



WEEK 27		Saturday, 28 June 2025		Friday, 4 July 2025		ALL MARKETS																
Date	Start Time	Genre	Title	Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description						
28/06/2026	500	Cooking	Everyday Gourmet With Justine Schofield	Ep 90	4	90	Justine makes her warm chicken noodle soup, Massimo Mele shares his recipe for peace in cartoccio and Trish McKenzie shows you some naughty hot choc shots.	AUSTRALIA	English-100	2014	RPT	G										
28/06/2026	530	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									
28/06/2026	630	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									
28/06/2026	730	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										
28/06/2026	800	Cooking	Nadiya's Spices Made Simple	Moreish Money savers	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										
28/06/2026	830	Travel	Jamie's American Road Trip	Wyoming	1	6	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds update 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 1 w		Y							
28/06/2026	930	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										
28/06/2026	1030	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 chiles en carne.		English-100	2017	RPT	PG										
28/06/2026	1135	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										
28/06/2026	1230	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										
28/06/2026	1330	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 Eneidia invites her over for Brasa de Reina, a tamal with hardboiled eggs and ground peapas.	USA	English-100	2023	RPT	PG			Y							
28/06/2026	1400	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							
28/06/2026	1430	Cooking	The Cook Up With Adam Liaw	Dinner Highs	9	56	It's a night of dinner highs as soprano Nina Korb and chef Andy Winya join Adam in the kitchen.	AUSTRALIA	English-100	2025	RPT	G			Y							
28/06/2026	1500	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 Handford and multi-talented entertainer Elouise Ethos.	AUSTRALIA	English-100	2025	RPT	G			Y							
28/06/2026	1530	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							
28/06/2026	1600	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							
28/06/2026	1630	Cooking	Deliciously Twisted Classics	Complex Comfort Food	1	11	Talented chefs are revamping popular comfort foods and cranking them up to a new level of feel-good fun.	USA	English-100	2023	RPT	PG	s									
28/06/2026	1700	Cooking	Deliciously Twisted Classics	Deep-Fried & Funky	1	12	Deep-fried food has always been a popular favorite, but now chefs around the country are bringing fresh inspiration to create crispy, crunchy and unexpected twists.	USA	English-100	2023	RPT	G										
28/06/2026	1730	Food Lifestyle	River Cottage Everyday	Fish	1	2	Hugh takes on the challenge of converting a house full of student girls to the delights of fresh fish with dishes ranging from marvellous mussels to tempting Thai fish curries.	UNITED KINGDOM	English-100	2010	RPT	PG										
28/06/2026	1825	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G										
28/06/2026	1830	Cooking	Richo's Hungry As Hell	Sunday Session	1	2	The Sunday scares are real, but Richo's cure is even realer. He's smashing out comfort food big enough to silence the hangover, soothe the soul, and maybe even revive your group chat.	AUSTRALIA	English-100	2025	RPT	G										
28/06/2026	1900	Cooking	The Chef's Garden	Episode 7	2	7	Massimo takes a road trip to the rugged yet spectacular north east of Tasmania where he visits an abalone farm, learns the craft behind Venezuelan style cheese, and samples Tasmania's best seafood.	AUSTRALIA	English-100	2025		PG	a w									
28/06/2026	1930	Cooking	Paddock To Plate	Turkey For Christmas, Tamworth	1	7	It's his 7th week on the road Matt travels to the country music capital in Australia, Tamworth.	AUSTRALIA	English-100	2013		G										
