



WEEK 26

Saturday, 21 June 2025Friday, 27 June 2025

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
21/06/2026	500	Travel	Mind Of A Chef	Sweet Spot	1	14	Christina Tosi makes corn cookies three ways and her three layered Arnold Palmer Cake with Courtney McBroom, Daniel Burns makes ice cream, Mountain Sweet Berry Farm's Rick Bishop discusses his tri-star strawberries and Alex Supak offers insight to foams.	USA	English-100	2012	RPT	G				
21/06/2026	530	Food Lifestyle	Getting Grilled With Curtis Stone	Jane Seymour	1	12	Actress Jane Seymour reflects on her early acting days from being cast as a Bond Girl in Live and Let Die with Roger Moore to playing opposite Christopher Reeve in Somewhere in Time.	USA	English-100	2024	RPT	PG				
21/06/2026	635	Travel	Nadiya's American Adventure	California	1	2	Nadiya Hussain has always been fascinated by America, home to more immigrants than anywhere else, and with some of the most vibrant food on the planet.	UNITED KINGDOM	English-50; Spanish-50	2020	RPT	PG	a		Y	
21/06/2026	740	Travel	This Tastes Funny	Episode 4	1	4	Iliza and Noah navigate the South Island's wild West Coast. From heli touring among pristine glaciers, to meeting the less than pristine local bar patrons, who call this region home.	NEW ZEALAND	English-100	2025	RPT	PG	a l			
21/06/2026	835	Cooking	Hot Dish With Franco	Memorable Meal, A	1	1	Franco Noriega recreates the meal that made him fall in love with New York City.	USA	English-70; Spanish-30	2023	RPT	PG			Y	
21/06/2026	900	Cooking	Nadiya's Spices Made Simple	Easy Does It	1	4	Nadiya calls on her simple spices once again to create deliciously easy dishes - a classic breakfast muffin, a succulent crab bhuna, cottage pie, and a lavish fruity pud perfect for the laziest of days.	UNITED KINGDOM	English-100	2025	RPT	G				
21/06/2026	930	Travel	Jamie's American Road Trip	Georgia	1	5	Jamie searches for the best cheap food in America. He starts his journey in Georgia, where despite the recession, he finds a hopeful nation and a people determined to make the best food possible with limited finances and ingredients. His journey becomes an exploration of communal dining: pot-luck church dinners, street parties, ladies' tea parties and family roasts.	USA	English-100	2009	RPT	PG	a l		Y	
21/06/2026	1030	Food Lifestyle	River Cottage Vegetables	Power	1	5	Hugh enjoys wild swimming with vegetarian triathlete Colin Hill. Colin and debunks any misconceptions that a meat-free diet lacks power.	UNITED KINGDOM	English-100	2011	RPT	PG				
21/06/2026	1130	Travel	Rick Stein's Road To Mexico	San Diego To Baja California	1	3	Rick Stein enjoys a San Diego steak and eggs diner special before crossing the border into Mexico for chicken burritos and fish tacos, the culinary delights of the Baja Peninsula.		English-100	2017	RPT	PG	a s w			
21/06/2026	1235	Food Lifestyle	Getting Grilled With Curtis Stone	Jane Seymour	1	12	Actress Jane Seymour reflects on her early acting days from being cast as a Bond Girl in Live and Let Die with Roger Moore to playing opposite Christopher Reeve in Somewhere in Time.	USA	English-100	2024	RPT	PG				
21/06/2026	1335	Travel	Mind Of A Chef	Soy	1	13	Chang visits tofu and miso factories in Japan, Christina Tosi makes burnt miso apple pie, Rene Redzepi offers his take on tofu, Chang makes his classic corn miso.	USA	English-100	2012	RPT	PG	l		Y	
21/06/2026	1400	Cooking	The Cook Up With Adam Liaw	Dinner Lessons	9	52	It's Refugee Week on The Cook Up, and Adam, refugee advocate Monika Kollaras and award-winning author Alice Pung are here to share some dinner lessons.	AUSTRALIA	English-100	2025	RPT	PG	a	Y		
21/06/2026	1430	Cooking	The Cook Up With Adam Liaw	Always On My Table	9	53	It's Refugee Week on The Cook Up. Fashion designer Anjilla Seddeqi and Refugee Council Ambassador Lizzy Kuoth join Adam to share the food that is always on their tables.	AUSTRALIA	English-100	2025	RPT	PG	a	Y		
21/06/2026	1500	Cooking	The Cook Up With Adam Liaw	Superb Herbs	9	54	It's all about superb herbs as Refugee Ambassador Yaser Naseri and Special Representative to Australia for UNHCR, Dr. Carina Hoang, join Adam to celebrate Refugee Week.	AUSTRALIA	English-100	2025	RPT	G		Y		
21/06/2026	1530	Travel	The Cook Up With Adam Liaw	Treasured Tastes	8	42	To celebrate Refugee Week, Adam invites tennis legend Jelena Dokic and CommUnity Construction founder Hedayat Oryan to share their treasured tastes.	AUSTRALIA	English-100	2025	RPT	PG		Y		
21/06/2026	1600	Travel	The Cook Up With Adam Liaw	New Home Cooking	8	43	The Cook Up is celebrating Refugee Week, and Adam's guests, Ukrainian cook Anna-Mariia Myktiuk and actor Jillian Nguyen, are here to share their new home cooking.	AUSTRALIA	English-100	2025	RPT	G		Y		
21/06/2026	1630	Cooking	Deliciously Twisted Classics	Expensively Twisted Treats	1	9	In this episode, chefs across the nation show off their most expensive creations by elevating classic foods with over-the-top ingredients.	USA	English-100	2023	RPT	G				
21/06/2026	1700	Cooking	Deliciously Twisted Classics	Breaking Breakfast	1	10	Breakfast may be the most important meal of the day, but that doesn't mean we can't reinvent it to create an amazing and even more delicious meal.	USA	English-100	2023	RPT	G				
21/06/2026	1730	Food Lifestyle	River Cottage Everyday	Meat	1	1	Hugh believes the way to make organic free range meat fit your budget, is to eat and enjoy cheap cuts rather than cheap meat.	UNITED KINGDOM	English-100	2010	RPT	PG				
21/06/2026	1825	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				
21/06/2026	1830	Cooking	Richo's Hungry Az Hell	Midnight Munchies	1	1	It's late. You're starving. You're one bad decision away from eating cereal at midnight. Richo swoops in with three lightning-fast feeds guaranteed to soak up last night.	AUSTRALIA	English-100	2025	RPT	PG				
21/06/2026	1900	Cooking	The Chef's Garden	Episode 6	2	6	It's a feel-good day in the garden as Massimo cooks an eggplant caponata with his gardener.	AUSTRALIA	English-100	2025		G				

21/06/2026	1930	Cooking	Paddock To Plate	Heart Of The Country, Orange	1	6	Matt's on the road again but this time he's heading to a place he calls his second home-the Orange and Bathurst region of NSW.	AUSTRALIA	English-100	2013		PG	
21/06/2026	2030	Travel	Rick Stein's Cornwall	Ep 15	1	15	As Rick's Cornish odyssey comes to an end he takes a city break in Truro, where he discovers an unusual ghost story and tours the magnificent cathedral. Deep in the Cornish countryside is a family passionate about offal who prepare Rick a delicious meal of pickled ox tongue and beef heart tacos.	UNITED KINGDOM	English-100	2021	RPT	PG	a w
21/06/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	2	1	Rick Stein launches this series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100	2022	RPT	PG	a
21/06/2026	2130	Travel	Mind Of A Chef	Smoke	1	15	Chang profiles regional BBQ in North Carolina1 Texas and Kansas City, plus the other-worldly smoky bacon from Allen Benton in Tennessee, before taking a trip to the Louisville Slugger Factory.	USA	English-100	2012	RPT	PG	
21/06/2026	2200	Travel	Mind Of A Chef	Buddies	1	16	Chang cooks and goofs around with his friends Daniel Patterson, Claude Bosi, Sat Bains, Rene Redzepi, and Laurent Gras.	USA	English-100	2012	RPT	PG	I
21/06/2026	2230	Food Lifestyle	Getting Grilled With Curtis Stone	Chef Shahir Massoud	1	13	This week on Getting Grilled with Curtis Stone Chef and author of Eat, Habibi, Eat!, Shahir Massoud shares his journey from possibly becoming a certified public accountant to pivoting to his true love, cooking!	USA	English-100	2024	RPT	PG	
21/06/2026	2325	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
21/06/2026	2330	Cooking	Deliciously Twisted Classics	Expensively Twisted Treats	1	9	In this episode, chefs across the nation show off their most expensive creations by elevating classic foods with over-the-top ingredients.	USA	English-100	2023	RPT	G	
21/06/2026	2400	Cooking	Deliciously Twisted Classics	Breaking Breakfast	1	10	Breakfast may be the most important meal of the day, but that doesn't mean we can't reinvent it to create an amazing and even more delicious meal.	USA	English-100	2023	RPT	G	
21/06/2026	2430	Food Lifestyle	River Cottage Everyday	Meat	1	1	Hugh believes the way to make organic free range meat fit your budget, is to eat and enjoy cheap cuts rather than cheap meat.	UNITED KINGDOM	English-100	2010	RPT	PG	
21/06/2026	2525	Cooking	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	1	1	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	2024	RPT	G	
21/06/2026	2530	Cooking	Richo's Hungry Az Hell	Midnight Munchies	1	1	It's late. You're starving. You're one bad decision away from eating cereal at midnight. Richo swoops in with three lightning-fast feeds guaranteed to soak up last night.	AUSTRALIA	English-100	2025	RPT	PG	
21/06/2026	2600	Cooking	The Chef's Garden	Episode 6	2	6	It's a feel-good day in the garden as Massimo cooks an eggplant caponata with his gardener.	AUSTRALIA	English-100	2025	RPT	G	
21/06/2026	2630	Cooking	Paddock To Plate	Heart Of The Country, Orange	1	6	Matt's on the road again but this time he's heading to a place he calls his second home-the Orange and Bathurst region of NSW.	AUSTRALIA	English-100	2013	RPT	PG	
21/06/2026	2730	Travel	Rick Stein's Cornwall	Ep 15	1	15	As Rick's Cornish odyssey comes to an end he takes a city break in Truro, where he discovers an unusual ghost story and tours the magnificent cathedral. Deep in the Cornish countryside is a family passionate about offal who prepare Rick a delicious meal of pickled ox tongue and beef heart tacos.	UNITED KINGDOM	English-100	2021	RPT	PG	a w
21/06/2026	2800	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	2	1	Rick Stein launches this series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100	2022	RPT	PG	a
21/06/2026	2830	Travel	Mind Of A Chef	Smoke	1	15	Chang profiles regional BBQ in North Carolina1 Texas and Kansas City, plus the other-worldly smoky bacon from Allen Benton in Tennessee, before taking a trip to the Louisville Slugger Factory.	USA	English-100	2012	RPT	PG	
