. Delicious Kheer, a spiced bread & butter pudding, a chocolate treat and banana fritters.	UNITED KINGDOM	English-100	2025	RPT	G			
27/04/2026	830	Travel	Nadya's American Adventure	Louisiana	1	1	Nadya Hussain has always been fascinated by America, home to more immigrants than any other country, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG		Y	
27/04/2026	940	Travel	Gordon Ramsay: Uncharted Showdown	England's Jurassic Coast	1	1	Gordon Ramsay dives, rappels, kayaks, forages and fishes on an all-out action global adventure in search of the world's most incredible food.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w	Y	
27/04/2026	1030	Travel	Gillaume's French Atlantic	Episode 4	1	4	Join Chef Guillaume Brahimi on this captivating maritime Journey, immersing yourself in the profound Celtic heritage and extraordinary seafood of Brittany, as he continues to uncover the region's culinary treasures and cultural wonders.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
27/04/2026	1100	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 3	1	3	Analeise embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout at Lake Pedder.	AUSTRALIA	English-100	2021	RPT	PG		Y	
27/04/2026	1130	Travel	Rick Stein's Food Stories	Midlands	1	14	Food writer Gurdeep Loyal tours Rick around Leicester's best Indian food, from a hidden gem food truck to Indian high tea. At home Rick cooks our favourite, chicken tikka masala.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
27/04/2026	1200	Travel	Rick Stein's Food Stories	West Country	1	15	In the West Country, Rick meets an organic food pioneer, a famous female cheesemaker and the master of simple British food, chef Mark Hix. Then, he cooks his own veggie dishes.	UNITED KINGDOM	English-100	2023	RPT	PG	a w		
27/04/2026	1230	Cooking	Paula McIntyre's Hamely Kitchen Specials	Paula McIntyre's Burns Night Banquet	1	3	Paula usually celebrates Burns Night by cooking neeps and tatties alongside some haggis. This year is a little different. She challenges herself with re-creating traditional recipes.	UNITED KINGDOM	English-100	2022	RPT	G			
27/04/2026	1315	Cooking	Lorraine's Fast, Fresh And Easy Food	Posh Nosh	1	5	Tonight's show is packed full of ideas for posh nosh. So whether you're throwing a dinner party or just want to rustle up something a bit more special, Lorraine has it covered.	UNITED KINGDOM	English-100	2012	RPT	G			
27/04/2026	1345	Travel	Destination Flavour	Destination Flavour Series 1 Episode 2	1	2	A food-inspired road trip around Australia with hosts Adam Ulaw, Renee Lim and Lily Serna. Tonight, Lily samples a gourmet fig tart and snacks on raw potato in the southern highlands of NSW, while Renee experiences the buzz behind the Latin American food scene in Melbourne, and Adam pairs lobster with superb cool-climate wine in Tasmania.	AUSTRALIA	English-100	2012	RPT	G		Y	
27/04/2026	1415	Travel	Adam Richman Eats Football	West Ham	2024	1	Adam Richman is diving fork-first into Britain's football food culture. Today he's in East London to watch West Ham. He joins Hammers fans for pie and mash, tries a prawn curry so good it blows his mind. Lastly, enjoys fine dining on a barge right moored right by the London Stadium.	UNITED KINGDOM	English-100	2024	RPT	G			
27/04/2026	1440	Cooking	Kriol Kitchen	Clifton Mamid: Tempura Fish & Blachung With Asian Style Salad	2	2	Clifton Mamid is a trained chef who draws on his grandfather's Malaysian influence and whips up three separate dishes that make for a scrumptious meal.	AUSTRALIA	English-100	2014	RPT	G		Y	
27/04/2026	1510	Cooking	Marcus Wareing's Kitchen Garden Tales	Smoked Trout	2	6	Interested in diversifying his cooking at the small holding, Marcus decides to build a smoker. But first, he needs something to smoke in it.	UNITED KINGDOM	English-100	2022	RPT	PG	a w		
27/04/2026	1540	Cooking	My Market Kitchen	Ep 31	6	31	Matt showcases a dish with hummus as the hero. Mike and David Mann elevate camping breakfast. Laura teams up with Chef Warren Mendez to create a yummy malted cookie sandwich.	AUSTRALIA	English-100	2021	RPT	PG			
27/04/2026	1605	Cooking	Lidia's Kitchen	Italian Products Have Arrived!, The	8	20	The arrival of Italians into America demanded the need for Italian products as well. This resulted in more creativity and flavour in the kitchen like Belgian and red endive salads and cherry jam tarts.	USA	English-100	2021	RPT	G			
27/04/2026	1630	Cooking	Tastes And Traditions	Episode 21	1	21	In this episode of Tastes and Traditions, we celebrate the heart of Ukrainian cuisine with three comforting recipes.	UKRAINE	English-100	2025		PG			
27/04/2026	1700	Cooking	Jamie At Home	Asparagus	2	8	English asparagus is world renowned and with a short six week season, something to really treasure.	UNITED KINGDOM	English-100	2008	RPT	PG	i		
27/04/2026	1730	Cooking	Food Safari	French Safari Part 1	2	2	Maeve meets up with top chef Guillaume Brahimi. He gives the rundown on the essential French ingredients - great butter and salt, bread, fresh herbs, mustard and cheeses. He cooks up a beef bourguignon, and shares the secrets of the perfect potato mash. Former chef France Vidal makes a French Onion soup in half an hour, while TV chef Gabriel Gate gives the rundown on essential cooking equipment.	AUSTRALIA	English-100	2007	RPT	G		Y	
27/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 8	3	8	Kirsten reveals the secret to making her spicy iced chocolate drink and the perfect garnish. Then learn how to make a sticky white chocolate nougat with pineapple and a chocolate caramelised pastry stack.	AUSTRALIA	English-100	2022	RPT	G			
27/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 45	4	45	Justine shares her recipe for a breakfast bircher muesli, shows you a fantastic vermicelli salad with nuoc mam cham dressing and makes a cherry ripe mousse with Trish McKenzie.	AUSTRALIA	English-100	2014	RPT	G			
27/04/2026	1900	Cooking	The Cook Up With Adam Ulaw	Effortless Eating	9	31	Sit back and relax, because Adam, rap superstar BARKAA and leading chef Paul Farag have three recipes designed for effortless eating.	AUSTRALIA	English-100	2025		G		Y	

27/04/2026	1930	Cooking	Donal's Super Food In Minutes	Episode 9	1	9	Donal Skehan shares five more delicious, everyday good for you meals made with healthy ingredients at the core.	UNITED KINGDOM	English-100	2020		PG	
27/04/2026	2000	Food Lifestyle	The Streets Hong Kong	Ep 5	1	5	Dan takes viewers on a tour of one of Hong Kong's original wonton noodle establishments. Savouring flavourful handmade wontons, he also shares his own recipe.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y
27/04/2026	2030	Food Lifestyle	River Cottage Autumn	Wild Food Feast	1	3	We are deep into autumn and the harvest has been hearty for Hugh and his faithful River Cottage crew.	UNITED KINGDOM	English-100	2008		PG	
27/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Bristol: Becky	21	6	This week's competition is in and around Bristol, where the first host is hairdresser and mum-of-three Becky.	UNITED KINGDOM	English-100	2024	RPT	PG	
27/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Bristol: Alexis	21	7	Tonight sees the turn of care coordinator Alexis, who hopes to give her guests a taste of the tropical.	UNITED KINGDOM	English-100	2024	RPT	G	
27/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Effortless Eating	9	31	Sit back and relax, because Adam, rap superstar BARKAA and leading chef Paul Farag have three recipes designed for effortless eating.	AUSTRALIA	English-100	2025	RPT	G	Y
27/04/2026	2300	Cooking	The Cook And The Chef	Fast Food	4	24	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today. Not only are they as convenient, but they're a whole lot tastier and healthy for you too.	AUSTRALIA	English-100	2021	RPT	G	
27/04/2026	2330	Cooking	Paula McIntyre's Hamely Kitchen Specials	Paula McIntyre's Burns Night Banquet	1	3	Paula usually celebrates Burns Night by cooking neeps and tatties alongside some haggis. This year is a little different. She challenges herself with re-creating traditional recipes.	UNITED KINGDOM	English-100	2022	RPT	G	
27/04/2026	2415	Cooking	Lorraine's Fast, Fresh And Easy Food	Posh Nosh	1	5	Tonight's show is packed full of ideas for posh nosh. So whether you're throwing a dinner party or just want to rustle up something a bit more special, Lorraine has it covered.	UNITED KINGDOM	English-100	2012	RPT	G	
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27/04/2026	2515	Food Lifestyle	The Streets Hong Kong	Ep 5	1	5	Dan takes viewers on a tour of one of Hong Kong's original wonton noodle establishments. Savouring flavourful handmade wontons, he also shares his own recipe.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y
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27/04/2026	2700	Food Lifestyle	Come Dine With Me UK	Bristol: Alexis	21	7	Tonight sees the turn of care coordinator Alexis, who hopes to give her guests a taste of the tropical.	UNITED KINGDOM	English-100	2024	RPT	G	