28/06/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	2	2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows in the church of St Neot.	UNITED KINGDOM	English-100	2022	RPT	PG	a									
28/06/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 3	2	3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100	2022	RPT	PG	a									

26/06/2026	2130	Travel	Hidden Restaurants With Michel Roux Jr	North East	1	2	Michel visits beach shacks, tree houses and an urban farm for inspiration for a three course menu for dinner at his own summer-long hidden restaurant, the Oast House.	UNITED KINGDOM	English-100	2017	RPT	PG		
26/06/2026	2230	Travel	Eating Inn	Kuba & Sagar Terrace: Mandapa By Ritz Carlton Reserve, Bali	2	3	Indonesian Chef Bayu looks young but his experience is beyond his years. He's a firm believer that Indonesian chefs will take on the culinary world and be the next best thing.	SINGAPORE	English-100	2023	RPT	PG		
26/06/2026	2330	Travel	Eating Inn	Yuichi Yoshi Omakase: Crown, Sydney	2	4	From the hustle and bustle of the Crown's ground floor TWR we make our way up to a tiny and very exclusive culinary gem.	SINGAPORE	English-100	2023	RPT	PG	a w	
26/06/2026	2430	Cooking	Paddock To Plate	Turkey For Christmas, Tamworth	1	7	It his 7th week on the road Matt travels to the country music capital in Australia, Tamworth.	AUSTRALIA	English-100	2013	RPT	G		
26/06/2026	2530	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	2	2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained glass windows in the church of St Neot.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
26/06/2026	2600	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 3	2	3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100	2022	RPT	PG	a	
26/06/2026	2630	Travel	Hidden Restaurants With Michel Roux Jr	North East	1	2	Michel visits beach shacks, tree houses and an urban farm for inspiration for a three course menu for dinner at his own summer-long hidden restaurant, the Oast House.	UNITED KINGDOM	English-100	2017	RPT	PG		
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29/06/2026	600	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 Eloise Ethos.	AUSTRALIA	English-100	2025	RPT	G		Y
29/06/2026	630	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 Kunavita, the curry up!	AUSTRALIA	English-100	2025	RPT	G		Y
29/06/2026	700	Travel	The Cook Up With Adam Liaw	Sustainable Feast	8	17	Adam and his guests, award-winning chef Jo Barnett and acclaimed director Damon Gameau, prepare a sensational, sustainable feast.	AUSTRALIA	English-100	2025	RPT	G		Y
29/06/2026	730	Cooking	Deliciously Twisted Classics	Complex Comfort Food	1	11	Talented chefs are revamping popular comfort foods and cranking them up to a new level of feel-good fun.	USA	English-100	2023	RPT	PG	s	
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29/06/2026	830	Food Lifestyle	River Cottage Everyday	Fish	1	2	Hugh takes on the challenge of converting a house full of student girls to the delights of fresh fish with dishes ranging from marvellous mussels to tempting Thai fish curries.	UNITED KINGDOM	English-100	2010	RPT	PG		
29/06/2026	925	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Aiman's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G		
29/06/2026	930	Cooking	Richo's Hungry As Hell	Sunday Session	1	2	The Sunday scares are real, but Richo's cure is even realer. He's smashing out comfort food big enough to silence the hangover, soothe the soul, and maybe even revive your group chat.	AUSTRALIA	English-100	2025	RPT	G		
29/06/2026	1000	Cooking	The Chef's Garden	Episode 7	2	7	Massimo takes a road trip to the rugged yet spectacular north east of Tasmania where he visits an abalone farm, learns the craft behind Venetian style cheese, and samples Tasmania's best seafood.	AUSTRALIA	English-100	2025	RPT	PG	a w	
