WEEK 20 **Sunday, 10 May 2026** **Saturday, 16 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
10/05/2026	500	Cooking	Nadiya's Family Favourites	Wind Down Weekends	1	6	Nadiya Hussain creates family favourite dishes for the perfect wind-down weekend.	UNITED KINGDOM	English-100	2018	RPT	G				
10/05/2026	530	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 2	1	2	Manager Aaron and his staff go all out to open the company's new Thanet store on time, chocolate sculptress Rhona accepts the challenge of creating a showstopping centrepiece for the big launch.	UNITED KINGDOM	English-100	2025	RPT	PG				
10/05/2026	625	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	1	2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y		
10/05/2026	630	Cooking	Jamie Cooks Italy	Tuscany	1	6	It's autumn and this week Jamie is in Tuscany tracking down the nonnas who hold the key to the region's hearty farmhouse cooking.	UNITED KINGDOM	English-100	2018	RPT	G			Y	
10/05/2026	725	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y		
10/05/2026	730	Cooking	Air Fryer Diet: Lose Weight, Cook Fast	Episode 1	1	1	This series is packed full of ingenious ways to feel healthier, save cash and smash your way into the New Year, with your trusted airfryer by your side.	UNITED KINGDOM	English-100	2025	RPT	G				
10/05/2026	825	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	1	1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y	
10/05/2026	830	Animation	Rick Stein's Mediterranean Escapes	Sicily And Puglia	1	3	Rick continues his travels in Sicily, enjoying the colours and ambience of Catania's busy fish market. In Puglia on Italy's mainland, the local dishes have been influenced by centuries of poverty. Rick cooks peas with onions, parma ham and olive oil, then gives his take on the fennel sausage recipe he tasted at a local restaurant.	UNITED KINGDOM	English-100	2007	RPT	PG	a	Y		
10/05/2026	940	Food Lifestyle	How Do They Really Do It?	How Do They Really Do It?: Domino's	1	3	Domino's is the biggest name in the UK when it comes to the highly competitive pizza delivery business. Go inside the kitchens of this pizza empire to meet those involved first-hand.	UNITED KINGDOM	English-100	2023	RPT	PG				
10/05/2026	1035	Food Lifestyle	Hotel Chocolat: Unwrapped	Episode 2	1	2	Manager Aaron and his staff go all out to open the company's new Thanet store on time, chocolate sculptress Rhona accepts the challenge of creating a showstopping centrepiece for the big launch.	UNITED KINGDOM	English-100	2025	RPT	PG				
10/05/2026	1130	Cooking	Jamie Cooks Italy	Tuscany	1	6	It's autumn and this week Jamie is in Tuscany tracking down the nonnas who hold the key to the region's hearty farmhouse cooking.	UNITED KINGDOM	English-100	2018	RPT	G			Y	
10/05/2026	1225	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	1	2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y		
10/05/2026	1230	Cooking	Air Fryer Diet: Lose Weight, Cook Fast	Episode 1	1	1	This series is packed full of ingenious ways to feel healthier, save cash and smash your way into the New Year, with your trusted airfryer by your side.	UNITED KINGDOM	English-100	2025	RPT	G				
10/05/2026	1325	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y		
10/05/2026	1330	Travel	Nigellissima	Ep 1	1	1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's a mid-week family feast of tagliata - a juicy steak cut into thin slices - served with crisp, fluffy Tuscan fries.	UNITED KINGDOM	English-100	2012	RPT	G		Y		
10/05/2026	1400	Cooking	The Cook Up With Adam Liaw	Crispy Business	9	34	This one's for the crisp takers. Adam, hatted chef Will Houia and the Wolf of Wok Street Vincent Lim are all about their crispy business.	AUSTRALIA	English-100	2025	RPT	G		Y		
10/05/2026	1430	Cooking	The Cook Up With Adam Liaw	Sweet Citrus	9	35	Adam and his guests, chef Kay-Lete Tan and writer Benjamin Law work wonders with sweet citrus.	AUSTRALIA	English-100	2025	RPT	G		Y		
10/05/2026	1500	Cooking	The Cook Up With Adam Liaw	Dinner Saves	9	36	Matildas legends Elise Kellond-Knight and Lydia Williams join Adam to make some dinner saves that are destined for the highlights reel.	AUSTRALIA	English-100	2025	RPT	G		Y		
10/05/2026	1530	Travel	The Cook Up With Adam Liaw	Living On The Veg	8	4	Two of the nation's biggest veg-heads, comedy megastar Kitty Flanagan and plant-based maestro Katie White, are here to show Adam how they live on the veg.	AUSTRALIA	English-100	2025	RPT	G		Y		
10/05/2026	1600	Travel	The Cook Up With Adam Liaw	Chicken Or Fish?	8	5	Adam poses a crucial question to his guests, comedian Jay Wymarra and presenter Samantha Martin: chicken or fish? Spoiler alert: their answers are delicious.	AUSTRALIA	English-100	2025	RPT	PG		Y		
10/05/2026	1630	Cooking	Secrets Of The Curry Kitchen	Sumptuous Snacks	1	7	Chef Asma Khan makes spiced Kabab Burgers. crispy Monsoon Pakoras. flavourful Koftas and indulgent Chili Cheese Toasties-perfect sumptuous snacks.	UNITED KINGDOM	English-100	2025	RPT	G			Y	
10/05/2026	1700	Cooking	Secrets Of The Curry Kitchen	Star Vegetables	1	8	Chef Asma Khan celebrates vegetables with Shimla Mirch Paneer, 9 Jewel Korma, Pumpkin Niramish & a delicious Watermelon Curry-a feast of spices.	UNITED KINGDOM	English-100	2025	RPT	G				
10/05/2026	1730	Travel	Chris Cooks Cymru	Caernarfon	1	1	Chris 'Flamebaster' Roberts begins his culinary journey around Wales in his hometown of Caernarfon. Situated between the mountains and the sea, it's ideally situated to reap all sorts of tasty riches.	UNITED KINGDOM	English-100	2024	RPT	G			Y	
10/05/2026	1800	Documentary	Haigh's Chocolates - From Bean To Bar	Haigh's Chocolates - From Bean To Bar	0	0	A century-old family business evolves from a humble Adelaide confectioner into Australia's finest chocolate maker.	AUSTRALIA	English-100	2025	RPT	G		Y		
10/05/2026	1830	Travel	Gordon Ramsay: Uncharted Showdown	Ramsay VS Ramsay	1	3	Gordon Ramsay and his daughter Tilly face off in a Costa Rican culinary showdown.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w		Y	
10/05/2026	1925	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	1	1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y	
10/05/2026	1930	Travel	Guillaume's French Atlantic	Episode 6	1	6	Chef Guillaume Brahimi takes viewers on an extraordinary expedition through the captivating land between the Loire and Dordogne rivers for an unforgettable exploration of the region's castles, culture, and cuisine, including the world's most expensive potato.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y	
10/05/2026	2000	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 5	1	5	Analiese tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100	2021	RPT	PG	a w	Y		
10/05/2026	2030	Travel	Rick Stein's Cornwall	Ep 3	1	3	Rick Stein meets young chef Tom Adams who runs Combeshead Farm, a leading field-to-fork restaurant in Cornwall. Here they grow and produce all of their own food, from sourdough bread to pork pies, as well as rearing a small heard of Mangalitsa pigs, a hairy, old-world breed which produces exquisite hams. Rick tries out a new recipe - pork chops with a sloe berry sauce, before moving on to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100	2021	RPT	PG	a w			
10/05/2026	2100	Travel	Rick Stein's Cornwall	Ep 4	1	4	The town of Launceston in east Cornwall is bypassed by many who visit the county, yet Rick discovers that it's home to an unusual superstition and a rare type of Norman castle. In the far west of Cornwall, Rick meets Graham Fitkin and Ruth Wall, two musicians who combine modern and traditional ways to make some extraordinary compositions. Rick rounds off his trip cooking an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100	2021	RPT	PG	a w			
10/05/2026	2130	Travel	Anthony Bourdain: A Cook's Tour	How To Be A Carioca	2	4	What is a Carioca? These lovable scamps love the beach, flirting, and hanging out at restaurants and bars. Tony gives the lifestyle a try.	USA	English-100	2003	RPT	PG	a l s w			
10/05/2026	2200	Travel	Anthony Bourdain: A Cook's Tour	Elements Of A Great Bar	2	5	Join Tony on his quest to characterize the perfect bar in New York City. Discover the importance of a maniacal bartender and the proper chemical makeup of drinks.	USA	English-100	2003	RPT	PG	a v w			
10/05/2026	2230	Food Lifestyle	Getting Grilled With Curtis Stone	Teri Hatcher	1	1	Teri Hatcher is in the hot seat, and she is not afraid of the fire! The actress proves she's an open book, spilling stories and details you haven't heard before about her childhood.	USA	English-100	2024	RPT	PG	a l			
10/05/2026	2340	Cooking	Secrets Of The Curry Kitchen	Sumptuous Snacks	1	7	Chef Asma Khan makes spiced Kabab Burgers. crispy Monsoon Pakoras. flavourful Koftas and indulgent Chili Cheese Toasties-perfect sumptuous snacks.	UNITED KINGDOM	English-100	2025	RPT	G			Y	
10/05/2026	2405	Cooking	Secrets Of The Curry Kitchen	Star Vegetables	1	8	Chef Asma Khan celebrates vegetables with Shimla Mirch Paneer, 9 Jewel Korma, Pumpkin Niramish & a delicious Watermelon Curry-a feast of spices.	UNITED KINGDOM	English-100	2025	RPT	G				
10/05/2026	2430	Travel	Chris Cooks Cymru	Caernarfon	1	1	Chris 'Flamebaster' Roberts begins his culinary journey around Wales in his hometown of Caernarfon. Situated between the mountains and the sea, it's ideally situated to reap all sorts of tasty riches.	UNITED KINGDOM	English-100	2024	RPT	G			Y	
10/05/2026	2500	Documentary	Haigh's Chocolates - From Bean To Bar	Haigh's Chocolates - From Bean To Bar	0	0	A century-old family business evolves from a humble Adelaide confectioner into Australia's finest chocolate maker.	AUSTRALIA	English-100	2025	RPT	G		Y		
10/05/2026	2530	Travel	Gordon Ramsay: Uncharted Showdown	Ramsay VS Ramsay	1	3	Gordon Ramsay and his daughter Tilly face off in a Costa Rican culinary showdown.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w		Y	
10/05/2026	2625	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	1	1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y	
10/05/2026	2630	Travel	Guillaume's French Atlantic	Episode 6	1	6	Chef Guillaume Brahimi takes viewers on an extraordinary expedition through the captivating land between the Loire and Dordogne rivers for an unforgettable exploration of the region's castles, culture, and cuisine, including the world's most expensive potato.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y	
10/05/2026	2700	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 5	1	5	Analiese tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100	2021	RPT	PG	a w	Y		
10/05/2026	2730	Travel	Anthony Bourdain: A Cook's Tour	How To Be A Carioca	2	4	What is a Carioca? These lovable scamps love the beach, flirting, and hanging out at restaurants and bars. Tony gives the lifestyle a try.	USA	English-100	2003	RPT	PG	a l s w			
10/05/2026	2800	Travel	Anthony Bourdain: A Cook's Tour	Elements Of A Great Bar	2	5	Join Tony on his quest to characterize the perfect bar in New York City. Discover the importance of a maniacal bartender and the proper chemical makeup of drinks.	USA	English-100	2003	RPT	PG	a v w			
10/05/2026	2830	Cooking	Secrets Of The Curry Kitchen	Sumptuous Snacks	1	7	Chef Asma Khan makes spiced Kabab Burgers. crispy Monsoon Pakoras. flavourful Koftas and indulgent Chili Cheese Toasties-perfect sumptuous snacks.	UNITED KINGDOM	English-100	2025	RPT	G			Y	
11/05/2026	500	Cooking	The Cook Up With Adam Liaw	Crispy Business	9	34	This one's for the crisp takers. Adam, hatted chef Will Houia and the Wolf of Wok Street Vincent Lim are all about their crispy business.	AUSTRALIA	English-100	2025	RPT	G		Y		