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28/04/2026	700	Cooking	Lidia's Kitchen	Italian Products Have Arrived!, The	8	20	The arrival of Italians into America demanded the need for Italian products as well. This resulted in more creativity and flavour in the kitchen like Belgian and red endive salads and cherry jam tarts.	USA	English-100	2021	RPT	G	
28/04/2026	730	Cooking	Tastes And Traditions	Episode 21	1	21	In this episode of Tastes and Traditions, we celebrate the heart of Ukrainian cuisine with three comforting recipes.	UKRAINE	English-100	2025	RPT	PG	
28/04/2026	800	Cooking	Jamie At Home	Asparagus	2	8	English asparagus is world renowned and with a short six week season, something to really treasure.	UNITED KINGDOM	English-100	2008	RPT	PG	i

28/04/2026	830	Cooking	Food Safari	French Safari Part 1	2	2	Maeve meets up with top chef Guillaume Brahimi. He gives the rundown on the essential French ingredients - great butter and salt, bread, fresh herbs, mustard and cheeses. He cooks up a beef bourguignon, and shares the secrets of the perfect potato mash. Former chef France Vidal makes a French Onion soup in half an hour, while TV chef Gabriel Gate gives the rundown on essential cooking equipment.	AUSTRALIA	English-100	2007	RPT	G	Y	
28/04/2026	900	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 8	3	8	Kirsten reveals the secret to making her spicy iced chocolate drink and the perfect garnish. Then learn how to make a sticky white chocolate nougat with pineapple and a chocolate caramelised pastry stack.	AUSTRALIA	English-100	2022	RPT	G		
28/04/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Ep 45	4	45	Justine shares her recipe for a breakfast bircher muesli, shows you a fantastic vermicelli salad with nuoc mam cham dressing and makes a cherry ripe mousse with Trish McKenzie.	AUSTRALIA	English-100	2014	RPT	G		
28/04/2026	1000	Travel	Adam Richman Eats Football	West Ham	2024	1	Adam Richman is diving fork-first into Britain's football food culture. Today he's in East London to watch West Ham. He joins Hammers fans for pie and mash, tries a prawn curry so good it blows his mind. Lastly, enjoys fine dining on a barge right moored right by the London Stadium.	UNITED KINGDOM	English-100	2024	RPT	G		
28/04/2026	1030	Cooking	Kriol Kitchen	Clifton Mamid: Tempura Fish & Blachung With Asian Style Salad	2	2	Clifton Mamid is a trained chef who draws on his grandfather's Malaysian influence and whips up three separate dishes that make for a scrumptious meal.	AUSTRALIA	English-100	2014	RPT	G	Y	
28/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Effortless Eating	9	31	Sit back and relax, because Adam, rap superstar BARKAA and leading chef Paul Farag have three recipes designed for effortless eating.	AUSTRALIA	English-100	2025	RPT	G	Y	
28/04/2026	1130	Cooking	Donal's Super Food In Minutes	Episode 9	1	9	Donal Skehan shares five more delicious, everyday good for you meals made with healthy ingredients at the core.	UNITED KINGDOM	English-100	2020	RPT	PG		
28/04/2026	1200	Food Lifestyle	The Streets Hong Kong	Ep 5	1	5	Dan takes viewers on a tour of one of Hong Kong's original wonton noodle establishments. Savouring flavourful handmade wontons, he also shares his own recipe.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
28/04/2026	1230	Travel	Taste Of The Tropics: Family & Friends	Taste Of The Tropics: Family & Friends	1		Join Davy O'Rourke on a culinary journey across tropical North Queensland as he prepares a traditional Papua New Guinean Mumu - earth oven - with the help of his family and friends.	AUSTRALIA	English-100	2023	RPT	G	Y	
28/04/2026	1300	Cooking	Lorraine's Fast, Fresh And Easy Food	Everyday Easy	1	6	In the final episode, Lorraine makes easy, delicious dishes that you can rustle up every day. There's pan fried pork chops with a watercress, peach & stilton salad and a lemon ginger dressing and a simple Malaysian net bread that's great served with dips or curries.	UNITED KINGDOM	English-100	2012	RPT	G		
28/04/2026	1330	Travel	Destination Flavour	Destination Flavour Series 1 Episode 3	1	3	Hosts Adam Liaw, Renee Lim and Lily Serna take a culinary road trip around Australia. This week, Adam tries the award-winning Holy Goat cheese and discovers Alia Wolf-Tasker's Russian food heritage in Central Victoria, Renee spends a revealing day with Peter Kuruvita on Sydney Harbour, while Lily is treated to a stunning kaiseki menu as a personal guest of the Japanese ambassador in Canberra.	AUSTRALIA	English-100	2012	RPT	G	Y	
28/04/2026	1400	Travel	Adam Richman Eats Football	Notts Forest	2024	2	Adam heads to the East Midlands to watch Nottingham Forest at home. While in town he plans to dive fork first into the local food scene and try the best matchday eats Nottingham can offer.	UNITED KINGDOM	English-100	2024	RPT	PG		
28/04/2026	1430	Cooking	Kriol Kitchen	Hasimah Haji Noor: Spicy Chicken, Fried Chill Eggs & Spicy Malay Noodles	2	3	All of the dishes like Malaysian Spicy Chicken, Fried Chill Eggs and Spicy Malay Noodles have come across the ocean from Malaysia and Singapore, to Broome, from Hasimah's father.	AUSTRALIA	English-100	2014	RPT	G	Y	Y
28/04/2026	1500	Cooking	Marcus Wareing's Kitchen Garden Tales	Rewilding	2	7	Marcus has noticed more and more deer on his land and wants to learn what he should be doing to manage them. He goes to Knepp Estate to meet Charlie and Issy who have turned over their 3500-acre farm.	UNITED KINGDOM	English-100	2022	RPT	G		
28/04/2026	1530	Cooking	My Market Kitchen	Ep 32	6	32	Laura prepares the famous South Australian King George Whiting at the Adelaide Central Market. Mike indulges in a very tempting dessert with Chef Dan Szwarc.	AUSTRALIA	English-100	2021	RPT	G		
28/04/2026	1600	Cooking	Lidia's Kitchen	My Goats & Ricotta	8	21	Lidia grew up around goats, and their delicious milk which were used to make ricotta. She makes spinach ricotta dumplings, an open cookie cannoli, and then ricotta meatloaf with tomato sauce.	USA	English-100	2021	RPT	G		
28/04/2026	1630	Cooking	Tastes And Traditions	Episode 22	1	22	In this episode of Tastes and Traditions, we explore a trio of comforting Ukrainian and regional dishes.	UKRAINE	English-100	2025		PG		
28/04/2026	1700	Cooking	Jamie At Home	Peppers And Chillies	2	9	Jamie makes a delicious spicy pork goulash using a variety of ingredients from the capsicum family.	UNITED KINGDOM	English-100	2008	RPT	PG	a w	
28/04/2026	1730	Cooking	Food Safari	French Safari Part 2	2	3	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes. Philippe Mouchel then makes a lamb navarin served with a celeriac and truffle puree. Maeve also meets cheese expert Eric Moschetti and learns that there are so many French cheeses, you can taste three a day for a year and still have some to try.	AUSTRALIA	English-100	2007	RPT	G	Y	
28/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 9	3	9	Dive into a fruity chocolate journey today with Kirsten's lime and coconut-infused choux buns and a simple cream and raspberry tart. Then she makes muddy snowballs and chocolate brownie biscuits.	AUSTRALIA	English-100	2022	RPT	PG		
28/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 46	4	46	Johnny Di Francesco joins the kitchen to make a mouth-watering silverbeet and pancetta calzone. Justine shares her recipes for hot and sour salad of duck and prawn, shitake and eggplant stir-fry.	AUSTRALIA	English-100	2014	RPT	G		
28/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Something With Steak	9	32	Tonight, Adam, Ramona Trattoria's Ashley-Maree Kent and The Mitch Churi Chat Show's Mitch Churi serve up something with steak.	AUSTRALIA	English-100	2025		G	Y	

28/04/2026	1930	Cooking	Silvia's Italian Masterclass	Episode 10	3	10	A festive Italian Christmas brought to the Australian summer table-blending tradition, seasonality, and celebration in every dish.	AUSTRALIA	English-100	2025		PG			
28/04/2026	2000	Travel	Taste Of Australia In Vietnam	Ho Chi Minh City And Dalat	1	2	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100	2024	RPT	G			Y
28/04/2026	2035	Culture & Society	Eva Longoria: Searching For Spain	Seville And The Andalusia Region	1	2	Andalusia is the soul of Spain, where flamenco and bullfighting originated and home to iconic produce and delicious dishes like jamon iberico, tapas, and gazpacho.	USA	English-76; Spanish-24	2024	RPT	PG	a v w	Y	Y
28/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Bristol: Stance	21	8	The guests aren't expecting much from Stance but he's planning to surprise them with a menu based on his Lebanese and Persian heritage and with a little help from mum!	UNITED KINGDOM	English-100	2024	RPT	PG			
28/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Bristol: George	21	9	Last to try and bag the thousand pound prize this week is floor layer George who's hoping to win over his guests with restaurant standard food and a 'cheeky' menu.	UNITED KINGDOM	English-100	2024	RPT	PG			