29/06/2026	1030	Cooking	Paddock To Plate	Turkey For Christmas, Tamworth	1	7	It his 7th week on the road Matt travels to the country music capital in Australia, Tamworth.	AUSTRALIA	English-100	2013	RPT	G		
29/06/2026	1130	Cooking	Hairy Bikers Comfort Food	Cosy Suppers	11	1	This episode the Bikers cook dishes perfect for cosy suppers - comfort straight from the oven, some for sharing every day, others for a special treat. There's a new take on classic steak and chips and a sticky gingerbread that's got to be the ultimate in comfort baking.	UNITED KINGDOM	English-100	2017	RPT	G		
29/06/2026	1225	Travel	Destination Flavour Japan BiteSize	Hokkaido	1	1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G	Y	Y
29/06/2026	1230	Food Lifestyle	Buddy Valastro's Cake Dynasty	Spumoni Surprise	1	6	When a local Italian Social Club asks Buddy to create a cake for their 'Prociutto Open' golf event, Buddy and the team take an epic swing.	USA	English-100	2023	RPT	PG		I
29/06/2026	1325	Cooking	Destination Flavour China BiteSize	Yangzhou Fried Rice	1	6	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
29/06/2026	1330	Cooking	Destination Flavour China	Jiangsu And Zhejiang	1	3	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China and celebrated for their wealth and sophistication.		English-70; Mandarin-30	2018	RPT	G	Y	Y
29/06/2026	1400	Cooking	Flat Out Food	Saskatoon Berry	3	1	Synonymous with Saskatchewan, saskatoon berries aren't just for pies as Jenn discovers unique uses for the fruit.	CANADA	English-100	2023	RPT	G		
29/06/2026	1430	Cooking	Kriol Kitchen	Goobaragan: Kathleen Cox	1	6	Ali and Mitch travel two hours north of Broome to a tourist camping destination named Goobaragan and spend the day with Kathleen Cox. They make Blue Bone Soup & Chili Fish.	AUSTRALIA	English-100	2014	RPT	G		Y
29/06/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Spicy Chicken Thighs	2	11	Rachael prepares a family-friendly, go-to meal of sauteed chicken thighs marinated with chili crisp, cooked with mango salsa, and served with steamed vegetables.	USA	English-100	2024	RPT	PG		

29/06/2026	1530	Cooking	My Market Kitchen	Ep 6	7	6	Laura is joined by new market café owners Sal & Sam, who taste test her delicious Tagliatelle Verdi. Mike then cooks his favourite Cranberry Rice Pilaf, closing the show with his unique Sticky Lamb Ribz recipe.	AUSTRALIA	English-100	2022	RPT	G		
29/06/2026	1600	Cooking	Lidia's Kitchen	Easy Going Recipes	10	13	This show is all about making your life easier, and one thing that Lidia always teaches us is to think of recipes as roadmaps that you can and should personalise.	USA	English-100	2023	RPT	G		
29/06/2026	1630	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 sumptuous scene by delivering a cake.	CANADA	English-100	2023	RPT	PG		
29/06/2026	1725	Cooking	Destination Flavour Fillers	Episode 1	1	1	Hosts Adam Liaw, Renee Lim and Lily Sena meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y	
29/06/2026	1730	Cooking	Food Safari Fire	Street Food	1	2	This episode explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay, Vietnamese beef in betel leaves and Mexican fish tacos.	AUSTRALIA	English-100	2015	RPT	G	Y	
29/06/2026	1800	Travel	America The Bountiful	Cranberries In Massachusetts	1	13	Indigenous people have been harvesting and eating wild cranberries for millennia.	USA	English-100	2024	PG			
29/06/2026	1830	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	1	Sara La Fountain heads to the heart of Istanbul, where she discovers the local cuisine of the Turkish capital. First up is to experience the basic tradition of Turkish people: breakfast as a feast.	TURKEY	English-50, Turkish-50	2018	RPT	G		
29/06/2026	1900	Cooking	The Cook Up With Adam Liaw	Is The Seasoning	9	58	Tonight, Sydney FC's Laurie-Ann Moise, Beyond Ball's Lara Lee and Adam share some sensationally seasoned recipes.	AUSTRALIA	English-100	2025	G	Y		