11/05/2026	530	Cooking	The Cook Up With Adam Liaw	Sweet Citrus	9	35	Adam and his guests, chef Kay-Lete Tan and writer Benjamin Law work wonders with sweet citrus.	AUSTRALIA	English-100	2025	RPT	G		Y		
11/05/2026	600	Cooking	The Cook Up With Adam Liaw	Dinner Saves	9	36	Matildas legends Elise Kellond-Knight and Lydia Williams join Adam to make some dinner saves that are destined for the highlights reel.	AUSTRALIA	English-100	2025	RPT	G		Y		
11/05/2026	630	Travel	The Cook Up With Adam Liaw	Living On The Veg	8	4	Two of the nation's biggest veg-heads, comedy megastar Kitty Flanagan and plant-based maestro Katie White, are here to show Adam how they live on the veg.	AUSTRALIA	English-100	2025	RPT	G		Y		
11/05/2026	700	Travel	The Cook Up With Adam Liaw	Chicken Or Fish?	8	5	Adam poses a crucial question to his guests, comedian Jay Wymarra and presenter Samantha Martin: chicken or fish? Spoiler alert: their answers are delicious.	AUSTRALIA	English-100	2025	RPT	PG		Y		
11/05/2026	730	Travel	Chris Cooks Cymru	Caernarfon	1	1	Chris 'Flamebaster' Roberts begins his culinary journey around Wales in his hometown of Caernarfon. Situated between the mountains and the sea, it's ideally situated to reap all sorts of tasty riches.	UNITED KINGDOM	English-100	2024	RPT	G			Y	
11/05/2026	800	Documentary	Haigh's Chocolates - From Bean To Bar	Haigh's Chocolates - From Bean To Bar	0	0	A century-old family business evolves from a humble Adelaide confectioner into Australia's finest chocolate maker.	AUSTRALIA	English-100	2025	RPT	G		Y		
11/05/2026	830	Travel	Gordon Ramsay: Uncharted Showdown	Ramsay VS Ramsay	1	3	Gordon Ramsay and his daughter Tilly face off in a Costa Rican culinary showdown.	UNITED KINGDOM	English-100	2021	RPT	PG	a l w		Y	
11/05/2026	925	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	1	1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y	
11/05/2026	930	Travel	Guillaume's French Atlantic	Episode 6	1	6	Chef Guillaume Brahimi takes viewers on an extraordinary expedition through the captivating land between the Loire and Dordogne rivers for an unforgettable exploration of the region's castles, culture, and cuisine, including the world's most expensive potato.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y	
11/05/2026	1000	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 5	1	5	Analiese tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100	2021	RPT	PG	a w	Y		
11/05/2026	1030	Travel	Rick Stein's Cornwall	Ep 3	1	3	Rick Stein meets young chef Tom Adams who runs Combeshead Farm, a leading field-to-fork restaurant in Cornwall. Here they grow and produce all of their own food, from sourdough bread to pork pies, as well as rearing a small heard of Mangalitsa pigs, a hairy, old-world breed which produces exquisite hams. Rick tries out a new recipe - pork chops with a sloe berry sauce, before moving on to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100	2021	RPT	PG	a w			
11/05/2026	1100	Travel	Rick Stein's Cornwall	Ep 4	1	4	The town of Launceston in east Cornwall is bypassed by many who visit the county, yet Rick discovers that it's home to an unusual superstition and a rare type of Norman castle. In the far west of Cornwall, Rick meets Graham Fitkin and Ruth Wall, two musicians who combine modern and traditional ways to make some extraordinary compositions. Rick rounds off his trip cooking an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100	2021	RPT	PG	a w			
11/05/2026	1130	Food Lifestyle	Getting Grilled With Curtis Stone	Teri Hatcher	1	1	Teri Hatcher is in the hot seat, and she is not afraid of the fire! The actress proves she's an open book, spilling stories and details you haven't heard before about her childhood.	USA	English-100	2024	RPT	PG	a l			
11/05/2026	1235	Cooking	Ainsley's Great Garden Cook Off	Ben Ebbrell & Cyrus Todiwala	1	9	Ainsley is joined by chefs Ben Ebbrell and Cyrus Todiwala in Norfolk for a light-hearted cooking contest in Blickling Hall's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	PG				
11/05/2026	1330	Cooking	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 3	1	3	Adam Liaw explores the amazing and unique culnatry culture of Japan. This week, Adam uncovers the secrets to superb sake, samples some of the world's best sushi and prepares a classic Japanese dish with his mother-in-law.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y	
11/05/2026	1400	Travel	Adam Richman Eats Britain	Yorkshire Pudding	1	1	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He begins his countrywide taste tour with a family connection - his great-grandfather was from Leeds, so what better place to eat the best of Yorkshire?	UNITED KINGDOM	English-100	2024	RPT	G				
11/05/2026	1430	Cooking	Kriol Kitchen	Neville Poelina: Orange Duck & Curry Bush Turkey	3	2	Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty-four gallon homemade bush oven.	AUSTRALIA	English-100	2014	RPT	G		Y		
11/05/2026	1500	Cooking	Marcus Wareing's Kitchen Garden Tales	Hedgerows	3	6	Marcus has faced some setbacks. Not everything in the kitchen garden has done well and he'll need to learn from experience next time. He seeks advice.	UNITED KINGDOM	English-100	2023	RPT	G				
11/05/2026	1530	Cooking	My Market Kitchen	Ep 41	6	41	Laura is at the Central Market in Adelaide, where her Chef Terry from SOI38 cooks holy basil chicken stir fry. Mike returns to Prahran Market in Melbourne with food stylist and author Jacob Leung.	AUSTRALIA	English-100	2021	RPT	G				
11/05/2026	1600	Cooking	Lidia's Kitchen	An Italian Lunchbox	9	4	In Italy, a leisure lunch is just as important as dinner. Lidia shares ideas to make the American tradition more Italian; prosciutto cotto salad, cherry jam tart, and a scallion egg sandwich.	USA	English-100	2022	RPT	G				
11/05/2026	1630	Cooking	Tom Kerridge's Pub Kitchen Secrets	Pub Favourites	1	1	For the first time ever, Tom welcomes us into his Michelin-starred pub, The Coach, where his expert kitchen staff work seamlessly in an unexpectedly compact kitchen to whip up award-winning pub food.	UNITED KINGDOM	English-100	2024	RPT	G				
11/05/2026	1700	Food Lifestyle	The Food That Built Asia	Lechon	2023	5	In the Philippines, where there is a celebration, there is a Lechon.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w			
11/05/2026	1730	Cooking	Food Safari	Korean Safari	2	12	Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.	AUSTRALIA	English-100	2007	RPT	G		Y		
11/05/2026	1800	Cooking	The Chocolate Queen	Ep 8	4	8	To finish the season with a sweet touch, Kirsten gets festive with a spectacular chocolate trifle recipe.	AUSTRALIA	English-100	2023	RPT	G				
11/05/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 55	4	55	Trish McKenzie shares her recipe for snack pops and Justine makes pork rack with blackberry sauce and poached Eggs with a delicious red wine sauce!	AUSTRALIA	English-100	2014	RPT	G				
11/05/2026	1900	Cooking	The Cook Up With Adam Liaw	Quicky Biccies	9	37	Pop the kettle on! Adam and two brilliant bakers, pastry chef Gareth Whitton and bestselling author Helen Goh are making some quicky biccies tonight	AUSTRALIA	English-100	2025		G		Y		
11/05/2026	1930	Cooking	Donal's Real Time Recipes	Episode 1	2	1	When cravings call, Donal's got the answer-fast, flavour-packed recipes that feel like a treat but won't keep you tied to the kitchen.	UNITED KINGDOM	English-100	2025						
11/05/2026	2000	Food Lifestyle	The Streets Hong Kong	Ep 7	1	7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous 'soy sauce Western cuisine'.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y		
11/05/2026	2030	Travel	Anthony Bourdain: Parts Unknown	Myanmar	1	1	Anthony and his crew explore the beautiful and fabled Myanmar to indulge in the local cuisines of a country that had been, until recently, off-limits to outsiders.	USA	English-100	2013	RPT	PG	a v w		Y	
11/05/2026	2125	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	1	2	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		
11/05/2026	2130	Food Lifestyle	Come Dine With Me UK	Birmingham: Tim	21	26	Second up this week is DIY devotee, 58 year old, Tim who's aiming to dazzle his guests with a comprehensive checklist and meticulously planned menu.	UNITED KINGDOM	English-100	2024	RPT	PG				
11/05/2026	2200	Food Lifestyle	Come Dine With Me UK	Birmingham: Danielle	21	27	Our third host this week is 29 year old administrator Danielle. The evening starts off well when health education advisor and witch 56 year old Amanda praises her 'finest homemade bread' but things quickly go downhill.	UNITED KINGDOM	English-100	2024	RPT	PG				
11/05/2026	2230	Cooking	The Cook Up With Adam Liaw	Quicky Biccies	9	37	Pop the kettle on! Adam and two brilliant bakers, pastry chef Gareth Whitton and bestselling author Helen Goh are making some quicky biccies tonight	AUSTRALIA	English-100	2025	RPT	G		Y		
11/05/2026	2300	Food Lifestyle	Cheese Slices	Goats Cheese	1	2	The Poitou region is the original home of many of the famous goat cheeses of France and for this episode of Cheese Slices, Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre, as well as witnessing an unusual inthronisation ceremony. After visiting a typical goat dairy and a battlefield near Poitiers, Will tours the largest goat cheese dairy in France.	AUSTRALIA	English-100	2005	RPT	G				
11/05/2026	2330	Cooking	Ainsley's Great Garden Cook Off	Ben Ebbrell & Cyrus Todiwala	1	9	Ainsley is joined by chefs Ben Ebbrell and Cyrus Todiwala in Norfolk for a light-hearted cooking contest in Blickling Hall's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	PG				
11/05/2026	2425	Cooking	Bring A Plate	Jc's Chicken And Pork Adobo With Eggs	1	1	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	2024	RPT	G		Y		
11/05/2026	2430	Cooking	Donal's Real Time Recipes	Episode 1	2	1	When cravings call, Donal's got the answer-fast, flavour-packed recipes that feel like a treat but won't keep you tied to the kitchen.	UNITED KINGDOM	English-100	2025	RPT					
11/05/2026	2500	Food Lifestyle	The Streets Hong Kong	Ep 7	1	7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous 'soy sauce Western cuisine'.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y		
11/05/2026	2530	Travel	Anthony Bourdain: Parts Unknown	Myanmar	1	1	Anthony and his crew explore the beautiful and fabled Myanmar to indulge in the local cuisines of a country that had been, until recently, off-limits to outsiders.	USA	English-100	2013	RPT	PG	a v w		Y	
11/05/2026	2625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	1	2	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		

11/05/2026	2630	Food Lifestyle	**Come Dine With Me UK**	Birmingham: Tim	21	26	Second up this week is DIY devotee, 58 year old, Tim who's aiming to dazzle his guests with a comprehensive checklist and meticulously planned menu.	UNITED KINGDOM	English-100	2024	RPT	PG				
11/05/2026	2700	Food Lifestyle	**Come Dine With Me UK**	Birmingham: Danielle	21	27	Our third host this week is 29 year old administrator Danielle. The evening starts off well when health education advisor and witch 56 year old Amanda praises her 'finest homemade bread' but things quickly go downhill.	UNITED KINGDOM	English-100	2024	RPT	PG				
11/05/2026	2730	Cooking	**The Cook Up With Adam Liaw**	Quicky Biccies	9	37	Pop the kettle on! Adam and two brilliant bakers, pastry chef Gareth Whitton and bestselling author Helen Goh are making some quicky biccies tonight	AUSTRALIA	English-100	2025	RPT	G		Y		
