



Sunday, 7 June 2026		Saturday, 13 June 2026		ALL MARKETS											
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
500	Travel	Mind Of A Chef	Rene	1	6	Chang hangs out with one of his best friends-who happens to be the world's top chefs-Rene Redzepi of Copenhagen's Noma.	USA	English-100	2012	RPT	PG	a w			
530	Food Lifestyle	Getting Grilled With Curtis Stone	Jesse Tyler Ferguson	1	8	This week on Getting Grilled with Curtis Stone, Jesse Tyler Ferguson joins in on the fun! The TV actor and award winning Broadway star shares how he got his start.	USA	English-100	2024	RPT	PG				
625	Cooking	Destination Flavour China Bitesize	Bai-Style Grilled Pork	1	11	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y	
630	Travel	This Tastes Funny	Episode 2	1	2	The second leg of the tour takes Iliza and Noah into the cultural heart that is Rotorua.	NEW ZEALAND	English-100	2025	RPT	PG	a l			
725	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		
730	Travel	Nigellissima	Ep 5	1	5	Nigella Lawson continues to share her passion for creating mouth-watering Italian food. Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	2012	RPT	G		Y		
800	Cooking	Nadiya's Spices Made Simple	Better Than A Takeaway	1	2	Nadiya serves up deliciously treaty meals to rival any takeaway, ones that are indulgent and barely take any effort - homemade pizza, spicy egg fried rice, curry, and kulfi ice cream biscuit bars.	UNITED KINGDOM	English-100	2025	RPT	PG				
830	Travel	Jamie's American Road Trip	Los Angeles	1	3	Jamie explores East Los Angeles where he discovers a community proud of its food, committed to family, and striving to make the American dream a reality.	USA	English-100	2009	RPT	PG	a d l v w			
930	Food Lifestyle	River Cottage Vegetables	Feast	1	3	Hugh's takes on the challenge of catering for a wedding with a vegetable banquet.	UNITED KINGDOM	English-100	2011	RPT	PG				
1030	Travel	Rick Stein's Road To Mexico	San Francisco To Monterey	1	1	Rick starts his journey in San Francisco and enjoys legendary dishes like 'hangtown fry' oyster pancake. San Francisco is also the home of sourdough and where America's love affair with seasonal cooking took hold.		English-100	2017	RPT	PG				
1135	Food Lifestyle	Getting Grilled With Curtis Stone	Jesse Tyler Ferguson	1	8	This week on Getting Grilled with Curtis Stone, Jesse Tyler Ferguson joins in on the fun! The TV actor and award winning Broadway star shares how he got his start.	USA	English-100	2024	RPT	PG				
1230	Travel	This Tastes Funny	Episode 2	1	2	The second leg of the tour takes Iliza and Noah into the cultural heart that is Rotorua.	NEW ZEALAND	English-100	2025	RPT	PG	a l			
1325	Cooking	Destination Flavour China Bitesize	Bai-Style Grilled Pork	1	11	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y	
1330	Travel	Nigellissima	Ep 5	1	5	Nigella Lawson continues to share her passion for creating mouth-watering Italian food. Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	2012	RPT	G		Y		
1400	Cooking	The Cook Up With Adam Liaw	Surprise Me	9	46	Tonight, expect a surprising and delightful menu, because Adam has asked culinary young guns Nat Thaipun and Tom Forrest to surprise him.	AUSTRALIA	English-100	2025	RPT	G		Y		
1430	Cooking	The Cook Up With Adam Liaw	By Popular Demand	9	47	It's a night of popularly demanded recipes, with comedian Bron Lewis and chef and restaurateur Bee Satongun.	AUSTRALIA	English-100	2025	RPT	G		Y		
1500	Cooking	The Cook Up With Adam Liaw	Modern Indian	9	48	Indian cuisine innovators Justin Narayan and Bhavna Shivalkar are with Adam to make some magnificent modern Indian meals.	AUSTRALIA	English-100	2025	RPT	G		Y		
1530	Travel	The Cook Up With Adam Liaw	Pork Ribs	8	13	Grab your bibs, because Adam and his guests, chef and food writer Matthew Evans and journalist Marc Fennell, are making pork ribs!	AUSTRALIA	English-100	2025	RPT	G		Y		
1600	Travel	The Cook Up With Adam Liaw	Crowd Pleasers	8	14	Adam is joined by two award-winning guests, chef Jason Barratt and poet and comedian Anisa Nandaula, for a night of crowd-pleasing food.	AUSTRALIA	English-100	2025	RPT	G		Y		
1630	Cooking	Deliciously Twisted Classics	Twists On A Stick	1	5	Classic dishes are twisted right off the plate and into your hand! These handheld bites are fun to eat, with no knives or forks required because they're served on a stick!	USA	English-100	2023	RPT	G				
1700	Cooking	Deliciously Twisted Classics	XI Twists	1	6	We hope you came hungry because this episode is full of oversized twists that'll leave you stuffed. See how massive a bagel, pizza, burger, chocolate cake, and fortune cookie can get.	USA	English-100	2023	RPT	G				
1730	Travel	Chris Cooks Cymru	Rhyl	1	5	Native Welshman and globetrotting fire chef Chris 'Flamebaster' Roberts heads to Swansea for his next stop-a city which, believe it or not, he has never set foot in before!	UNITED KINGDOM	English-100	2024	RPT	G			Y	
1800	Travel	Guillaume's French Atlantic	Episode 10	1	10	In the unforgettable final episode, Guillaume Brahimi delves into the vibrant Basque culture and cuisine, experiencing Pelota, discovering underwater-aged wine, exploring the markets of Espelette.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y	
1830	Food Lifestyle	Taste Of The Tropics: Foodie Friends	Taste Of The Tropics: Foodie Friends	0	0	Cairns chef Davy O'Rourke, who specialises in Mexican and South American cuisines, honours the tradition of his country of birth by cooking a Papua New Guinean mumu under the guidance of his mum, adding a twist of South American flavours.	AUSTRALIA	English-100	2026	RPT	PG	a w	Y		
1900	Cooking	The Chef's Garden	Episode 4	2	4	Massimo spends the day exploring the beautiful farms of the Derwent Valley.	AUSTRALIA	English-100	2025		G				
1930	Cooking	Paddock To Plate	Seafood Spectacular, VIC	1	4	Matt's fourth week in Victoria and he heads south to discover the spectacular Great Ocean Road, the Bellarine Peninsula and Otway forest.	AUSTRALIA	English-100	2013		PG	a w			
2030	Travel	Rick Stein's Cornwall	Ep 11	1	11	Rick explores the beating heart of the post-war British modern art movement in the seaside town of St Ives, the home for leading artists such as Barbara Hepworth and Terry Frost. At the Lizard Peninsula, known locally as the graveyard of all shipping, Rick heads out to sea to fish for a delicious seasonal visitor - the red mullet. And on the wild coast at Lands End, Rick discovers that Cornwall has a rather unusual animal as its national emblem.	UNITED KINGDOM	English-100	2021	RPT	PG	a w			
2100	Travel	Rick Stein's Cornwall	Ep 12	1	12	Rick is on the beautiful Roseland Peninsula. At one of the county's oldest butchers, Rick looks into the ancient practice and benefits of ageing meat, before demonstrating how to properly cook a steak and make the perfect Bearnaise sauce. And in the attractive harbourside village of Mousehole, Rick meets a potter who finds inspiration from the Cornish landscape.	UNITED KINGDOM	English-100	2021	RPT	PG	a w			
2130	Travel	Mind Of A Chef	Simple	1	7	Dishes in this episode are deceptively simple. Chang travels to Japan for yakitori, high-end sushi with Peter Meehan, and a silent ramen meal with Ivan Orkin.	USA	English-100	2012	RPT	PG	a w		Y	
2200	Travel	Mind Of A Chef	Gluttony	1	8	It's gluttonous goodness in this episode. Chang engages in over-the-top indulgence with comedian Aziz Ansari and Joe Beef's Federic Morin and David McMillian, including the chefs' fois gras sandwich.	USA	English-100	2012	RPT	PG				
2230	Food Lifestyle	Getting Grilled With Curtis Stone	Yvette Nicole Brown	1	9	The actress shares details about her biggest roles, the friendship she made off-screen with Chris Evans, and her loving memories of the late Matthew Perry.	USA	English-100	2024	RPT	PG				
2330	Cooking	Deliciously Twisted Classics	Twists On A Stick	1	5	Classic dishes are twisted right off the plate and into your hand! These handheld bites are fun to eat, with no knives or forks required because they're served on a stick!	USA	English-100	2023	RPT	G				
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1325	Travel	Destination Flavour Japan Bitesize	Hokkaido	1	1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
1330	Travel	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 7	1	7	Adam's journey begins 70 floors above Singapore on the outskirts of the CBD, at the top of the Swissotel Stamford building, where he finds a modern French restaurant called Jaan. Chef de Cuisine, Kirk Westaway, has been in charge of Jaan for just over two years and recently received his first Michelin Star. His signature dish is his Tomato Collection, an eclectic mix of the world's finest tomatoes prepared in multiple ways. Adam is shown just how much effort it takes to achieve such perfection, and then samples the dish and the rest of Jaan's menu with unparalleled views over the city and harbour areas.	AUSTRALIA	English-100	2016	RPT	PG	Y	