28/04/2026	2230	Cooking	The Cook Up With Adam Llaw	Something With Steak	9	32	Tonight, Adam, Ramona Trattoria's Ashley-Maree Kent and The Mitch Churi Chat Show's Mitch Churi serve up something with steak.	AUSTRALIA	English-100	2025	RPT	G		Y	
28/04/2026	2300	Cooking	The Cook And The Chef	Celebrity Chefs	4	25	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100	2021	RPT	G			
28/04/2026	2330	Travel	Taste Of The Tropics: Family & Friends	Taste Of The Tropics: Family & Friends	1		Join Dany O'Rourke on a culinary journey across tropical North Queensland as he prepares a traditional Papua New Guinean Mumu - earth oven - with the help of his family and friends.	AUSTRALIA	English-100	2023	RPT	G		Y	
28/04/2026	2400	Cooking	Lorraine's Fast, Fresh And Easy Food	Everyday Easy	1	6	In the final episode, Lorraine makes easy, delicious dishes that you can rustle up every day. There's pan fried pork chops with a watercress, peach & stilton salad and a lemon ginger dressing and a simple Malaysian net bread that's great served with dips or curries.	UNITED KINGDOM	English-100	2012	RPT	G			
28/04/2026	2430	Cooking	Silvia's Italian Masterclass	Episode 10	3	10	A festive Italian Christmas brought to the Australian summer table-blending tradition, seasonality, and celebration in every dish.	AUSTRALIA	English-100	2025	RPT	PG			
28/04/2026	2500	Travel	Taste Of Australia In Vietnam	Ho Chi Minh City And Dalat	1	2	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100	2024	RPT	G			Y
28/04/2026	2535	Culture & Society	Eva Longoria: Searching For Spain	Seville And The Andalusia Region	1	2	Andalusia is the soul of Spain, where flamenco and bullfighting originated and home to iconic produce and delicious dishes like jamon iberico, tapas, and gazpacho.	USA	English-76; Spanish-24	2024	RPT	PG	a v w	Y	Y
28/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Bristol: Stance	21	8	The guests aren't expecting much from Stance but he's planning to surprise them with a menu based on his Lebanese and Persian heritage and with a little help from mum!	UNITED KINGDOM	English-100	2024	RPT	PG			
28/04/2026	2700	Food Lifestyle	Come Dine With Me UK	Bristol: George	21	9	Last to try and bag the thousand pound prize this week is floor layer George who's hoping to win over his guests with restaurant standard food and a 'cheeky' menu.	UNITED KINGDOM	English-100	2024	RPT	PG			
28/04/2026	2730	Cooking	The Cook Up With Adam Llaw	Something With Steak	9	32	Tonight, Adam, Ramona Trattoria's Ashley-Maree Kent and The Mitch Churi Chat Show's Mitch Churi serve up something with steak.	AUSTRALIA	English-100	2025	RPT	G		Y	
28/04/2026	2800	Cooking	The Cook And The Chef	Celebrity Chefs	4	25	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100	2021	RPT	G			
28/04/2026	2830	Travel	Destination Flavour	Destination Flavour Series 1 Episode 3	1	3	Hosts Adam Llaw, Renee Lim and Lily Serna take a culinary road trip around Australia. This week, Adam tries the award-winning Holy Goat cheese and discovers Alla Wolf-Tasker's Russian food heritage in Central Victoria, Renee spends a revealing day with Peter Kuruvita on Sydney Harbour, while Lily is treated to a stunning kaiseki menu as a personal guest of the Japanese ambassador in Canberra.	AUSTRALIA	English-100	2012	RPT	G		Y	
29/04/2026	500	Travel	Adam Richman Eats Football	Notts Forest	2024	2	Adam heads to the East Midlands to watch Nottingham Forest at home. While in town he plans to dive fork first into the local food scene and try the best matchday eats Nottingham can offer.	UNITED KINGDOM	English-100	2024	RPT	PG			
29/04/2026	530	Cooking	Kriol Kitchen	Hasimah Hajj Noor: Spicy Chicken, Fried Chilll Eggs & Spicy Malay Noodles	2	3	All of the dishes like Malaysian Spicy Chicken, Fried Chilll Eggs and Spicy Malay Noodles have come across the ocean from Malaysia and Singapore, to Broome, from Hasimah's father.	AUSTRALIA	English-100	2014	RPT	G		Y	Y
29/04/2026	600	Cooking	Marcus Wareing's Kitchen Garden Tales	Rewilding	2	7	Marcus has noticed more and more deer on his land and wants to learn what he should be doing to manage them. He goes to Knepp Estate to meet Charlie and Issy who have turned over their 3500-acre farm.	UNITED KINGDOM	English-100	2022	RPT	G			
29/04/2026	630	Cooking	My Market Kitchen	Ep 32	6	32	Laura prepares the famous South Australian King George Whiting at the Adelaide Central Market. Mike indulges in a very tempting dessert with Chef Dan Swarc.	AUSTRALIA	English-100	2021	RPT	G			
29/04/2026	700	Cooking	Lidia's Kitchen	My Goats & Ricotta	8	21	Lidia grew up around goats, and their delicious milk which were used to make ricotta. She makes spinach ricotta dumplings, an open cookie cannoli, and then ricotta meatloaf with tomato sauce.	USA	English-100	2021	RPT	G			
29/04/2026	730	Cooking	Tastes And Traditions	Episode 22	1	22	In this episode of Tastes and Traditions, we explore a trio of comforting Ukrainian and regional dishes.	UKRAINE	English-100	2025	RPT	PG			

29/04/2026	800	Cooking	Jamie At Home	Peppers And Chillies	2	9	Jamie makes a delicious spicy pork goulash using a variety of ingredients from the capsicum family.	UNITED KINGDOM	English-100	2008	RPT	PG	a w	
29/04/2026	830	Cooking	Food Safari	French Safari Part 2	2	3	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes. Philippe Mouchel then makes a lamb navarin served with a celeriac and truffle puree. Maeve also meets cheese expert Eric Moschietto and learns that there are so many French cheeses, you can taste three a day for a year and still have some to try.	AUSTRALIA	English-100	2007	RPT	G	Y	
29/04/2026	900	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 9	3	9	Dive into a fruity chocolate journey today with Kirsten's lime and coconut-infused choux buns and a simple cream and raspberry tart. Then she makes muddy snowballs and chocolate brownie biscuits.	AUSTRALIA	English-100	2022	RPT	PG		
29/04/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Ep 46	4	46	Johnny Di Francesco joins the kitchen to make a mouth-watering silverbeet and pancetta calzone. Justine shares her recipes for hot and sour salad of duck and prawn, shitake and eggplant stir-fry.	AUSTRALIA	English-100	2014	RPT	G		
29/04/2026	1000	Travel	Adam Richman Eats Football	Notts Forest	2024	2	Adam heads to the East Midlands to watch Nottingham Forest at home. While in town he plans to dive for first into the local food scene and try the best matchday eats Nottingham can offer.	UNITED KINGDOM	English-100	2024	RPT	PG		
29/04/2026	1030	Cooking	Kriol Kitchen	Hasimah Haji Noor: Spicy Chicken, Fried Chill Eggs & Spicy Malay Noodles	2	3	All of the dishes like Malaysian Spicy Chicken, Fried Chill Eggs and Spicy Malay Noodles have come across the ocean from Malaysia and Singapore, to Broome, from Hasimah's father.	AUSTRALIA	English-100	2014	RPT	G	Y	Y
29/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Something With Steak	9	32	Tonight, Adam, Ramona Trattoria's Ashley-Maree Kent and The Mitch Churi Chat Show's Mitch Churi serve up something with steak.	AUSTRALIA	English-100	2025	RPT	G	Y	
29/04/2026	1130	Cooking	Silvia's Italian Masterclass	Episode 10	3	10	A festive Italian Christmas brought to the Australian summer table-blending tradition, seasonality, and celebration in every dish.	AUSTRALIA	English-100	2025	RPT	PG		
29/04/2026	1200	Travel	Taste Of Australia In Vietnam	Ho Chi Minh City And Dalat	1	2	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100	2024	RPT	G	Y	
29/04/2026	1235	Cooking	Ainsley's Great Garden Cook Off	Poppy O'toole And Sam Grainger	1	1	Ainsley is joined by chefs Poppy O'Toole and Sam Grainger in Cambridge for a light-hearted cooking contest in Wimpole Estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G		
29/04/2026	1330	Travel	Destination Flavour	Destination Flavour Series 1 Episode 4	1	4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over the Australia. This week, Renee finds fusion food and real bush tucker in tropical Queensland, Adam drops in for lunch with gourmet farmer Matthew Evans in Tasmania, and Lily meets Ryan Squires, a top Brisbane chef with a passion for sustainable seafood.	AUSTRALIA	English-100	2012	RPT	G	Y	
29/04/2026	1400	Travel	Adam Richman Eats Football	Chelsea	2024	3	Adams heads to West London to take in a Chelsea match at Stamford Bridge. Before the game he sets about exploring the food culture connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G		
29/04/2026	1430	Cooking	Kriol Kitchen	Ali & Mitch Torres: Birriga Birriga (Pippies) Soup & Goolil (Turtle) Chill Tamarind Sambal	2	4	Drawing on the local seafood from Roebuck Bay, Ali and Mitch takes us to a childhood location that has on many occasions fed their family well with shellfish, fish and turtle aplenty.	AUSTRALIA	English-100	2014	RPT	G	Y	
29/04/2026	1500	Cooking	Marcus Wareing's Kitchen Garden Tales	Flavour	2	8	There is plenty of fresh produce growing in the kitchen garden, but one of the important ingredients that Marcus uses is salt; something he can't produce himself. He travels to Essex and learns how.	UNITED KINGDOM	English-100	2022	RPT	G		