11/05/2026	2800	Food Lifestyle	**Cheese Slices**	Goats Cheese	1	2	The Poitou region is the original home of many of the famous goat cheeses of France and for this episode of Cheese Slices, Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre, as well as witnessing an unusual inthronisation ceremony. After visiting a typical goat dairy and a battlefield near Poitiers, Will tours the largest goat cheese dairy in France.	AUSTRALIA	English-100	2005	RPT	G				
11/05/2026	2830	Cooking	**Everyday Gourmet With Justine Schofield**	Ep 55	4	55	Trish McKenzie shares her recipe for snack pops and Justine makes pork rack with blackberry sauce and poached Eggs with a delicious red wine sauce!	AUSTRALIA	English-100	2014	RPT	G				
12/05/2026	500	Cooking	**Destination Flavour Japan**	Destination Flavour - Japan Series 1 Ep 3	1	3	Adam Liaw explores the amazing and unique culinatry culture of Japan. This week, Adam uncovers the secrets to superb sake, samples some of the world's best sushi and prepares a classic Japanese dish with his mother-in-law.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y	
12/05/2026	530	Cooking	**Ainsley's Great Garden Cook Off**	Ben Ebbrell & Cyrus Todiwala	1	9	Ainsley is joined by chefs Ben Ebbrell and Cyrus Todiwala in Norfolk for a light-hearted cooking contest in Blickling Hall's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	PG				
12/05/2026	625	Cooking	**Bring A Plate**	Jc's Chicken And Pork Adobo With Eggs	1	1	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	2024	RPT	G		Y		
12/05/2026	630	Travel	**Adam Richman Eats Britain**	Yorkshire Pudding	1	1	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He begins his countrywide taste tour with a family connection - his great-grandfather was from Leeds, so what better place to eat the best of Yorkshire?	UNITED KINGDOM	English-100	2024	RPT	G				
12/05/2026	700	Cooking	**Kriol Kitchen**	Neville Poelina: Orange Duck & Curry Bush Turkey	3	2	Neville Poelina will show us how to make two delicious dishes with duck and bush turkey - making the most out of his outdoor forty-four gallon homemade bush oven.	AUSTRALIA	English-100	2014	RPT	G		Y		
12/05/2026	730	Cooking	**Marcus Wareing's Kitchen Garden Tales**	Hedgerows	3	6	Marcus has faced some setbacks. Not everything in the kitchen garden has done well and he'll need to learn from experience next time. He seeks advice.	UNITED KINGDOM	English-100	2023	RPT	G				
12/05/2026	800	Cooking	**My Market Kitchen**	Ep 41	6	41	Laura is at the Central Market in Adelaide, where her Chef Terry from SOI38 cooks holy basil chicken stir fry. Mike returns to Prahran Market in Melbourne with food stylist and author Jacob Leung.	AUSTRALIA	English-100	2021	RPT	G				
12/05/2026	830	Cooking	**Lidia's Kitchen**	An Italian Lunchbox	9	4	In Italy, a leisure lunch is just as important as dinner. Lidia shares ideas to make the American tradition more Italian; prosciutto cotto salad, cherry jam tart, and a scallion egg sandwich.	USA	English-100	2022	RPT	G				
12/05/2026	900	Cooking	**Tom Kerridge's Pub Kitchen Secrets**	Pub Favourites	1	1	For the first time ever, Tom welcomes us into his Michelin-starred pub, The Coach, where his expert kitchen staff work seamlessly in an unexpectedly compact kitchen to whip up award-winning pub food.	UNITED KINGDOM	English-100	2024	RPT	G				
12/05/2026	930	Food Lifestyle	**The Food That Built Asia**	Lechon	2023	5	In the Philippines, where there is a celebration, there is a Lechon.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w			
12/05/2026	1000	Cooking	**Food Safari**	Korean Safari	2	12	Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.	AUSTRALIA	English-100	2007	RPT	G		Y		
12/05/2026	1030	Cooking	**The Chocolate Queen**	Ep 8	4	8	To finish the season with a sweet touch, Kirsten gets festive with a spectacular chocolate trifle recipe.	AUSTRALIA	English-100	2023	RPT	G				
12/05/2026	1100	Cooking	**The Cook Up With Adam Liaw**	Quicky Biccies	9	37	Pop the kettle on! Adam and two brilliant bakers, pastry chef Gareth Whitton and bestselling author Helen Goh are making some quicky biccies tonight	AUSTRALIA	English-100	2025	RPT	G		Y		
12/05/2026	1130	Cooking	**Donal's Real Time Recipes**	Episode 1	2	1	When cravings call, Donal's got the answer-fast, flavour-packed recipes that feel like a treat but won't keep you tied to the kitchen.	UNITED KINGDOM	English-100	2025	RPT					
12/05/2026	1200	Food Lifestyle	**The Streets Hong Kong**	Ep 7	1	7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous 'soy sauce Western cuisine'.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y		
12/05/2026	1230	Cooking	**Ainsley's Great Garden Cook Off**	Serena Appleby And Judy Joo	1	10	Ainsley is joined by chefs Serena Appleby and Judy Joo in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G				
12/05/2026	1325	Cooking	**Bring A Plate**	Rachel's Bossam	1	2	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	2024	RPT	G		Y		
12/05/2026	1330	Cooking	**Destination Flavour Japan**	Destination Flavour - Japan Series 1 Ep 4	1	4	After meeting a former baseball prodigy who now devotes his life to making matchless miso, Adam Liaw catches up with an extraordinary 74-year-old woman who still free-dives for abalone. Adam samples a challenging dish of Nagoya chicken sashimi; he then fries the perfect Wagyu steak - the product of cattle that arguably eat better food than most humans.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y	
12/05/2026	1400	Travel	**Adam Richman Eats Britain**	Sandwich	1	2	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He travels to Kent, where he pays homage to the Earl of Sandwich, eating his namesake sandwich in Sandwich.	UNITED KINGDOM	English-100	2024	RPT	G				
12/05/2026	1430	Cooking	**Kriol Kitchen**	Denise Andrews Macale: Bush Turkey Stew & Chilli Fresh Water Mussels In White Wine	3	3	Denise Andrews Macale, with the help of Mitch and Ali, turns the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird.	AUSTRALIA	English-100	2014	RPT	G		Y		
12/05/2026	1500	Cooking	**Marcus Wareing's Kitchen Garden Tales**	Cider	3	7	There is an abundance of fruits falling from the trees in the orchard that often go to waste. Marcus decides to make them into his own cider and visits an expert to help him fulfill this idea.	UNITED KINGDOM	English-100	2023	RPT	G				
12/05/2026	1530	Cooking	**My Market Kitchen**	Ep 42	6	42	Matt is in the Noosa Surf Club, cooking up a great way to start the day with his spinach and ricotta dumplings. Laura's in the Adelaide Central Market making sticky date pudding.	AUSTRALIA	English-100	2021	RPT	G				
12/05/2026	1600	Cooking	**Lidia's Kitchen**	Go-To Cravings	9	5	Lidia loves to talk about cravings. She makes American-style recipes but with an Italian twist - pan pizza and mozzarella cheeseburger. The culinary chat focuses on chicken cutlets today!	USA	English-100	2022	RPT	G				
12/05/2026	1630	Cooking	**Tom Kerridge's Pub Kitchen Secrets**	Fresh Is Best	1	2	Tom's chefs debut a new dish on the pub menu celebrating the freshest, seasonal ingredients.	UNITED KINGDOM	English-100	2024	RPT	PG				
12/05/2026	1700	Food Lifestyle	**The Food That Built Asia**	Har Gow	2023	6	One of Hong Kong's most popular dishes is a small bite made with shrimp and lots of love.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w		Y	
12/05/2026	1730	Cooking	**Food Safari**	Mauritian Safari	2	13	Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	2007	RPT	G		Y		
12/05/2026	1800	Cooking	**The Chocolate Queen**	Episode 1	5	1	The Chocolate Queen returns for another season of indulgence! Kirsten kicks things off with a decadent chocolate layered cake and her irresistible butterscotch almond bars.	AUSTRALIA	English-100	2024	RPT	G				
12/05/2026	1830	Cooking	**Everyday Gourmet With Justine Schofield**	Ep 56	4	56	Justine makes a delicious salmon and noodle soup, some amazing beef stroganoff pot pies and is shown some very easy beetroot and coconut cubes by Daniela Fra.	AUSTRALIA	English-100	2014	RPT	G				
12/05/2026	1900	Cooking	**The Cook Up With Adam Liaw**	Winner Winner Veggie Dinner	9	38	Tonight's recipes from Adam, chef Jen Kwok Lee and comedian He Huang will have you shouting, 'winner winner veggie dinner!'.	AUSTRALIA	English-100	2025		G		Y		
12/05/2026	1930	Cooking	**Maneet's Eats**	Samosas And Pork Vindaloo	1	2	Chef Maneet Chauhan shares two game-changing dishes perfect for a full Indian food feast. First, Maneet makes a crowd-pleasing appetizer of crispy fried Samosas with a creamy potato pea filling.	USA	English-100	2025	RPT	G				
12/05/2026	2000	Travel	**Mary Berry's Cook & Share**	Special Occasions	1	1	From Edinburgh to the Jurassic Coast, scallop diving to street food, Dame Mary Berry delights in adventure and celebrates the joy of being able to cook and share with others.	UNITED KINGDOM	English-100	2022	RPT	G				
12/05/2026	2030	Culture & Society	**Eva Longoria: Searching For Spain**	San Sebastian And The Basque Country	1	4	Home to one of the oldest cultures in Europe, the Basque Country might be small and isolated, but they are a powerhouse of imaginative food creations. Illustrated beautifully in San Sebastian, where cuisine of outstanding beauty and originality shines.	USA	English-87; Spanish-10; Basque-3	2024	RPT	PG	a	Y	Y	
12/05/2026	2125	Variety	**Torres Strait At Home**	Wattleseed Damper With Golden Syrup Butter	2022	2	Wattleseed are one of Nornie's top five favourite ingredients. She uses them here to make a childhood staple, damper, which is wrapped in banana leaves before baking for added fragrance.	AUSTRALIA		2022	RPT	G		Y		
12/05/2026	2130	Food Lifestyle	**Come Dine With Me UK**	Birmingham: Amanda	21	28	Fourth to host this week is 56 year old education advisor and contemporary witch Amanda who's planning to enchant her guests with a magical meal, showcasing her culinary prowess and punky past. But will it be enough for her to grab the 1000 pounds at the end of the week?	UNITED KINGDOM	English-100	2024	RPT	PG				
12/05/2026	2200	Food Lifestyle	**Come Dine With Me UK**	Birmingham: Maggie	21	29	The final night in Birmingham sees carer Maggie serving up her family favourites which she hopes will galvanise her guests and win her the 1000 pound cash prize. 61 year old parrot enthusiast Maggie asks her guests to dine with her in the kitchen, where they are joined by her feathered friend, Freddie.	UNITED KINGDOM	English-100	2024	RPT	PG				
12/05/2026	2230	Cooking	**The Cook Up With Adam Liaw**	Winner Winner Veggie Dinner	9	38	Tonight's recipes from Adam, chef Jen Kwok Lee and comedian He Huang will have you shouting, 'winner winner veggie dinner!'.	AUSTRALIA	English-100	2025	RPT	G		Y		
12/05/2026	2300	Food Lifestyle	**Cheese Slices**	Parmigiano / Reggiano	1	3	Parmigiano Reggiano is the undisputed king of Italian cheese and is still made by hand the old fashioned way in giant copper cauldrons. Will Studd explains the extraordinary steps taken to control production of this wonderful cheese. Filmed in the beautiful countryside near Parma in Reggio Emilia, Will meets the Biemme family who have been making benchmark cheese for four generations, and visits the farm and maturation rooms to see how this cheese is matured by robots before being graded by a stagionatura.	AUSTRALIA	English-100	2005	RPT	G				
12/05/2026	2330	Cooking	**Ainsley's Great Garden Cook Off**	Serena Appleby And Judy Joo	1	10	Ainsley is joined by chefs Serena Appleby and Judy Joo in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G				
12/05/2026	2425	Cooking	**Bring A Plate**	Rachel's Bossam	1	2	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	2024	RPT	G		Y		
12/05/2026	2430	Cooking	**Maneet's Eats**	Samosas And Pork Vindaloo	1	2	Chef Maneet Chauhan shares two game-changing dishes perfect for a full Indian food feast. First, Maneet makes a crowd-pleasing appetizer of crispy fried Samosas with a creamy potato pea filling.	USA	English-100	2025	RPT	G				