29/06/2026	1930	Cooking	Donal's Real Time Recipes	Pantry Raid, The	2	8	When the fridge is looking bare, Donal turns to the pantry for inspiration and in this episode, he's proving that a well-stocked cupboard is the secret to seriously impressive meals.	UNITED KINGDOM	English-100	2025	G			
29/06/2026	2000	Travel	Shane Delia's Malta	Gozo & The Final Feast	1	6	Shane Delia heads to Malta's food bowl on the island of Gozo. He's now travelled as far back in time as he can to Malta's first settlers-the neolithic builders of Ggantija.	AUSTRALIA	English-100	2025	RPT	G	Y	
29/06/2026	2030	Travel	Anthony Bourdain: Parts Unknown	Peru	1	8	Tony and his friend, world-renowned chef Eric Ripert, explore the far reaches of the Andes in search of a rare variety of wild cocoa that is said to be among the best in the world.	USA	English-100	2013	RPT	PG	a l n s	Y
29/06/2026	2125	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		
29/06/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 9	1	9	Today's Nottingham show kicks off at The Wine Room City where owner Peter and head chef Bee serve up a feast of international small plates.	UNITED KINGDOM	English-100	2022	RPT	PG		
29/06/2026	2225	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
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29/06/2026	2300	Food Lifestyle	Cheese Slices	Traditional Cheeses Of Provence: France	5	7	Will travels to Provence in the South East of France to try Banon, a traditional benchmark goat's milk cheese wrapped in dried chestnut leaves where he also discovers a rare cheese called Brousse du Rove. After driving north to the Vercors plateau to investigate St Marcelin Will comes across an extraordinary small dried goat cheese whose name literally means 'the feet of god'.	AUSTRALIA	English-100	2011	RPT	G		
29/06/2026	2330	Cooking	Hairy Bikers Comfort Food	Cony Suppers	11	1	This episode the Bikers cook dishes perfect for cosy suppers - comfort straight from the oven, some for sharing every day, others for a special treat. There's a new take on classic steak and chips and a sticky gingerbread that's got to be the ultimate in comfort baking.	UNITED KINGDOM	English-100	2017	RPT	G		
29/06/2026	2425	Cooking	Destination Flavour China Bitesize	Yangzhou Fried Rice	1	6	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
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30/06/2026	500	Cooking	Flat Out Food	Saskatoon Berry	3	1	Synonymous with Saskatchewan, saskatoon berries aren't just for pies as Jenn discovers unique uses for the fruit.	CANADA	English-100	2023	RPT	G		
30/06/2026	530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Spumoni Surprise	1	6	When a local Italian Social Club asks Buddy to create a cake for their 'Prosciutto Open' golf event, Buddy and the team take an epic swing.	USA	English-100	2023	RPT	PG	I	

30/06/2026	625	Cooking	Destination Flavour China Bitesize	Yangzhou Fried Rice	1	6	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
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30/06/2026	830	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			
30/06/2026	925	Cooking	Destination Flavour Fillers	Episode 1	1	1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	
30/06/2026	930	Cooking	Food Safari Fire	Street Food	1	2	This episode explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay, Vietnamese beef in betel leaves and Mexican fish tacos.	AUSTRALIA	English-100	2015	RPT	G		Y	
30/06/2026	1000	Travel	America The Bountiful	Cranberries in Massachusetts	1	13	Indigenous people have been harvesting and eating wild cranberries for millennia.	USA	English-100	2024	RPT	PG			
30/06/2026	1050	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	1	Sara la Fountain heads to the heart of Istanbul, where she discovers the local cuisine of the Turkish capital. First up is to experience the basic tradition of Turkish people: breakfast as a feast.	TURKEY	English-50, Turkish-50	2018	RPT	G			