1400	Food Lifestyle	Kitchen Glow Up	Baker's Dozen Problems, A	2025	3	Kandis is a home baker with a booming gluten-free business-but her tiny, chaotic kitchen is crumbling under pressure.	USA	English-100	2025	RPT	PG		
1430	Cooking	On Country Kitchen	Avocado, Finger Lime Butter & Olive Oil	1	6	Aboriginal school kids sing to a proud Derek in their shared Noongar language before he heads out to pick avocados, learns about native finger limes and gets Mark some more of his favourite olive oil.	AUSTRALIA	English-100	2017	RPT	G	Y	
1500	Cooking	Rachael Ray's Meals In Minutes	Crab Nachos And Steak Tacos	1	16	Surf and Turf is a great combo, but why not make that combo even better by combining it with taco night? Rachael shows us how to make the ultimate date night combo of crab nachos and steak tacos.	USA	English-100	2022	RPT	PG		
1530	Cooking	My Market Kitchen	Ep 61	6	61	Matt serves up crispy Sichuan pork spareribs in Pomona, Queensland, while Laura shares a family favourite, Saltimbocca, in the Adelaide Hills. Mike crafts a refreshing salmon poke bowl using fresh market produce.	AUSTRALIA	English-100	2021	RPT	G		
1600	Cooking	Lidia's Kitchen	Just Braising	9	24	Lidia shows you that braising makes everything taste better. She prepares oven braised pork chops, beef and root vegetables. Lorenzo joins her to talk about Nonna's tomato-braised cauliflower recipe.	USA	English-100	2022	RPT	G		
1630	Travel	What Chefs Want	Feast For The Senses	1	1	Immerse yourself in the delights of Singapore's food festivals with the Marina Bay Sands Food and Wine festival. Sally and Renae explore its culinary scene, interviewing a Michelin-star chef.	AUSTRALIA	English-100	2023	RPT	G		
1700	Cooking	Silvia's Italian Masterclass	Bake Yourself Happy	2	6	Silvia loves cooking with a little inspiration and ingenuity which can lift a humble everyday activity to a much higher level of sophistication.	AUSTRALIA	English-100	2024	RPT	G		
1730	Cooking	Food Safari	Food Safari Series 4 Ep 10	4	0	Maeve O'Meara explores the fascinating Creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	2013	RPT	G	Y	
1800	Travel	David Rocco's Eating Dirty	Cream First, Fry Later And Fruit Last	1	11	On eating dirty, David eats a Sicilian breakfast that would leave any mere mortal no room for lunch or dinner.	CANADA	English-100	2025		PG		Y
1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 75	4	75	Justine makes grilled swordfish with romescu sauce and a crab and pearl couscous stew. For dessert, Trish visits the kitchen to make her black forest brownie.	AUSTRALIA	English-100	2014	RPT	G		
1900	Cooking	The Cook Up With Adam Liaw	Best With Bourguignon	9	49	Food icon Maggie Beer AO returns to The Cook Up Kitchen with her friend, chef and winemaker Steve Flamsteed, to answer the ultimate question: what goes best with bourguignon?	AUSTRALIA	English-100	2025		G	Y	
1930	Cooking	Donal's Real Time Recipes	Ready Steady Chop	2	5	In this episode, Donal's all about speed, simplicity, and the power of prep-proving that a little chopping goes a long way.	UNITED KINGDOM	English-100	2025		G		
2000	Travel	Shane Delia's Malta	Three Cities & The Knights Of Malta, The	1	3	Shane explores the incredible legacy left by the Knights of Malta-architecturally, culturally and spiritually. From candlelit Easter processions to prison-baked pastries, The Three Cities of Malta are like nowhere else in the world.	AUSTRALIA	English-100	2025	RPT	G	Y	
2030	Travel	Anthony Bourdain: Parts Unknown	Canada	1	5	Tony travels to remote areas within the province of Quebec where he samples local delicacies, explores ice fishing and spends time with two of the most brilliant chefs in Canada, Dave McMillan and Fred Morin.	USA	English-100	2013	RPT	PG	a l s w	Y
2125	Cooking	Destination Flavour Singapore Bitesize	Hainanese Chicken	1	1	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
2130	Food Lifestyle	Come Dine With Me: The Professionals	Brighton A	2	14	In Sussex, business partners Will and Jack are kicking off the week with some decidedly risky fare from their restaurant MED. Head chef Will doesn't like to waste any part of the animal when cooking.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
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2300	Food Lifestyle	Cheese Slices	Champion Of English Cheese, The	4	1	Will visits influential cheese retailer Neal's Yard Dairy in London, where cheese champion Randolph Hodgson explains how English traditional farmhouse country cheese was saved from extinction. Then it's off to the Midlands to look at some of the survivors.	AUSTRALIA	English-100	2009	RPT	G		
2330	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 6	1	6	The cooks will prepare and present a dish to the judges in a 'chop and chat' TV style followed by a challenge that will see the cookbook concept come to life.	UNITED KINGDOM	English-100	2022	RPT	PG		
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830	Travel	What Chefs Want	Feast For The Senses	1	1	Immerse yourself in the delights of Singapore's food festivals with the Marina Bay Sands Food and Wine festival. Sally and Renae explore its culinary scene, interviewing a Michelin-star chef.	AUSTRALIA	English-100	2023	RPT	G			
900	Cooking	Silvia's Italian Masterclass	Bake Yourself Happy	2	6	Silvia loves cooking with a little inspiration and ingenuity which can lift a humble everyday activity to a much higher level of sophistication.	AUSTRALIA	English-100	2024	RPT	G			
930	Cooking	Food Safari	Food Safari Series 4 Ep 10	4	0	Maeve O'Meara explores the fascinating Creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	2013	RPT	G		Y	
1000	Travel	David Rocco's Eating Dirty	Cream First, Fry Later And Fruit Last	1	11	On eating dirty, David eats a Sicilian breakfast that would leave any mere mortal no room for lunch or dinner.	CANADA	English-100	2025	RPT	PG			Y
1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 75	4	75	Justine makes grilled swordfish with romescu sauce and a crab and pearl couscous stew. For dessert, Trish visits the kitchen to make her black forest brownie.	AUSTRALIA	English-100	2014	RPT	G			
1100	Cooking	The Cook Up With Adam Liaw	Best With Bourguignon	9	49	Food icon Maggie Beer AO returns to The Cook Up Kitchen with her friend, chef and winemaker Steve Flamsteed, to answer the ultimate question: what goes best with bourguignon?	AUSTRALIA	English-100	2025	RPT	G		Y	
1130	Cooking	Donal's Real Time Recipes	Ready Steady Chop	2	5	In this episode, Donal's all about speed, simplicity, and the power of prep-proving that a little chopping goes a long way.	UNITED KINGDOM	English-100	2025	RPT	G			
1200	Travel	Shane Delia's Malta	Three Cities & The Knights Of Malta, The	1	3	Shane explores the incredible legacy left by the Knights of Malta-architecturally, culturally and spiritually. From candlelit Easter processions to prison-baked pastries, The Three Cities of Malta are like nowhere else in the world.	AUSTRALIA	English-100	2025	RPT	G		Y	
1230	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 7	1	7	In the finale, the cooks will create book covers that distill the concept of their cookbook at a glance. At the end of the episode, one of the cooks will be offered their own publishing deal!	UNITED KINGDOM	English-100	2022	RPT	G			
1325	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	
1330	Travel	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 8	1	8	Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to exquisitely created restaurant dishes that are almost too beautiful to eat. Adam also makes time for a pit stop at Raffles Hotel where he enjoys the iconic Singapore Sling, considered the nation's national drink.	AUSTRALIA	English-100	2016	RPT	G		Y	
1400	Food Lifestyle	Kitchen Glow Up	Vlad & Olga's Culinary Clash	2025	4	Vlad & Olga's cramped condo kitchen is straining their marriage. He wants function, she wants minimalism & DIY fixes only cause fights.	USA	English-100	2025	RPT	PG			Y
1430	Cooking	On Country Kitchen	On Country Kitchen	2	1	Mark and Derek begin their journey with a Welcome to Yuin Country from Noel Butler, harvest oysters off the bay, stop through at an olive grove, and try stand-up paddle boarding on the NSW coastline.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y	Y
1500	Cooking	Rachael Ray's Meals In Minutes	Stellar Chicken With Dijon	1	17	You only need one skillet to make this 'stellar' sauteed chicken dinner served with sauteed vegetables and flavored with heavy cream, dijon mustard and imported beer.	USA	English-100	2022	RPT	G			
1530	Cooking	My Market Kitchen	Ep 62	6	62	Laura joins Chef Terry for a zesty Thai beef salad, while Matt whips up crispy honey & miso prawns on Queensland's Makepeace Island. Mike showcases three delectable ways to cook zucchini, and Matt adds a spicy kick to the table with his peanut relish.	AUSTRALIA	English-100	2021	RPT	G			