22/06/2026	500	Cooking	The Cook Up With Adam Liaw	Dinner Lessons	9	52	It's Refugee Week on The Cook Up, and Adam, refugee advocate Monika Kollaras and award-winning author Alice Pung are here to share some dinner lessons.	AUSTRALIA	English-100	2025	RPT	PG	a Y
22/06/2026	530	Cooking	The Cook Up With Adam Liaw	Always On My Table	9	53	It's Refugee Week on The Cook Up. Fashion designer Anjilla Seddegi and Refugee Council Ambassador Lizzy Kuoth join Adam to share the food that is always on their tables.	AUSTRALIA	English-100	2025	RPT	PG	a Y
22/06/2026	600	Cooking	The Cook Up With Adam Liaw	Superb Herbs	9	54	It's all about superb herbs as Refugee Ambassador Yaser Naseri and Special Representative to Australia for UNHCR, Dr. Carina Hoang, join Adam to celebrate Refugee Week.	AUSTRALIA	English-100	2025	RPT	G	Y
22/06/2026	630	Travel	The Cook Up With Adam Liaw	Treasured Tastes	8	42	To celebrate Refugee Week, Adam invites tennis legend Jelena Dokic and CommUnity Construction founder Hedayat Oryan to share their treasured tastes.	AUSTRALIA	English-100	2025	RPT	PG	Y
22/06/2026	700	Travel	The Cook Up With Adam Liaw	New Home Cooking	8	43	The Cook Up is celebrating Refugee Week, and Adam's guests, Ukrainian cook Anna-Mariia Mytkiuk and actor Jillian Nguyen, are here to share their new home cooking.	AUSTRALIA	English-100	2025	RPT	G	Y
22/06/2026	730	Cooking	Deliciously Twisted Classics	Expensively Twisted Treats	1	9	In this episode, chefs across the nation show off their most expensive creations by elevating classic foods with over-the-top ingredients.	USA	English-100	2023	RPT	G	
22/06/2026	800	Cooking	Deliciously Twisted Classics	Breaking Breakfast	1	10	Breakfast may be the most important meal of the day, but that doesn't mean we can't reinvent it to create an amazing and even more delicious meal.	USA	English-100	2023	RPT	G	
22/06/2026	830	Food Lifestyle	River Cottage Everyday	Meat	1	1	Hugh believes the way to make organic free range meat fit your budget, is to eat and enjoy cheap cuts rather than cheap meat.	UNITED KINGDOM	English-100	2010	RPT	PG	
22/06/2026	925	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	

22/06/2026	930	Cooking	Richo's Hungry Az Hell	Midnight Munchies	1	1	It's late. You're starving. You're one bad decision away from eating cereal at midnight. Richo swoops in with three lightning-fast feeds guaranteed to soak up last night.	AUSTRALIA	English-100	2025	RPT	PG						
22/06/2026	1000	Cooking	The Chef's Garden	Episode 6	2	6	It's a feel-good day in the garden as Massimo cooks an eggplant caponata with his gardener.	AUSTRALIA	English-100	2025	RPT	G						
22/06/2026	1030	Cooking	Paddock To Plate	Heart Of The Country, Orange	1	6	Matt's on the road again but this time he's heading to a place he calls his second home-the Orange and Bathurst region of NSW.	AUSTRALIA	English-100	2013	RPT	PG						
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22/06/2026	1200	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	2	1	Rick Stein launches this series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100	2022	RPT	PG	a					
22/06/2026	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					I	
22/06/2026	1325	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
22/06/2026	1330	Cooking	Destination Flavour Down Under	New Zealand - North Island	1	8	Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of New Zealand, and then a kiwifruit farm in Te Puke. At Rotorua he is invited to a traditional Maori 'Hangi' and then joins an impromptu game of rugby. After visiting a farm running shorthorn cattle, Adam heads to the coast to experience another New Zealand tradition, the 'bach', a modest holiday shack.	AUSTRALIA	English-100	2014	RPT	G				Y		
22/06/2026	1400	Cooking	Flat Out Food	Beef	1	5	Cattle are an important part of the grassland's ecosystem. Jenn meets with two ranchers and a chef as she follows this nutrient-dense ingredient from the pasture to the plate.	CANADA	English-100	2021	RPT	G						
22/06/2026	1430	Cooking	Kriol Kitchen	Broome: Veronica Francis	1	1	Enjoy the culinary skills of Veronica Francis, who draws on her Malaysian influences from her father.	AUSTRALIA	English-100	2014	RPT	G				Y		
22/06/2026	1500	Cooking	Rachael Ray's Meals in Minutes	BBQ Salmon Dish	2	6	Rachael makes a smoky, Asian-inspired barbeque sauce to slather over Sockeye Salmon cooked with crispy breadcrumbs and green onions, served with white Basmati rice.	USA	English-100	2024	RPT	PG						
22/06/2026	1530	Cooking	My Market Kitchen	Ep 1	7	1	Laura kicks off the show by cooking a delicious Kids Pizza for Mike followed by traditional Anzac Biscuits with John the Fruiterers approval. To round off the show Mike changes stall holder Joanne.	AUSTRALIA	English-100	2022	RPT	G						
22/06/2026	1600	Cooking	Lidia's Kitchen	Treat Yourself	10	8	Lidia takes a moment to remind the viewer how important it is to treat yourself to something nice.	USA	English-100	2023	RPT	G						
22/06/2026	1630	Travel	Pati's Mexican Table	Ode To The Egg	12	5	Pati arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motulenos. Pati meets Dona Evelia, who put Motul back on the map with her world-famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchen, where chef Julio Dominguez makes Abuela's Buttoned Eggs.	USA	English-100	2023	RPT	G						Y
22/06/2026	1700	Cooking	Silvia's Italian Masterclass	Episode 6	3	6	Rooted in thrift and creativity, this episode celebrates cucina povera- transforming humble ingredients into deeply satisfying soulful dishes.	AUSTRALIA	English-100	2025	RPT	G						
22/06/2026	1730	Cooking	Italian Food Safari	Ep 10	1	10	In a beautiful house in the Adelaide Hills, chef Salvatore Pepe cooks perfect bistecca served with white beans. Guy shares his recipe for fresh pasta and Andrew Cibej makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in South Australia, visiting Munno Parra Downs, and Guy joins Melbourne sweets queen Marianna Di Bartolo as she folds fresh almonds into her luscious soft nougat.	AUSTRALIA	English-100	2009	RPT	G				Y		
22/06/2026	1800	Travel	America The Bountiful	Corn In Arizona	1	8	Corn is a sacred food for all indigenous tribes of Arizona, including the Tohono O'odham, Yoemi, Navaho and Hopi. Many of the original varieties of corn were lost since the time of colonization.	USA	English-100	2024		PG						
22/06/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 85	4	85	Justine makes a hearty whole roast rib eye of beef, Rishi Desai shares his recipe for scallop bhel and Trish McKenzie bakes her dark chocolate caramel slice.	AUSTRALIA	English-100	2014	RPT	G						
22/06/2026	1900	Cooking	The Cook Up With Adam Liaw	Football Feast	9	55	Two of Australia's finest football minds, Claudio Fabiano and David Basheer, join Adam for an epic football feast.	AUSTRALIA	English-100	2025		G				Y		
22/06/2026	1930	Cooking	Donal's Real Time Recipes	Batch It Like A Boss	2	7	Donal is showing how a little time in the kitchen today means stress-free meals for days.	UNITED KINGDOM	English-100	2025		G						
22/06/2026	2000	Travel	Shane Delia's Malta	Phoenicians, The	1	5	Shane travels further back in time to discover the incredible legacy left by the Phoenicians, including what is quite possibly Malta's national dish-rabbit.	AUSTRALIA	English-100	2025	RPT	G				Y		
22/06/2026	2030	Travel	Anthony Bourdain: Parts Unknown	Congo	1	7	Tony takes a chaotic trip down the Congo River, a place where one of his favourite stories, Joseph Conrad's Heart of Darkness, was set. He also takes time to catch up with Tim Butcher, author of Blood River.	USA	English-100	2013	RPT	PG	a	l	w			Y
22/06/2026	2125	Cooking	Destination Flavour Singapore Bitesize	Fruit Stall	1	7	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G				Y		
22/06/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 4	1	4	Kicking off the competition in East London are Chef-Owner Nina and front of house Chloe of Jellyfish-Lebanese inspired street food served in one of the area's most popular live music pubs.	UNITED KINGDOM	English-100	2022	RPT	PG						
22/06/2026	2225	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		
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22/06/2026	2300	Food Lifestyle	Cheese Slices	Traditional Flavoured Pecorino Cheeses: Sicily	5	2	Sicily is the largest island in the Mediterranean and has a long history of traditional cheese-making influenced by the Greeks, Romans, and Normans - and of course the Italians. Will looks at the many flavours of Sicilian Pecorino, and visits one of the last farmhouse dairies making a saffron-flavoured cheese from ewe's milk, before finding himself in a Dickensian cheese-maturing room that is several centuries behind the times.	AUSTRALIA	English-100	2011	RPT	G		
22/06/2026	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	I	
22/06/2026	2425	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
22/06/2026	2430	Cooking	Donal's Real Time Recipes	Batch It Like A Boss	2	7	Donal is showing how a little time in the kitchen today means stress-free meals for days.	UNITED KINGDOM	English-100	2025	RPT	G		
22/06/2026	2500	Travel	Shane Delia's Malta	Phoenicians, The	1	5	Shane travels further back in time to discover the incredible legacy left by the Phoenicians, including what is quite possibly Malta's national dish-rabbit.	AUSTRALIA	English-100	2025	RPT	G	Y	
22/06/2026	2530	Travel	Anthony Bourdain: Parts Unknown	Congo	1	7	Tony takes a chaotic trip down the Congo River, a place where one of his favourite stories, Joseph Conrad's Heart of Darkness, was set. He also takes time to catch up with Tim Butcher, author of Blood River.	USA	English-100	2013	RPT	PG	a l w	Y
22/06/2026	2625	Cooking	Destination Flavour Singapore Bitesize	Fruit Stall	1	7	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
22/06/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 4	1	4	Kicking off the competition in East London are Chef-Owner Nina and front of house Chloe of Jellyfish-Lebanese inspired street food served in one of the area's most popular live music pubs.	UNITED KINGDOM	English-100	2022	RPT	PG		