30/06/2026	1100	Cooking	The Cook Up With Adam Liaw	Is The Seasoning	9	58	Tonight, Sydney FC's Laurie-Ann Molise, Beyond Ball's Lara Lee and Adam share some sensationally seasoned recipes.	AUSTRALIA	English-100	2025	RPT	G		Y	
30/06/2026	1130	Cooking	Hairy Bikers Comfort Food	Spice It Up	11	2	Si and Dave cook dishes guaranteed to turn up the heat. They've a spicy new take on a family favourite with their Roasted Spiced Cauliflower Cheese and they take inspiration from the Caribbean with a plate of Jerk Pork Chops.	UNITED KINGDOM	English-100	2017	RPT	G			
30/06/2026	1225	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75, Japanese-25	2013	RPT	G		Y	
30/06/2026	1230	Food Lifestyle	Buddy Valastro's Cake Dynasty	Daniel Boulud Cake	1	7	When Sofia earns an internship with Daniel Boulud, Buddy is tasked with making a cake for the famous French chef and his staff. But a New Jersey hometown threatens to ruin everything.	USA	English-100	2023	RPT	PG		I	
30/06/2026	1325	Cooking	Destination Flavour China Bitesize	Lion Head Meatballs	1	7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG	a w	Y	Y
30/06/2026	1330	Cooking	Destination Flavour China	Shanghai	1	4	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai. This global metropolis doesn't officially fit into any of the regions Adam is visiting for the eight great regional cuisines, but given he's in the neighbourhood, he can't pass by without dropping in to see how the city has changed since he last visited.		English-70, Mandarin-30	2018	RPT	PG	a w	Y	Y
30/06/2026	1400	Cooking	Flat Out Food	Garlic	3	2	Jane learns about growing garlic before visiting a Mexican restaurant where it is showcased in a variety of dishes.	CANADA	English-100	2023	RPT	G			
30/06/2026	1430	Cooking	Krill Kitchen	Minarung: Sylvia Clarke	1	7	All and Mitch travel north of Broome on Djabber Djabber country. They make whitening soup with chili, garlic, and ginger and mullet soup with black bean.	AUSTRALIA	English-100	2014	RPT	G		Y	
30/06/2026	1500	Cooking	Rachael Ray's Meals in Minutes	Vera Eggplant Parm	2	12	Inspired by international film star and cookbook author Sofia Loren's recipe for Eggplant Parmigiana, Rachael makes the dish in the proper Italian style and with ample amounts of rich, aged Parmigiano Reggiano cheese.	USA	English-100	2024	RPT	PG			
30/06/2026	1530	Cooking	My Market Kitchen	Ep 7	7	7	Farmer Catherine Velosha joins Laura in the Market Kitchen to make Eggplant Parmigiana. Mike then prepares a simple yet delicious Fish Finger Sandwich, followed by Laura's number one lunchbox treat, Raspberry and White Chocolate Muffins.	AUSTRALIA	English-100	2022	RPT	G			
30/06/2026	1600	Cooking	Lidia's Kitchen	Stretch Your Meal	10	14	It's ever so Italian to value every ounce of food. And Lidia reminds us that leftovers can be an exciting challenge.	USA	English-100	2023	RPT	G			
30/06/2026	1630	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		I	
30/06/2026	1725	Cooking	Destination Flavour Fillers	Episode 3	1	3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	
30/06/2026	1730	Cooking	Food Safari Fire	Woodfired Oven, The	1	3	Food Safari Fire host Maeve O'Meara explores the versatility and culinary delights of the Wood fired oven. One of the all-time classic dishes of the wood fired oven is the original Neapolitan Pizza.	AUSTRALIA	English-100	2015	RPT	G		Y	
30/06/2026	1800	Travel	America The Bountiful	Crawfish In Louisiana	2	1	Travel into the bayou of Acadiana with Capri as she joins a life-long crawfisherman to harvest the tasty 'mudbug' and serve them up at a traditional Cajun crawfish boil.	USA	English-100	2025					
30/06/2026	1830	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	2	Sara meets fitness trainer Kerem Sedif in the gym where they train together before Sara makes a fruit juice and they toast to a healthy life. Sara then heads to Istanbul's oldest vegetarian kitchen.	TURKEY	English-50, Turkish-50	2018	RPT	PG		I	