1600	Cooking	Lidia's Kitchen	Light Lunches	9	25	When your busy, a quick and easy lunch seems perfect! Lidia prepares a striped bass with broccolini, shrimp olive salad. In the Sharing Recipes segment, she talks about tomato tarts.	USA	English-100	2022	RPT	G			
1630	Travel	What Chefs Want	Multicultural Melting Pot	1	2	Renae and Sally embark on an adventure through the vibrant cultural mosaic of Singapore. Local expert Chef Damian D'Silva introduces Renae to a world of flavour at the Geylang Serai Markets.	AUSTRALIA	English-100	2023	RPT	G			
1700	Cooking	Silvia's Italian Masterclass	Economical Kitchen	2	7	This staple of Italian homecooking can be found in every single kitchen, from north to south.	AUSTRALIA	English-100	2024	RPT	G			
1730	Cooking	Italian Food Safari	Ep 1	1	1	Join Maeve O'Meara and Melbourne chef Guy Grossi in an Australian-wide celebration of traditional Italian food and culture. Tonight, Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	2009	RPT	G		Y	
1800	Travel	David Rocco's Eating Dirty	Nuggets, Noodles And Nose-To-Tail	1	12	David travels to Syracuse to a trendy spot that serves fresh fish straight from the market, visits a chef who brings her Michelin star cooking to the streets of a small town in Puglia.	CANADA	English-100	2025		PG			Y
1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 76	4	76	Justine puts a healthy spin on a classic treat with her dried fruit lollipops, and then serves up some delicious mini burgers. Darren Purchase drops in to make his apple and blackberry spice cake.	AUSTRALIA	English-100	2014	RPT	G			
1900	Cooking	The Cook Up With Adam Liaw	Easy Wins	9	50	If you need some easy wins in the kitchen, chef Lillian Kaskoutas, comedian Nick White and Adam have got you covered.	AUSTRALIA	English-100	2025		G		Y	
1930	Cooking	Maneet's Eats	Masala Omelet Sandwich And Parathas	1	6	Chef Maneet Chauhan prepares a classic Indian breakfast, the Masala Omelet Sandwich, with traditional Indian spices and Amul cheese.	USA	English-100	2025	RPT	G			
2000	Travel	Mary Berry's Cook & Share	Feasts	1	5	Mary Berry joins revelers at this year's Wilderness Festival-where good food takes centre stage, cooking dishes that bring feasts into your own home.	UNITED KINGDOM	English-100	2022	RPT	G			
2030	Culture & Society	Eva Longoria: Searching For Spain	Spain's Big Bang	1	8	Eva explores how on earth Spain transformed from its humble culinary roots to a gastronomic supernova in the space of a single generation, becoming one of the world's most exciting cuisines.	USA	English-79; Spanish-21	2024	RPT	PG	a w	Y	Y
2125	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G			
2130	Food Lifestyle	Come Dine With Me: The Professionals	Belfast 8	2	15	Today's Come Dine With Me: The Professionals travels to Northern Ireland and kicking off the competition are head Chef Ian and Front of House Eva of Mourne Seafood Bar in Belfast.	UNITED KINGDOM	English-100	2022	RPT	PG			
2225	Cooking	Destination Flavour China Bitesize	Zhajiangmian	1	2	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
2230	Cooking	The Cook Up With Adam Liaw	Easy Wins	9	50	If you need some easy wins in the kitchen, chef Lillian Kaskoutas, comedian Nick White and Adam have got you covered.	AUSTRALIA	English-100	2025	RPT	G		Y	
2300	Food Lifestyle	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	4	2	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions. While sampling Corsica's renowned Brocciu, a soft ewe's milk cheese, Will is introduced to a traditional version ripened with maggots. After a short ferry ride and a drive into the beautiful mountains of Sardinia, he meets a rock star shepherd and discovers an ancient curd cheese matured in a goat's stomach, before exploring authentic Pecorino Fiore Sardo, an exceptional cheese hand-made by shepherds then smoked over an open fire.	AUSTRALIA	English-100	2009	RPT	G			
2330	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 7	1	7	In the finale, the cooks will create book covers that distill the concept of their cookbook at a glance. At the end of the episode, one of the cooks will be offered their own publishing deal!	UNITED KINGDOM	English-100	2022	RPT	G			
2425	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	
2430	Cooking	Maneet's Eats	Masala Omelet Sandwich And Parathas	1	6	Chef Maneet Chauhan prepares a classic Indian breakfast, the Masala Omelet Sandwich, with traditional Indian spices and Amul cheese.	USA	English-100	2025	RPT	G			
2500	Travel	Mary Berry's Cook & Share	Feasts	1	5	Mary Berry joins revelers at this year's Wilderness Festival-where good food takes centre stage, cooking dishes that bring feasts into your own home.	UNITED KINGDOM	English-100	2022	RPT	G			
2530	Culture & Society	Eva Longoria: Searching For Spain	Spain's Big Bang	1	8	Eva explores how on earth Spain transformed from its humble culinary roots to a gastronomic supernova in the space of a single generation, becoming one of the world's most exciting cuisines.	USA	English-79; Spanish-21	2024	RPT	PG	a w	Y	Y
2625	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G			
2630	Food Lifestyle	Come Dine With Me: The Professionals	Belfast 8	2	15	Today's Come Dine With Me: The Professionals travels to Northern Ireland and kicking off the competition are head Chef Ian and Front of House Eva of Mourne Seafood Bar in Belfast.	UNITED KINGDOM	English-100	2022	RPT	PG			
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2730	Cooking	The Cook Up With Adam Liaw	Easy Wins	9	50	If you need some easy wins in the kitchen, chef Lillian Kaskoutas, comedian Nick White and Adam have got you covered.	AUSTRALIA	English-100	2025	RPT	G		Y	

2800	Food Lifestyle	Cheese Slices	Twins Of The Mediterranean: Corsica And Sardinia	4	2	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions. While sampling Corsica's renowned Brocciu, a soft ewe's milk cheese, Will is introduced to a traditional version ripened with maggots. After a short ferry ride and a drive into the beautiful mountains of Sardinia, he meets a rock star shepherd and discovers an ancient curd cheese matured in a goat's stomach, before exploring authentic Pecorino Fiore Sardo, an exceptional cheese hand-made by shepherds then smoked over an open fire.	AUSTRALIA	English-100	2009	RPT	G		
2830	Food Lifestyle	Kitchen Glow Up	Vlad & Olga's Culinary Clash	2025	4	Vlad & Olga's cramped condo kitchen is straining their marriage. He wants function, she wants minimalism & DIY fixes only cause fights.	USA	English-100	2025	RPT	PG		Y
500	Travel	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 8	1	8	Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to exquisitely created restaurant dishes that are almost too beautiful to eat. Adam also makes time for a pit stop at Raffles Hotel where he enjoys the iconic Singapore Sling, considered the nation's national drink.	AUSTRALIA	English-100	2016	RPT	G	Y	
530	Reality	Jamie Oliver's Great Cookbook Challenge	Episode 7	1	7	In the finale, the cooks will create book covers that distill the concept of their cookbook at a glance. At the end of the episode, one of the cooks will be offered their own publishing deal!	UNITED KINGDOM	English-100	2022	RPT	G		
625	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	
630	Cooking	On Country Kitchen	On Country Kitchen	2	1	Mark and Derek begin their journey with a Welcome to Yuin Country from Noel Butler, harvest oysters off the bay, stop through at an olive grove, and try stand-up paddle boarding on the NSW coastline.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y
700	Cooking	Rachael Ray's Meals In Minutes	Stellar Chicken With Dijon	1	17	You only need one skillet to make this 'stellar' sauteed chicken dinner served with sauteed vegetables and flavored with heavy cream, dijon mustard and imported beer.	USA	English-100	2022	RPT	G		
730	Cooking	My Market Kitchen	Ep 62	6	62	Laura joins Chef Terry for a zesty Thai beef salad, while Matt whips up crispy honey & miso prawns on Queensland's Makepeace Island. Mike showcases three delectable ways to cook zucchini, and Matt adds a spicy kick to the table with his peanut relish.	AUSTRALIA	English-100	2021	RPT	G		
800	Cooking	Lidia's Kitchen	Light Lunches	9	25	When your busy, a quick and easy lunch seems perfect! Lidia prepares a striped bass with broccolini, shrimp olive salad. In the Sharing Recipes segment, she talks about tomato tarts.	USA	English-100	2022	RPT	G		
830	Travel	What Chefs Want	Multicultural Melting Pot	1	2	Reneae and Sally embark on an adventure through the vibrant cultural mosaic of Singapore. Local expert Chef Damian D'Silva introduces Reneae to a world of flavour at the Geylang Serai Markets.	AUSTRALIA	English-100	2023	RPT	G		
900	Cooking	Silvia's Italian Masterclass	Economical Kitchen	2	7	This staple of Italian homecooking can be found in every single kitchen, from north to south.	AUSTRALIA	English-100	2024	RPT	G		
930	Cooking	Italian Food Safari	Ep 1	1	1	Join Maeve O'Meara and Melbourne chef Guy Grossi in an Australian-wide celebration of traditional Italian food and culture. Tonight, Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	2009	RPT	G	Y	