29/04/2026	1530	Cooking	My Market Kitchen	Ep 33	6	33	Matt kicks off the show with his favourite Indian dish, Palak Paneer. Tobie Puttock takes over in the market kitchen with his easy-to-prepare Bolognese. Mike joins David Mann in the great outdoors.	AUSTRALIA	English-100	2021	RPT	PG		
29/04/2026	1600	Cooking	Lidia's Kitchen	Foraging Adventures	8	22	As a child, Lidia would forage for ingredients that were not produced in the courtyard, garden, or field. Now she makes chestnut mushroom ragu, asparagus gratin with fried egg, and clam soup.	USA	English-100	2021	RPT	G		
29/04/2026	1630	Cooking	Tastes And Traditions	Episode 23	1	23	In this episode of Tastes and Traditions, we dive into hearty, comforting dishes that bring warmth and flavour to any table.	UKRAINE	English-100	2025		PG		
29/04/2026	1700	Cooking	Jamie At Home	Mushrooms	2	10	A lack of mushrooms in Jamie's garden inspires to him to go search in his local forest, taking along his mentor and mushroom don, Gennaro Contaldo.	UNITED KINGDOM	English-100	2008	RPT	PG		
29/04/2026	1730	Cooking	Food Safari	Indonesian Safari	2	4	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney. Rohanna demonstrates the key ingredients needed for Indonesian cooking and makes spicy chilli sauce. Fellow chef Alina Lucas cooks an easy chicken curry while 'Aunty' Wahwan whips up grilled fish with a sweet and sour vegetable sauce.	AUSTRALIA	English-100	2007	RPT	G	Y	
29/04/2026	1800	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 10	3	10	Kirsten shows her chocolatey twist on everyone's favourite: churros with a rich chocolate fudge sauce. Then she with her irresistible coconut shortbread recipe, plus steamed chocolate buns.	AUSTRALIA	English-100	2022	RPT	G		
29/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 47	4	47	Justine makes chicken wrapped in nori and a fragrant mixed fruit and frangipane galette. Adam Swanson drops in to make his lentil, mushroom and pancetta casarecce brodo.	AUSTRALIA	English-100	2014	RPT	G		
29/04/2026	1900	Cooking	The Cook Up With Adam Liaw	Fast, Fresh Indian	9	33	Two of Australia's finest Indian cuisine experts, Justin Narayan and Bhavna Shivalkar, join Adam for a night of fast, fresh Indian food.	AUSTRALIA	English-100	2025		G	Y	
29/04/2026	1930	Travel	Locals Welcome	Around The Airport	1	2	Suresh Doss explores the food scene around Toronto's Pearson Airport, finding a neighbourhood full of South Asian fare.	CANADA	English-100	2024				

29/04/2026	2000	Cooking	Richo's Hungry Az Hell	Roasts To Die For	1	8	Nothing brings people together like a roast. Or tears them apart when someone steals the last crispy bit.	AUSTRALIA	English-100	2025		PG	
29/04/2026	2030	Travel	Rick Stein's Cabin Fever	Rick Stein's Cabin Fever	1	0	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of 'Rick Stein's French Odyssey' including his favourite dishes along the route and behind-the-scenes DV footage of the highlights and the trials and tribulations of such an undertaking.	UNITED KINGDOM	English-100	2006	RPT	PG	a l w
29/04/2026	2140	Food Lifestyle	Come Dine With Me UK	Glasgow: Lauren	21	10	First up this week is 31 year old project manager, Lauren, who's hoping to impress her guests with her unique Celtic-Caribbean inspired menu	UNITED KINGDOM	English-100	2024	RPT	PG	
29/04/2026	2205	Food Lifestyle	Come Dine With Me UK	Glasgow: Saoirse	21	11	Today it's the turn of student and Muay Thai fanatic Saoirse to try and grab the grand and she's going for a vegan Asian menu.	UNITED KINGDOM	English-100	2024	RPT	PG	
29/04/2026	2230	Cooking	The Cook Up With Adam Liaw	Fast, Fresh Indian	9	33	Two of Australia's finest Indian cuisine experts, Justin Narayan and Bhavna Shivalkar, join Adam for a night of fast, fresh Indian food.	AUSTRALIA	English-100	2025	RPT	G	Y
29/04/2026	2300	Cooking	The Cook And The Chef	Lebanese Food	4	26	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed to embrace the food and the shared style of dining typical of Lebanese culture.	AUSTRALIA	English-100	2021	RPT	G	
29/04/2026	2330	Cooking	Ainsley's Great Garden Cook Off	Poppy O'toole And Sam Grainger	1	1	Ainsley is joined by chefs Poppy O'Toole and Sam Grainger in Cambridge for a light-hearted cooking contest in Wimpole Estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G	
29/04/2026	2425	Travel	Destination Flavour Japan Bitesize	Hokkaido	1	1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y Y
29/04/2026	2430	Travel	Locals Welcome	Around The Airport	1	2	Suresh Doss explores the food scene around Toronto's Pearson Airport, finding a neighbourhood full of South Asian fare.	CANADA	English-100	2024	RPT		
29/04/2026	2500	Cooking	Richo's Hungry Az Hell	Roasts To Die For	1	8	Nothing brings people together like a roast. Or tears them apart when someone steals the last crispy bit.	AUSTRALIA	English-100	2025	RPT	PG	
29/04/2026	2530	Travel	Rick Stein's Cabin Fever	Rick Stein's Cabin Fever	1	0	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of 'Rick Stein's French Odyssey' including his favourite dishes along the route and behind-the-scenes DV footage of the highlights and the trials and tribulations of such an undertaking.	UNITED KINGDOM	English-100	2006	RPT	PG	a l w
29/04/2026	2640	Food Lifestyle	Come Dine With Me UK	Glasgow: Lauren	21	10	First up this week is 31 year old project manager, Lauren, who's hoping to impress her guests with her unique Celtic-Caribbean inspired menu	UNITED KINGDOM	English-100	2024	RPT	PG	
29/04/2026	2705	Food Lifestyle	Come Dine With Me UK	Glasgow: Saoirse	21	11	Today it's the turn of student and Muay Thai fanatic Saoirse to try and grab the grand and she's going for a vegan Asian menu.	UNITED KINGDOM	English-100	2024	RPT	PG	
29/04/2026	2730	Cooking	The Cook Up With Adam Liaw	Fast, Fresh Indian	9	33	Two of Australia's finest Indian cuisine experts, Justin Narayan and Bhavna Shivalkar, join Adam for a night of fast, fresh Indian food.	AUSTRALIA	English-100	2025	RPT	G	Y
29/04/2026	2800	Cooking	The Cook And The Chef	Lebanese Food	4	26	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed to embrace the food and the shared style of dining typical of Lebanese culture.	AUSTRALIA	English-100	2021	RPT	G	
29/04/2026	2830	Travel	Destination Flavour	Destination Flavour Series 1 Episode 4	1	4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over the Australia. This week, Renee finds fusion food and real bush tucker in tropical Queensland, Adam drops in for lunch with gourmet farmer Matthew Evans in Tasmania, and Lily meets Ryan Squires, a top Brisbane chef with a passion for sustainable seafood.	AUSTRALIA	English-100	2012	RPT	G	Y
30/04/2026	500	Travel	Adam Richman Eats Football	Chelsea	2024	3	Adams heads to West London to take in a Chelsea match at Stamford Bridge. Before the game he sets about exploring the food culture connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G	
30/04/2026	530	Cooking	Kriol Kitchen	Ali & Mitch Torres: Birriga Birriga (Pippies) Soup & Goolli (Turtle) Chilli Tamarind Sambal	2	4	Drawing on the local seafood from Roebuck Bay, Ali and Mitch takes us to a childhood location that has on many occasions fed their family well with shellfish, fish and turtle aplenty.	AUSTRALIA	English-100	2014	RPT	G	Y
30/04/2026	600	Cooking	Marcus Wareing's Kitchen Garden Tales	Flavour	2	8	There is plenty of fresh produce growing in the kitchen garden, but one of the important ingredients that Marcus uses is salt; something he can't produce himself. He travels to Essex and learns how.	UNITED KINGDOM	English-100	2022	RPT	G	
30/04/2026	630	Cooking	My Market Kitchen	Ep 33	6	33	Matt kicks off the show with his favourite Indian dish, Palak Paneer. Tobie Puttock takes over in the market kitchen with his easy-to-prepare Bolognese. Mike joins David Mann in the great outdoors.	AUSTRALIA	English-100	2021	RPT	PG	
30/04/2026	700	Cooking	Lidia's Kitchen	Foraging Adventures	8	22	As a child, Lidia would forage for ingredients that were not produced in the courtyard, garden, or field. Now she makes chestnut mushroom ragu, asparagus gratin with fried egg, and clam soup.	USA	English-100	2021	RPT	G	
30/04/2026	730	Cooking	Tastes And Traditions	Episode 23	1	23	In this episode of Tastes and Traditions, we dive into hearty, comforting dishes that bring warmth and flavour to any table.	UKRAINE	English-100	2025	RPT	PG	
30/04/2026	800	Cooking	Jamie At Home	Mushrooms	2	10	A lack of mushrooms in Jamie's garden inspires to him to go search in his local forest, taking along his mentor and mushroom don, Gennaro Contaldo.	UNITED KINGDOM	English-100	2008	RPT	PG	

30/04/2026	830	Cooking	Food Safari	Indonesian Safari	2	4	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney. Rohanna demonstrates the key ingredients needed for Indonesian cooking and makes spicy chilli sauce. Fellow chef Alina Lucas cooks an easy chicken curry while 'Aunty' Wahwan whips up grilled fish with a sweet and sour vegetable sauce.	AUSTRALIA	English-100	2007	RPT	G	Y