30/06/2026	1900	Cooking	The Cook Up With Adam Liaw	Rich Traditions	9	59	Adam, chef Julian Cincotta and comedian Danielle Walker pay homage to the past as they make recipes that have rich traditions.	AUSTRALIA	English-100	2025		G		Y	
30/06/2026	1930	Cooking	Luca's Key Ingredient	Episode 3	5	3	Anchovies, you either love them or avoid them. Luckily, Luca is here to show just how versatile they can be.	AUSTRALIA	English-100	2025		PG			

30/06/2026	2000	Cooking	Cook Clever Waste Less With Prue & Rupy	Webster-Holmes Family, The	1	2	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Auja to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G			
30/06/2026	2030	Travel	Eva Longoria: Searching For Mexico	Oaxaca	1	3	Eva travels to southern Mexico to experience the magic of Oaxaca, hidden away between three mountain ranges and the Pacific. It was once a trading post on the ancient trade routes through Central America. The people of Oaxaca, however, don't live in the past, they draw on a wealth of ingredients to create new and inventive dishes. Celebrity chefs dominate the region, such as Celia Florian who's quesillo cheese with crickets and edible flowers is a delight to Eva.	UNITED KINGDOM	English-90, Spanish-10	2021	RPT	PG	Y	Y	
30/06/2026	2125	Variety	Torres Strait At Home	Pickled Octopus	2022	1	Torres Strait Islander chef and owner of Mabu Mabu, Nonnie Bern, cooks and talks through some of her favourite easy recipes, from quick pickled octopus to fresh baked damper.	AUSTRALIA	English-100	2022	RPT	G		Y	
30/06/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 10	1	10	Today's Manchester show starts with Hayden's Kitchen at The Gallows in Millrow, where husband and wife team David (chef) and Rachel (front of House) are hoping to wow their guests with their posh pub grub.	UNITED KINGDOM	English-100	2022	RPT	PG	I		
30/06/2026	2225	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75, Japanese-25	2013	RPT	G		Y	
30/06/2026	2230	Cooking	The Cook Up With Adam Liaw	Rich Traditions	9	59	Adam, chef Julian Cincotta and comedian Danielle Walker pay homage to the past as they make recipes that have rich traditions.	AUSTRALIA	English-100	2025	RPT	G		Y	
30/06/2026	2300	Food Lifestyle	Cheese Slices	Artisan Cheeses Of Germany	5	8	Germany has a long history of cheese-making dating back to pre-Roman times, and is also the largest producer of cheese in Europe. After travelling to the Alps to look at a seasonal mountain cheese called Bergkase, Will visits a small biodynamic farm to discover how Germany's most popular fresh cheese, quark, is made. After venturing north to taste some Tilsiter, Will finally calls in on a cheese-maker monk who sings as he makes ewe's cheese from the milk of his beloved flock.	AUSTRALIA	English-100	2011	RPT	G			
30/06/2026	2330	Cooking	Hairy Bikers Comfort Food	Spice It Up	11	2	Si and Dave cook dishes guaranteed to turn up the heat. They've a spicy new take on a family favourite with their Roasted Spiced Cauliflower Cheese and they take inspiration from the Caribbean with a plate of Jerk Pork Chops.	UNITED KINGDOM	English-100	2017	RPT	G			
30/06/2026	2425	Cooking	Destination Flavour China Bitesize	Lion Head Meatballs	1	7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG	a w	Y	Y
30/06/2026	2430	Cooking	Luca's Key Ingredient	Episode 3	5	3	Anchovies, you either love them or avoid them. Luckily, Luca is here to show just how versatile they can be.	AUSTRALIA	English-100	2025	RPT	PG			
30/06/2026	2500	Cooking	Cook Clever Waste Less With Prue & Rupy	Webster-Holmes Family, The	1	2	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Auja to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G			