1000	Travel	David Rocco's Eating Dirty	Nuggets, Noodles And Nose-To-Tail	1	12	David travels to Syracuse to a trendy spot that serves fresh fish straight from the market, visits a chef who brings her Michelin star cooking to the streets of a small town in Puglia.	CANADA	English-100	2025	RPT	PG		Y
1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 76	4	76	Justine puts a healthy spin on a classic treat with her dried fruit lollipops, and then serves up some delicious mini burgers. Darren Purchese drops in to make his apple and blackberry spice cake.	AUSTRALIA	English-100	2014	RPT	G		
1100	Cooking	The Cook Up With Adam Liaw	Easy Wins	9	50	If you need some easy wins in the kitchen, chef Lillian Kaskoutas, comedian Nick White and Adam have got you covered.	AUSTRALIA	English-100	2025	RPT	G	Y	
1130	Cooking	Maneet's Eats	Masala Omelet Sandwich And Parathas	1	6	Chef Maneet Chauhan prepares a classic Indian breakfast, the Masala Omelet Sandwich, with traditional Indian spices and Amul cheese.	USA	English-100	2025	RPT	G		
1200	Travel	Mary Berry's Cook & Share	Feasts	1	5	Mary Berry joins revelers at this year's Wilderness Festival-where good food takes centre stage, cooking dishes that bring feasts into your own home.	UNITED KINGDOM	English-100	2022	RPT	G		
1230	Reality	Great Chocolate Showdown	Let The Games Begin!	4	1	Ten home bakers enter the kitchen and strive to up their dessert game as they create a chocolate TicTac Toe board. In the Elimination Challenge, the bakers set a scrumptious scene by delivering a cake.	CANADA	English-100	2023	RPT	PG		
1325	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
1330	Travel	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 9	1	9	In the final episode, Adam gathers what he's learned over the past few weeks to serve up an impressive five course banquet dinner to some distinguished guests, one of whom is his mother.	AUSTRALIA	English-100	2016	RPT	G	Y	
1400	Food Lifestyle	Kitchen Glow Up	Meredith & Dan's Family Fix	2025	5	Meredith juggles two kids, gluten-free cooking & full-time mom life while Dan works 70+ hours for the LA Rams. With no space, scattered supplies & growing stress. She asks Ellen for a calm kitchen.	USA	English-100	2025	RPT	PG		
1430	Cooking	On Country Kitchen	On Country Kitchen	2	2	On the coast at Jervis Bay, Derek helps Joel and Adrian to dive for lobsters off the rocks while Mark tends to the fire. In Ulladulla, the boys get a taste for the cheesemaking life with Rosie and Angel, and relax on the picturesque deck with a wine and cheese in hand, soaking up the mid-afternoon sun. Inland at Milton, the boys are put to the task of eating as little produce as possible when chocolate making with Jo and Dan. Mark and Derek indulge in a heart-to-heart kayaking down the Kangaroo Valley River.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y
1500	Cooking	Rachael Ray's Meals In Minutes	Crispy Fish Tacos	1	18	You don't have to be intimidated to make fish tacos at home. Rachael is going to make a crispy flake cod fish taco with refried beans that you're going to love.	USA	English-100	2022	RPT	G		
1530	Cooking	My Market Kitchen	Ep 63	6	63	Matt pairs his smoked trout & udon noodle salad with exquisite wines alongside expert Adam Walls. Meanwhile, Mike collaborates with Catherine Velisha for a flavourful vegetarian broccoli and paneer curry.	AUSTRALIA	English-100	2021	RPT	G		
1600	Cooking	Lidia's Kitchen	Little Effort, Big Flavour	9	26	Some of Lidia's best recipes require little effort! She makes sausages with fennel and olives, seared lamb chops, and how about a light drink? She talks to her granddaughter about a fragoncello.	USA	English-100	2022	RPT	G		
1630	Travel	What Chefs Want	Beauty Of Modern Singapore, The	1	3	Get ready to feast your eyes on the innovative stunning dishes that define modern Singaporean cuisine. Like exploring TV personality Ben Yeo's restaurant and some of Singapore's most unique places.	AUSTRALIA	English-100	2023	RPT	PG	a	
1700	Cooking	Silvia's Italian Masterclass	Like They Do In Amalfi	2	8	If there is one coveted Italian destination that makes us all dream of balmy summer night in the mediterranean, that is the Amalfi coast.	AUSTRALIA	English-100	2024	RPT	G		
1730	Cooking	Italian Food Safari	Ep 2	1	2	Tonight, we head to Fremantle to join the last sardine fisherman on the Western Australia coast - Jim Mendolia who supplies the fresh fish market. Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious classic recipe for stuffed sardines. And Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide to learn how all the various shapes of extruded pasta are made.	AUSTRALIA	English-100	2009	RPT	G	Y	
1800	Travel	David Rocco's Eating Dirty	Bowls, Brains And Gold Of The Sea	1	13	This time on Eating Dirty, David experiences the heavy carbs and crazy lunchtime antics in one of Naples' most famous restaurants.	CANADA	English-100	2025		PG		Y
1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 77	4	77	Justine shows you how to crumb cutlets with parmesan and makes a delicious chia crusted salmon, while Colin Magee drops in to share his recipe for a sesame crusted tuna with a Japanese slaw.	AUSTRALIA	English-100	2014	RPT	G		
1900	Cooking	The Cook Up With Adam Liaw	Fast, Fresh & Foolproof	9	51	Adam welcomes recipe developer Lina Jebelle and chef Rashedul Hasan into the kitchen to make some fantastically fast, fresh and foolproof food.	AUSTRALIA	English-100	2025		G	Y	
1930	Travel	Locals Welcome	Tehranto - Rich Traditions Of Hospitality	1	8	Suresh Doss explores Iranian food in Toronto and finds a cuisine with rich traditions of hospitality.	CANADA	English-100	2024		PG	a w	Y
2000	Cooking	Frugal Foodie	15-Minute Meals	1	4	Perfect for busy weeknights, these speedy recipes deliver flavor and nutrition in just 15 minutes. Steph serves up San choi bow, Creamy Tuscan Salmon and a Black bean Nacho Soup.	AUSTRALIA	English-100	2024		PG		
2030	Culture & Society	Rick Stein's Australia	Saphire Coast, The	1	6	In the final episode of the series, Rick introduces us to his beloved Sapphire Coast, and its exquisite seafood: his home away from home in Australia.	AUSTRALIA	English-100	2025	RPT	PG	Y	Y
2140	Food Lifestyle	Come Dine With Me: The Professionals	Oxfordshire A	2	16	First to compete tonight are Owner Baz and his South African Head Chef Anthony from The White Hart. They are pitting their Alfresco Asardo BBQ cooking against their fellow pros.	UNITED KINGDOM	English-100	2022	RPT	PG		
2235	Cooking	The Cook Up With Adam Liaw	Fast, Fresh & Foolproof	9	51	Adam welcomes recipe developer Lina Jebelle and chef Rashedul Hasan into the kitchen to make some fantastically fast, fresh and foolproof food.	AUSTRALIA	English-100	2025	RPT	G	Y	
2305	Food Lifestyle	Cheese Slices	Cheeses Of Quebec	4	3	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance. After finding the oldest traditional cheese still made in North America, he visits pretty Ile-aux-Grues in the St Lawrence River to learn how a small cheddar producer is adapting to the changing market.	AUSTRALIA	English-100	2009	RPT	PG		
2335	Reality	Great Chocolate Showdown	Let The Games Begin!	4	1	Ten home bakers enter the kitchen and strive to up their dessert game as they create a chocolate TicTac Toe board. In the Elimination Challenge, the bakers set a scrumptious scene by delivering a cake.	CANADA	English-100	2023	RPT	PG		
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2640	Food Lifestyle	Come Dine With Me: The Professionals	Oxfordshire A	2	16	First to compete tonight are Owner Baz and his South African Head Chef Anthony from The White Hart. They are pitting their Alfresco Asardo BBQ cooking against their fellow pros.	UNITED KINGDOM	English-100	2022	RPT	PG		
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2835	Food Lifestyle	Kitchen Glow Up	Meredith & Dan's Family Fix	2025	5	Meredith juggles two kids, gluten-free cooking & full-time mom life while Dan works 70+ hours for the LA Rams. With no space, scattered supplies & growing stress. She asks Ellen for a calm kitchen.	USA	English-100	2025	RPT	PG		

500	Travel	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 9	1	9	In the final episode, Adam gathers what he's learned over the past few weeks to serve up an impressive five course banquet dinner to some distinguished guests, one of whom is his mother.	AUSTRALIA	English-100	2016	RPT	G		Y	
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625	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y
630	Cooking	On Country Kitchen	On Country Kitchen	2	2	On the coast at Jervis Bay, Derek helps Joel and Adrian to dive for lobsters off the rocks while Mark tends to the fire. In Ulladulla, the boys get a taste for the cheesemaking life with Rosie and Angel, and relax on the picturesque deck with a wine and cheese in hand, soaking up the mid-afternoon sun. Inland at Milton, the boys are put to the task of eating as little produce as possible when chocolate making with Jo and Dan. Mark and Derek indulge in a heart-to-heart kayaking down the Kangaroo Valley River.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y	Y