12/05/2026	2500	Travel	**Mary Berry's Cook & Share**	Special Occasions	1	1	From Edinburgh to the Jurassic Coast, scallop diving to street food, Dame Mary Berry delights in adventure and celebrates the joy of being able to cook and share with others.	UNITED KINGDOM	English-100	2022	RPT	G				
12/05/2026	2530	Culture & Society	**Eva Longoria: Searching For Spain**	San Sebastian And The Basque Country	1	4	Home to one of the oldest cultures in Europe, the Basque Country might be small and isolated, but they are a powerhouse of imaginative food creations. Illustrated beautifully in San Sebastian, where cuisine of outstanding beauty and originality shines.	USA	English-87; Spanish-10; Basque-3	2024	RPT	PG	a	Y	Y	
12/05/2026	2625	Variety	**Torres Strait At Home**	Wattleseed Damper With Golden Syrup Butter	2022	2	Wattleseed are one of Nornie's top five favourite ingredients. She uses them here to make a childhood staple, damper, which is wrapped in banana leaves before baking for added fragrance.	AUSTRALIA		2022	RPT	G		Y		
12/05/2026	2630	Food Lifestyle	**Come Dine With Me UK**	Birmingham: Amanda	21	28	Fourth to host this week is 56 year old education advisor and contemporary witch Amanda who's planning to enchant her guests with a magical meal, showcasing her culinary prowess and punky past. But will it be enough for her to grab the 1000 pounds at the end of the week?	UNITED KINGDOM	English-100	2024	RPT	PG				
12/05/2026	2700	Food Lifestyle	**Come Dine With Me UK**	Birmingham: Maggie	21	29	The final night in Birmingham sees carer Maggie serving up her family favourites which she hopes will galvanise her guests and win her the 1000 pound cash prize. 61 year old parrot enthusiast Maggie asks her guests to dine with her in the kitchen, where they are joined by her feathered friend, Freddie.	UNITED KINGDOM	English-100	2024	RPT	PG				
12/05/2026	2730	Cooking	**The Cook Up With Adam Liaw**	Winner Winner Veggie Dinner	9	38	Tonight's recipes from Adam, chef Jen Kwok Lee and comedian He Huang will have you shouting, 'winner winner veggie dinner!'.	AUSTRALIA	English-100	2025	RPT	G		Y		
12/05/2026	2800	Food Lifestyle	**Cheese Slices**	Parmigiano / Reggiano	1	3	Parmigiano Reggiano is the undisputed king of Italian cheese and is still made by hand the old fashioned way in giant copper cauldrons. Will Studd explains the extraordinary steps taken to control production of this wonderful cheese. Filmed in the beautiful countryside near Parma in Reggio Emilia, Will meets the Biemme family who have been making benchmark cheese for four generations, and visits the farm and maturation rooms to see how this cheese is matured by robots before being graded by a stagionatura.	AUSTRALIA	English-100	2005	RPT	G				
12/05/2026	2830	Cooking	**Everyday Gourmet With Justine Schofield**	Ep 56	4	56	Justine makes a delicious salmon and noodle soup, some amazing beef stroganoff pot pies and is shown some very easy beetroot and coconut cubes by Daniela Fra.	AUSTRALIA	English-100	2014	RPT	G				
13/05/2026	500	Cooking	**Destination Flavour Japan**	Destination Flavour - Japan Series 1 Ep 4	1	4	After meeting a former baseball prodigy who now devotes his life to making matchless miso, Adam Liaw catches up with an extraordinary 74-year-old woman who still free-dives for abalone. Adam samples a challenging dish of Nagoya chicken sashimi; he then fries the perfect Wagyu steak - the product of cattle that arguably eat better food than most humans.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y	
13/05/2026	530	Cooking	**Ainsley's Great Garden Cook Off**	Serena Appleby And Judy Joo	1	10	Ainsley is joined by chefs Serena Appleby and Judy Joo in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	2024	RPT	G				
13/05/2026	625	Cooking	**Bring A Plate**	Rachel's Bossam	1	2	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	2024	RPT	G		Y		
13/05/2026	630	Travel	**Adam Richman Eats Britain**	Sandwich	1	2	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He travels to Kent, where he pays homage to the Earl of Sandwich, eating his namesake sandwich in Sandwich.	UNITED KINGDOM	English-100	2024	RPT	G				
13/05/2026	700	Cooking	**Kriol Kitchen**	Denise Andrews Macale: Bush Turkey Stew & Chilli Fresh Water Mussels In White Wine	3	3	Denise Andrews Macale, with the help of Mitch and Ali, turns the humble bush turkey into a delicious stew using basic vegetables and Asian sauces to complement the gamey taste of this native bird.	AUSTRALIA	English-100	2014	RPT	G		Y		
13/05/2026	730	Cooking	**Marcus Wareing's Kitchen Garden Tales**	Cider	3	7	There is an abundance of fruits falling from the trees in the orchard that often go to waste. Marcus decides to make them into his own cider and visits an expert to help him fulfill this idea.	UNITED KINGDOM	English-100	2023	RPT	G				
13/05/2026	800	Cooking	**My Market Kitchen**	Ep 42	6	42	Matt is in the Noosa Surf Club, cooking up a great way to start the day with his spinach and ricotta dumplings. Laura's in the Adelaide Central Market making sticky date pudding.	AUSTRALIA	English-100	2021	RPT	G				
13/05/2026	830	Cooking	**Lidia's Kitchen**	Go-To Cravings	9	5	Lidia loves to talk about cravings. She makes American-style recipes but with an Italian twist - pan pizza and mozzarella cheeseburger. The culinary chat focuses on chicken cutlets today!	USA	English-100	2022	RPT	G				
13/05/2026	900	Cooking	**Tom Kerridge's Pub Kitchen Secrets**	Fresh Is Best	1	2	Tom's chefs debut a new dish on the pub menu celebrating the freshest, seasonal ingredients.	UNITED KINGDOM	English-100	2024	RPT	PG				
13/05/2026	930	Food Lifestyle	**The Food That Built Asia**	Har Gow	2023	6	One of Hong Kong's most popular dishes is a small bite made with shrimp and lots of love.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w		Y	
13/05/2026	1000	Cooking	**Food Safari**	Mauritian Safari	2	13	Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	2007	RPT	G		Y		
13/05/2026	1030	Cooking	**The Chocolate Queen**	Episode 1	5	1	The Chocolate Queen returns for another season of indulgence! Kirsten kicks things off with a decadent chocolate layered cake and her irresistible butterscotch almond bars.	AUSTRALIA	English-100	2024	RPT	G				
13/05/2026	1100	Cooking	**The Cook Up With Adam Liaw**	Winner Winner Veggie Dinner	9	38	Tonight's recipes from Adam, chef Jen Kwok Lee and comedian He Huang will have you shouting, 'winner winner veggie dinner!'.	AUSTRALIA	English-100	2025	RPT	G		Y		
13/05/2026	1130	Cooking	**Maneet's Eats**	Samosas And Pork Vindaloo	1	2	Chef Maneet Chauhan shares two game-changing dishes perfect for a full Indian food feast. First, Maneet makes a crowd-pleasing appetizer of crispy fried Samosas with a creamy potato pea filling.	USA	English-100	2025	RPT	G				
13/05/2026	1200	Travel	**Mary Berry's Cook & Share**	Special Occasions	1	1	From Edinburgh to the Jurassic Coast, scallop diving to street food, Dame Mary Berry delights in adventure and celebrates the joy of being able to cook and share with others.	UNITED KINGDOM	English-100	2022	RPT	G				
13/05/2026	1230	Food Lifestyle	**Buddy Valastro's Cake Dynasty**	Totally Wicked Cake	1	1	Buddy Valastro's small Hoboken bakery has expanded into an empire that includes a family-run factory creating thousands of treats and savory items along with mind-blowing custom cakes.	USA	English-100	2023	RPT	PG	l			
13/05/2026	1325	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		
13/05/2026	1330	Cooking	**Destination Flavour Japan**	Destination Flavour - Japan Series 1 Ep 5	1	5	Adam Liaw hits the packed streets of Tokyo in the midst of cherry blossom season, finding fabulous food in places so small that four is a crowd. A master chef shares the secrets of his donburi - a staple of the typical Japanese 'salaryman'. Then Adam concocts a sweet festival favourite from bean paste and pickled cherry leaves.	AUSTRALIA	English-80; Japanese-20	2013	RPT	G		Y	Y	
13/05/2026	1400	Travel	**Adam Richman Eats Britain**	Aberdeen Angus	1	3	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He's in Aberdeen to try the best of its world-famous beef, Aberdeen Angus, at one of the city's finest steak restaurants.	UNITED KINGDOM	English-100	2024	RPT	G				
13/05/2026	1430	Cooking	**Kriol Kitchen**	Alex Rogers: Crumbed Barra Fillets With Salad, Steamed Barra With Ginger And Soy, Curry Barra Soup	3	4	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	2014	RPT	G		Y		
13/05/2026	1500	Cooking	**Marcus Wareing's Kitchen Garden Tales**	Auction	3	8	Keen to learn about owning and rearing livestock, Marcus is off to an auction with Stuart, who is selling some of his sheep, to understand this aspect of farming life.	UNITED KINGDOM	English-100	2023	RPT	G				
13/05/2026	1530	Cooking	**My Market Kitchen**	Ep 43	6	43	Mike heads to Sovereign Hill in regional Victoria with 'Mann About Town' David Mann, barbecuing a lovely dish of BBQ Bugs. Greek Cook Kathy Tsaples makes a fennel, artichoke, and pea salad.	AUSTRALIA	English-100	2021	RPT	G				
13/05/2026	1600	Cooking	**Lidia's Kitchen**	Dress Up Dinner	9	6	The dishes might 'look' a little fancy, but they are super easy and give a little flair to your dinners! Lidia makes Belgian red endive salad, naked ricotta dumplings, and chats about stuffed tomatoes.	USA	English-100	2022	RPT	G				
13/05/2026	1630	Cooking	**Tom Kerridge's Pub Kitchen Secrets**	Classic Combos	1	3	Many classic pub dishes often combine two ingredients to create the perfect partnership, and Tom shares the secrets behind his favourite double acts in his Michelin-starred pub, The Coach.	UNITED KINGDOM	English-100	2024	RPT	G				
13/05/2026	1700	Food Lifestyle	**The Food That Built Asia**	Sushi	2023	7	Sushi is a 1500-billion-yen industry in Japan alone, served in supermarkets and Michelin-star restaurants.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w		Y	
13/05/2026	1730	Cooking	**Food Safari**	South American	3	1	Explore the colourful cuisine of South America with passionate chefs and home-cooks. Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special. Chef Juan Gomez makes Colombian style arepas and Chilean musician Gema Badiola prepares a fragrant, all-purpose salsa called pebre.	AUSTRALIA	English-100	2008	RPT	G		Y		
13/05/2026	1800	Cooking	**The Chocolate Queen**	Episode 2	5	2	A feast for dessert lovers awaits in this episode! Kirsten brings Italian-inspired magic to the kitchen with her chocolate custard tarts, simple yet stunning pistachio bark.	AUSTRALIA	English-100	2024	RPT	G				
13/05/2026	1830	Cooking	**Everyday Gourmet With Justine Schofield**	Ep 57	4	57	Adam Swanson joins the kitchen today to make his spicy couscous falafels with tahini yoghurt and Justine makes two scrumptious desserts - a pear and blueberry pie and a creamy passionfruit syllabub.	AUSTRALIA	English-100	2014	RPT	G				
13/05/2026	1900	Cooking	**The Cook Up With Adam Liaw**	20-Minute Dinner	9	39	Tonight, Adam has put 20 minutes on the clock and asked chef Lillian Kaskoutas and comedian Nick White to make some speedy but sensational dinners.	AUSTRALIA	English-100	2025		G		Y		
13/05/2026	1930	Travel	**Locals Welcome**	Scarborough - Hometown Flavours	1	4	Suresh Doss introduces us to some of his favorite spots and hometown flavours.	CANADA	English-100	2024		PG			Y	
13/05/2026	2000	Cooking	**Richo's Hungry Az Hell**	Richo's Greatest Hits	1	10	We're closing the season with the recipes Richo has flexed for decades. The dishes people beg him for, fight over, and try to recreate at home. Classic Richo flavours, and absolutely no apologies.	AUSTRALIA	English-100	2025		PG				