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23/06/2026	500	Cooking	Flat Out Food	Beef	1	5	Cattle are an important part of the grassland's ecosystem. Jenn meets with two ranchers and a chef as she follows this nutrient-dense ingredient from the pasture to the plate.	CANADA	English-100	2021	RPT	G		
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23/06/2026	625	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
23/06/2026	630	Cooking	Kriol Kitchen	Broome: Veronica Francis	1	1	Enjoy the culinary skills of Veronica Francis, who draws on her Malaysian influences from her father.	AUSTRALIA	English-100	2014	RPT	G	Y	
23/06/2026	700	Cooking	Rachael Ray's Meals In Minutes	BBQ Salmon Dish	2	6	Rachael makes a smoky, Asian-inspired barbeque sauce to slather over Sockeye Salmon cooked with crispy breadcrumbs and green onions, served with white Basmati rice.	USA	English-100	2024	RPT	PG		
23/06/2026	730	Cooking	My Market Kitchen	Ep 1	7	1	Laura kicks off the show by cooking a delicious Kids Pizza for Mike followed by traditional Anzac Biscuits with John the Fruiterers approval. To round off the show Mike changes stall holder Joanne.	AUSTRALIA	English-100	2022	RPT	G		
23/06/2026	800	Cooking	Lidia's Kitchen	Treat Yourself	10	8	Lidia takes a moment to remind the viewer how important it is to treat yourself to something nice.	USA	English-100	2023	RPT	G		
23/06/2026	830	Travel	Pati's Mexican Table	Ode To The Egg	12	5	Pati arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motulenos. Pati meets Dona Evelia, who put Motul back on the map with her world-famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchen, where chef Julio Dominguez makes Abuela's Buttoned Eggs.	USA	English-100	2023	RPT	G		Y
23/06/2026	900	Cooking	Silvia's Italian Masterclass	Episode 6	3	6	Rooted in thrift and creativity, this episode celebrates cucina povera- transforming humble ingredients into deeply satisfying soulful dishes.	AUSTRALIA	English-100	2025	RPT	G		
23/06/2026	930	Cooking	Italian Food Safari	Ep 10	1	10	In a beautiful house in the Adelaide Hills, chef Salvatore Pepe cooks perfect bistecca served with white beans. Guy shares his recipe for fresh pasta and Andrew Cibej makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in South Australia, visiting Munno Parra Downs, and Guy joins Melbourne sweets queen Marianna Di Bartolo as she folds fresh almonds into her luscious soft nougat.	AUSTRALIA	English-100	2009	RPT	G	Y	
23/06/2026	1000	Travel	America The Bountiful	Corn In Arizona	1	8	Corn is a sacred food for all indigenous tribes of Arizona, including the Tohono O'odham, Yoemi, Navaho and Hopi. Many of the original varieties of corn were lost since the time of colonization.	USA	English-100	2024	RPT	PG		
23/06/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 85	4	85	Justine makes a hearty whole roast rib eye of beef, Rishi Desai shares his recipe for scallop bhel and Trish McKenzie bakes her dark chocolate caramel slice.	AUSTRALIA	English-100	2014	RPT	G		
23/06/2026	1100	Cooking	The Cook Up With Adam Liaw	Football Feast	9	55	Two of Australia's finest football minds, Claudio Fabiano and David Basheer, join Adam for an epic football feast.	AUSTRALIA	English-100	2025	RPT	G	Y	

23/06/2026	1130	Travel	Anthony Bourdain: Parts Unknown	Congo	1	7	Tony takes a chaotic trip down the Congo River, a place where one of his favourite stories, Joseph Conrad's Heart of Darkness, was set. He also takes time to catch up with Tim Butcher, author of Blood River.	USA	English-100	2013	RPT	PG	a l w	Y
23/06/2026	1225	Cooking	Destination Flavour Singapore Bitesize	Fruit Stall	1	7	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
23/06/2026	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	I	Y
23/06/2026	1325	Cooking	Destination Flavour China Bitesize	Zhejiangmian	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
23/06/2026	1330	Cooking	Destination Flavour Down Under	New Zealand - Northern South Island	1	9	Adam takes a short ferry ride across the Cook Strait to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano. An interest in the famous greenshell mussels leads him to Havelock, home to an industry worth more than \$300 million per year. Later he heads down to the coastal town of Kaikoura, the Maori word for 'a meal of crayfish'. At Akaroa, Adam takes inspiration from the town's French roots and puts a modern spin on the classic, lobster Thermidor.	AUSTRALIA	English-100	2014	RPT	G		Y
23/06/2026	1400	Cooking	Flat Out Food	Chanterelles	1	6	Saskatchewan chanterelles known as 'forest jewels' are sought by chefs everywhere. Three Saskatoon chefs take Jenn on a trip to the forest to forage for these unique mushrooms.	CANADA	English-100	2021	RPT	PG		
23/06/2026	1430	Cooking	Kriol Kitchen	Bindook: Brian Bin Saaban	1	2	Chilli Crab, Singapore noodles with turtle, bunyiman, lea and Iiji Iiji shell in a soya chilli sauce: Every kriol cook boasts about his or her 'Chilli Crab', and Brian Bin Saaban is no exception.	AUSTRALIA	English-100	2014	RPT	G		Y
23/06/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Greek Meatballs And Spaghetti With Feta Sauce	2	7	Rachael is taking us on a Grecian adventure from her kitchen with this recipe for Greek-style lamb meatballs and her very own creation, feta-sghetti, a spaghetti dish served with a white feta sauce.	USA	English-100	2024	RPT	PG		
23/06/2026	1530	Cooking	My Market Kitchen	Ep 2	7	2	Third-generation farmer Catherine Velisha joins Mike in the market kitchen as he prepares a healthy pearl couscous salad for her. Next Mike explains the history behind his old-school cottage pie dish.	AUSTRALIA	English-100	2022	RPT	G		
23/06/2026	1600	Cooking	Lidia's Kitchen	Serving Up Pasta	10	9	Lidia reminds us that serving up pasta can open a world of possibilities. Lidia shares her recipe for two flavour-packed pasta dishes-Penne with Cauliflower & Green Olive Pesto and Fusilli with Salami.	USA	English-100	2023	RPT	G		
23/06/2026	1630	Travel	Pati's Mexican Table	Yucatan Meats	12	6	Temozoon is the birthplace of Yucatan's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pati strolls around town to try different versions of Carne Ahumada. She also returns to Hacienda Tamchen for another traditional dish prepared by chef Julio Dominguez called Huidzi Bii Wai, which means united tortilla.	USA	English-100	2023	RPT	G		Y
23/06/2026	1700	Cooking	Silvia's Italian Masterclass	Episode 7	3	7	From pizza by the slice to panini and piadine, this episode explores Italy's joyful snacking tradition-where even the simplest bite becomes a delicious ritual.	AUSTRALIA	English-100	2025	RPT	G		
23/06/2026	1730	Cooking	Italian Food Safari	Ep 11	1	11	Guy hunts rabbit with chef Daniel Airo-Farula, while Maeve visits Stefano Manfredi on the Central Coast where he has planted a vegetable garden full of Italian produce ready for a classic minestrone. In Melbourne, Adelina Pulford shows Guy how to make the silkiest creamy panna cotta with prosecco, while Italian expatriate Aldo Cozzi and his coffee roaster Geroge Sabados explain the rules of enjoying good Italian coffee.	AUSTRALIA	English-100	2009	RPT	G		Y
23/06/2026	1800	Travel	America The Bountiful	Ramps In West Virginia	1	9	Known for their pungent smell and uniquely delicious flavour, ramps have been foraged across North America for centuries.	USA	English-100	2024		PG		
23/06/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 86	4	86	Adam Swanson joins Justine to make his cabbage leaf dolmades with feta sauce and Justine whips up a delicious salmon soup and a prawn cocktail.	AUSTRALIA	English-100	2014	RPT	G		
23/06/2026	1900	Cooking	The Cook Up With Adam Liaw	Dinner Highs	9	56	It's a night of dinner highs as soprano Nina Korbe and chef Andy Wirya join Adam in the kitchen.	AUSTRALIA	English-100	2025		G		Y
23/06/2026	1930	Cooking	Luca's Key Ingredient	Episode 2	5	2	This episode celebrates saffron, one of the world's most prized ingredients. Luca begins with a golden, fragrant risotto, follows with a refined pasta dish that lets saffron truly shine.	AUSTRALIA	English-100	2025		PG		
23/06/2026	2000	Cooking	Cook Clever Waste Less With Prue & Rupy	Parshall Family, The	1	1	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
23/06/2026	2030	Travel	Eva Longoria: Searching For Mexico	Yucatan	1	2	Eva travels to the eastern edge of Mexico, to the lush jungles of Yucatan State, home of the ancient Maya. One of the great civilisations of Central America, the Maya thrived here until the arrival of the Spanish conquistadors in the 1500s. Here there is a fierce pride in that ancestry which permeates every local custom and dish. Even top chef Roberto Solis' cutting edge black recado tasting menu pays homage to the Maya spice mix.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	G		Y Y
23/06/2026	2125	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		
23/06/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 5	1	5	This week's Manchester competition begins at Brewchimp Indian and Social club, where joint owners David and Raj are hoping to wow their guests with their Indian tapas street food.	UNITED KINGDOM	English-100	2022	RPT	PG		
23/06/2026	2225	Cooking	Destination Flavour Singapore Bitesize	Hari Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
23/06/2026	2230	Cooking	The Cook Up With Adam Liaw	Dinner Highs	9	56	It's a night of dinner highs as soprano Nina Korbe and chef Andy Wirya join Adam in the kitchen.	AUSTRALIA	English-100	2025	RPT	G		Y
23/06/2026	2300	Food Lifestyle	Cheese Slices	Nordic Cheese Revolution: Denmark, The	5	3	The Danish dairy industry is widely recognised as one of the most efficient in Europe - it produces more blue cheese than any country in the world. Will travels to the pretty island of Bornholm to see how Danablu is made, before heading to Copenhagen to find out more about how the Nordic food revolution is now encouraging large producers to look at more interesting cheese varieties. After visiting several small dairies, Will discovers that nothing has changed when it comes to the Danish love of smoked cheese.	AUSTRALIA	English-100	2011	RPT	G		