700	Cooking	Rachael Ray's Meals In Minutes	Crispy Fish Tacos	1	18	You don't have to be intimidated to make fish tacos at home. Rachael is going to make a crispy flake cod fish taco with refried beans that you're going to love.	USA	English-100	2022	RPT	G			
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800	Cooking	Lidia's Kitchen	Little Effort, Big Flavour	9	26	Some of Lidia's best recipes require little effort! She makes sausages with fennel and olives, seared lamb chops, and how about a light drink? She talks to her granddaughter about a fragoncello.	USA	English-100	2022	RPT	G			
830	Travel	What Chefs Want	Beauty Of Modern Singapore, The	1	3	Get ready to feast your eyes on the innovative stunning dishes that define modern Singaporean cuisine. Like exploring TV personality Ben Yeo's restaurant and some of Singapore's most unique places.	AUSTRALIA	English-100	2023	RPT	PG	a		
900	Cooking	Silvia's Italian Masterclass	Like They Do In Amalfi	2	8	If there is one coveted Italian destination that makes us all dream of balmy summer night in the mediterranean, that is the Amalfi coast.	AUSTRALIA	English-100	2024	RPT	G			
930	Cooking	Italian Food Safari	Ep 2	1	2	Tonight, we head to Fremantle to join the last sardine fisherman on the Western Australia coast - Jim Mendolia who supplies the fresh fish market. Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious classic recipe for stuffed sardines. And Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide to learn how all the various shapes of extruded pasta are made.	AUSTRALIA	English-100	2009	RPT	G		Y	
1000	Travel	David Rocco's Eating Dirty	Bowls, Brains And Gold Of The Sea	1	13	This time on Eating Dirty, David experiences the heavy carbs and crazy lunchtime antics in one of Naples' most famous restaurants.	CANADA	English-100	2025	RPT	PG			Y
1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 77	4	77	Justine shows you how to crumb cutlets with parmesan and makes a delicious chia crusted salmon, while Colin Magee drops in to share his recipe for a sesame crusted tuna with a Japanese slaw.	AUSTRALIA	English-100	2014	RPT	G			
1100	Cooking	The Cook Up With Adam Liaw	Fast, Fresh & Foolproof	9	51	Adam welcomes recipe developer Lina Jebelle and chef Rashedul Hasan into the kitchen to make some fantastically fast, fresh and foolproof food.	AUSTRALIA	English-100	2025	RPT	G		Y	
1130	Travel	Locals Welcome	Tehranto - Rich Traditions Of Hospitality	1	8	Suresh Doss explores Iranian food in Toronto and finds a cuisine with rich traditions of hospitality.	CANADA	English-100	2024	RPT	PG	a w		Y
1200	Cooking	Frugal Foodie	15-Minute Meals	1	4	Perfect for busy weeknights, these speedy recipes deliver flavor and nutrition in just 15 minutes. Steph serves up San choi bow, Creamy Tuscan Salmon and a Black bean Nacho Soup.	AUSTRALIA	English-100	2024	RPT	PG			
1230	Reality	Great Chocolate Showdown	Think Outside The Bar	4	2	The remaining nine bakers must think beyond the bar as they create a nougat-filled chocolate confection in a surprising shape as they vie for the coveted Golden Whisk.	CANADA	English-100	2023	RPT	PG	l		
1325	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y
1330	Cooking	Destination Flavour Down Under	Northern Western Australia - Cape Leveque	1	1	Following on from his cook's tour through Japan, Adam Liaw returns to the screen to give Australia and New Zealand the Destination Flavour treatment. In this gastronomic road trip of a lifetime, Adam travels along the untouched beauty of Australia's Western Coast, through the baking desert of the Red Centre and onto the tree changer's paradise of northern New South Wales, and even hops over the ditch to New Zealand, taking in secret destinations that most city-dwellers wouldn't even know exist. Tonight, Adam begins his culinary road trip in the northern tip of Western Australia, discovering food heroes who are putting community first, and the delights of mud crab and pearl meat.	AUSTRALIA	English-100	2014	RPT	G		Y	
1400	Food Lifestyle	Kitchen Glow Up	Designing Joy	2025	6	Noelle, a designer at Hedley & Bennett & her husband Tim love to cook-but their small kitchen has killed the joy. With awkward cabinets, lost appliances & no counter space they need Ellen to bring order & fun back to their family's favorite room.	USA	English-100	2025	RPT	PG			
1430	Cooking	On Country Kitchen	On Country Kitchen	2	3	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y	Y
1500	Cooking	Rachael Ray's Meals In Minutes	Sweet Onion Burgers With Blue Cheese And Special Sauce	1	19	Rachael is cooking up some serious comfort food today and with this much flavour, you'd never guess that these robust bull's eye burgers topped with onions and blue cheese sauce are plant-based.	USA	English-100	2022	RPT	G			
1530	Cooking	My Market Kitchen	Ep 64	6	64	Matt teams up with wine connoisseur Adam Walls to complement his specialty Lo Mai Gai. Laura and Chef Jack Ingram create a decadent chocolate plum clafoutis at Jolley's Boathouse in Adelaide, while Mike ventures to Taggerty, Victoria, to prepare wood cooked bananas for a local celebrity.	AUSTRALIA	English-100	2021	RPT	G			
1600	Cooking	Lidia's Kitchen	Timing Is Everything	10	1	Lidia reminds everyone to make the kitchen and recipe work for you. Lidia starts with a one-sheet wonder of Spicy Pork Chops & Broccoli.	USA	English-100	2023	RPT	G			
1630	Travel	What Chefs Want	Heritage Cuisine And Medicinal Food	1	4	Chef Damian D'Silva uncovers the fascinating history and medicinal properties of Singapore's traditional cuisine. From the healing power of ginger to the time-honoured recipes of Peranakan cuisine.	AUSTRALIA	English-100	2023	RPT	G			
1700	Cooking	Silvia's Italian Masterclass	Edible Festive Gifts	2	9	Mostaccioli owe their name to one of the ingredients they are made with: grape must (mosto). These days, this elusive ingredient has been replaced with a combination of cocoa, spices and vincotto.	AUSTRALIA	English-100	2024	RPT	G			
1730	Cooking	Italian Food Safari	Ep 3	1	3	Tonight's is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's black soil plains during harvest. Maeve then shares tomato day with a large Calabrese clan - the Cipri family in suburban Sydney who have made fresh tomato sauce every year since the patriarch Severio arrived in Australia 45 years ago.	AUSTRALIA	English-100	2009	RPT	G		Y	
1800	Travel	America The Bountiful	Wild Rice In Minnesota	1	1	The most sacred food of the Anishinaabe people has become a prized ingredient in the upper Midwest and beyond.	USA	English-100	2024					
1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 78	4	78	Jake Kellie drops by to make a rustic dish of wild mushrooms and confit baby onions and then Justine makes her carnival fritters and some succulent pork medallions.	AUSTRALIA	English-100	2014	RPT	PG			
1900	Travel	The Cook Up With Adam Liaw	Food Goals	8	35	Adam is celebrating SBS's 50th birthday by kicking some food goals with football legend John Aloisi and food legend Shane Delia.	AUSTRALIA	English-100	2025	RPT	G		Y	
1930	Travel	New York Gourmet With Justine Schofield	Episode 4	1	4	The adventure rolls on in New York Gourmet as Justine visits Living Roots Winery for a tasting of elegant local wines, paired with her hearty polenta and braised greens.	AUSTRALIA	English-100	2025	RPT	G			
2000	Travel	Ainsley's Taste Of The Bahamas	Culinary Crossroads	1	7	Ainsley explores Greek-Bahamian flavours and a wine cellar with a 'million-dollar wine rack' before heading into his kitchen to cook up pork skewers.	UNITED KINGDOM	English-100	2025		PG			
2030	Travel	Gary Barlow's Food & Wine: Australia	Gary Barlow's Food & Wine Tour: Australia Ep 6	1	6	Gary ends his tour of Australia in northern Queensland, and is joined by his daughter Emily and her boyfriend, Marshall.	UNITED KINGDOM	English-100	2025	RPT	PG			
2130	Food Lifestyle	Come Dine With Me: The Professionals	Middlesbrough B	2	17	In Middlesbrough, steak and seafood restaurant Lost Property kickstart the competition with head chef Joe and manager Maria whipping up some serious surf and turf sharing boards.	UNITED KINGDOM	English-100	2022	RPT	PG			
2225	Cooking	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	1	3	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
2230	Travel	The Cook Up With Adam Liaw	Food Goals	8	35	Adam is celebrating SBS's 50th birthday by kicking some food goals with football legend John Aloisi and food legend Shane Delia.	AUSTRALIA	English-100	2025	RPT	G		Y	
2300	Food Lifestyle	Cheese Slices	Ancient Cheese Of Portugal, The	4	4	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese, Serra da Estrela. Dating back to pre-Roman times, this ancient cheese is still made from ewe's milk and curdled with the juice of cardoon thistles.	AUSTRALIA	English-100	2009	RPT	G			