30/04/2026	900	Cooking	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 10	3	10	Kirsten shows her chocolatey twist on everyone's favourite: churros with a rich chocolate fudge sauce. Then she with her irresistible coconut shortbread recipe, plus steamed chocolate buns.	AUSTRALIA	English-100	2022	RPT	G	
30/04/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Ep 47	4	47	Justine makes chicken wrapped in nori and a fragrant mixed fruit and frangipane galette. Adam Swanson drops in to make his lentil, mushroom and pancetta casarecce brodo.	AUSTRALIA	English-100	2014	RPT	G	
30/04/2026	1000	Travel	Adam Richman Eats Football	Chelsea	2024	3	Adams heads to West London to take in a Chelsea match at Stamford Bridge. Before the game he sets about exploring the food culture connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G	
30/04/2026	1030	Cooking	Kriol Kitchen	Ali & Mitch Torres: Birriga Birriga (Pippies) Soup & Goolli (Turtle) Chilli Tamarind Sambal	2	4	Drawing on the local seafood from Roebuck Bay, Ali and Mitch takes us to a childhood location that has on many occasions fed their family well with shellfish, fish and turtle aplenty.	AUSTRALIA	English-100	2014	RPT	G	Y
30/04/2026	1100	Cooking	The Cook Up With Adam Liaw	Fast, Fresh Indian	9	33	Two of Australia's finest Indian cuisine experts, Justin Narayan and Bhavina Shivalkar, join Adam for a night of fast, fresh Indian food.	AUSTRALIA	English-100	2025	RPT	G	Y
30/04/2026	1130	Travel	Locals Welcome	Around The Airport	1	2	Suresh Doss explores the food scene around Toronto's Pearson Airport, finding a neighbourhood full of South Asian fare.	CANADA	English-100	2024	RPT		
30/04/2026	1200	Cooking	Richo's Hungry Az Hell	Roasts To Die For	1	8	Nothing brings people together like a roast. Or tears them apart when someone steals the last crispy bit.	AUSTRALIA	English-100	2025	RPT	PG	
30/04/2026	1230	Cooking	Ainsley's Great Garden Cook Off	Joseph Denison Carey And Georgina Hayden	1	2	Ainsley is joined by chefs Georgina Hayden and Joseph Denison Carey for a light-hearted cooking contest in Bickling Hall's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G	
30/04/2026	1325	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y
30/04/2026	1330	Travel	Destination Flavour	Destination Flavour Series 1 Episode 5	1	5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over the Australia. This week, Adam finds Tasmania's freshest oysters and two of the Hobart's most intriguing cafes, Renee samples truffles and marron in Western Australia, while Lily joins top Sydney caterer Peter McClosky, who is preparing a lavish feast for Opera Australia.	AUSTRALIA	English-100	2012	RPT	G	Y
30/04/2026	1400	Travel	Adam Richman Eats Football	Aston Villa	2024	4	Adam is in Birmingham to take in an Aston Villa home match. While in town he plans to explore the best of the food scene connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G	
30/04/2026	1430	Cooking	Kriol Kitchen	Dwes Wiggins - Dann: Chilli Fish & Mango Cheesecake With Bush Passionfruit Topping	2	5	Dwes cooks a favourite dish shared with him by one of his Aunties, and gives the Malaysian chilli fish dish a local twist.	AUSTRALIA	English-100	2014	RPT	G	Y
30/04/2026	1500	Cooking	Marcus Wareing's Kitchen Garden Tales	Sussex Cattle	2	9	One of Marcus's favourite things about the farm is having livestock grazing on the fields. To expand his herd, he visits the nearby Buckhurst estate to learn about traditional Sussex cattle.	UNITED KINGDOM	English-100	2022	RPT	G	
30/04/2026	1530	Cooking	My Market Kitchen	Ep 34	6	34	Matt starts with a hearty homemade lamb neck stew. Laura, in the Adelaide Hills, showcases her husband Max's culinary skills with a Japanese inspired dish, tuna tartare.	AUSTRALIA	English-100	2021	RPT	G	
30/04/2026	1600	Cooking	Lidia's Kitchen	Vegetable Patch, The	8	23	Lidia works in her garden; she reminisces the lessons that her grandma taught her about her vegetable patch. She makes a country salad as well as green beans with new potatoes.	USA	English-100	2021	RPT	G	
30/04/2026	1630	Cooking	Tastes And Traditions	Episode 24	1	24	In this episode of Tastes and Traditions, we explore classic and comforting dishes that celebrate both Ukrainian and regional flavours.	UKRAINE	English-100	2025		PG	
30/04/2026	1700	Cooking	Jamie At Home	Feathered Game	2	11	Jamie has been invited on a local shoot and uses the opportunity to explore the world of delicious game birds.	UNITED KINGDOM	English-100	2008	RPT	PG	a w
30/04/2026	1730	Cooking	Food Safari	Maltese Safari	2	5	This episode explores a different take on Mediterranean cooking with the rustic delights of Maltese food. Chef Paul Camilleri goes through the essential ingredients, and then cooks his family recipe for the national dish of rabbit stew. Then it's time for the national snack food, pastizzi, and the national sandwich called Hobs Biz Zeit - tomato paste on crusty bread and topped with anchovies, capers and olive oil.	AUSTRALIA	English-100	2007	RPT	G	Y
30/04/2026	1800	Cooking	The Chocolate Queen	Ep 1	4	1	The Queen of chocolate returns for another season of dessert wonders! Kirsten kicks things off with her exceptional chocolate toffee edairs, unveils the secret to crafting a flawless blonde cheesecake and wows us with a delicate white chocolate creation infused with a hint of tropical flavour.	AUSTRALIA	English-100	2023	RPT	PG	
30/04/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 48	4	48	Daniela Fra shows you her recipe for a healthy coco-choc granola and Justine whips up her honey soy chicken with Chinese broccoli and her trout rilletes.	AUSTRALIA	English-100	2014	RPT	G	
30/04/2026	1900	Travel	The Cook Up With Adam Liaw	Weeknight Hits	8	1	No need to adjust your wireless - Adam and his ARIA award-winning guests, Guy Sebastian and Sarah McLeod, have got you covered with nonstop weeknight hits!	AUSTRALIA	English-100	2025	RPT	PG	Y
30/04/2026	1930	Food Lifestyle	Taste Of The Tropics: Share Plates	Taste Of The Tropics: Share Plates	0	0	'Yidinji comedian and actress Steph Tisdell returns to the Far North to explore belonging through food, sharing plates with Indonesian, Kuku Yalanji-Maltese, and Sicilian families whose dishes reveal the true flavours of the tropics.	AUSTRALIA	English-100	2026			

30/04/2026	2000	Travel	Ainsley's Taste Of The Bahamas	Flavour Foundations: Bahamian Classics	1	1	Ainsley kicks off his island adventures with comfort food at the heart of Bahamian cooking.	UNITED KINGDOM	English-100	2025			
30/04/2026	2030	Travel	Rick Stein's Seafood Odyssey	Thailand And Cornwall	1	7	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simple Thai dipping sauce to horseshoe crab roes with green mango salad. Inspired by his jaunt to Thailand, Rick returns to Cornwall and prepares hard-fried fish in red curry with steamed jasmine rice.	UNITED KINGDOM	English-100	1999	RPT	PG	a w
30/04/2026	2100	Travel	Rick Stein's Seafood Odyssey	America And Yorkshire	1	8	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab with an old friend, Johnny Apple, who shares Rick's enthusiasm for good eating.	UNITED KINGDOM	English-100	1999	RPT	PG	a w
30/04/2026	2130	Food Lifestyle	Come Dine With Me UK	Glasgow: Lydia	21	12	Third up this week is 52 year old civil servant Lydia who's planning to excite her guests with an evening dedicated to her raving days, when she was a professional club dancer.	UNITED KINGDOM	English-100	2024	RPT	PG	
30/04/2026	2200	Food Lifestyle	Come Dine With Me UK	Glasgow: Garry	21	13	34 year old catering manager Garry is today's host and he's got plans to wow his guests with an exclusive Ibiza Beach Club theme.	UNITED KINGDOM	English-100	2024	RPT	PG	n
30/04/2026	2230	Travel	The Cook Up With Adam Liaw	Weeknight Hits	8	1	No need to adjust your wireless - Adam and his ARIA award-winning guests, Guy Sebastian and Sarah McLeod, have got you covered with nonstop weeknight hits!	AUSTRALIA	English-100	2025	RPT	PG	Y
30/04/2026	2300	Cooking	The Cook And The Chef	Barossa, The	4	27	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa where today, food, religion and cultural traditions echo Prussian, Silesian and German origins.	AUSTRALIA	English-100	2021	RPT	G	
30/04/2026	2330	Cooking	Ainsley's Great Garden Cook Off	Joseph Denison Carey And Georgina Hayden	1	2	Ainsley is joined by chefs Georgina Hayden and Joseph Denison Carey for a light-hearted cooking contest in Bickling Hall's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G	
30/04/2026	2425	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y
30/04/2026	2430	Food Lifestyle	Taste Of The Tropics: Share Plates	Taste Of The Tropics: Share Plates	0	0	Yidinj comedian and actress Steph Tisdell returns to the Far North to explore belonging through food, sharing plates with Indonesian, Kuku Yalanji-Maltese, and Sicilian families whose dishes reveal the true flavours of the tropics	AUSTRALIA	English-100	2026	RPT		