23/06/2026	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	I	Y
23/06/2026	2425	Cooking	Destination Flavour China Bitesize	Zhejiangmian	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

23/06/2026	2430	Cooking	Luca's Key Ingredient	Episode 2	5	2	This episode celebrates saffron, one of the world's most prized ingredients. Luca begins with a golden, fragrant risotto, follows with a refined pasta dish that lets saffron truly shine.	AUSTRALIA	English-100	2025	RPT	PG		
23/06/2026	2500	Cooking	Cook Clever Waste Less With Prue & Rupy	Parshall Family, The	1	1	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G		
23/06/2026	2530	Travel	Eva Longoria: Searching For Mexico	Yucatan	1	2	Eva travels to the eastern edge of Mexico, to the lush jungles of Yucatan State, home of the ancient Maya. One of the great civilisations of Central America, the Maya thrived here until the arrival of the Spanish conquistadors in the 1500s. Here there is a fierce pride in that ancestry which permeates every local custom and dish. Even top chef Roberto Solis' cutting edge black recado tasting menu pays homage to the Maya spice mix.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	G	Y	Y
23/06/2026	2625	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	2024	RPT	G		
23/06/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 5	1	5	This week's Manchester competition begins at Brewchimp Indian and Social club, where joint owners David and Raj are hoping to wow their guests with their Indian tapas street food.	UNITED KINGDOM	English-100	2022	RPT	PG		
23/06/2026	2725	Cooking	Destination Flavour Singapore Bitesize	Hari Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
23/06/2026	2730	Cooking	The Cook Up With Adam Liaw	Dinner Highs	9	56	It's a night of dinner highs as soprano Nina Korbe and chef Andy Wirya join Adam in the kitchen.	AUSTRALIA	English-100	2025	RPT	G	Y	
23/06/2026	2800	Food Lifestyle	Cheese Slices	Nordic Cheese Revolution: Denmark, The	5	3	The Danish dairy industry is widely recognised as one of the most efficient in Europe - it produces more blue cheese than any country in the world. Will travels to the pretty island of Bornholm to see how Danablu is made, before heading to Copenhagen to find out more about how the Nordic food revolution is now encouraging large producers to look at more interesting cheese varieties. After visiting several small dairies, Will discovers that nothing has changed when it comes to the Danish love of smoked cheese.	AUSTRALIA	English-100	2011	RPT	G		
23/06/2026	2830	Cooking	Destination Flavour Down Under	New Zealand - Northern South Island	1	9	Adam takes a short ferry ride across the Cook Strait to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano. An interest in the famous greenshell mussels leads him to Havelock, home to an industry worth more than \$300 million per year. Later he heads down to the coastal town of Kaikoura, the Maori word for 'a meal of crayfish'.	AUSTRALIA	English-100	2014	RPT	G	Y	
24/06/2026	500	Cooking	Flat Out Food	Chanterelles	1	6	Saskatchewan chanterelles known as 'forest jewels' are sought by chefs everywhere. Three Saskatoon chefs take Jenn on a trip to the forest to forage for these unique mushrooms.	CANADA	English-100	2021	RPT	PG		
24/06/2026	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	I	Y
24/06/2026	625	Cooking	Destination Flavour China Bitesize	Zhijiangmian	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
24/06/2026	630	Cooking	Kriol Kitchen	Blindook: Brian Bin Saaban	1	2	Chilli Crab, Singapore noodles with turtle, bunjyman, lea and Iiji Iiji shell in a soya chilli sauce: Every kriol cook boasts about his or her 'Chilli Crab', and Brian Bin Saaban is no exception.	AUSTRALIA	English-100	2014	RPT	G	Y	
24/06/2026	700	Cooking	Rachael Ray's Meals In Minutes	Greek Meatballs And Spaghetti With Feta Sauce	2	7	Rachael is taking us on a Grecian adventure from her kitchen with this recipe for Greek-style lamb meatballs and her very own creation, feta-sghetti, a spaghetti dish served with a white feta sauce.	USA	English-100	2024	RPT	PG		
24/06/2026	730	Cooking	My Market Kitchen	Ep 2	7	2	Third-generation farmer Catherine Velisha joins Mike in the market kitchen as he prepares a healthy pearl couscous salad for her. Next Mike explains the history behind his old-school cottage pie dish.	AUSTRALIA	English-100	2022	RPT	G		
24/06/2026	800	Cooking	Lidia's Kitchen	Serving Up Pasta	10	9	Lidia reminds us that serving up pasta can open a world of possibilities. Lidia shares her recipe for two flavour-packed pasta dishes-Penne with Cauliflower & Green Olive Pesto and Fusilli with Salami.	USA	English-100	2023	RPT	G		
24/06/2026	830	Travel	Pati's Mexican Table	Yucatan Meats	12	6	Temozoon is the birthplace of Yucatan's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pati strolls around town to try different versions of Carne Ahumada. She also returns to Hacienda Tamchen for another traditional dish prepared by chef Julio Dominguez called Huidzi Bii Wai, which means united tortilla.	USA	English-100	2023	RPT	G		Y
24/06/2026	900	Cooking	Silvia's Italian Masterclass	Episode 7	3	7	From pizza by the slice to panini and piadine, this episode explores Italy's joyful snacking tradition-where even the simplest bite becomes a delicious ritual.	AUSTRALIA	English-100	2025	RPT	G		
24/06/2026	930	Cooking	Italian Food Safari	Ep 11	1	11	Guy hunts rabbit with chef Daniel Airo-Farula, while Maeve visits Stefano Manfredi on the Central Coast where he has planted a vegetable garden full of Italian produce ready for a classic minestrone. In Melbourne, Adelina Pullford shows Guy how to make the silkiest creamy panna cotta with prosecco, while Italian expatriate Aldo Cozzi and his coffee roaster Geroge Sabados explain the rules of enjoying good Italian coffee.	AUSTRALIA	English-100	2009	RPT	G	Y	
24/06/2026	1000	Travel	America The Bountiful	Ramps In West Virginia	1	9	Known for their pungent smell and uniquely delicious flavour, ramps have been foraged across North America for centuries.	USA	English-100	2024	RPT	PG		
24/06/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 86	4	86	Adam Swanson joins Justine to make his cabbage leaf dolmades with feta sauce and Justine whips up a delicious salmon soup and a prawn cocktail.	AUSTRALIA	English-100	2014	RPT	G		
24/06/2026	1100	Cooking	The Cook Up With Adam Liaw	Dinner Highs	9	56	It's a night of dinner highs as soprano Nina Korbe and chef Andy Wirya join Adam in the kitchen.	AUSTRALIA	English-100	2025	RPT	G	Y	
24/06/2026	1130	Travel	Eva Longoria: Searching For Mexico	Yucatan	1	2	Eva travels to the eastern edge of Mexico, to the lush jungles of Yucatan State, home of the ancient Maya. One of the great civilisations of Central America, the Maya thrived here until the arrival of the Spanish conquistadors in the 1500s. Here there is a fierce pride in that ancestry which permeates every local custom and dish. Even top chef Roberto Solis' cutting edge black recado tasting menu pays homage to the Maya spice mix.	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	G	Y	Y
24/06/2026	1225	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		
24/06/2026	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	I s	Y

24/06/2026	1325	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
24/06/2026	1330	Cooking	Destination Flavour Down Under	New Zealand - Southern South Island	1	10	In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to the stunning Lake Wakatipu. He spends a long day in the water fishing for trout with a former lawyer, meets a brewer who specialises in craft ciders and beers, and visits a local hunter for some fresh meats. Along the way he collects ingredients for a delicious New Zealand hunter's pie, the perfect dish to consume in front of a fire with snow-dusted mountains as the backdrop.	AUSTRALIA	English-100	2014	RPT	G		Y	Y
24/06/2026	1400	Cooking	Flat Out Food	Walleye	2	1	Jenn Sharp visits northern Saskatchewan to learn how to catch, clean, and cook walleye - a freshwater fish in the perch family.	CANADA	English-100	2022	RPT	PG	a w		Y
24/06/2026	1430	Cooking	Kriol Kitchen	Yellow River: Mark Bin Sali	1	3	Alli & Mitch travel with Mark north of Broome to a popular fishing spot. They make Spicy Joombood Patties with Chillie & Raw Skippy (fish) with lemon, chilli, garlic, soya & vinegar Sashimi.	AUSTRALIA	English-100	2014	RPT	G		Y	
24/06/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Deviled Popcorn Chicken With Fiery Cheese Popcorn	2	8	In this episode Rachael's in party mode and she's firing up popcorn with popcorn chicken and if you like those both super spicy, you're in the right place at the right time.	USA	English-100	2024	RPT	PG			
24/06/2026	1530	Cooking	My Market Kitchen	Ep 3	7	3	Wine expert Adam Walls pairs wines with Laura's Mediterranean roast lamb. Mike then takes us back to England with his traditional swiss roll, wrapping up the show with his 20-minute mango sorbet.	AUSTRALIA	English-100	2022	RPT	G			
24/06/2026	1600	Cooking	Lidia's Kitchen	Rethink Risotto	10	10	Risotto can be the base for so many flavours, and Lidia encourages viewers to get creative!	USA	English-100	2023	RPT	G			
24/06/2026	1630	Travel	Pati's Mexican Table	Recados	12	7	Pati returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Relleno Negro using a recado negro.	USA	English-100	2023	RPT	G			Y
24/06/2026	1700	Cooking	Silvia's Italian Masterclass	Episode 8	3	8	Sun-soaked produce, seaside flavours, and simple pleasures- this episode celebrates the essence of an Italian summer on every plate.	AUSTRALIA	English-100	2025	RPT	G			
24/06/2026	1730	Cooking	Italian Food Safari	Ep 12	1	12	Maeve joins Claude Basile for black ink pasta, and restaurateur Beppe Polese shows how his famous baccala mantecato is made. In Melbourne, specialist butcher Roger Ongarat explains what makes pork and fennel sausages such a favourite in Italian households. Chef Alessandro Pavoni demonstrates how to make the perfect risotto, and rising star Vanessa Martin shows Maeve how easy and delicious crostoli are to make.	AUSTRALIA	English-100	2009	RPT	G		Y	