2330	Reality	Great Chocolate Showdown	Think Outside The Bar	4	2	The remaining nine bakers must think beyond the bar as they create a nougat-filled chocolate confection in a surprising shape as they vie for the coveted Golden Whisk.	CANADA	English-100	2023	RPT	PG	l		
2425	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y
2430	Travel	New York Gourmet With Justine Schofield	Episode 4	1	4	The adventure rolls on in New York Gourmet as Justine visits Living Roots Winery for a tasting of elegant local wines, paired with her hearty polenta and braised greens.	AUSTRALIA	English-100	2025	RPT	G			
2500	Travel	Ainsley's Taste Of The Bahamas	Culinary Crossroads	1	7	Ainsley explores Greek-Bahamian flavours and a wine cellar with a 'million-dollar wine rack' before heading into his kitchen to cook up pork skewers.	UNITED KINGDOM	English-100	2025	RPT	PG			
2530	Travel	Gary Barlow's Food & Wine: Australia	Gary Barlow's Food & Wine Tour: Australia Ep 6	1	6	Gary ends his tour of Australia in northern Queensland, and is joined by his daughter Emily and her boyfriend, Marshall.	UNITED KINGDOM	English-100	2025	RPT	PG			
2625	Cooking	Bring A Plate	Lee's Magwinya	1	6	The cute, round balls in the African dessert called Magwinya are proudly served by Lee. This simple dessert was a family favourite of hers in Zimbabwe and the perfect sweet end to this meal.	AUSTRALIA	English-100	2024	RPT	G		Y	
2630	Food Lifestyle	Come Dine With Me: The Professionals	Middlesbrough B	2	17	In Middlesbrough, steak and seafood restaurant Lost Property kickstart the competition with head chef Joe and manager Maria whipping up some serious surf and turf sharing boards.	UNITED KINGDOM	English-100	2022	RPT	PG			
2725	Cooking	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	1	3	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y

2730	Travel	The Cook Up With Adam Liaw	Food Goals	8	35	Adam is celebrating SBS's 50th birthday by kicking some food goals with football legend John Aloisi and food legend Shane Delia.	AUSTRALIA	English-100	2025	RPT	G	Y		
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2830	Food Lifestyle	Kitchen Glow Up	Designing Joy	2025	6	Noelle, a designer at Hedley & Bennett & her husband Tim love to cook-but their small kitchen has killed the Joy. With awkward cabinets, lost appliances & no counter space they need Ellen to bring order & fun back to their family's favorite room.	USA	English-100	2025	RPT	PG			
500	Cooking	Destination Flavour Down Under	Northern Western Australia - Cape Leveque	1	1	Following on from his cook's tour through Japan, Adam Liaw returns to the screen to give Australia and New Zealand the Destination Flavour treatment. In this gastronomic road trip of a lifetime, Adam travels along the untouched beauty of Australia's Western Coast, through the baking desert of the Red Centre and onto the tree changer's paradise of northern New South Wales, and even hops over the ditch to New Zealand, taking in secret destinations that most city-dwellers wouldn't even know exist. Tonight, Adam begins his culinary road trip in the northern tip of Western Australia, discovering food heroes who are putting community first, and the delights of mud crab and pearl meat.	AUSTRALIA	English-100	2014	RPT	G	Y		
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625	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	1	4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y	
630	Cooking	On Country Kitchen	On Country Kitchen	2	3	Mark and Derek learn about the overabundance of sea urchin, and explore a new type of sustainable farming in Berrima. The boys also have a go at bee keeping.	AUSTRALIA	English-100	2019	RPT	PG	a w	Y	Y
700	Cooking	Rachael Ray's Meals In Minutes	Sweet Onion Burgers With Blue Cheese And Special Sauce	1	19	Rachael is cooking up some serious comfort food today and with this much flavour, you'd never guess that these robust bull's eye burgers topped with onions and blue cheese sauce are plant-based.	USA	English-100	2022	RPT	G			
730	Cooking	My Market Kitchen	Ep 64	6	64	Matt teams up with wine connoisseur Adam Walls to complement his specialty Lo Mai Gai. Laura and Chef Jack Ingram create a decadent chocolate plum clafoutis at Jolley's Boathouse in Adelaide, while Mike ventures to Taggerty, Victoria, to prepare wood cooked bananas for a local celebrity.	AUSTRALIA	English-100	2021	RPT	G			
800	Cooking	Lidia's Kitchen	Timing Is Everything	10	1	Lidia reminds everyone to make the kitchen and recipe work for you. Lidia starts with a one-sheet wonder of Spicy Pork Chops & Broccoli.	USA	English-100	2023	RPT	G			
830	Travel	What Chefs Want	Heritage Cuisine And Medicinal Food	1	4	Chef Damian D'Silva uncovers the fascinating history and medicinal properties of Singapore's traditional cuisine. From the healing power of ginger to the time-honoured recipes of Peranakan cuisine.	AUSTRALIA	English-100	2023	RPT	G			
900	Cooking	Silvia's Italian Masterclass	Edible Festive Gifts	2	9	Mostaccioli owe their name to one of the ingredients they are made with: grape must (mosto). These days, this elusive ingredient has been replaced with a combination of cocoa, spices and vincotto.	AUSTRALIA	English-100	2024	RPT	G			
930	Cooking	Italian Food Safari	Ep 3	1	3	Tonight's is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's black soil plains during harvest. Maeve then shares tomato day with a large Calabrese clan - the Cipri family in suburban Sydney who have made fresh tomato sauce every year since the patriarch Severio arrived in Australia 45 years ago.	AUSTRALIA	English-100	2009	RPT	G	Y		
1000	Travel	America The Bountiful	Wild Rice In Minnesota	1	1	The most sacred food of the Anishinaabe people has become a prized ingredient in the upper Midwest and beyond.	USA	English-100	2024	RPT				
1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 78	4	78	Jake Kellie drops by to make a rustic dish of wild mushrooms and confit baby onions and then Justine makes her carnival fritters and some succulent pork medallions.	AUSTRALIA	English-100	2014	RPT	PG			
1100	Travel	The Cook Up With Adam Liaw	Food Goals	8	35	Adam is celebrating SBS's 50th birthday by kicking some food goals with football legend John Aloisi and food legend Shane Delia.	AUSTRALIA	English-100	2025	RPT	G	Y		
1130	Travel	New York Gourmet With Justine Schofield	Episode 4	1	4	The adventure rolls on in New York Gourmet as Justine visits Living Roots Winery for a tasting of elegant local wines, paired with her hearty polenta and braised greens.	AUSTRALIA	English-100	2025	RPT	G			
1200	Travel	Ainsley's Taste Of The Bahamas	Culinary Crossroads	1	7	Ainsley explores Greek-Bahamian flavours and a wine cellar with a 'million-dollar wine rack' before heading into his kitchen to cook up pork skewers.	UNITED KINGDOM	English-100	2025	RPT	PG			
1230	Reality	Great Chocolate Showdown	Pie Society	4	3	Eight home bakers must become pastry Picassos as they make pies with a decorative crust.	CANADA	English-100	2023	RPT	PG			
1325	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	1	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y	
1330	Cooking	Destination Flavour Down Under	Southern Western Australia	1	2	Western Australia's wheat-belt is abundant with ancient crops, and on this journey from the outskirts of Perth to Narembeen, Adam meets many hardworking farmers who have based their livelihoods on unusual ingredients. It's grape-picking season in the Swan Valley and, while visiting a couple whose Croatian ancestors have been growing table grapes for centuries, Adam whips up a grape and rosemary focaccia. He next meets a wheat-turned-quinoa farmer and learns of the challenges of making the South American crop work. After meeting a farmer running an Egyptian breed of sheep, Adam creates a Middle Eastern lamb masterpiece.	AUSTRALIA	English-100	2014	RPT	G	Y		
1400	Food Lifestyle	Kitchen Glow Up	From Chaos To Calm	2025	7	Gustavo & Carissa's dream kitchen has become a nightmare. With baby gear everywhere, poor storage & broken appliances, cooking is chaos. Can Ellen transform their dysfunctional space into a safe, warm & functional kitchen for their growing family?	USA	English-100	2025	RPT	PG			
1430	Cooking	On Country Kitchen	On Country Kitchen	2	4	Mark and Derek take a tour around the historic ghost town of Joadja and help with the distilling process with the Jimenez family. Like Derek, Valero doesn't drink - an interesting challenge for a head distiller. At the Dapto Community Garden, they collect kohlrabi with Harry, and over in Gerringong they stumble upon a coffee plantation on a picturesque hill. They retire for a game of cricket at the Bradman Museum in Bowral and learn about the rich Indigenous sporting history of the sport in Australia.	AUSTRALIA	English-100	2019	RPT	G	Y	Y	