30/04/2026	2500	Travel	Ainsley's Taste Of The Bahamas	Flavour Foundations: Bahamian Classics	1	1	Ainsley kicks off his island adventures with comfort food at the heart of Bahamian cooking.	UNITED KINGDOM	English-100	2025	RPT		
30/04/2026	2530	Travel	Rick Stein's Seafood Odyssey	Thailand And Cornwall	1	7	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simple Thai dipping sauce to horseshoe crab roes with green mango salad. Inspired by his jaunt to Thailand, Rick returns to Cornwall and prepares hard-fried fish in red curry with steamed jasmine rice.	UNITED KINGDOM	English-100	1999	RPT	PG	a w
30/04/2026	2600	Travel	Rick Stein's Seafood Odyssey	America And Yorkshire	1	8	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab with an old friend, Johnny Apple, who shares Rick's enthusiasm for good eating.	UNITED KINGDOM	English-100	1999	RPT	PG	a w
30/04/2026	2630	Food Lifestyle	Come Dine With Me UK	Glasgow: Lydia	21	12	Third up this week is 52 year old civil servant Lydia who's planning to excite her guests with an evening dedicated to her raving days, when she was a professional club dancer.	UNITED KINGDOM	English-100	2024	RPT	PG	
30/04/2026	2700	Food Lifestyle	Come Dine With Me UK	Glasgow: Garry	21	13	34 year old catering manager Garry is today's host and he's got plans to wow his guests with an exclusive Ibiza Beach Club theme.	UNITED KINGDOM	English-100	2024	RPT	PG	n
30/04/2026	2730	Travel	The Cook Up With Adam Liaw	Weeknight Hits	8	1	No need to adjust your wireless - Adam and his ARIA award-winning guests, Guy Sebastian and Sarah McLeod, have got you covered with nonstop weeknight hits!	AUSTRALIA	English-100	2025	RPT	PG	Y
30/04/2026	2800	Cooking	The Cook And The Chef	Barossa, The	4	27	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa where today, food, religion and cultural traditions echo Prussian, Silesian and German origins.	AUSTRALIA	English-100	2021	RPT	G	
30/04/2026	2830	Travel	Destination Flavour	Destination Flavour: Series 1 Episode 5	1	5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over the Australia. This week, Adam finds Tasmania's freshest oysters and two of the Hobart's most intriguing cafes, Renee samples truffles and marron in Western Australia, while Lily joins top Sydney caterer Peter McClosky, who is preparing a lavish feast for Opera Australia.	AUSTRALIA	English-100	2012	RPT	G	Y
1/05/2026	500	Travel	Adam Richman Eats Football	Aston Villa	2024	4	Adam is in Birmingham to take in an Aston Villa home match. While in town he plans to explore the best of the food scene connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G	
1/05/2026	530	Cooking	Kriol Kitchen	Dwes Wigglin - Dann: Chilli Fish & Mango Cheesecake With Bush Passionfruit Topping	2	5	Dwes cooks a favourite dish shared with him by one of his Aunties, and gives the Malaysian chilli fish dish a local twist.	AUSTRALIA	English-100	2014	RPT	G	Y
1/05/2026	600	Cooking	Marcus Wareing's Kitchen Garden Tales	Sussex Cattle	2	9	One of Marcus's favourite things about the farm is having livestock grazing on the fields. To expand his herd, he visits the nearby Buckhurst estate to learn about traditional Sussex cattle.	UNITED KINGDOM	English-100	2022	RPT	G	
1/05/2026	630	Cooking	My Market Kitchen	Ep 34	6	34	Matt starts with a hearty homemade lamb neck stew. Laura, in the Adelaide Hills, showcases her husband Max's culinary skills with a Japanese inspired dish, tuna tartare.	AUSTRALIA	English-100	2021	RPT	G	
1/05/2026	700	Cooking	Lidia's Kitchen	Vegetable Patch, The	8	23	Lidia works in her garden; she reminisces the lessons that her grandma taught her about her vegetable patch. She makes a country salad as well as green beans with new potatoes.	USA	English-100	2021	RPT	G	
1/05/2026	730	Cooking	Tastes And Traditions	Episode 24	1	24	In this episode of Tastes and Traditions, we explore classic and comforting dishes that celebrate both Ukrainian and regional flavours.	UKRAINE	English-100	2025	RPT	PG	

1/05/2026	800	Cooking	Jamie At Home	Feathered Game	2	11	Jamie has been invited on a local shoot and uses the opportunity to explore the world of delicious game birds.	UNITED KINGDOM	English-100	2008	RPT	PG	a w
1/05/2026	830	Cooking	Food Safari	Maltese Safari	2	5	This episode explores a different take on Mediterranean cooking with the rustic delights of Maltese food. Chef Paul Camilleri goes through the essential ingredients, and then cooks his family recipe for the national dish of rabbit stew. Then it's time for the national snack food, pastizzi, and the national sandwich called Hob's Biz Zeit - tomato paste on crusty bread and topped with anchovies, capers and olive oil.	AUSTRALIA	English-100	2007	RPT	G	Y
1/05/2026	900	Cooking	The Chocolate Queen	Ep 1	4	1	The Queen of chocolate returns for another season of dessert wonders! Kirsten kicks things off with her exceptional chocolate toffee eclairs, unveils the secret to crafting a flawless blonde cheesecake and wows us with a delicate white chocolate creation infused with a hint of tropical flavour.	AUSTRALIA	English-100	2023	RPT	PG	
1/05/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Ep 48	4	48	Daniela Fra shows you her recipe for a healthy coco-choc granola and Justine whips up her honey soy chicken with Chinese broccoli and her trout rilletes.	AUSTRALIA	English-100	2014	RPT	G	
1/05/2026	1000	Travel	Adam Richman Eats Football	Aston Villa	2024	4	Adam is in Birmingham to take in an Aston Villa home match. While in town he plans to explore the best of the food scene connected to the club and its fans.	UNITED KINGDOM	English-100	2024	RPT	G	
1/05/2026	1030	Cooking	Kriol Kitchen	Dwes Wiggin - Dann: Chilli Fish & Mango Cheesecake With Bush Passionfruit Topping	2	5	Dwes cooks a favourite dish shared with him by one of his Aunties, and gives the Malaysian chilli fish dish a local twist.	AUSTRALIA	English-100	2014	RPT	G	Y
1/05/2026	1100	Travel	The Cook Up With Adam Liaw	Weeknight Hits	8	1	No need to adjust your wireless - Adam and his ARIA award-winning guests, Guy Sebastian and Sarah McLeod, have got you covered with nonstop weeknight hits!	AUSTRALIA	English-100	2025	RPT	PG	Y
1/05/2026	1130	Food Lifestyle	Taste Of The Tropics: Share Plates	Taste Of The Tropics: Share Plates	0	0	Yidinji comedian and actress Steph Tisdell returns to the Far North to explore belonging through food, sharing plates with Indonesian, Kuku Yalanji-Maltese, and Sicilian families whose dishes reveal the true flavours of the tropics	AUSTRALIA	English-100	2026	RPT		
1/05/2026	1200	Travel	Ainsley's Taste Of The Bahamas	Flavour Foundations: Bahamian Classics	1	1	Ainsley kicks off his island adventures with comfort food at the heart of Bahamian cooking.	UNITED KINGDOM	English-100	2025	RPT		
1/05/2026	1230	Cooking	Ainsley's Great Garden Cook Off	Briony May Williams & Gaz Oakley	1	3	Ainsley is joined by chefs Briony May Williams and Gaz Oakley in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G	
1/05/2026	1325	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y Y
1/05/2026	1330	Travel	Destination Flavour	Destination Flavour: Series 1 Episode 6	1	6	Hosts Adam Liaw, Renee Lim and Lily Serna take a culinary road trip around Australia. This week, Lily finds a two-hatted family-run restaurant in Bellingen and then an Italian family who make authentic satani in Byron Bay. Renee gets a taste for real 'nose to tail' eating in Perth, while Adam heads to Kangaroo Island for a remarkable 'lamb ham' made with home-cured lamb leg, flavoured with curry and spices.	AUSTRALIA	English-100	2012	RPT	G	Y
1/05/2026	1400	Travel	Adam Richman Eats Football	Brighton And Hove Albion	2024	5	Adam is on the south coast to see Brighton & Hove Albion play. Before the match he plans to explore the best of the food scene Brighton & Hove has to offer.	UNITED KINGDOM	English-100	2024	RPT	G	
1/05/2026	1430	Cooking	Kriol Kitchen	Lloyd Pigrum: Pork Adobo & Boab Custard With Bush Passionfruit Topping	2	6	Lloyd draws on his Filipino heritage and his Auntie's recipe for this locally loved dish with a humble bush fruit Boab to make a custard, and a bush passionfruit topping.	AUSTRALIA	English-100	2014	RPT	G	Y
1/05/2026	1500	Cooking	Marcus Wareing's Kitchen Garden Tales	Scarecrows	2	10	In an attempt to deter any duckling-stealing predators, Marcus puts his scarecrow-making to the test. He also enters his scarecrow into the local Framfield Scarecrow Festival's annual contest.	UNITED KINGDOM	English-100	2022	RPT	G	
1/05/2026	1530	Cooking	My Market Kitchen	Ep 35	6	35	Matt starts the show with a pumpkin gnocchi. Chef Kay Lene Tan and Chef Adam D'Sylva go head-to-head in a savoury versus sweet competition. Mike heads to Ballarat with David Mann to cook ribs.	AUSTRALIA	English-100	2021	RPT	G	
1/05/2026	1600	Cooking	Lidia's Kitchen	Fruits And Sweets	8	24	In the summer, it was time to wait for the fruits in Lidia's trees to ripen. She prepares a fig and prosciutto bruschetta, wafer cookies into truffles, and make almond tarts from Andria.	USA	English-100	2021	RPT	G	