13/05/2026	2030	Culture & Society	**Rick Stein's Australia**	Central Coast, The	1	2	Rick Stein explores the Central Coast, on Sydney's northern fringes, meeting chefs, foragers, and producers who reveal how the outdoors shapes their approach to food.	AUSTRALIA	English-100	2025	RPT	PG	a v	Y		Y
13/05/2026	2140	Food Lifestyle	**Come Dine With Me UK**	Plymouth: Nina	21	30	Nina's hoping to win over her guests with a showstopping, tinseltown inspired menu, full of rich flavours and witty puns. Putting on a first class performance, she's hoping to impress her guests- 52 year old teacher Steve, 32 year old support worker Lea, 49 year old performance artist Slain and 47 year old pole fitness president Katie.	UNITED KINGDOM	English-100	2024	RPT	PG				
13/05/2026	2205	Food Lifestyle	**Come Dine With Me UK**	Plymouth: Steve	21	31	Second up this week is musician and teacher, Steve. He's hoping his 'Thairish' menu-a fusion of Thai and Irish cuisines, will impress.	UNITED KINGDOM	English-100	2024	RPT	PG				
13/05/2026	2230	Cooking	**The Cook Up With Adam Liaw**	20-Minute Dinner	9	39	Tonight, Adam has put 20 minutes on the clock and asked chef Lillian Kaskoutas and comedian Nick White to make some speedy but sensational dinners.	AUSTRALIA	English-100	2025	RPT	G		Y		
13/05/2026	2300	Food Lifestyle	**Cheese Slices**	Percorino	1	4	Pecorino is one of the most ancient of all European cheeses. Will explains the different types before travelling to Tuscany to visit the 'Il Forteto' dairy. Formed by a group of social reformers in the 70's, this cooperative has since grown to become one of the largest producers of Pecorino Toscano DOP. After 'Il Forteto' it's off to the town of Bra in Piedmont where 'Slow Food' hold the world largest specialist cheese festival every two years.	AUSTRALIA	English-100	2005	RPT	G				
13/05/2026	2330	Food Lifestyle	**Buddy Valastro's Cake Dynasty**	Totally Wicked Cake	1	1	Buddy Valastro's small Hoboken bakery has expanded into an empire that includes a family-run factory creating thousands of treats and savory items along with mind-blowing custom cakes.	USA	English-100	2023	RPT	PG	l			
13/05/2026	2425	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		
13/05/2026	2430	Travel	**Locals Welcome**	Scarborough - Hometown Flavours	1	4	Suresh Doss introduces us to some of his favorite spots and hometown flavours.	CANADA	English-100	2024	RPT	PG			Y	
13/05/2026	2500	Cooking	**Richo's Hungry Az Hell**	Richo's Greatest Hits	1	10	We're closing the season with the recipes Richo has flexed for decades. The dishes people beg him for, fight over, and try to recreate at home. Classic Richo flavours, and absolutely no apologies.	AUSTRALIA	English-100	2025	RPT	PG				
13/05/2026	2530	Culture & Society	**Rick Stein's Australia**	Central Coast, The	1	2	Rick Stein explores the Central Coast, on Sydney's northern fringes, meeting chefs, foragers, and producers who reveal how the outdoors shapes their approach to food.	AUSTRALIA	English-100	2025	RPT	PG	a v	Y		Y
13/05/2026	2640	Food Lifestyle	**Come Dine With Me UK**	Plymouth: Nina	21	30	Nina's hoping to win over her guests with a showstopping, tinseltown inspired menu, full of rich flavours and witty puns. Putting on a first class performance, she's hoping to impress her guests- 52 year old teacher Steve, 32 year old support worker Lea, 49 year old performance artist Slain and 47 year old pole fitness president Katie.	UNITED KINGDOM	English-100	2024	RPT	PG				

13/05/2026	2705	Food Lifestyle	**Come Dine With Me UK**	Plymouth: Steve	21	31	Second up this week is musician and teacher, Steve. He's hoping his 'Thairish' menu-a fusion of Thai and Irish cuisines, will impress.	UNITED KINGDOM	English-100	2024	RPT	PG			
13/05/2026	2730	Cooking	**The Cook Up With Adam Liaw**	20-Minute Dinner	9	39	Tonight, Adam has put 20 minutes on the clock and asked chef Lillian Kaskoutas and comedian Nick White to make some speedy but sensational dinners.	AUSTRALIA	English-100	2025	RPT	G		Y	
13/05/2026	2800	Food Lifestyle	**Cheese Slices**	Percorino	1	4	Pecorino is one of the most ancient of all European cheeses. Will explains the different types before travelling to Tuscany to visit the 'Il Forteto' dairy. Formed by a group of social reformers in the 70's, this cooperative has since grown to become one of the largest producers of Pecorino Toscano DOP. After 'Il Forteto' it's off to the town of Bra in Piedmont where 'Slow Food' hold the world largest specialist cheese festival every two years.	AUSTRALIA	English-100	2005	RPT	G			
13/05/2026	2830	Cooking	**Everyday Gourmet With Justine Schofield**	Ep 57	4	57	Adam Swanson joins the kitchen today to make his spicy couscous falafels with tahini yoghurt and Justine makes two scrumptious desserts - a pear and blueberry pie and a creamy passionfruit syllabub.	AUSTRALIA	English-100	2014	RPT	G			
14/05/2026	500	Cooking	**Destination Flavour Japan**	Destination Flavour - Japan Series 1 Ep 5	1	5	Adam Liaw hits the packed streets of Tokyo in the midst of cherry blossom season, finding fabulous food in places so small that four is a crowd. A master chef shares the secrets of his donburi - a staple of the typical Japanese 'salaryman'. Then Adam concocts a sweet festival favourite from bean paste and pickled cherry leaves.	AUSTRALIA	English-80; Japanese-20	2013	RPT	G		Y	Y
14/05/2026	530	Food Lifestyle	**Buddy Valastro's Cake Dynasty**	Totally Wicked Cake	1	1	Buddy Valastro's small Hoboken bakery has expanded into an empire that includes a family-run factory creating thousands of treats and savory items along with mind-blowing custom cakes.	USA	English-100	2023	RPT	PG	l		
14/05/2026	625	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	
14/05/2026	630	Travel	**Adam Richman Eats Britain**	Aberdeen Angus	1	3	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He's in Aberdeen to try the best of its world-famous beef, Aberdeen Angus, at one of the city's finest steak restaurants.	UNITED KINGDOM	English-100	2024	RPT	G			
14/05/2026	700	Cooking	**Kriol Kitchen**	Alex Rogers: Crumbed Barra Fillets With Salad, Steamed Barra With Ginger And Soy, Curry Barra Soup	3	4	This episode is a salute to the fighting freshwater and saltwater barramundi. Alex Rogers whips up a simple dish with one of his favourite fish.	AUSTRALIA	English-100	2014	RPT	G		Y	
14/05/2026	730	Cooking	**Marcus Wareing's Kitchen Garden Tales**	Auction	3	8	Keen to learn about owning and rearing livestock, Marcus is off to an auction with Stuart, who is selling some of his sheep, to understand this aspect of farming life.	UNITED KINGDOM	English-100	2023	RPT	G			
14/05/2026	800	Cooking	**My Market Kitchen**	Ep 43	6	43	Mike heads to Sovereign Hill in regional Victoria with 'Mann About Town' David Mann, barbecuing a lovely dish of BBQ Bugs. Greek Cook Kathy Tsaples makes a fennel, artichoke, and pea salad.	AUSTRALIA	English-100	2021	RPT	G			
14/05/2026	830	Cooking	**Lidia's Kitchen**	Dress Up Dinner	9	6	The dishes might 'look' a little fancy, but they are super easy and give a little flair to your dinners! Lidia makes Belgian red endive salad, naked ricotta dumplings, and chats about stuffed tomatoes.	USA	English-100	2022	RPT	G			
14/05/2026	900	Cooking	**Tom Kerridge's Pub Kitchen Secrets**	Classic Combos	1	3	Many classic pub dishes often combine two ingredients to create the perfect partnership, and Tom shares the secrets behind his favourite double acts in his Michelin-starred pub, The Coach.	UNITED KINGDOM	English-100	2024	RPT	G			
14/05/2026	930	Food Lifestyle	**The Food That Built Asia**	Sushi	2023	7	Sushi is a 1500-billion-yen industry in Japan alone, served in supermarkets and Michelin-star restaurants.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	a w		Y
14/05/2026	1000	Cooking	**Food Safari**	South American	3	1	Explore the colourful cuisine of South America with passionate chefs and home-cooks. Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special. Chef Juan Gomez makes Colombian style arepas and Chilean musician Gema Badiola prepares a fragrant, all-purpose salsa called pebre.	AUSTRALIA	English-100	2008	RPT	G		Y	
14/05/2026	1030	Cooking	**The Chocolate Queen**	Episode 2	5	2	A feast for dessert lovers awaits in this episode! Kirsten brings Italian-inspired magic to the kitchen with her chocolate custard tarts, simple yet stunning pistachio bark.	AUSTRALIA	English-100	2024	RPT	G			
14/05/2026	1100	Cooking	**The Cook Up With Adam Liaw**	20-Minute Dinner	9	39	Tonight, Adam has put 20 minutes on the clock and asked chef Lillian Kaskoutas and comedian Nick White to make some speedy but sensational dinners.	AUSTRALIA	English-100	2025	RPT	G		Y	
14/05/2026	1130	Travel	**Locals Welcome**	Scarborough - Hometown Flavours	1	4	Suresh Doss introduces us to some of his favorite spots and hometown flavours.	CANADA	English-100	2024	RPT	PG			Y
14/05/2026	1200	Cooking	**Richo's Hungry Az Hell**	Richo's Greatest Hits	1	10	We're closing the season with the recipes Richo has flexed for decades. The dishes people beg him for, fight over, and try to recreate at home. Classic Richo flavours, and absolutely no apologies.	AUSTRALIA	English-100	2025	RPT	PG			
14/05/2026	1230	Food Lifestyle	**Buddy Valastro's Cake Dynasty**	Secretariat Of Cake	1	2	The Mother's Day rush is one of the busiest times of the year, and Buddy is stressed!	USA	English-100	2023	RPT	PG	l		Y
14/05/2026	1325	Cooking	**Bring A Plate**	Rayan's Koosa Mahshi	1	4	Rayan shares his Syrian favourite, Kousa Mahshi, or stuffed zucchini, and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	2024	RPT	G		Y	
14/05/2026	1330	Cooking	**Destination Flavour Japan**	Destination Flavour - Japan Series 1 Ep 6	1	6	After discovering $90 mangoes and high-grade, drinkable vinegar in one of Tokyo's most exclusive department stores, Adam Liaw finds a suburban housewife who's revolutionised children's lunchboxes by making each one an edible work of art. Adam's dinner is served by a man once described as the best chef in Asia: his incredible offering is literally a dish made from dirt called 'soil 2013'.	AUSTRALIA	English-78; Japanese-22	2013	RPT	G		Y	Y
14/05/2026	1400	Travel	**Adam Richman Eats Britain**	Bakewell Pudding	1	4	Adam's made it to the stunning Peak District to discover the accidental invention of the famous Bakewell Pudding. He also visits a destination gastropub for his first taste of local grouse, and his tastebuds get unexpectedly transported to West Africa at a Cameroonian kitchen in the heart of the Derbyshire countryside.	UNITED KINGDOM	English-100	2024	RPT	G			
14/05/2026	1430	Cooking	**Kriol Kitchen**	Maria Morgan: Ox Tail Stew & Vegie Bake	3	5	Marie Morgan draws on the Kimberley history of station and mission days. Marie shares with us a family recipe that takes us back to a simpler time.	AUSTRALIA	English-100	2014	RPT	G		Y	
14/05/2026	1500	Cooking	**Marcus Wareing's Kitchen Garden Tales**	Goats	3	9	Marcus is thinking about adding some goats to the farm - but they are notoriously hard to look after. He visits a farm in Surrey to learn all about rearing, milking and feeding goats.	UNITED KINGDOM	English-100	2023	RPT	PG			
14/05/2026	1530	Cooking	**My Market Kitchen**	Ep 44	6	44	Matt starts by making a breakfast of ricotta hotcakes with mandarin syrup. Then we head to the great outdoors with Mike and David Mann cooking lamb cutlets with romesco sauce and mint pesto.	AUSTRALIA	English-100	2021	RPT	PG			
14/05/2026	1600	Cooking	**Lidia's Kitchen**	Breakfast At Lidia's	9	7	Colazione! It's breakfast time, and Lidia makes some Italian touches to American classics - fried potates with sausage and eggs, bacon, egg, and cheese risotto, and finally ricotta pancakes.	USA	English-100	2022	RPT	PG			