24/06/2026	1800	Travel	America The Bountiful	Pecans In Georgia	1	10	The term pecan was coined by the Algonquin from the word 'pacane', which means a nut that needs to be cracked with a stone in the Algonquin language.	USA	English-100	2024		PG			
24/06/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 87	4	87	Justine makes her BBQ duck breast and a delicious roast chicken stuffing. Kirsten Tibballs serves up a modern lemon tart for dessert.	AUSTRALIA	English-100	2014	RPT	G			
24/06/2026	1900	Cooking	The Cook Up With Adam Liaw	Easy Comfort Food	9	57	It's a night of easy comfort food with Adam, award-winning chef Ollie Hansford and multi-talented entertainer Louise Eftos.	AUSTRALIA	English-100	2025		G		Y	
24/06/2026	1930	Travel	Locals Welcome	Food Courts - A Culinary Refuge	1	10	Suresh Doss explores food courts in Toronto and finds a culture unto itself.	CANADA	English-100	2024		G			
24/06/2026	2000	Cooking	Frugal Foodie	20 Dollar Dinner Challenge	1	6	Steph takes on the challenge of creating a full dinner for four, starting with the retro Apricot Chicken, a delicious Cottage Pie and yummy Spanish Chorizo Rice, for just \$20.	AUSTRALIA	English-100	2024		G			
24/06/2026	2030	Travel	Jose Andres And Family In Spain	Andalusia	1	2	Chef Jose Andres and his daughters arrive in sun-soaked Andalusia, the region with a reputation for being a foodie paradise, where they immediately explore the gastronomic delights that await them.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	G			Y
24/06/2026	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	English-100	2022	RPT	G		Y	
24/06/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 6	1	6	Today's new Come Dine With Me Professionals heads to Newcastle where opening the week are brothers and 'customer service experts' Razz and Boxa from Namaste Indian restaurant and Club Prosecco lounge.	UNITED KINGDOM	English-100	2022	RPT	PG			
24/06/2026	2225	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	1	3	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y	
24/06/2026	2230	Cooking	The Cook Up With Adam Liaw	Easy Comfort Food	9	57	It's a night of easy comfort food with Adam, award-winning chef Ollie Hansford and multi-talented entertainer Louise Eftos.	AUSTRALIA	English-100	2025	RPT	G		Y	
24/06/2026	2300	Food Lifestyle	Cheese Slices	Artisan Cheeses From The Highlands And Islands: Scotland	5	4	Scotland is not renowned for good cheese, but in the rugged rolling highland country, Will unearths an ancient sour cream 'chieftains' cheese called Caboc. After enjoying Strathdowne blue with oatcakes, Will finds out how the cheese also matches with single malt whisky. Then it's off to the Isle of Mull where an enterprising family supplement the feed for their cows with whisky mash during the cold winter months.	AUSTRALIA	English-100	2011	RPT	G			
24/06/2026	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	I s		Y
24/06/2026	2425	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
24/06/2026	2430	Travel	Locals Welcome	Food Courts - A Culinary Refuge	1	10	Suresh Doss explores food courts in Toronto and finds a culture unto itself.	CANADA	English-100	2024	RPT	G			
24/06/2026	2500	Cooking	Frugal Foodie	20 Dollar Dinner Challenge	1	6	Steph takes on the challenge of creating a full dinner for four, starting with the retro Apricot Chicken, a delicious Cottage Pie and yummy Spanish Chorizo Rice, for just \$20.	AUSTRALIA	English-100	2024	RPT	G			
24/06/2026	2530	Travel	Jose Andres And Family In Spain	Andalusia	1	2	Chef Jose Andres and his daughters arrive in sun-soaked Andalusia, the region with a reputation for being a foodie paradise, where they immediately explore the gastronomic delights that await them.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	G			Y

24/06/2026	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	English-100	2022	RPT	G		Y
24/06/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 6	1	6	Today's new Come Dine With Me Professionals heads to Newcastle where opening the week are brothers and 'customer service experts' Razz and Boxa from Namaste Indian restaurant and Club Prosecco lounge.	UNITED KINGDOM	English-100	2022	RPT	PG		
24/06/2026	2725	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	1	3	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y
24/06/2026	2730	Cooking	The Cook Up With Adam Liaw	Easy Comfort Food	9	57	It's a night of easy comfort food with Adam, award-winning chef Ollie Hansford and multi-talented entertainer Elouise Eftos.	AUSTRALIA	English-100	2025	RPT	G		Y
24/06/2026	2800	Food Lifestyle	Cheese Slices	Artisan Cheeses From The Highlands And Islands: Scotland	5	4	Scotland is not renowned for good cheese, but in the rugged rolling highland country, Will unearths an ancient sour cream 'chieftains' cheese called Caboc. After enjoying Strathdowne blue with oatcakes, Will finds out how the cheese also matches with single malt whisky. Then it's off to the Isle of Mull where an enterprising family supplement the feed for their cows with whisky mash during the cold winter months.	AUSTRALIA	English-100	2011	RPT	G		
24/06/2026	2830	Cooking	Destination Flavour Down Under	New Zealand - Southern South Island	1	10	In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to the stunning Lake Wakatipu. He spends a long day in the water fishing for trout with a former lawyer, meets a brewer who specialises in craft ciders and beers, and visits a local hunter for some fresh meats. Along the way he collects ingredients for a delicious New Zealand hunter's pie, the perfect dish to consume in front of a fire with snow-dusted mountains as the backdrop.	AUSTRALIA	English-100	2014	RPT	G	Y	Y
25/06/2026	500	Cooking	Flat Out Food	Walleye	2	1	Jenn Sharp visits northern Saskatchewan to learn how to catch, clean, and cook walleye - a freshwater fish in the perch family.	CANADA	English-100	2022	RPT	PG	a w	Y
25/06/2026	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	I s	Y
25/06/2026	625	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
25/06/2026	630	Cooking	Kriol Kitchen	Yellow River: Mark Bin Sali	1	3	Ali & Mitch travel with Mark north of Broome to a popular fishing spot. They make Spicy Joombood Patties with Chillie & Raw Skippy (fish) with lemon, chilli, garlic, soya & vinegar Sashimi.	AUSTRALIA	English-100	2014	RPT	G	Y	
25/06/2026	700	Cooking	Rachael Ray's Meals In Minutes	Deville'd Popcorn Chicken With Fiery Cheese Popcorn	2	8	In this episode Rachael's in party mode and she's firing up popcorn with popcorn chicken and if you like those both super spicy, you're in the right place at the right time.	USA	English-100	2024	RPT	PG		
25/06/2026	730	Cooking	My Market Kitchen	Ep 3	7	3	Wine expert Adam Wallis pairs wines with Laura's Mediterranean roast lamb. Mike then takes us back to England with his traditional swiss roll, wrapping up the show with his 20-minute mango sorbet.	AUSTRALIA	English-100	2022	RPT	G		
25/06/2026	800	Cooking	Lidia's Kitchen	Rethink Risotto	10	10	Risotto can be the base for so many flavours, and Lidia encourages viewers to get creative!	USA	English-100	2023	RPT	G		
25/06/2026	830	Travel	Pati's Mexican Table	Recados	12	7	Pati returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Relleno Negro using a recado negro.	USA	English-100	2023	RPT	G		Y
25/06/2026	900	Cooking	Silvia's Italian Masterclass	Episode 8	3	8	Sun-soaked produce, seaside flavours, and simple pleasures- this episode celebrates the essence of an Italian summer on every plate.	AUSTRALIA	English-100	2025	RPT	G		
25/06/2026	930	Cooking	Italian Food Safari	Ep 12	1	12	Maeve joins Claude Basile for black ink pasta, and restaurateur Beppe Polese shows how his famous baccala mantecato is made. In Melbourne, specialist butcher Roger Ongarat explains what makes pork and fennel sausages such a favourite in Italian households. Chef Alessandro Pavoni demonstrates how to make the perfect risotto, and rising star Vanessa Martin shows Maeve how easy and delicious crostoli are to make.	AUSTRALIA	English-100	2009	RPT	G	Y	
25/06/2026	1000	Travel	America The Bountiful	Pecans In Georgia	1	10	The term pecan was coined by the Algonquin from the word 'pacane', which means a nut that needs to be cracked with a stone in the Algonquin language.	USA	English-100	2024	RPT	PG		
25/06/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 87	4	87	Justine makes her BBQ duck breast and a delicious roast chicken stuffing. Kirsten Tibballs serves up a modern lemon tart for dessert.	AUSTRALIA	English-100	2014	RPT	G		
25/06/2026	1100	Cooking	The Cook Up With Adam Liaw	Easy Comfort Food	9	57	It's a night of easy comfort food with Adam, award-winning chef Ollie Hansford and multi-talented entertainer Elouise Eftos.	AUSTRALIA	English-100	2025	RPT	G		Y
25/06/2026	1130	Travel	Jose Andres And Family In Spain	Andalusia	1	2	Chef Jose Andres and his daughters arrive in sun-soaked Andalusia, the region with a reputation for being a foodie paradise, where they immediately explore the gastronomic delights that await them.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	G		Y
25/06/2026	1225	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	English-100	2022	RPT	G		Y
25/06/2026	1230	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cakes On A Plane	1	4	When Buddy gets a request from Anthony Shriver to create a cake for the Best Buddies Challenge, a charity event held at the Kennedy compound, he's thrilled.	USA	English-100	2023	RPT	PG	I	Y
25/06/2026	1325	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
25/06/2026	1330	Cooking	Destination Flavour China	Beijing	1	1	Adam has been to Beijing more times than he can count. His mother has lived here for decades, and during his time as a corporate lawyer, he had plenty of opportunities to visit her here. Before he visits however, he's keen to uncover the capital's food and culture. Things move at frightening speed in Beijing and as he ventures out into the streets, he can't believe how much it's changed since he was last here. There are now more multi-lane freeways, more skyscrapers and modern Olympic buildings are at the skylines forefront.		English-70; Mandarin-30	2018	RPT	G	Y	Y