1500	Cooking	Rachael Ray's Meals In Minutes	Pork Cutlets With Huckleberry Sauce	1	20	Rachael teaches us how to make a family favorite recipe of pork cutlets with a fruity and savory huckleberry sauce, served alongside potato salad with broccolini and fresh cherry tomatoes.	USA	English-100	2022	RPT	PG			
1530	Cooking	My Market Kitchen	Ep 65	6	65	Matt cooks up a Filipino-inspired Pork Adobo, Laura savours cold soba noodles with Japanese Chef Kinsan, and Mike indulges with poached salmon and watercress salad. Plus, Matt shares his family's secret midweek ingredient pizza dough recipe.	AUSTRALIA	English-100	2021	RPT	G			
1600	Cooking	Lidia's Kitchen	Carry On Tradition	10	2	Lidia shares recipes that will be recreated for generations. Growing up, Lidia loved foraging for dandelions, and her Dandelion & Chickpea Salad is a great way to try them!	USA	English-100	2023	RPT	G			
1630	Travel	What Chefs Want	Art And Storytelling Of Food, The	1	5	Enter the mesmerizing world of food art, where culinary masterpieces are created with equal parts skill and creativity. Chef Janice Wong takes Sally on a chocolate-making journey that culminates in art.	AUSTRALIA	English-100	2023	RPT	G			
1700	Cooking	Silvia's Italian Masterclass	Italian Christmas Classics	2	10	When Silvia thinks back to her childhood in Italy, most of her core memories are associated with food moments.	AUSTRALIA	English-100	2024	RPT	G			
1730	Cooking	Italian Food Safari	Ep 4	1	4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. Guy then demonstrates a delicious bread-based salad called panzanella. Maeve learns about the Italian passion for veal and meets passionate Western Australian butcher Vince Garreffa. And celebrated Sydney chef Nino Zuccali shows how easy it is to make a beautiful osso buco.	AUSTRALIA	English-100	2009	RPT	G	Y		
1800	Travel	America The Bountiful	Pears In Oregon	1	2	Pears got their start in Oregon back in 1847 when an Iowa native brought the fruit to the region. In 2005, the Oregon legislature named the pear the state fruit.	USA	English-100	2024					
1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 79	4	79	Justine shows you how to make a classic steak Diane and her mixed fettucini with asparagus and egg. Alvin Quah shares his recipe for pork san choy bao.	AUSTRALIA	English-100	2014	RPT	PG			
1900	Travel	The Cook Up With Adam Liaw	Smokey Flavours	8	15	It's a night of smokey goodness as Adam, chef Tom Sarafian and comedian Tegan Higginbotham share how they like to savour smokey flavours.	AUSTRALIA	English-100	2025	RPT	G	Y		
1930	Cooking	Instant Italian	Polpetta Party	1	8	Anna offers two innovative takes on classic meatball dishes: tuna meatballs served with an aioli dipping sauce and eggplant meatballs paired with spicy marinara and topped with ricotta salata.	USA	English-100	2025		G			
2000	Travel	The Hairy Bikers USA	Drunken Gator	1	8	Deep in Gator Country on the Florida panhandle, Bill and Paul set out to hunt alligators using a crossbow, and cook them up for dinner with the locals.	UNITED KINGDOM	English-100	2011	RPT	PG	a w		
2030	Travel	Paul Hollywood Eats Mexico	Oaxaca, Mayapan, Tlutepec	1	3	For his final week in Mexico Paul's concentrating on learning all about drinks – and that includes booze, soft drink, soup, sauces; anything that doesn't need chewing on the way down!	UNITED KINGDOM	English-100	2022	RPT	PG	a v	Y	
2130	Food Lifestyle	Come Dine With Me: The Professionals	Exeter A	2	18	Today's Come Dine With Me Professionals head to Devon. First up are step-mum and step-son Zoe and Don from Honky Tonk, who offer up their unique brand of wine and dine.	UNITED KINGDOM	English-100	2022	RPT	PG	I		
2225	Cooking	Destination Flavour China Bitesize	Li Hongzhang's Chop Suey	1	4	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	
2230	Travel	The Cook Up With Adam Liaw	Smokey Flavours	8	15	It's a night of smokey goodness as Adam, chef Tom Sarafian and comedian Tegan Higginbotham share how they like to savour smokey flavours.	AUSTRALIA	English-100	2025	RPT	G	Y		
2300	Food Lifestyle	Cheese Slices	Mozzarella And The Cheeses Of Campania	4	5	Will journeys to Italy's picturesque Campania region to look at stretched curd cheeses and finds it hard to resist the lingering flavour and sensual texture of buffalo cheese made from raw milk. After learning about Italy's oldest ewe's milk cheese, which is matured in a terracotta jar, Will gets a lesson from a Countess in how to make the perfect wood-fired pizza. He then heads to the coast to look at cacao Cavallo, a traditional stretched curd cheese made with cow's milk, before visiting the underground maturation rooms of Casa Madaio where the finest examples are aged.	AUSTRALIA	English-100	2009	RPT	G			
2330	Reality	Great Chocolate Showdown	Pie Society	4	3	Eight home bakers must become pastry Picassos as they make pies with a decorative crust.	CANADA	English-100	2023	RPT	PG			

2425	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	1	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y
2430	Cooking	Instant Italian	Polpette Party	1	8	Anna offers two innovative takes on classic meatball dishes: tuna meatballs served with an aioli dipping sauce and eggplant meatballs paired with spicy marinara and topped with ricotta salata.	USA	English-100	2025	RPT	G			
2500	Travel	The Hairy Bikers USA	Drunken Gator	1	8	Deep in Gator Country on the Florida panhandle, Bill and Paul set out to hunt alligators using a crossbow, and cook them up for dinner with the locals.	UNITED KINGDOM	English-100	2011	RPT	PG	a w		
2530	Travel	Paul Hollywood Eats Mexico	Oaxaca, Mayapan, Tultepec	1	3	For his final week in Mexico Paul's concentrating on learning all about drinks – and that includes booze, soft drink, soup, sauces; anything that doesn't need chewing on the way down!	UNITED KINGDOM	English-100	2022	RPT	PG	a v		Y
2630	Food Lifestyle	Come Dine With Me: The Professionals	Exeter A	2	18	Today's Come Dine With Me Professionals head to Devon. First up are step-mum and step-son Zoe and Don from Honky Tonk, who offer up their unique brand of wine and dine.	UNITED KINGDOM	English-100	2022	RPT	PG	l		
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2730	Travel	The Cook Up With Adam Liaw	Smokey Flavours	8	15	It's a night of smokey goodness as Adam, chef Tom Sarafian and comedian Tegan Higginbotham share how they like to savour smokey flavours.	AUSTRALIA	English-100	2025	RPT	G		Y	
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500	Cooking	Destination Flavour Down Under	Southern Western Australia	1	2	Western Australia's wheat-belt is abundant with ancient crops, and on this journey from the outskirts of Perth to Narembreen, Adam meets many hardworking farmers who have based their livelihoods on unusual ingredients. It's grape-picking season in the Swan Valley and, while visiting a couple whose Croatian ancestors have been growing table grapes for centuries, Adam whips up a grape and rosemary focaccia. He next meets a wheat-turned-quinoa farmer and learns of the challenges of making the South American crop work. After meeting a farmer running an Egyptian breed of sheep, Adam creates a Middle Eastern lamb masterpiece.	AUSTRALIA	English-100	2014	RPT	G		Y	
530	Reality	Great Chocolate Showdown	Pie Society	4	3	Eight home bakers must become pastry Picassos as they make pies with a decorative crust.	CANADA	English-100	2023	RPT	PG			
625	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	1	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y	Y
630	Cooking	On Country Kitchen	On Country Kitchen	2	4	Mark and Derek take a tour around the historic ghost town of Joadja and help with the distilling process with the Jimenez family. Like Derek, Valero doesn't drink - an interesting challenge for a head distiller. At the Dapto Community Garden, they collect kohlrabi with Harry, and over in Gerringong they stumble upon a coffee plantation on a picturesque hill. They retire for a game of cricket at the Bradman Museum in Bowral and learn about the rich Indigenous sporting history of the sport in Australia.	AUSTRALIA	English-100	2019	RPT	G		Y	Y
700	Cooking	Rachael Ray's Meals In Minutes	Pork Cutlets With Huckleberry Sauce	1	20	Rachael teaches us how to make a family favorite recipe of pork cutlets with a fruity and savory huckleberry sauce, served alongside potato salad with broccolini and fresh cherry tomatoes.	USA	English-100	2022	RPT	PG			
730	Cooking	My Market Kitchen	Ep 65	6	65	Matt cooks up a Filipino-inspired Pork Adobo, Laura savours cold soba noodles with Japanese Chef Kinsan, and Mike indulges with poached salmon and watercress salad. Plus, Matt shares his family's secret midweek ingredient pizza dough recipe.	AUSTRALIA	English-100	2021	RPT	G			
800	Cooking	Lidia's Kitchen	Carry On Tradition	10	2	Lidia shares recipes that will be recreated for generations. Growing up, Lidia loved foraging for dandelions, and her Dandelion & Chickpea Salad is a great way to try them!	USA	English-100	2023	RPT	G			