14/05/2026	1630	Cooking	**Tom Kerridge's Pub Kitchen Secrets**	Looking Good	1	4	In Looking Good, we join Tom and his pub chefs in crafting dishes that look as stunning as they taste. Tom also shows us how we can craft beautiful dishes at home.	UNITED KINGDOM	English-100	2024	RPT	PG			
14/05/2026	1700	Food Lifestyle	**The Food That Built Asia**	Tempura	2023	8	Tempura, Japan's most famous fried dish is a delicate work of art. When cooked to perfection, it is unlike anything else in scent and taste.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	G			Y
14/05/2026	1730	Cooking	**Food Safari**	Egyptian	3	2	Join Maeve O'Meara as she explores the nourishing foods of Egypt and discovers the country's favourite dishes. Maeve meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking and prepares an aromatic fish tagine. She also learns what to expect from a traditional Egyptian breakfast, including the popular fava bean dish, ful medames, and discovers how to make it when Alice Ibrahim shares her favourite recipe.	AUSTRALIA	English-100	2008	RPT	G		Y	
14/05/2026	1800	Cooking	**The Chocolate Queen**	Episode 3	5	3	Savour the flavours of France in this indulgent episode! Kirsten bakes golden honey madeleines, a rich and comforting date pudding, and a creamy, irresistible ice cream.	AUSTRALIA	English-100	2024	RPT	G			
14/05/2026	1830	Cooking	**Everyday Gourmet With Justine Schofield**	Ep 58	4	58	Justine whips up a coconut milk sorbet, shows you how to roast a whole duck, served up with cherries and has Dario D'Agostino in to make his delicious seafood zuppa dell'adriatico.	AUSTRALIA	English-100	2014	RPT	G			
14/05/2026	1900	Travel	**The Cook Up With Adam Liaw**	Garden Harvest	8	7	Adam is joined by chef Alastair McLeod and urban gardener Connie Cao for a big ole garden harvest.	AUSTRALIA	English-100	2025	RPT	G		Y	
14/05/2026	1930	Food Lifestyle	**Taste Of The Tropics:Tropical Innovators**	Taste Of The Tropics: Tropical Innovators	0	0		AUSTRALIA	English-100	2026					
14/05/2026	2000	Travel	**Ainsley's Taste Of The Bahamas**	Sweet Island Life	1	3	It's all things sweet as Ainsley dives into honey, sugarcane, and the island's beloved guava duff. In the kitchen, he creates coconut-lime creams with a crunchy Bahamian twist.	UNITED KINGDOM	English-100	2025					
14/05/2026	2030	Cooking	**Taste Of Art New Zealand**	Episode 2	1	2	Its the Luma Enchanted Challenge where teams must create dishes that express New Zealands myths and lanscapes. The winning team will be safe from the next elimination challenge.	NEW ZEALAND	English-100	2025					Y
14/05/2026	2130	Food Lifestyle	**Come Dine With Me UK**	Plymouth: Lea	21	32	Lea is hoping to wow her guests with Gordon Ramsay-esque fare though she has more confidence in her personality than her culinary credentials.	UNITED KINGDOM	English-100	2024	RPT	PG			
14/05/2026	2200	Food Lifestyle	**Come Dine With Me UK**	Plymouth: Slain	21	33	Slain is hoping to prove that vegans do eat normal food with a classic British menu but with living doll Ms Lydon causing trouble, the night is set to be anything but normal.	UNITED KINGDOM	English-100	2024	RPT	PG			
14/05/2026	2230	Travel	**The Cook Up With Adam Liaw**	Garden Harvest	8	7	Adam is joined by chef Alastair McLeod and urban gardener Connie Cao for a big ole garden harvest.	AUSTRALIA	English-100	2025	RPT	G		Y	
14/05/2026	2300	Food Lifestyle	**Cheese Slices**	Camembert	1	5	Camembert is a potent symbol of French cheese making and is copied all over the world. If you want the real thing, look no further than traditional Normandy Camembert which is made under strict AOC rules from unpasteurised milk. Will Studd visits the tiny village of Camembert where it all began, and the nearby dairy of Monsieur Durand who is now the last 'fermier' or farmhouse producer in the region. Then it's off to the Cooperative of Isigny St Mere, one of the most respected producers of traditional AOC Camembert in France.	AUSTRALIA	English-100	2005	RPT	PG			
14/05/2026	2330	Food Lifestyle	**Buddy Valastro's Cake Dynasty**	Secretariat Of Cake	1	2	The Mother's Day rush is one of the busiest times of the year, and Buddy is stressed!	USA	English-100	2023	RPT	PG	l		Y
14/05/2026	2425	Cooking	**Bring A Plate**	Rayan's Koosa Mahshi	1	4	Rayan shares his Syrian favourite, Kousa Mahshi, or stuffed zucchini, and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	2024	RPT	G		Y	
14/05/2026	2430	Food Lifestyle	**Taste Of The Tropics:Tropical Innovators**	Taste Of The Tropics: Tropical Innovators	0	0	Scientist and community organiser, Sharon Cavanagh-Luskin travels across Far North Queensland meeting visionary food innovators to discover how tropical ingredients spark bold new ideas.	AUSTRALIA	English-100	2026	RPT				
14/05/2026	2500	Travel	**Ainsley's Taste Of The Bahamas**	Sweet Island Life	1	3	It's all things sweet as Ainsley dives into honey, sugarcane, and the island's beloved guava duff. In the kitchen, he creates coconut-lime creams with a crunchy Bahamian twist.	UNITED KINGDOM	English-100	2025	RPT				
14/05/2026	2530	Cooking	**Taste Of Art New Zealand**	Episode 2	1	2	Its the Luma Enchanted Challenge where teams must create dishes that express New Zealands myths and lanscapes. The winning team will be safe from the next elimination challenge.	NEW ZEALAND	English-100	2025	RPT				Y
14/05/2026	2630	Food Lifestyle	**Come Dine With Me UK**	Plymouth: Lea	21	32	Lea is hoping to wow her guests with Gordon Ramsay-esque fare though she has more confidence in her personality than her culinary credentials.	UNITED KINGDOM	English-100	2024	RPT	PG			
14/05/2026	2700	Food Lifestyle	**Come Dine With Me UK**	Plymouth: Slain	21	33	Slain is hoping to prove that vegans do eat normal food with a classic British menu but with living doll Ms Lydon causing trouble, the night is set to be anything but normal.	UNITED KINGDOM	English-100	2024	RPT	PG			
14/05/2026	2730	Travel	**The Cook Up With Adam Liaw**	Garden Harvest	8	7	Adam is joined by chef Alastair McLeod and urban gardener Connie Cao for a big ole garden harvest.	AUSTRALIA	English-100	2025	RPT	G		Y	
14/05/2026	2800	Food Lifestyle	**Cheese Slices**	Camembert	1	5	Camembert is a potent symbol of French cheese making and is copied all over the world. If you want the real thing, look no further than traditional Normandy Camembert which is made under strict AOC rules from unpasteurised milk. Will Studd visits the tiny village of Camembert where it all began, and the nearby dairy of Monsieur Durand who is now the last 'fermier' or farmhouse producer in the region. Then it's off to the Cooperative of Isigny St Mere, one of the most respected producers of traditional AOC Camembert in France.	AUSTRALIA	English-100	2005	RPT	PG			
14/05/2026	2830	Cooking	**Everyday Gourmet With Justine Schofield**	Ep 58	4	58	Justine whips up a coconut milk sorbet, shows you how to roast a whole duck, served up with cherries and has Dario D'Agostino in to make his delicious seafood zuppa dell'adriatico.	AUSTRALIA	English-100	2014	RPT	G			
15/05/2026	500	Cooking	**Destination Flavour Japan**	Destination Flavour - Japan Series 1 Ep 6	1	6	After discovering $90 mangoes and high-grade, drinkable vinegar in one of Tokyo's most exclusive department stores, Adam Liaw finds a suburban housewife who's revolutionised children's lunchboxes by making each one an edible work of art. Adam's dinner is served by a man once described as the best chef in Asia: his incredible offering is literally a dish made from dirt called 'soil 2013'.	AUSTRALIA	English-78; Japanese-22	2013	RPT	G		Y	Y
15/05/2026	530	Food Lifestyle	**Buddy Valastro's Cake Dynasty**	Secretariat Of Cake	1	2	The Mother's Day rush is one of the busiest times of the year, and Buddy is stressed!	USA	English-100	2023	RPT	PG	l		Y
15/05/2026	625	Cooking	**Bring A Plate**	Rayan's Koosa Mahshi	1	4	Rayan shares his Syrian favourite, Kousa Mahshi, or stuffed zucchini, and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	2024	RPT	G		Y	
15/05/2026	630	Travel	**Adam Richman Eats Britain**	Bakewell Pudding	1	4	Adam's made it to the stunning Peak District to discover the accidental invention of the famous Bakewell Pudding. He also visits a destination gastropub for his first taste of local grouse, and his tastebuds get unexpectedly transported to West Africa at a Cameroonian kitchen in the heart of the Derbyshire countryside.	UNITED KINGDOM	English-100	2024	RPT	G			
15/05/2026	700	Cooking	**Kriol Kitchen**	Maria Morgan: Ox Tail Stew & Vegie Bake	3	5	Marie Morgan draws on the Kimberley history of station and mission days. Marie shares with us a family recipe that takes us back to a simpler time.	AUSTRALIA	English-100	2014	RPT	G		Y	
15/05/2026	730	Cooking	**Marcus Wareing's Kitchen Garden Tales**	Goats	3	9	Marcus is thinking about adding some goats to the farm - but they are notoriously hard to look after. He visits a farm in Surrey to learn all about rearing, milking and feeding goats.	UNITED KINGDOM	English-100	2023	RPT	PG			
15/05/2026	800	Cooking	**My Market Kitchen**	Ep 44	6	44	Matt starts by making a breakfast of ricotta hotcakes with mandarin syrup. Then we head to the great outdoors with Mike and David Mann cooking lamb cutlets with romesco sauce and mint pesto.	AUSTRALIA	English-100	2021	RPT	PG			
15/05/2026	830	Cooking	**Lidia's Kitchen**	Breakfast At Lidia's	9	7	Colazione! It's breakfast time, and Lidia makes some Italian touches to American classics - fried potates with sausage and eggs, bacon, egg, and cheese risotto, and finally ricotta pancakes.	USA	English-100	2022	RPT	PG			
15/05/2026	900	Cooking	**Tom Kerridge's Pub Kitchen Secrets**	Looking Good	1	4	In Looking Good, we join Tom and his pub chefs in crafting dishes that look as stunning as they taste. Tom also shows us how we can craft beautiful dishes at home.	UNITED KINGDOM	English-100	2024	RPT	PG			
15/05/2026	930	Food Lifestyle	**The Food That Built Asia**	Tempura	2023	8	Tempura, Japan's most famous fried dish is a delicate work of art. When cooked to perfection, it is unlike anything else in scent and taste.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	G			Y
15/05/2026	1000	Cooking	**Food Safari**	Egyptian	3	2	Join Maeve O'Meara as she explores the nourishing foods of Egypt and discovers the country's favourite dishes. Maeve meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking and prepares an aromatic fish tagine. She also learns what to expect from a traditional Egyptian breakfast, including the popular fava bean dish, ful medames, and discovers how to make it when Alice Ibrahim shares her favourite recipe.	AUSTRALIA	English-100	2008	RPT	G		Y	
15/05/2026	1030	Cooking	**The Chocolate Queen**	Episode 3	5	3	Savour the flavours of France in this indulgent episode! Kirsten bakes golden honey madeleines, a rich and comforting date pudding, and a creamy, irresistible ice cream.	AUSTRALIA	English-100	2024	RPT	G			
15/05/2026	1100	Travel	**The Cook Up With Adam Liaw**	Garden Harvest	8	7	Adam is joined by chef Alastair McLeod and urban gardener Connie Cao for a big ole garden harvest.	AUSTRALIA	English-100	2025	RPT	G		Y	
15/05/2026	1130	Food Lifestyle	**Taste Of The Tropics:Tropical Innovators**	Taste Of The Tropics: Tropical Innovators	0	0	Scientist and community organiser, Sharon Cavanagh-Luskin travels across Far North Queensland meeting visionary food innovators to discover how tropical ingredients spark bold new ideas.	AUSTRALIA	English-100	2026	RPT				