25/06/2026	1400	Cooking	Flat Out Food	Milk	2	2	From fresh milk on the farm to raw milk cheese and handcrafted ice cream, Jenn Sharp experiences it all while learning about milk's many uses.	CANADA	English-100	2022	RPT	G		
25/06/2026	1430	Cooking	Kriol Kitchen	Broome: Carol, Amy & Lexie Tang Wei	1	4	Family Chinese Long Soup: Under the guidance of Lexie Tang Wei, daughters Amy and Carol and granddaughters Lauren and Marli make their famous Chinese Long Soup from scratch.	AUSTRALIA	English-100	2014	RPT	G	Y	

25/06/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Chicken Chow Fun	2	9	Rachael demonstrates how to make your own takeout at home and how to stock your pantry for a recipe called, Chicken Chow Fun, a Chinese-American takeout favourite with a rice-noodle base, chicken & veg.	USA	English-100	2024	RPT	G			
25/06/2026	1530	Cooking	My Market Kitchen	Ep 4	7	4	Laura starts the show with her \$20 meal challenge, preparing spaghetti bolognese. Mike follows with his delicious salmon en papillote and is then joined by author and stylist Jacob Leung, who makes his 'cheffy' version of bread-and-butter pudding: white chocolate and raspberry croissant pudding.	AUSTRALIA	English-100	2022	RPT	G			
25/06/2026	1600	Cooking	Lidia's Kitchen	Frugal Feast, A	10	11	Lidia reminds viewers that cooking doesn't have to be expensive, you just have to get creative in the kitchen.	USA	English-100	2023	RPT	G			
25/06/2026	1630	Travel	Pati's Mexican Table	Maya Today	12	8	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pati visits Cenote Xocempich with activist and lawyer Zoila Cen, who has dedicated her career to helping Mayan people. The next day, Zoila invites Pati to her niece's birthday celebration.	USA	English-100	2023	RPT	G			Y
25/06/2026	1700	Cooking	Silvia's Italian Masterclass	Episode 9	3	9	Festive, flavourful, and fuss-free-Silvia's holiday recipes are designed to impress guests while keeping the cook relaxed and joyful.	AUSTRALIA	English-100	2025	RPT	G			
25/06/2026	1730	Cooking	Italian Food Safari	Ep 13	1	13	Guy learns how buffalo mozzarella is made and finds the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes, and basil. Suckling lamb is a dish of celebration in Italy, and restaurateur Robert Marchetti shows how it's prepared. Next, a Calabrese lunch hosted by Perth butcher Vince Garreffa, with a delicious veal shoulder on the spit, served with homemade pasta.	AUSTRALIA	English-100	2009	RPT	G			Y
25/06/2026	1800	Travel	America The Bountiful	Maple Syrup In Vermont	1	11	One of the oldest food traditions in America is tapping trees for sap and boiling it down for the prized natural sweetener, maple syrup.	USA	English-100	2024		PG			
25/06/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 88	4	88	Justine makes her twice baked cheese souffle, shares a recipe for a quick morning juice and Adam Swanson shows you how to make his delicious roasted beetroot couscous salad.	AUSTRALIA	English-100	2014	RPT	G			
25/06/2026	1900	Travel	The Cook Up With Adam Liaw	Curry Up!	8	16	It's a flurry of curry as Adam gives his guests, comedian Dave Hughes and chef Peter Kuruvita, the curry up!	AUSTRALIA	English-100	2025	RPT	G			Y
25/06/2026	1930	Travel	New York Gourmet With Justine Schofield	Episode 6	1	6	It's the finale of New York Gourmet, but the journey keeps getting better.	AUSTRALIA	English-100	2025	RPT	G			
25/06/2026	2000	Travel	Ainsley's Taste Of The Bahamas	Flavours Of Nassau	1	9	Ainsley cooks Grouper, Nassau style before a lesson in concservation. Then it's into his beach kitchen for rum punch chicken wings.	UNITED KINGDOM	English-100	2025		PG			
25/06/2026	2030	Reality	Yes, Chef!	Control Freaks	1	1	Twelve talented chefs nominated by co-workers, family members and loved ones for their tempers, stubbornness and egos enter the Yes, Chef!	USA	English-100	2025		PG			
25/06/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 7	1	7	Today's brand new Liverpool episode sees Italian Club Fish kick off the competition with married couple Rosaria and Maurizio providing their guests with a proper Italian night out.	UNITED KINGDOM	English-100	2022	RPT	PG			
25/06/2026	2225	Cooking	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	1	4	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	a w		Y
25/06/2026	2230	Travel	The Cook Up With Adam Liaw	Curry Up!	8	16	It's a flurry of curry as Adam gives his guests, comedian Dave Hughes and chef Peter Kuruvita, the curry up!	AUSTRALIA	English-100	2025	RPT	G			Y
25/06/2026	2300	Food Lifestyle	Cheese Slices	Rare Traditional Cheeses From The Hills And Alps: Piedmont	5	5	No Italian region boasts as many traditional cheeses as Piedmont. Will investigates the many different types of Toma cheese made in the Alps before travelling to the Langhe Hills and meeting the producers of two endangered cheeses protected by the Slow Food movement. Finally, after tasting truffle-infused cheese in the underground cellars of Beppino Occelli, Will can't resist the invitation to go, on a white truffle hunt.	AUSTRALIA	English-100	2011	RPT	G			
25/06/2026	2330	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cakes On A Plane	1	4	When Buddy gets a request from Anthony Shriver to create a cake for the Best Buddies Challenge, a charity event held at the Kennedy compound, he's thrilled.	USA	English-100	2023	RPT	PG	I		Y
25/06/2026	2425	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
25/06/2026	2430	Travel	New York Gourmet With Justine Schofield	Episode 6	1	6	It's the finale of New York Gourmet, but the journey keeps getting better.	AUSTRALIA	English-100	2025	RPT	G			
25/06/2026	2500	Travel	Ainsley's Taste Of The Bahamas	Flavours Of Nassau	1	9	Ainsley cooks Grouper, Nassau style before a lesson in concservation. Then it's into his beach kitchen for rum punch chicken wings.	UNITED KINGDOM	English-100	2025	RPT	PG			
25/06/2026	2530	Reality	Yes, Chef!	Control Freaks	1	1	Twelve talented chefs nominated by co-workers, family members and loved ones for their tempers, stubbornness and egos enter the Yes, Chef!	USA	English-100	2025	RPT	PG			
25/06/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 7	1	7	Today's brand new Liverpool episode sees Italian Club Fish kick off the competition with married couple Rosaria and Maurizio providing their guests with a proper Italian night out.	UNITED KINGDOM	English-100	2022	RPT	PG			
25/06/2026	2725	Cooking	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	1	4	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG	a w		Y
25/06/2026	2730	Travel	The Cook Up With Adam Liaw	Curry Up!	8	16	It's a flurry of curry as Adam gives his guests, comedian Dave Hughes and chef Peter Kuruvita, the curry up!	AUSTRALIA	English-100	2025	RPT	G			Y
25/06/2026	2800	Food Lifestyle	Cheese Slices	Rare Traditional Cheeses From The Hills And Alps: Piedmont	5	5	No Italian region boasts as many traditional cheeses as Piedmont. Will investigates the many different types of Toma cheese made in the Alps before travelling to the Langhe Hills and meeting the producers of two endangered cheeses protected by the Slow Food movement. Finally, after tasting truffle-infused cheese in the underground cellars of Beppino Occelli, Will can't resist the invitation to go, on a white truffle hunt.	AUSTRALIA	English-100	2011	RPT	G			
25/06/2026	2830	Cooking	Destination Flavour China	Beijing	1	1	Adam has been to Beijing more times than he can count. His mother has lived here for decades, and during his time as a corporate lawyer, he had plenty of opportunities to visit her here. Before he visits however, he's keen to uncover the capital's food and culture. Things move at frightening speed in Beijing and as he ventures out into the streets, he can't believe how much its changed since he was last here.	English-70; Mandarin-30		2018	RPT	G		Y	Y

26/06/2026	500	Cooking	Flat Out Food	Milk	2	2	From fresh milk on the farm to raw milk cheese and handcrafted ice cream, Jenn Sharp experiences it all while learning about milk's many uses.	CANADA	English-100	2022	RPT	G			
26/06/2026	530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cakes On A Plane	1	4	When Buddy gets a request from Anthony Shriver to create a cake for the Best Buddies Challenge, a charity event held at the Kennedy compound, he's thrilled.	USA	English-100	2023	RPT	PG	I		Y
26/06/2026	625	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
26/06/2026	630	Cooking	Kriol Kitchen	Broome: Carol, Amy & Lexie Tang Wei	1	4	Family Chinese Long Soup: Under the guidance of Lexie Tang Wei, daughters Amy and Carol and granddaughters Lauren and Marli make their famous Chinese Long Soup from scratch.	AUSTRALIA	English-100	2014	RPT	G		Y	
26/06/2026	700	Cooking	Rachael Ray's Meals In Minutes	Chicken Chow Fun	2	9	Rachael demonstrates how to make your own takeout at home and how to stock your pantry for a recipe called, Chicken Chow Fun, a Chinese-American takeout favourite with a rice-noodle base, chicken & veg.	USA	English-100	2024	RPT	G			
26/06/2026	730	Cooking	My Market Kitchen	Ep 4	7	4	Laura starts the show with her \$20 meal challenge, preparing spaghetti bolognese. Mike follows with his delicious salmon en papillote and is then joined by author and stylist Jacob Leung, who makes his 'cheffy' version of bread-and-butter pudding: white chocolate and raspberry croissant pudding.	AUSTRALIA	English-100	2022	RPT	G			
26/06/2026	800	Cooking	Lidia's Kitchen	Frugal Feast, A	10	11	Lidia reminds viewers that cooking doesn't have to be expensive, you just have to get creative in the kitchen.	USA	English-100	2023	RPT	G			
26/06/2026	830	Travel	Pati's Mexican Table	Maya Today	12	8	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pati visits Cenote Xocempich with activist and lawyer Zoila Cen, who has dedicated her career to helping Mayan people. The next day, Zoila invites Pati to her niece's birthday celebration.	USA	English-100	2023	RPT	G			Y