830	Travel	What Chefs Want	Art And Storytelling Of Food, The	1	5	Enter the mesmerizing world of food art, where culinary masterpieces are created with equal parts skill and creativity. Chef Janice Wong takes Sally on a chocolate-making journey that culminates in art.	AUSTRALIA	English-100	2023	RPT	G			
900	Cooking	Silvia's Italian Masterclass	Italian Christmas Classics	2	10	When Silvia thinks back to her childhood in Italy, most of her core memories are associated with food moments.	AUSTRALIA	English-100	2024	RPT	G			
930	Cooking	Italian Food Safari	Ep 4	1	4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. Guy then demonstrates a delicious bread-based salad called panzanella. Maeve learns about the Italian passion for veal and meets passionate Western Australian butcher Vince Garreffa. And celebrated Sydney chef Nino Zuccali shows how easy it is to make a beautiful osso buco.	AUSTRALIA	English-100	2009	RPT	G		Y	
1000	Travel	America The Bountiful	Pears In Oregon	1	2	Pears got their start in Oregon back in 1847 when an Iowa native brought the fruit to the region. In 2005, the Oregon legislature named the pear the state fruit.	USA	English-100	2024	RPT				
1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 79	4	79	Justine shows you how to make a classic steak Diane and her mixed fettucini with asparagus and egg. Alvin Quah shares his recipe for pork san choy bao.	AUSTRALIA	English-100	2014	RPT	PG			
1100	Travel	The Cook Up With Adam Liaw	Smokey Flavours	8	15	It's a night of smokey goodness as Adam, chef Tom Sarafian and comedian Tegan Higginbotham share how they like to savour smokey flavours.	AUSTRALIA	English-100	2025	RPT	G		Y	
1130	Cooking	Instant Italian	Polpette Party	1	8	Anna offers two innovative takes on classic meatball dishes: tuna meatballs served with an aioli dipping sauce and eggplant meatballs paired with spicy marinara and topped with ricotta salata.	USA	English-100	2025	RPT	G			
1200	Travel	The Hairy Bikers USA	Drunken Gator	1	8	Deep in Gator Country on the Florida panhandle, Bill and Paul set out to hunt alligators using a crossbow, and cook them up for dinner with the locals.	UNITED KINGDOM	English-100	2011	RPT	PG	a w		
1230	Travel	Paul Hollywood Eats Mexico	Oaxaca, Mayapan, Tultepec	1	3	For his final week in Mexico Paul's concentrating on learning all about drinks – and that includes booze, soft drink, soup, sauces; anything that doesn't need chewing on the way down!	UNITED KINGDOM	English-100	2022	RPT	PG	a v		Y
1325	Cooking	A Taste Of Island Dreams	Island Dreams No-Rice Rice" Pudding"	1	6	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA	English-100	2024	RPT	G			
1330	Travel	What Chefs Want	Art And Storytelling Of Food, The	1	5	Enter the mesmerizing world of food art, where culinary masterpieces are created with equal parts skill and creativity. Chef Janice Wong takes Sally on a chocolate-making journey that culminates in art.	AUSTRALIA	English-100	2023	RPT	G			
1400	Cooking	Silvia's Italian Masterclass	Italian Christmas Classics	2	10	When Silvia thinks back to her childhood in Italy, most of her core memories are associated with food moments.	AUSTRALIA	English-100	2024	RPT	G			
1430	Cooking	Italian Food Safari	Ep 4	1	4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. Guy then demonstrates a delicious bread-based salad called panzanella. Maeve learns about the Italian passion for veal and meets passionate Western Australian butcher Vince Garreffa. And celebrated Sydney chef Nino Zuccali shows how easy it is to make a beautiful osso buco.	AUSTRALIA	English-100	2009	RPT	G		Y	
1500	Travel	America The Bountiful	Pears In Oregon	1	2	Pears got their start in Oregon back in 1847 when an Iowa native brought the fruit to the region. In 2005, the Oregon legislature named the pear the state fruit.	USA	English-100	2024	RPT				
1530	Travel	Nadiya's American Adventure	Louisiana	1	1	Nadiya Hussain has always been fascinated by America, home to more immigrants than any other country, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG			Y
1640	Travel	This Tastes Funny	Episode 3	1	3	The ultimate kiwi road trip takes Iliza and Noah to the spectacular South Island-home of the mountains made famous by The Lord of the Rings.	NEW ZEALAND	English-100	2025	RPT	PG	a s		
1735	Travel	Nigellissima	Ep 6	1	6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil. Dessert is a true Anglo-Italian affair with a ruby red plum and amaretto crumble. There is also Nigella's easy no-stir farro risotto with mushrooms, and chocolate pasta with a dark butterscotch sauce - a perfect supper for those nights when you can't decide if you're in the mood for savoury or sweet.	UNITED KINGDOM	English-100	2012	RPT	G		Y	
1805	Cooking	Nadiya's Spices Made Simple	Family Favourites	1	3	Nadiya's uses her eight heroic spices to rustle up a chicken curry, deep-fried samosa, tangy tomato prawn dish, and lastly her son's favourite cake, a soft vanilla and lemon sponge.	UNITED KINGDOM	English-100	2025	RPT	G			
1835	Travel	Jamie's American Road Trip	Arizona	1	4	With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with the Navajo Indians on the largest reservation in America. Staying with Mayor Elect Roy Kady, who also happens to be a sheep farmer, Jamie witnesses Navajo traditions up close - from butchery, to overnighting in a hogan, and cooking with elders. He also gets a crash course in Navajo spirituality.	USA	English-100	2009	RPT	PG	a l s w		Y
1930	Food Lifestyle	River Cottage Vegetables	Summer Pleasures	1	4	Hugh goes fishing and has to pass up fresh sushi. Hugh also prepares a full cricket tea without a pork pie in sight.	UNITED KINGDOM	English-100	2011		PG			
2030	Travel	Rick Stein's Road To Mexico	Monterey To San Diego	1	2	Rick Stein continues down the Californian coastline, past citrus groves, vineyards that inspired one his favourite movies, 'Sideways', and into the city of dreams, Los Angeles.		English-100	2017	RPT	G			
2140	Travel	Mind Of A Chef	Chef	1	9	Chang hangs and compares egg dishes with a bunch of his chef pals-Wylie Dufresne (eggs benedict), Daniel Patterson (egg swirl), and Rene Redzepi (gull egg)-and engages in a conversation on mediocrity with Dufresne and Anthony Bourdain.	USA	English-100	2012	RPT	PG			
2205	Travel	Mind Of A Chef	Japan	1	10	Chang travels from Tokyo to Kyoto to meet and eat with friends, including a trip to a street market and lessons in mixology from Hidetsugu Ueno.	USA	English-100	2012	RPT	PG			
2230	Food Lifestyle	Getting Grilled With Curtis Stone	Aj McLean	1	10	This week on Getting Grilled with Curtis Stone former boy band heart throb AJ McLean holds nothing back.	USA	English-100	2024	RPT	PG			
2330	Travel	Nadiya's American Adventure	Louisiana	1	1	Nadiya Hussain has always been fascinated by America, home to more immigrants than any other country, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG			Y
2440	Travel	This Tastes Funny	Episode 3	1	3	The ultimate kiwi road trip takes Iliza and Noah to the spectacular South Island-home of the mountains made famous by The Lord of the Rings.	NEW ZEALAND	English-100	2025	RPT	PG	a s		

2535	Travel	Nigellissima	Ep 6	1	6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil. Dessert is a true Anglo-Italian affair with a ruby red plum and amaretto crumble. There is also Nigella's easy no-stir farro risotto with mushrooms, and chocolate pasta with a dark butterscotch sauce - a perfect supper for those nights when you can't decide if you're in the mood for savoury or sweet.	UNITED KINGDOM	English-100	2012	RPT	G	Y	
2605	Cooking	Nadiya's Spices Made Simple	Family Favourites	1	3	Nadiya's uses her eight heroic spices to rustle up a chicken curry, deep-fried samosa, tangy tomato prawn dish, and lastly her son's favourite cake, a soft vanilla and lemon sponge.	UNITED KINGDOM	English-100	2025	RPT	G		
2635	Travel	Jamie's American Road Trip	Arizona	1	4	With no experience in backpacking, Jamie finds himself in unknown territory during the harsh Arizona winter. He leaves the tourist trail to spend time with the Navajo Indians on the largest reservation in America. Staying with Mayor Elect Roy Kady, who also happens to be a sheep farmer, Jamie witnesses Navajo traditions up close - from butchery, to overnighting in a hogan, and cooking with elders. He also gets a crash course in Navajo spirituality.	USA	English-100	2009	RPT	PG	a l s w	Y
2730	Food Lifestyle	River Cottage Vegetables	Summer Pleasures	1	4	Hugh goes fishing and has to pass up fresh sushi. Hugh also prepares a full cricket tea without a pork pie in sight.	UNITED KINGDOM	English-100	2011	RPT	PG		
2830	Travel	Mind Of A Chef	Chef	1	9	Chang hangs and compares egg dishes with a bunch of his chef pals-Wylie Dufresne (eggs benedict), Daniel Patterson (egg swirl), and Rene Redzepi (gull egg)-and engages in a conversation on mediocrity with Dufresne and Anthony Bourdain.	USA	English-100	2012	RPT	PG		