15/05/2026	1200	Travel	**Ainsley's Taste Of The Bahamas**	Sweet Island Life	1	3	It's all things sweet as Ainsley dives into honey, sugarcane, and the island's beloved guava duff. In the kitchen, he creates coconut-lime creams with a crunchy Bahamian twist.	UNITED KINGDOM	English-100	2025	RPT				
15/05/2026	1230	Food Lifestyle	**Buddy Valastro's Cake Dynasty**	Country Cake, A	1	3	When Buddy is tasked with making a cake for International Country Superstar Walker Hayes, the team must find a way to transform the lyrics to his hit song 'Fancy Like' into a sweet masterpiece!	USA	English-100	2023	RPT	PG	l s		Y
15/05/2026	1325	Cooking	**Bring A Plate**	Nimi's Poori-Chole	1	5	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	2024	RPT	G		Y	
15/05/2026	1330	Cooking	**Destination Flavour Japan**	Destination Flavour - Japan Series 1 Ep 7	1	7	Adam Liaw takes us deep inside the beautiful city of Kyoto. It's a living, breathing museum of Japan's precious culture and traditions. Stunning temples tower over manicured gardens; Kimono-clad Maiko shuffle up cobble streets and cherry-blossoms adorn the castles in spring - it's all so picture-perfect, storybook Japan, but one thing captures all this in a cup - The Way Of Tea. Adam experiences a ceremony performed by one of the nation's most respected Tea Masters before attending a Maiko party then heading off to explore Kyoto's fabulous food destinations.	AUSTRALIA	English-85; Japanese-15	2013	RPT	G		Y	Y
15/05/2026	1400	Travel	**Adam Richman Eats Britain**	Eton Mess	1	5	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world-famous dishes. He's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons.	UNITED KINGDOM	English-100	2024	RPT	G			
15/05/2026	1430	Cooking	**Kriol Kitchen**	Bo Carne: Nana's Half Caste Stew & Magpie Goose Giblet & Heart Blachan	3	6	Everyone has a stew they can brag about. In this episode, Bo Carne shares his Nana's version of the good old billabong stew.	AUSTRALIA	English-100	2014	RPT	G		Y	
15/05/2026	1500	Cooking	**Marcus Wareing's Kitchen Garden Tales**	Preserving	3	10	As autumn has drawn in, it's time to take stock of the kitchen garden and preserve any remaining summer crops so that they last through the winter and don't go to waste.	UNITED KINGDOM	English-100	2023	RPT	G			
15/05/2026	1530	Cooking	**My Market Kitchen**	Ep 45	6	45	Matt gets a recipe from his Nan and cooks it up. Mike makes some nostalgic Jamaican beef patties. Chef Adam D'Sylva and dessert Chef Kay-Lene Tan go head-to-head.	AUSTRALIA	English-100	2021	RPT	G			
15/05/2026	1600	Cooking	**Lidia's Kitchen**	Prepare The Harvest	9	8	Harvest time starts in late August in Italy, and it is one of the most important celebrations in the culture! Lidia celebrates with her oat risotto, makes olive-oil cake and red wine poached pears.	USA	English-100	2022	RPT	G			
15/05/2026	1630	Cooking	**Tom Kerridge's Pub Kitchen Secrets**	Dream Team	1	5	In Dream Team, the pub lunch menu features a roast pork and cauliflower cheese dish. Each chef in the brigade collaborates seamlessly to achieve perfection.	UNITED KINGDOM	English-100	2024	RPT	PG			
15/05/2026	1700	Food Lifestyle	**The Food That Built Asia**	Ramen	2023	9	Noodles, broth, sauce, toppings, and oil are the five elements that combine to produce infinite variations of ramen.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	v		Y
15/05/2026	1730	Cooking	**Food Safari**	German	3	3	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking and later prepares one of his favourite dishes, sauerbraten served with potato dumplings and tasty cabbage. Butcher Stefan Birmili guides us through German sausages. Michael Vieh cooks a hearty lentil soup traditionally eaten in Autumn in Germany, and later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	2008	RPT	G		Y	
15/05/2026	1800	Cooking	**The Chocolate Queen**	Episode 4	5	4	Indulge in chocolate mastery as The Chocolate Queen dazzles once again!	AUSTRALIA	English-100	2024	RPT	PG			
15/05/2026	1830	Cooking	**Everyday Gourmet With Justine Schofield**	Ep 59	4	59	Chef Michael Moore visits the kitchen to share his recipe for baked strawberry, lime and quinoa custard pudding and Justine serves up her calamari, salami and chickpea linguini.	AUSTRALIA	English-100	2014	RPT	G			
15/05/2026	1900	Travel	**The Cook Up With Adam Liaw**	Greece Is The Word	8	8	Trailblazing entertainer Jean Kittson and celebrated food writer Ella Mittas have heard that Greece is the word, and they're here to make a Greek feast with Adam.	AUSTRALIA	English-100	2025	RPT	G		Y	
15/05/2026	1930	Cooking	**Instant Italian**	Panini 2.0	1	4	Anna puts a fresh twist on everyday sandwiches by creating a hearty Neapolitan Panini, similar to an Italian version of a bacon, egg, and cheese sandwich.	USA	English-100	2025		G			
15/05/2026	2000	Travel	**The Hairy Bikers USA**	On Fire	1	4	Bill and Paul cruise into Houston where there's a growing subculture of chiliheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world. The bikers set out to find and eat the hottest peppers around. Their atomic adventure takes them to a world class chili pepper farm - a local small town butcher and in the end they hook up with a group of heat seeking maniacs to see just how much 'heat' they can handle in an Ultra-hot Chili Burger Challenge.	UNITED KINGDOM	English-100	2011	RPT	PG			
15/05/2026	2030	Cooking	**Jamie's Super Food**	Episode 5	1	5	Jamie's on the Japanese island of Okinawa, home to some of the oldest people on the planet.	UNITED KINGDOM	English-100	2015	RPT	PG			Y
15/05/2026	2125	Cooking	**Destination Flavour Down Under Bitesize**	Destination Flavour Down Under Bitesize Series 1 Ep 3	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y	
15/05/2026	2130	Food Lifestyle	**Come Dine With Me UK**	Plymouth: Katie	21	34	It's the final dinner party of the week and the pressure is on pole fitness president Katie. Not that she's feeling it. Confident Katie is dishing up a pan-Asian feast.	UNITED KINGDOM	English-100	2024	RPT	PG			
15/05/2026	2200	Food Lifestyle	**Come Dine With Me UK**	Cambridge: Rebecca	21	35	Kicking off this week is business woman and Queen of Etiquette Rebecca who's going all out to impress her guests with a sophisticated dinner party full of fancy high end food.	UNITED KINGDOM	English-100	2024	RPT	PG			
15/05/2026	2230	Travel	**The Cook Up With Adam Liaw**	Greece Is The Word	8	8	Trailblazing entertainer Jean Kittson and celebrated food writer Ella Mittas have heard that Greece is the word, and they're here to make a Greek feast with Adam.	AUSTRALIA	English-100	2025	RPT	G		Y	
15/05/2026	2300	Food Lifestyle	**Cheese Slices**	Cheddar	1	6	The world's most copied cheese is Cheddar which originally came from the green countryside of Somerset in England. Will travels to meet the last two farm producers of cloth bound cheddar in the county that still make cheese from raw milk by hand. How it is made, and the all important cheddaring process is explained, before we visit a local cider maker and the famous gorge and caves of Cheddar.	AUSTRALIA	English-100	2005	RPT	G			
15/05/2026	2330	Food Lifestyle	**Buddy Valastro's Cake Dynasty**	Country Cake, A	1	3	When Buddy is tasked with making a cake for International Country Superstar Walker Hayes, the team must find a way to transform the lyrics to his hit song 'Fancy Like' into a sweet masterpiece!	USA	English-100	2023	RPT	PG	l s		Y
15/05/2026	2425	Cooking	**Bring A Plate**	Nimi's Poori-Chole	1	5	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	2024	RPT	G		Y	
15/05/2026	2430	Cooking	**Instant Italian**	Panini 2.0	1	4	Anna puts a fresh twist on everyday sandwiches by creating a hearty Neapolitan Panini, similar to an Italian version of a bacon, egg, and cheese sandwich.	USA	English-100	2025	RPT	G			
15/05/2026	2500	Travel	**The Hairy Bikers USA**	On Fire	1	4	Bill and Paul cruise into Houston where there's a growing subculture of chiliheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world. The bikers set out to find and eat the hottest peppers around. Their atomic adventure takes them to a world class chili pepper farm - a local small town butcher and in the end they hook up with a group of heat seeking maniacs to see just how much 'heat' they can handle in an Ultra-hot Chili Burger Challenge.	UNITED KINGDOM	English-100	2011	RPT	PG			

15/05/2026	2530	Cooking	**Jamie's Super Food**	Episode 5	1	5	Jamie's on the Japanese island of Okinawa, home to some of the oldest people on the planet.	UNITED KINGDOM	English-100	2015	RPT	PG			Y
15/05/2026	2625	Cooking	**Destination Flavour Down Under Bitesize**	Destination Flavour Down Under Bitesize Series 1 Ep 3	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y	
15/05/2026	2630	Food Lifestyle	**Come Dine With Me UK**	Plymouth: Katie	21	34	It's the final dinner party of the week and the pressure is on pole fitness president Katie. Not that she's feeling it. Confident Katie is dishing up a pan-Asian feast.	UNITED KINGDOM	English-100	2024	RPT	PG			
15/05/2026	2700	Food Lifestyle	**Come Dine With Me UK**	Cambridge: Rebecca	21	35	Kicking off this week is business woman and Queen of Etiquette Rebecca who's going all out to impress her guests with a sophisticated dinner party full of fancy high end food.	UNITED KINGDOM	English-100	2024	RPT	PG			
15/05/2026	2730	Travel	**The Cook Up With Adam Liaw**	Greece Is The Word	8	8	Trailblazing entertainer Jean Kittson and celebrated food writer Ella Mittas have heard that Greece is the word, and they're here to make a Greek feast with Adam.	AUSTRALIA	English-100	2025	RPT	G		Y	
15/05/2026	2800	Food Lifestyle	**Cheese Slices**	Cheddar	1	6	The world's most copied cheese is Cheddar which originally came from the green countryside of Somerset in England. Will travels to meet the last two farm producers of cloth bound cheddar in the county that still make cheese from raw milk by hand. How it is made, and the all important cheddaring process is explained, before we visit a local cider maker and the famous gorge and caves of Cheddar.	AUSTRALIA	English-100	2005	RPT	G			
15/05/2026	2830	Cooking	**Everyday Gourmet With Justine Schofield**	Ep 59	4	59	Chef Michael Moore visits the kitchen to share his recipe for baked strawberry, lime and quinoa custard pudding and Justine serves up her calamari, salami and chickpea linguini.	AUSTRALIA	English-100	2014	RPT	G			
16/05/2026	500	Cooking	**Destination Flavour Japan**	Destination Flavour - Japan Series 1 Ep 7	1	7	Adam Liaw takes us deep inside the beautiful city of Kyoto. It's a living, breathing museum of Japan's precious culture and traditions. Stunning temples tower over manicured gardens; Kimono-clad Maiko shuffle up cobble streets and cherry-blossoms adorn the castles in spring - it's all so picture-perfect, storybook Japan, but one thing captures all this in a cup - The Way Of Tea. Adam experiences a ceremony performed by one of the nation's most respected Tea Masters before attending a Maiko party then heading off to explore Kyoto's fabulous food destinations.	AUSTRALIA	English-85; Japanese-15	2013	RPT	G		Y	Y
16/05/2026	530	Food Lifestyle	**Buddy Valastro's Cake Dynasty**	Country Cake, A	1	3	When Buddy is tasked with making a cake for International Country Superstar Walker Hayes, the team must find a way to transform the lyrics to his hit song 'Fancy Like' into a sweet masterpiece!	USA	English-100	2023	RPT	PG	l s		Y
16/05/2026	625	Cooking	**Bring A Plate**	Nimi's Poori-Chole	1	5	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	2024	RPT	G		Y	
16/05/2026	630	Travel	**Adam Richman Eats Britain**	Eton Mess	1	5	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world-famous dishes. He's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons.	UNITED KINGDOM	English-100	2024	RPT	G			