26/06/2026	900	Cooking	Silvia's Italian Masterclass	Episode 9	3	9	Festive, flavourful, and fuss-free-Silvia's holiday recipes are designed to impress guests while keeping the cook relaxed and joyful.	AUSTRALIA	English-100	2025	RPT	G			
26/06/2026	930	Cooking	Italian Food Safari	Ep 13	1	13	Guy learns how buffalo mozzarella is made and finds the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes, and basil. Suckling lamb is a dish of celebration in Italy, and restaurateur Robert Marchetti shows how it's prepared. Next, a Calabrese lunch hosted by Perth butcher Vince Garreffa, with a delicious veal shoulder on the spit, served with homemade pasta.	AUSTRALIA	English-100	2009	RPT	G		Y	
26/06/2026	1000	Travel	America The Bountiful	Maple Syrup In Vermont	1	11	One of the oldest food traditions in America is tapping trees for sap and boiling it down for the prized natural sweetener, maple syrup.	USA	English-100	2024	RPT	PG			
26/06/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 88	4	88	Justine makes her twice baked cheese souffle, shares a recipe for a quick morning juice and Adam Swanson shows you how to make his delicious roasted beetroot couscous salad.	AUSTRALIA	English-100	2014	RPT	G			
26/06/2026	1100	Travel	The Cook Up With Adam Liaw	Curry Up!	8	16	It's a flurry of curry as Adam gives his guests, comedian Dave Hughes and chef Peter Kuruvita, the curry up!	AUSTRALIA	English-100	2025	RPT	G		Y	
26/06/2026	1130	Reality	Yes, Chef!	Control Freaks	1	1	Twelve talented chefs nominated by co-workers, family members and loved ones for their tempers, stubbornness and egos enter the Yes, Chef!	USA	English-100	2025	RPT	PG			
26/06/2026	1230	Food Lifestyle	Buddy Valastro's Cake Dynasty	Neil Patrick Harris Cake	1	5	Work collides with family life when Buddy is tasked with creating a magic-themed birthday cake for Neil Patrick Harris on the same week as Junior's prom and graduation.	USA	English-100	2023	RPT	PG	I		
26/06/2026	1325	Travel	Destination Flavour China Bitesize	Longjing Prawns	1	5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
26/06/2026	1330	Cooking	Destination Flavour China	Anhui	1	2	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce from the mountains.		English-70; Mandarin-30	2018	RPT	G		Y	Y
26/06/2026	1400	Cooking	Flat Out Food	Tomato	2	3	Jenn picks fresh tomatoes at an organic vegetable farm before trying a tomato based cocktail and a delectable meal starring the bright red fruit.	CANADA	English-100	2022	RPT	G			
26/06/2026	1430	Cooking	Kriol Kitchen	Broome: Neil Hamaguchi	1	5	Steamed Barramundi with Ginger/shallots, soya, pickled Chinese cabbage drizzled with crunchy garlic oil & Pearl shell Sashimi: If there was ever a dish that took care of itself then this would be it.	AUSTRALIA	English-100	2014	RPT	G		Y	
26/06/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Fastest Arroz Con Pollo	2	10	Arroz con pollo or chicken and rice is a traditional Latin American dish loved by millions worldwide. Rachael will show you how to make it quickly and easily so that it becomes a household staple.	USA	English-100	2024	RPT	PG			
26/06/2026	1530	Cooking	My Market Kitchen	Ep 5	7	5	In today's Market Kitchen, Mike helps Laura make grilled chicken with flat bread, an ideal entertaining dish. Laura then prepares scrumptious chocolate chunk cookies.	AUSTRALIA	English-100	2022	RPT	G			
26/06/2026	1600	Cooking	Lidia's Kitchen	Symphony Of Flavors	10	12	Lidia loves describing food as a symphony of flavour. She shares dishes that will be played on repeat in your home-including a Seafood and Leek Risotto.	USA	English-100	2023	RPT	G			
26/06/2026	1630	Travel	Pati's Mexican Table	Pink	12	9	An ingredient Pati constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means blush red, gets its distinctive colour from red algae. Engineer Felipe Perez takes Pati to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100	2023	RPT	G			Y
26/06/2026	1700	Cooking	Silvia's Italian Masterclass	Episode 10	3	10	A festive Italian Christmas brought to the Australian summer table-blending tradition, seasonality, and celebration in every dish.	AUSTRALIA	English-100	2025	RPT	G			
26/06/2026	1730	Cooking	Food Safari Fire	Cooking With Fire	1	1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Hosted by Maeve O'Meara, Food Safari Fire is an inspired ten-part series that is a feast for the senses and a must-see for barbecue-lovers and devotees of the wood-fired oven.	AUSTRALIA	English-100	2015	RPT	G		Y	
26/06/2026	1800	Travel	America The Bountiful	Cheese & Beer In Wisconsin	1	12	Wisconsin is known for its cheese and its beer. Both serve as a guide to how German and Swiss immigrants shaped the culture of Wisconsin we enjoy today.	USA	English-100	2024		PG			

26/06/2026	1830	Cooking	Everyday Gourmet With Justine Schofield	Ep 89	4	89	Daniela Fra shares a great recipe for green superfood power bars, Michael Moore makes his upside-down apple and pear crunch and Justine whips up her stuffed zucchini.	AUSTRALIA	English-100	2014	RPT	G			
26/06/2026	1900	Travel	The Cook Up With Adam Liaw	Sustainable Feast	8	17	Adam and his guests, award-winning chef Jo Barrett and acclaimed director Damon Gameau, prepare a sensational, sustainable feast.	AUSTRALIA	English-100	2025	RPT	G		Y	
26/06/2026	1930	Cooking	Instant Italian	Thinking Outside The Pizza Box	1	10	Anna is thinking outside the pizza box as she shows how to make her recipes for cauliflower pizza and a cheesy pizza rice.	USA	English-100	2025		G			
26/06/2026	2000	Travel	The Hairy Bikers USA	Street Meat	1	10	The bikers head into the Great Smokey Mountains of North Carolina and learn that some locals have taken an interesting approach to 'living off the land'.	UNITED KINGDOM	English-100	2011	RPT	PG			
26/06/2026	2030	Travel	Ainsley's Football Feast	Episode 2	1	2	This week Ainsley welcomes former Lioness Jill Scott and Lightning Seeds frontman Ian Broudie. Candice Brown has a speedy half-time treat and drinks expert Carl Anthony Brown serves up the drinks.	UNITED KINGDOM	English-100	2022					
26/06/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 8	1	8	In East London Filipino fusion restaurant, Rapsa, kick the competition off with owner Andrew and head chef Francis risking it all with a dish of Sisig or Pig's head in English.	UNITED KINGDOM	English-100	2022	RPT	PG			
26/06/2026	2225	Cooking	Destination Flavour Singapore Bitesize	Fish Head Curry	1	5	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG		Y	
26/06/2026	2230	Travel	The Cook Up With Adam Liaw	Sustainable Feast	8	17	Adam and his guests, award-winning chef Jo Barrett and acclaimed director Damon Gameau, prepare a sensational, sustainable feast.	AUSTRALIA	English-100	2025	RPT	G		Y	
26/06/2026	2300	Food Lifestyle	Cheese Slices	Artisan Cheese Champions: Wales	5	6	Many people think the only traditional cheese made in Wales is mild young crumbly Caerphilly, but they're wrong. Will travels to Caws dairy to meet a family responsible for re-creating farmhouse Caerphilly before catching up with an old friend at Gorwydd farm who is now making this benchmark cheese from raw cow's milk and two cheese makers responsible for putting Wales back on the specialist cheese map of Britain.	AUSTRALIA	English-100	2011	RPT	G			
26/06/2026	2330	Food Lifestyle	Buddy Valastro's Cake Dynasty	Neil Patrick Harris Cake	1	5	Work collides with family life when Buddy is tasked with creating a magic-themed birthday cake for Neil Patrick Harris on the same week as Junior's prom and graduation.	USA	English-100	2023	RPT	PG	I		
26/06/2026	2425	Travel	Destination Flavour China Bitesize	Longjing Prawns	1	5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
26/06/2026	2430	Cooking	Instant Italian	Thinking Outside The Pizza Box	1	10	Anna is thinking outside the pizza box as she shows how to make her recipes for cauliflower pizza and a cheesy pizza rice.	USA	English-100	2025	RPT	G			
26/06/2026	2500	Travel	The Hairy Bikers USA	Street Meat	1	10	The bikers head into the Great Smokey Mountains of North Carolina and learn that some locals have taken an interesting approach to 'living off the land'.	UNITED KINGDOM	English-100	2011	RPT	PG			
26/06/2026	2530	Travel	Ainsley's Football Feast	Episode 2	1	2	This week Ainsley welcomes former Lioness Jill Scott and Lightning Seeds frontman Ian Broudie. Candice Brown has a speedy half-time treat and drinks expert Carl Anthony Brown serves up the drinks.	UNITED KINGDOM	English-100	2022	RPT				
26/06/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 8	1	8	In East London Filipino fusion restaurant, Rapsa, kick the competition off with owner Andrew and head chef Francis risking it all with a dish of Sisig or Pig's head in English.	UNITED KINGDOM	English-100	2022	RPT	PG			
26/06/2026	2725	Cooking	Destination Flavour Singapore Bitesize	Fish Head Curry	1	5	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	PG		Y	
26/06/2026	2730	Travel	The Cook Up With Adam Liaw	Sustainable Feast	8	17	Adam and his guests, award-winning chef Jo Barrett and acclaimed director Damon Gameau, prepare a sensational, sustainable feast.	AUSTRALIA	English-100	2025	RPT	G		Y	
26/06/2026	2800	Food Lifestyle	Cheese Slices	Artisan Cheese Champions: Wales	5	6	Many people think the only traditional cheese made in Wales is mild young crumbly Caerphilly, but they're wrong. Will travels to Caws dairy to meet a family responsible for re-creating farmhouse Caerphilly before catching up with an old friend at Gorwydd farm who is now making this benchmark cheese from raw cow's milk and two cheese makers responsible for putting Wales back on the specialist cheese map of Britain.	AUSTRALIA	English-100	2011	RPT	G			
26/06/2026	2830	Cooking	Destination Flavour China	Anhui	1	2	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce from the mountains.		English-70; Mandarin-30	2018	RPT	G		Y	Y
27/06/2026	500	Cooking	Flat Out Food	Tomato	2	3	Jenn picks fresh tomatoes at an organic vegetable farm before trying a tomato based cocktail and a delectable meal starring the bright red fruit.	CANADA	English-100	2022	RPT	G			