1/05/2026	1630	Cooking	Tastes And Traditions	Episode 25	1	25	In this episode of Tastes and Traditions, we showcase a variety of fresh, wholesome dishes that are as simple to prepare as they are delightful to eat.	UKRAINE	English-100	2025		PG	
1/05/2026	1700	Cooking	Jamie At Home	Pumpkin And Squash	2	12	Short ones, long ones, round ones, fat ones, yellow ones, green ones, striped ones, massive ones. Jamie's talking about pumpkin & squash of course and his garden has a crop of fascinating variety.	UNITED KINGDOM	English-100	2008	RPT	G	
1/05/2026	1730	Cooking	Food Safari	Pakistani Safari	2	6	This episode features Pakistani dishes that are loved around the world. Chef Sonya Kayani makes a version of biryani using goat curry, which she layers with saffron and plain basmati rice. Restaurateur Basil Daniell runs through the key ingredients, herbs and spices, and shares a very easy lamb dumpling recipe adapted with wonton wrappers. And we meet Pakistani fast bowler Waqar Younis, who shows how Pakistani people love to eat.	AUSTRALIA	English-100	2007	RPT	G	Y
1/05/2026	1800	Cooking	The Chocolate Queen	Ep 2	4	2	Dive into today's episode as Kirsten presents a decadent chocolate date & meringue cake, luxuriously rich and moist. Continue the journey with Kirsten's soft and fluffy marshmallow wheels, and experience the magic of an extraordinary crème caramel that melts in your mouth.	AUSTRALIA	English-100	2023	RPT	G	
1/05/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 49	4	49	Justine makes her Sicilian pork sausage ragu with pearl couscous, bakes some delicious almond cookies and is joined by Anjum Anand for the Quickest Ever Tarka Dal.	AUSTRALIA	English-100	2014	RPT	G	

1/05/2026	1900	Travel	The Cook Up With Adam Liaw	Dinner Hits	8	2	Extraordinary entertainer Emma Watkins and French food icon Guillaume Brahimi join Adam to release some memorable dinner delights.	AUSTRALIA	English-100	2025	RPT	G		Y	Y
1/05/2026	1930	Cooking	Instant Italian	Pastabilities	1	2	Anna shows us how to think of pasta in a snackable way with her version of Italian fried pasta, known as Frittatina, and a sheet pan pasta.	USA	English-100	2025		G			
1/05/2026	2000	Travel	The Hairy Bikers USA	Roasted River Rat	1	2	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat called Nutria. Once they've bagged a bunch of the rodents, a small-town Cajun legend helps the boys turn their catch into spicy Andouille sausage.	UNITED KINGDOM	English-100	2011	RPT	PG	s		
1/05/2026	2030	Cooking	Jamie's Super Food	Episode 3	1	3	Jamie's in the Greek island of Ikaria, where on average people live ten years longer than in Europe and America.	UNITED KINGDOM	English-100	2015	RPT	G			Y
1/05/2026	2125	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G			
1/05/2026	2130	Food Lifestyle	Come Dine With Me UK	Glasgow: Bernadette	21	14	It's the final night in Glasgow and fishmonger Bernadette's hoping to spread some love with her curious 'Italian' themed menu.	UNITED KINGDOM	English-100	2024	RPT	PG			
1/05/2026	2200	Food Lifestyle	Come Dine With Me UK	Cardiff: Angharad	21	15	This week's competition is in Cardiff, where first up is 41 year old, camper van loving, Angharad. Hoping to impress her guests with a true taste of Wales, featuring traditional soup, lamb and a cake.	UNITED KINGDOM	English-100	2024	RPT	PG			
1/05/2026	2230	Travel	The Cook Up With Adam Liaw	Dinner Hits	8	2	Extraordinary entertainer Emma Watkins and French food icon Guillaume Brahimi join Adam to release some memorable dinner delights.	AUSTRALIA	English-100	2025	RPT	G		Y	Y
1/05/2026	2300	Cooking	The Cook And The Chef	Old Food	4	28	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting winter menu.	AUSTRALIA	English-100	2021	RPT	G			
1/05/2026	2330	Cooking	Ainsley's Great Garden Cook Off	Briony May Williams & Gaz Oakley	1	3	Ainsley is joined by chefs Briony May Williams and Gaz Oakley in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G			
1/05/2026	2425	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y
1/05/2026	2430	Cooking	Instant Italian	Pastabilities	1	2	Anna shows us how to think of pasta in a snackable way with her version of Italian fried pasta, known as Frittatina, and a sheet pan pasta.	USA	English-100	2025	RPT	G			
1/05/2026	2500	Travel	The Hairy Bikers USA	Roasted River Rat	1	2	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat called Nutria. Once they've bagged a bunch of the rodents, a small-town Cajun legend helps the boys turn their catch into spicy Andouille sausage.	UNITED KINGDOM	English-100	2011	RPT	PG	s		
1/05/2026	2530	Cooking	Jamie's Super Food	Episode 3	1	3	Jamie's in the Greek island of Ikaria, where on average people live ten years longer than in Europe and America.	UNITED KINGDOM	English-100	2015	RPT	G			Y
1/05/2026	2625	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G			
1/05/2026	2630	Food Lifestyle	Come Dine With Me UK	Glasgow: Bernadette	21	14	It's the final night in Glasgow and fishmonger Bernadette's hoping to spread some love with her curious 'Italian' themed menu.	UNITED KINGDOM	English-100	2024	RPT	PG			
1/05/2026	2700	Food Lifestyle	Come Dine With Me UK	Cardiff: Angharad	21	15	This week's competition is in Cardiff, where first up is 41 year old, camper van loving, Angharad. Hoping to impress her guests with a true taste of Wales, featuring traditional soup, lamb and a cake.	UNITED KINGDOM	English-100	2024	RPT	PG			
1/05/2026	2730	Travel	The Cook Up With Adam Liaw	Dinner Hits	8	2	Extraordinary entertainer Emma Watkins and French food icon Guillaume Brahimi join Adam to release some memorable dinner delights.	AUSTRALIA	English-100	2025	RPT	G		Y	Y
1/05/2026	2800	Cooking	The Cook And The Chef	Old Food	4	28	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting winter menu.	AUSTRALIA	English-100	2021	RPT	G			
1/05/2026	2830	Travel	Destination Flavour	Destination Flavour: Series 1 Episode 6	1	6	Hosts Adam Liaw, Renee Lim and Lily Serna take a culinary road trip around Australia. This week, Lily finds a two-hatted family-run restaurant in Bellingen and then an Italian family who make authentic salami in Byron Bay. Renee gets a taste for real 'nose to tail' eating in Perth, while Adam heads to Kangaroo Island for a remarkable 'lamb ham' made with home-cured lamb leg, flavoured with curry and spices.	AUSTRALIA	English-100	2012	RPT	G		Y	
2/05/2026	500	Travel	Adam Richman Eats Football	Brighton And Hove Albion	2024	5	Adam is on the south coast to see Brighton & Hove Albion play. Before the match he plans to explore the best of the food scene Brighton & Hove has to offer.	UNITED KINGDOM	English-100	2024	RPT	G			
2/05/2026	530	Cooking	Kriol Kitchen	Lloyd Pigram: Pork Adobo & Boab Custard With Bush Passionfruit Topping	2	6	Lloyd draws on his Filipino heritage and his Auntie's recipe for this locally loved dish with a humble bush fruit Boab to make a custard, and a bush passionfruit topping.	AUSTRALIA	English-100	2014	RPT	G		Y	
2/05/2026	600	Cooking	Marcus Wareing's Kitchen Garden Tales	Scarecrows	2	10	In an attempt to deter any duckling-stealing predators, Marcus puts his scarecrow-making to the test. He also enters his scarecrow into the local Framfield Scarecrow Festival's annual contest.	UNITED KINGDOM	English-100	2022	RPT	G			

2/05/2026	630	Cooking	My Market Kitchen	Ep 35	6	35	Matt starts the show with a pumpkin gnocchi. Chef Kay-Lene Tan and Chef Adam D'Sylva go head-to-head in a savoury versus sweet competition. Mike heads to Ballarat with David Mann to cook ribs.	AUSTRALIA	English-100	2021	RPT	G		
2/05/2026	700	Cooking	Lidia's Kitchen	Fruits And Sweets	8	24	In the summer, it was time to wait for the fruits in Lidia's trees to ripen. She prepares a fig and prosciutto bruschetta, wafer cookies into truffles, and make almond tarts from Andria.	USA	English-100	2021	RPT	G		
2/05/2026	730	Cooking	Tastes And Traditions	Episode 25	1	25	In this episode of Tastes and Traditions, we showcase a variety of fresh, wholesome dishes that are as simple to prepare as they are delightful to eat.	UKRAINE	English-100	2025	RPT	PG		
2/05/2026	800	Cooking	Jamie At Home	Pumpkin And Squash	2	12	Short ones, long ones, round ones, fat ones, yellow ones, green ones, striped ones, massive ones. Jamie's talking about pumpkin & squash of course and his garden has a crop of fascinating variety.	UNITED KINGDOM	English-100	2008	RPT	G		
2/05/2026	830	Cooking	Food Safari	Pakistani Safari	2	6	This episode features Pakistani dishes that are loved around the world. Chef Sonya Kayani makes a version of biryani using goat curry, which she layers with saffron and plain basmati rice. Restaurateur Basil Daniell runs through the key ingredients, herbs and spices, and shares a very easy lamb dumpling recipe adapted with wonton wrappers. And we meet Pakistani fast bowler Waqar Younis, who shows how Pakistani people love to eat.	AUSTRALIA	English-100	2007	RPT	G	Y	