16/05/2026	700	Cooking	**Kriol Kitchen**	Bo Carne: Nana's Half Caste Stew & Magpie Goose Giblet & Heart Blachan	3	6	Everyone has a stew they can brag about. In this episode, Bo Carne shares his Nana's version of the good old billabong stew.	AUSTRALIA	English-100	2014	RPT	G		Y	
16/05/2026	730	Cooking	**Marcus Wareing's Kitchen Garden Tales**	Preserving	3	10	As autumn has drawn in, it's time to take stock of the kitchen garden and preserve any remaining summer crops so that they last through the winter and don't go to waste.	UNITED KINGDOM	English-100	2023	RPT	G			
16/05/2026	800	Cooking	**My Market Kitchen**	Ep 45	6	45	Matt gets a recipe from his Nan and cooks it up. Mike makes some nostalgic Jamaican beef patties. Chef Adam D'Sylva and dessert Chef Kay-Lene Tan go head-to-head.	AUSTRALIA	English-100	2021	RPT	G			
16/05/2026	830	Cooking	**Lidia's Kitchen**	Prepare The Harvest	9	8	Harvest time starts in late August in Italy, and it is one of the most important celebrations in the culture! Lidia celebrates with her oat risotto, makes olive-oil cake and red wine poached pears.	USA	English-100	2022	RPT	G			
16/05/2026	900	Cooking	**Tom Kerridge's Pub Kitchen Secrets**	Dream Team	1	5	In Dream Team, the pub lunch menu features a roast pork and cauliflower cheese dish. Each chef in the brigade collaborates seamlessly to achieve perfection.	UNITED KINGDOM	English-100	2024	RPT	PG			
16/05/2026	930	Food Lifestyle	**The Food That Built Asia**	Ramen	2023	9	Noodles, broth, sauce, toppings, and oil are the five elements that combine to produce infinite variations of ramen.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	v		Y
16/05/2026	1000	Cooking	**Food Safari**	German	3	3	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking and later prepares one of his favourite dishes, sauerbraten served with potato dumplings and tasty cabbage. Butcher Stefan Birmilli guides us through German sausages. Michael Vieh cooks a hearty lentil soup traditionally eaten in Autumn in Germany, and later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	2008	RPT	G		Y	
16/05/2026	1030	Cooking	**The Chocolate Queen**	Episode 4	5	4	Indulge in chocolate mastery as The Chocolate Queen dazzles once again!	AUSTRALIA	English-100	2024	RPT	PG			
16/05/2026	1100	Travel	**The Cook Up With Adam Liaw**	Greece Is The Word	8	8	Trailblazing entertainer Jean Kittson and celebrated food writer Ella Mittas have heard that Greece is the word, and they're here to make a Greek feast with Adam.	AUSTRALIA	English-100	2025	RPT	G		Y	
16/05/2026	1130	Cooking	**Instant Italian**	Panini 2.0	1	4	Anna puts a fresh twist on everyday sandwiches by creating a hearty Neapolitan Panini, similar to an Italian version of a bacon, egg, and cheese sandwich.	USA	English-100	2025	RPT	G			
16/05/2026	1200	Travel	**The Hairy Bikers USA**	On Fire	1	4	Bill and Paul cruise into Houston where there's a growing subculture of chiliheads who test their taste buds and push the limits of pain by eating some of the hottest peppers in the world. The bikers set out to find and eat the hottest peppers around. Their atomic adventure takes them to a world class chili pepper farm - a local small town butcher and in the end they hook up with a group of heat seeking maniacs to see just how much 'heat' they can handle in an Ultra-hot Chili Burger Challenge.	UNITED KINGDOM	English-100	2011	RPT	PG			
16/05/2026	1230	Cooking	**Destination Flavour Japan**	Destination Flavour - Japan Series 1 Ep 7	1	7	Adam Liaw takes us deep inside the beautiful city of Kyoto. It's a living, breathing museum of Japan's precious culture and traditions. Stunning temples tower over manicured gardens; Kimono-clad Maiko shuffle up cobble streets and cherry-blossoms adorn the castles in spring - it's all so picture-perfect, storybook Japan, but one thing captures all this in a cup - The Way Of Tea. Adam experiences a ceremony performed by one of the nation's most respected Tea Masters before attending a Maiko party then heading off to explore Kyoto's fabulous food destinations.	AUSTRALIA	English-85; Japanese-15	2013	RPT	G		Y	Y
16/05/2026	1300	Travel	**Adam Richman Eats Britain**	Eton Mess	1	5	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world-famous dishes. He's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons.	UNITED KINGDOM	English-100	2024	RPT	G			
16/05/2026	1330	Cooking	**My Market Kitchen**	Ep 45	6	45	Matt gets a recipe from his Nan and cooks it up. Mike makes some nostalgic Jamaican beef patties. Chef Adam D'Sylva and dessert Chef Kay-Lene Tan go head-to-head.	AUSTRALIA	English-100	2021	RPT	G			
16/05/2026	1400	Cooking	**Lidia's Kitchen**	Prepare The Harvest	9	8	Harvest time starts in late August in Italy, and it is one of the most important celebrations in the culture! Lidia celebrates with her oat risotto, makes olive-oil cake and red wine poached pears.	USA	English-100	2022	RPT	G			
16/05/2026	1430	Cooking	**Jamie's Super Food**	Episode 5	1	5	Jamie's on the Japanese island of Okinawa, home to some of the oldest people on the planet.	UNITED KINGDOM	English-100	2015	RPT	PG			Y
16/05/2026	1525	Cooking	**A Taste Of Island Dreams**	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	2024	RPT	G			
16/05/2026	1530	Cooking	**Tom Kerridge's Pub Kitchen Secrets**	Dream Team	1	5	In Dream Team, the pub lunch menu features a roast pork and cauliflower cheese dish. Each chef in the brigade collaborates seamlessly to achieve perfection.	UNITED KINGDOM	English-100	2024	RPT	PG			
16/05/2026	1600	Food Lifestyle	**The Food That Built Asia**	Ramen	2023	9	Noodles, broth, sauce, toppings, and oil are the five elements that combine to produce infinite variations of ramen.	SINGAPORE	Thai-14.32; Cantonese-14.28; English-14.28; Filipino-14.28; Indonesian-14.28; Japanese-14.28; Malay-14.28	2024	RPT	PG	v		Y
16/05/2026	1630	Food Lifestyle	**Hotel Chocolat: Unwrapped**	Episode 3	1	3	In this episode Hotel Chocolat moves into the world of cakes and pastries as they launch their first ever in-store bakery.	UNITED KINGDOM	English-100	2025	RPT	PG			
16/05/2026	1725	Cooking	**Bring A Plate**	Rayan's Koosa Mahshi	1	4	Rayan shares his Syrian favourite, Kousa Mahshi, or stuffed zucchini, and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	2024	RPT	G		Y	
16/05/2026	1730	Travel	**Nigellissima**	Ep 2	1	2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory, yet simple, Italian roast chicken, served alongside a sunny saffron orzotto. Dessert comes courtesy of Nigella's surprisingly easy coffee ice cream, inspired by lazy days spent in the ice cream parlours of Florence, and an extra treat is presented in the form of a chocolate olive oil cake.	UNITED KINGDOM	English-100	2012	RPT	G		Y	
16/05/2026	1800	Cooking	**Nadiya's Family Favourites**	Unexpected Guests	1	7	Nadiya Hussain makes her family favourite dishes, ideal for when you have unexpected guests.	UNITED KINGDOM	English-100	2018	RPT	G			
16/05/2026	1830	Cooking	**Jamie Cooks Italy**	Rome	1	7	This week Jamie is in the buzzing Italian capital tracking down fast fresh and easy recipes that busy Romans cook every day.	UNITED KINGDOM	English-100	2018	RPT	G			Y
16/05/2026	1930	Cooking	**Air Fryer Diet: Lose Weight, Cook Fast**	Episode 2	1	2	Nutritionist Jenny Tschiesche will be counting the calories and making the most of what's already in your kitchen cupboards, while airfryer chef Dean Edwards will pack his food for the waisteline.	UNITED KINGDOM	English-100	2025	RPT	G			
16/05/2026	2025	Variety	**Torres Strait At Home**	Pepperberry Bloody Mary	2022	4	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper.	AUSTRALIA		2022	RPT	G		Y	
16/05/2026	2030	Animation	**Rick Stein's Mediterranean Escapes**	Puglia And Corfu	1	4	Rick departs Italy and makes his way to the Greek island of Corfu, where he attends a family feast. He visits kitchens in restaurants all over the island and learns how to make authentic Greek dishes such as a Greek peasant salad with good quality feta and olives; pastitsio and baked Greek omelette with wild greens and herbs, leeks and feta.	UNITED KINGDOM	English-100	2007	RPT	G		Y	
16/05/2026	2140	Travel	**Anthony Bourdain: A Cook's Tour**	Struggle For The Soul Of America, The	2	6	Tony travels to the grain-belt capital of Minneapolis, Minnesota to experience firsthand the conflict between creative independent operators and generic franchises.	USA	English-100	2003	RPT	PG	l		
16/05/2026	2210	Travel	**Anthony Bourdain: A Cook's Tour**	Mad Tony: The Food Warrior	2	7	Tony embarks on a pilgrimage to Sydney, Australia so he may indulge in a meal made by one of the world's best chefs - Tetsuya Wakuda.	USA	English-100	2003	RPT	PG	a w		
16/05/2026	2235	Food Lifestyle	**Getting Grilled With Curtis Stone**	Lindsay Price	1	2	For a very special Valentine's Day episode, Curtis puts his wife, actress Lindsay Price, in the hot seat!	USA	English-100	2024	RPT	PG	l		
16/05/2026	2330	Food Lifestyle	**Hotel Chocolat: Unwrapped**	Episode 3	1	3	In this episode Hotel Chocolat moves into the world of cakes and pastries as they launch their first ever in-store bakery.	UNITED KINGDOM	English-100	2025	RPT	PG			
16/05/2026	2425	Cooking	**A Taste Of Island Dreams**	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	2024	RPT	G			
16/05/2026	2430	Cooking	**Jamie Cooks Italy**	Rome	1	7	This week Jamie is in the buzzing Italian capital tracking down fast fresh and easy recipes that busy Romans cook every day.	UNITED KINGDOM	English-100	2018	RPT	G			Y
16/05/2026	2525	Cooking	**Bring A Plate**	Rayan's Koosa Mahshi	1	4	Rayan shares his Syrian favourite, Kousa Mahshi, or stuffed zucchini, and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	2024	RPT	G		Y	
16/05/2026	2530	Cooking	**Air Fryer Diet: Lose Weight, Cook Fast**	Episode 2	1	2	Nutritionist Jenny Tschiesche will be counting the calories and making the most of what's already in your kitchen cupboards, while airfryer chef Dean Edwards will pack his food for the waisteline.	UNITED KINGDOM	English-100	2025	RPT	G			
16/05/2026	2625	Variety	**Torres Strait At Home**	Pepperberry Bloody Mary	2022	4	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper.	AUSTRALIA		2022	RPT	G		Y	
16/05/2026	2630	Animation	**Rick Stein's Mediterranean Escapes**	Puglia And Corfu	1	4	Rick departs Italy and makes his way to the Greek island of Corfu, where he attends a family feast. He visits kitchens in restaurants all over the island and learns how to make authentic Greek dishes such as a Greek peasant salad with good quality feta and olives; pastitsio and baked Greek omelette with wild greens and herbs, leeks and feta.	UNITED KINGDOM	English-100	2007	RPT	G		Y	
16/05/2026	2740	Travel	**Anthony Bourdain: A Cook's Tour**	Struggle For The Soul Of America, The	2	6	Tony travels to the grain-belt capital of Minneapolis, Minnesota to experience firsthand the conflict between creative independent operators and generic franchises.	USA	English-100	2003	RPT	PG	l		
16/05/2026	2805	Travel	**Anthony Bourdain: A Cook's Tour**	Mad Tony: The Food Warrior	2	7	Tony embarks on a pilgrimage to Sydney, Australia so he may indulge in a meal made by one of the world's best chefs - Tetsuya Wakuda.	USA	English-100	2003	RPT	PG	a w		
16/05/2026	2830	Travel	**Nigellissima**	Ep 2	1	2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory, yet simple, Italian roast chicken, served alongside a sunny saffron orzotto. Dessert comes courtesy of Nigella's surprisingly easy coffee ice cream, inspired by lazy days spent in the ice cream parlours of Florence, and an extra treat is presented in the form of a chocolate olive oil cake.	UNITED KINGDOM	English-100	2012	RPT	G		Y	