27/06/2026	530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Neil Patrick Harris Cake	1	5	Work collides with family life when Buddy is tasked with creating a magic-themed birthday cake for Neil Patrick Harris on the same week as Junior's prom and graduation.	USA	English-100	2023	RPT	PG	I		
27/06/2026	625	Travel	Destination Flavour China Bitesize	Longjing Prawns	1	5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
27/06/2026	630	Cooking	Kriol Kitchen	Broome: Neil Hamaguchi	1	5	Steamed Barramundi with Ginger/shallots, soya, pickled Chinese cabbage drizzled with crunchy garlic oil & Pearl shell Sashimi: If there was ever a dish that took care of itself then this would be it.	AUSTRALIA	English-100	2014	RPT	G		Y	
27/06/2026	700	Cooking	Rachael Ray's Meals In Minutes	Fastest Arroz Con Pollo	2	10	Arroz con pollo or chicken and rice is a traditional Latin American dish loved by millions worldwide. Rachael will show you how to make it quickly and easily so that it becomes a household staple.	USA	English-100	2024	RPT	PG			
27/06/2026	730	Cooking	My Market Kitchen	Ep 5	7	5	In today's Market Kitchen, Mike helps Laura make grilled chicken with flat bread, an ideal entertaining dish. Laura then prepares scrumptious chocolate chunk cookies.	AUSTRALIA	English-100	2022	RPT	G			
27/06/2026	800	Cooking	Lidia's Kitchen	Symphony Of Flavors	10	12	Lidia loves describing food as a symphony of flavour. She shares dishes that will be played on repeat in your home-including a Seafood and Leek Risotto.	USA	English-100	2023	RPT	G			

27/06/2026	830	Travel	Pati's Mexican Table	Pink	12	9	An ingredient Pati constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means blush red, gets its distinctive colour from red algae. Engineer Felipe Perez takes Pati to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100	2023	RPT	G		Y	
27/06/2026	900	Cooking	Silvia's Italian Masterclass	Episode 10	3	10	A festive Italian Christmas brought to the Australian summer table-blending tradition, seasonality, and celebration in every dish.	AUSTRALIA	English-100	2025	RPT	G			
27/06/2026	930	Cooking	Food Safari Fire	Cooking With Fire	1	1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Hosted by Maeve O'Meara, Food Safari Fire is an inspired ten-part series that is a feast for the senses and a must-see for barbecue-lovers and devotees of the wood-fired oven.	AUSTRALIA	English-100	2015	RPT	G		Y	
27/06/2026	1000	Travel	America The Bountiful	Cheese & Beer In Wisconsin	1	12	Wisconsin is known for its cheese-and its beer. Both serve as a guide to how German and Swiss immigrants shaped the culture of Wisconsin we enjoy today.	USA	English-100	2024	RPT	PG			
27/06/2026	1030	Cooking	Everyday Gourmet With Justine Schofield	Ep 89	4	89	Daniela Fra shares a great recipe for green superfood power bars, Michael Moore makes his upside-down apple and pear crunch and Justine whips up her stuffed zucchini.	AUSTRALIA	English-100	2014	RPT	G			
27/06/2026	1100	Travel	The Cook Up With Adam Liaw	Sustainable Feast	8	17	Adam and his guests, award-winning chef Jo Barrett and acclaimed director Damon Gameau, prepare a sensational, sustainable feast.	AUSTRALIA	English-100	2025	RPT	G		Y	
27/06/2026	1130	Travel	Ainsley's Football Feast	Episode 2	1	2	This week Ainsley welcomes former Lioness Jill Scott and Lightning Seeds frontman Ian Broudie. Candice Brown has a speedy half-time treat and drinks expert Carl Anthony Brown serves up the drinks.	UNITED KINGDOM	English-100	2022	RPT				
27/06/2026	1230	Cooking	Kriol Kitchen	Broome: Neil Hamaguchi	1	5	Steamed Barramundi with Ginger/shallots, soya, pickled Chinese cabbage drizzled with crunchy garlic oil & Pearl shell Sashimi: If there was ever a dish that took care of itself then this would be it.	AUSTRALIA	English-100	2014	RPT	G		Y	
27/06/2026	1300	Cooking	Rachael Ray's Meals In Minutes	Fastest Arroz Con Pollo	2	10	Arroz con pollo or chicken and rice is a traditional Latin American dish loved by millions worldwide. Rachael will show you how to make it quickly and easily so that it becomes a household staple.	USA	English-100	2024	RPT	PG			
27/06/2026	1330	Cooking	My Market Kitchen	Ep 5	7	5	In today's Market Kitchen, Mike helps Laura make grilled chicken with flat bread, an ideal entertaining dish. Laura then prepares scrumptious chocolate chunk cookies.	AUSTRALIA	English-100	2022	RPT	G			
27/06/2026	1400	Cooking	Flat Out Food	Pork	2	4	Great pork starts with how the animal is raised. Jenn learns about pork production and enjoys a true farm to table dinner.	CANADA	English-100	2022	RPT	G			
27/06/2026	1430	Cooking	Flat Out Food	Rhubarb	2	5	The prairie staple, rhubarb, is often found in desserts but as Jenn discovers, it has some surprising uses as well.	CANADA	English-100	2022	RPT	G			
27/06/2026	1500	Cooking	Silvia's Italian Masterclass	Episode 10	3	10	A festive Italian Christmas brought to the Australian summer table-blending tradition, seasonality, and celebration in every dish.	AUSTRALIA	English-100	2025	RPT	G			
27/06/2026	1530	Cooking	French Food Safari	Ep 1	1	1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara, the series follows renowned Sydney chef Guillaume Brahimi on a personal journey back to France, the country of his birth. Together, they visit many of France's top kitchens and track down the finest food and wine the country has to offer.	AUSTRALIA	English-100	2012	RPT	G		Y	Y
27/06/2026	1600	Travel	America The Bountiful	Cheese & Beer In Wisconsin	1	12	Wisconsin is known for its cheese-and its beer. Both serve as a guide to how German and Swiss immigrants shaped the culture of Wisconsin we enjoy today.	USA	English-100	2024	RPT	PG			
27/06/2026	1630	Travel	Pati's Mexican Table	Mayan League Of Their Own, A	12	10	Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enedina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.	USA	English-100	2023	RPT	PG		Y	
27/06/2026	1700	Cooking	Everyday Gourmet With Justine Schofield	Ep 90	4	90	Justine makes her warm chicken noodle soup, Massimo Mele shares his recipe for pesce in cartoccio and Trish McKenzie shows you some naughty hot choc shots.	AUSTRALIA	English-100	2014	RPT	G			
27/06/2026	1730	Cooking	Hot Dish With Franco	Comfort Food	1	2	Franco Noriega's Peruvian inspired feast is the classic comfort food meal. Crispy and fluffy Baby Arepas with melted cheese and chorizo are the perfect appetizer, and there's nothing more comforting than juicy Pollo a la Brasa with crispy skin, smothered in a spicy green sauce.	USA	English-70; Spanish-30	2023	RPT	G			
27/06/2026	1800	Cooking	Nadiya's Spices Made Simple	Moreish Moneysavers	1	5	Nadiya proves that frugal cooking doesn't mean scrimping on fabulous flavour - crispy fried pakoras, a spectacular biryani, a banging burger, and then a cheeky twist on classic shortbread.	UNITED KINGDOM	English-100	2025	RPT	G			
27/06/2026	1830	Travel	Jamie's American Road Trip	Wyoming	1	6	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	USA	English-100	2009	RPT	PG	a l w	Y	
27/06/2026	1930	Food Lifestyle	River Cottage Vegetables	Cost	1	6	Hugh is well into his summer without meat. Despite this, it's time to take two of the River Cottage sheep to slaughter. However, Hugh now believes vegetables can't be beaten for price and season tastes.	UNITED KINGDOM	English-100	2011		PG			
27/06/2026	2030	Travel	Rick Stein's Road To Mexico	Guadalajara To Puerto Vallarta	1	4	Leaving the Baja Peninsula, Rick explores the western mainland. He lands in the town that placed tequila on the world map and the metropolis that produced mariachis and dishes like chilli con carne.		English-100	2017	RPT	PG			
27/06/2026	2135	Travel	Hidden Restaurants With Michel Roux Jr	South West	1	1	For the first of Michel's research trips around the country, to immerse himself in the world of Hidden Restaurants, Michel takes to the river, the woods and a landscaped sculpture garden in search of unlikely eateries and inspiration for a three course menu.	UNITED KINGDOM	English-100	2017	RPT	PG			
27/06/2026	2230	Travel	Eating Inn	Woodcut Pt1: Crown, Sydney	2	1	Chef Ross Lusted and his team introduce us to his cooking with the elements theme: steam, fire and smoke. With Head Chef Columbian Daniel Leyva.	SINGAPORE	English-100	2023	RPT	G			
27/06/2026	2330	Travel	Eating Inn	Waku Ghin: Marina Bay Sands, Singapore	2	2	Legend Tetsuya is in his element in his two michelin starred Waku Ghin at the iconic Marina Bay Sands in Singapore. We receive master classes ranging from Japanese haute cuisine to michelin starred bar food all paired with sake, cocktails and fine wines from the Tetsuya cellar.	SINGAPORE	English-100	2023	RPT	PG	a w		
27/06/2026	2430	Travel	Jamie's American Road Trip	Wyoming	1	6	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	USA	English-100	2009	RPT	PG	a l w	Y	

27/06/2026	2530	Food Lifestyle	River Cottage Vegetables	Cost	1	6	Hugh is well into his summer without meat. Despite this, it's time to take two of the River Cottage sheep to slaughter. However, Hugh now believes vegetables can't be beaten for price and season tastes.	UNITED KINGDOM	English-100	2011	RPT	PG	
27/06/2026	2630	Travel	Rick Stein's Road To Mexico	Guadalajara To Puerto Vallarta	1	4	Leaving the Baja Peninsula, Rick explores the western mainland. He lands in the town that placed tequila on the world map and the metropolis that produced mariachis and dishes like chilli con carne.		English-100	2017	RPT	PG	
27/06/2026	2735	Travel	Hidden Restaurants With Michel Roux Jr	South West	1	1	For the first of Michel's research trips around the country, to immerse himself in the world of Hidden Restaurants, Michel takes to the river, the woods and a landscaped sculpture garden in search of unlikely eateries and inspiration for a three course menu.	UNITED KINGDOM	English-100	2017	RPT	PG	
27/06/2026	2830	Travel	Pati's Mexican Table	Mayan League Of Their Own, A	12	10	Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enedina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.	USA	English-100	2023	RPT	PG	Y