2/05/2026	900	Cooking	The Chocolate Queen	Ep 2	4	2	Dive into today's episode as Kirsten presents a decadent chocolate date & meringue cake, luxuriously rich and moist. Continue the journey with Kirsten's soft and fluffy marshmallow wheels, and experience the magic of an extraordinary creme caramel that melts in your mouth.	AUSTRALIA	English-100	2023	RPT	G		
2/05/2026	930	Cooking	Everyday Gourmet With Justine Schofield	Ep 49	4	49	Justine makes her Sicilian pork sausage ragu with pearl couscous, bakes some delicious almond cookies and is joined by Anjum Anand for the Quickest Ever Tarka Dal.	AUSTRALIA	English-100	2014	RPT	G		
2/05/2026	1000	Travel	Adam Richman Eats Football	Brighton And Hove Albion	2024	5	Adam is on the south coast to see Brighton & Hove Albion play. Before the match he plans to explore the best of the food scene Brighton & Hove has to offer.	UNITED KINGDOM	English-100	2024	RPT	G		
2/05/2026	1030	Cooking	Kriol Kitchen	Lloyd Pigram: Pork Adobo & Boab Custard With Bush Passionfruit Topping	2	6	Lloyd draws on his Filipino heritage and his Auntie's recipe for this locally loved dish with a humble bush fruit Boab to make a custard, and a bush passionfruit topping.	AUSTRALIA	English-100	2014	RPT	G	Y	
2/05/2026	1100	Travel	The Cook Up With Adam Liaw	Dinner Hits	8	2	Extraordinary entertainer Emma Watkins and French food icon Guillaume Brahimi join Adam to release some memorable dinner delights.	AUSTRALIA	English-100	2025	RPT	G	Y	Y
2/05/2026	1130	Cooking	Instant Italian	Pastabillies	1	2	Anna shows us how to think of pasta in a snackable way with her version of Italian fried pasta, known as Frittatina, and a sheet pan pasta.	USA	English-100	2025	RPT	G		
2/05/2026	1200	Travel	The Hairy Bikers USA	Roasted River Rat	1	2	Rolling into the muggy swamplands of southern Louisiana, the bikers set out to turn a pest problem into a delicious dish. They climb aboard a fan-boat to join the hunt for a large invasive river rat called Nutria. Once they've bagged a bunch of the rodents, a small-town Cajun legend helps the boys turn their catch into spicy Andouille sausage.	UNITED KINGDOM	English-100	2011	RPT	PG	S	
2/05/2026	1230	Cooking	Jamie's Super Food	Episode 3	1	3	Jamie's in the Greek island of Ikaria, where on average people live ten years longer than in Europe and America.	UNITED KINGDOM	English-100	2015	RPT	G	Y	
2/05/2026	1325	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G		
2/05/2026	1330	Cooking	Marcus Wareing's Kitchen Garden Tales	Scarecrows	2	10	In an attempt to deter any duckling-stealing predators, Marcus puts his scarecrow-making to the test. He also enters his scarecrow into the local Framfield Scarecrow Festival's annual contest.	UNITED KINGDOM	English-100	2022	RPT	G		
2/05/2026	1400	Cooking	My Market Kitchen	Ep 35	6	35	Matt starts the show with a pumpkin gnocchi. Chef Kay-Lene Tan and Chef Adam D'Sylva go head-to-head in a savoury versus sweet competition. Mike heads to Ballarat with David Mann to cook ribs.	AUSTRALIA	English-100	2021	RPT	G		
2/05/2026	1430	Cooking	Lidia's Kitchen	Fruits And Sweets	8	24	In the summer, it was time to wait for the fruits in Lidia's trees to ripen. She prepares a fig and prosciutto bruschetta, wafer cookies into truffles, and make almond tarts from Andria.	USA	English-100	2021	RPT	G		
2/05/2026	1500	Cooking	Tastes And Traditions	Episode 25	1	25	In this episode of Tastes and Traditions, we showcase a variety of fresh, wholesome dishes that are as simple to prepare as they are delightful to eat.	UKRAINE	English-100	2025	RPT	PG		
2/05/2026	1530	Cooking	Mary Berry's Fantastic Feasts	Ep 2	1	2	Dame Mary Berry shares her cooking skills with three novice cooks who want to throw a spectacular afternoon tea to say thank you to Soraya, who runs a local youth charity.	UNITED KINGDOM	English-100	2022	RPT	G		
2/05/2026	1635	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 1	1	1	In this new series we step inside the world of Hotel Chocolat from their magical inventing rooms and factory floor, to the cacao filled tropical forests.	UNITED KINGDOM	English-100	2025	RPT	G		
2/05/2026	1730	Travel	Tom Kerridge Cooks Britain	Wales To Lancashire - Chicken And Mushrooms	1	6	Tom Kerridge heads up the English Welsh border in 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		
2/05/2026	1800	Cooking	Nadiya's Family Favourites	People To Stay	1	5	Nadiya Hussain makes her family favourite dishes, perfect for when you have people to stay.	UNITED KINGDOM	English-100	2018	RPT	G		
2/05/2026	1830	Cooking	Jamie Cooks Italy	Sicily	1	5	This week Jamie heads to the island of Sicily in search of sensational homecooked recipes that set apart from the food of the mainland.	UNITED KINGDOM	English-100	2018	RPT	PG	a w	Y

2/05/2026	1930	Travel	Tour De Fred: Northern Ireland	Derry / Londonderry	1	5	Fred Sirieix visits Derry Londonderry at the perfect time-Halloween-as the culturally rich city hosts Europe's largest Halloween festival.	UNITED KINGDOM	English-100	2025		PG			Y
2/05/2026	2030	Animation	Rick Stein's Mediterranean Escapes	Sardinia And Sicily	1	2	In Sardinia, Rick watches as the local fishermen catch mullet using methods that date back to the Ancient Romans. He then boards a ferry for Sicily. In Palermo, he finds one of the best pasta dishes he has ever tasted. Rick rustles up a simple vegetarian pasta with tomatoes, capers and mint using capers from the island of Pantelleria.	UNITED KINGDOM	English-100	2007	RPT	G			Y
2/05/2026	2140	Travel	Anthony Bourdain: A Cook's Tour	San Sebastian: A Food Lover's Town	1	20	Tony explores the food-crazed Basque culture. Tony's guide, Chef Luis Irizar, takes Tony into the underworld of Basque gastronomic societies. Later, Tony explores the city's tapas bars.	USA	English-100	2002	RPT	PG			
2/05/2026	2205	Travel	Anthony Bourdain: A Cook's Tour	Portugal To France: Stuffed Like A Pig	1	21	Portugal & Southwest France: Visiting his boss's family farm, Tony helps slaughter and feast on a pig the family has been fattening all year. Then, Tony heads to France to experience the rich delights of a foie gras farm.	USA	English-100	2002	RPT	M	a w		
2/05/2026	2230	Food Lifestyle	How Do They Really Do It?	How Do They Really Do It?: Kfc	1	1	KFC is one of the biggest fast-food chains on the planet. Go inside the kitchens and behind the scenes of this fried chicken empire, see how the food is cooked and explore how they really do it.	UNITED KINGDOM	English-100	2023	RPT	PG			
2/05/2026	2325	Travel	Destination Flavour China Bitesize	Longjing Prawns	1	5	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
2/05/2026	2330	Travel	Tom Kerridge Cooks Britain	Wales To Lancashire - Chicken And Mushrooms	1	6	Tom Kerridge heads up the English Welsh border in 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			
2/05/2026	2400	Cooking	Nadiya's Family Favourites	People To Stay	1	5	Nadiya Hussain makes her family favourite dishes, perfect for when you have people to stay.	UNITED KINGDOM	English-100	2018	RPT	G			
2/05/2026	2430	Cooking	Jamie Cooks Italy	Sicily	1	5	This week Jamie heads to the island of Sicily in search of sensational homecooked recipes that set apart from the food of the mainland.	UNITED KINGDOM	English-100	2018	RPT	PG	a w		Y
2/05/2026	2525	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G			
2/05/2026	2530	Travel	Tour De Fred: Northern Ireland	Derry / Londonderry	1	5	Fred Sirieix visits Derry Londonderry at the perfect time-Halloween-as the culturally rich city hosts Europe's largest Halloween festival.	UNITED KINGDOM	English-100	2025	RPT	PG			Y
2/05/2026	2625	Travel	Destination Flavour China Bitesize	Longjing Prawns	1	5	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
2/05/2026	2630	Animation	Rick Stein's Mediterranean Escapes	Sardinia And Sicily	1	2	In Sardinia, Rick watches as the local fishermen catch mullet using methods that date back to the Ancient Romans. He then boards a ferry for Sicily. In Palermo, he finds one of the best pasta dishes he has ever tasted. Rick rustles up a simple vegetarian pasta with tomatoes, capers and mint using capers from the island of Pantelleria.	UNITED KINGDOM	English-100	2007	RPT	G			Y
2/05/2026	2740	Travel	Anthony Bourdain: A Cook's Tour	San Sebastian: A Food Lover's Town	1	20	Tony explores the food-crazed Basque culture. Tony's guide, Chef Luis Irizar, takes Tony into the underworld of Basque gastronomic societies. Later, Tony explores the city's tapas bars.	USA	English-100	2002	RPT	PG			
2/05/2026	2805	Travel	Anthony Bourdain: A Cook's Tour	Portugal To France: Stuffed Like A Pig	1	21	Portugal & Southwest France: Visiting his boss's family farm, Tony helps slaughter and feast on a pig the family has been fattening all year. Then, Tony heads to France to experience the rich delights of a foie gras farm.	USA	English-100	2002	RPT	M	a w		
2/05/2026	2830	Travel	Tom Kerridge Cooks Britain	Wales To Lancashire - Chicken And Mushrooms	1	6	Tom Kerridge heads up the English Welsh border in 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			