30/06/2026	2530	Travel	Eva Longoria: Searching For Mexico	Oaxaca	1	3	Eva travels to southern Mexico to experience the magic of Oaxaca, hidden away between three mountain ranges and the Pacific. It was once a trading post on the ancient trade routes through Central America. The people of Oaxaca, however, don't live in the past, they draw on a wealth of ingredients to create new and inventive dishes. Celebrity chefs dominate the region, such as Celia Florian who's quesillo cheese with crickets and edible flowers is a delight to Eva.	UNITED KINGDOM	English-90, Spanish-10	2021	RPT	PG	Y	Y	
30/06/2026	2625	Variety	Torres Strait At Home	Pickled Octopus	2022	1	Torres Strait Islander chef and owner of Mabu Mabu, Nonnie Bern, cooks and talks through some of her favourite easy recipes, from quick pickled octopus to fresh baked damper.	AUSTRALIA	English-100	2022	RPT	G		Y	
30/06/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 10	1	10	Today's Manchester show starts with Hayden's Kitchen at The Gallows in Millrow, where husband and wife team David (chef) and Rachel (front of House) are hoping to wow their guests with their posh pub grub.	UNITED KINGDOM	English-100	2022	RPT	PG	I		
30/06/2026	2725	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75, Japanese-25	2013	RPT	G		Y	
30/06/2026	2730	Cooking	The Cook Up With Adam Liaw	Rich Traditions	9	59	Adam, chef Julian Cincotta and comedian Danielle Walker pay homage to the past as they make recipes that have rich traditions.	AUSTRALIA	English-100	2025	RPT	G		Y	
30/06/2026	2800	Food Lifestyle	Cheese Slices	Artisan Cheeses Of Germany	5	8	Germany has a long history of cheese-making dating back to pre-Roman times, and is also the largest producer of cheese in Europe. After travelling to the Alps to look at a seasonal mountain cheese called Bergkase, Will visits a small biodynamic farm to discover how Germany's most popular fresh cheese, quark, is made. After venturing north to taste some Tilsiter, Will finally calls in on a cheese-maker monk who sings as he makes ewe's cheese from the milk of his beloved flock.	AUSTRALIA	English-100	2011	RPT	G			
30/06/2026	2830	Cooking	Destination Flavour China	Shanghai	1	4	Adam takes a side trip to a city he knew all too well during his years working as a corporate lawyer for the Disney company - Shanghai. This global metropolis doesn't officially fit into any of the regions Adam is visiting for the eight great regional cuisines, but given he's in the neighbourhood, he can't pass by without dropping in to see how the city has changed since he last visited.	English-70, Mandarin-30	2018	RPT	PG	a w	Y	Y	
1/07/2026	500	Cooking	Flat Out Food	Garlic	3	2	Jenn learns about growing garlic before visiting a Mexican restaurant where it is showcased in a variety of dishes.	CANADA	English-100	2023	RPT	G			
1/07/2026	530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Daniel Boulud Cake	1	7	When Sofia earns an internship with Daniel Boulud, Buddy is tasked with making a cake for the famous French chef and his staff. But a New Jersey hometown threatens to ruin everything.	USA	English-100	2023	RPT	PG	I		
1/07/2026	625	Cooking	Destination Flavour China Bitesize	Lion Head Meatballs	1	7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG	a w	Y	Y
1/07/2026	630	Cooking	Kriel Kitchen	Ministry: Sylvia Clarke	1	7	Alli and Mitch travel north of Broome on Djabber Djabber country. They make whitening soup with chilli, garlic, and ginger and mullet soup with black bean.	AUSTRALIA	English-100	2014	RPT	G		Y	
1/07/2026	700	Cooking	Rachael Ray's Meals in Minutes	Vera Eggplant Farm	2	12	Inspired by international film star and cookbook author Sofia Loren's recipe for Eggplant Parmigiana, Rachael makes the dish in the proper Italian style and with ample amounts of rich, aged Parmigiano Reggiano cheese.	USA	English-100	2024	RPT	PG			
1/07/2026	730	Cooking	My Market Kitchen	Ep 7	7	7	Farmer Catherine Velishta joins Laura in the Market Kitchen to make Eggplant Parmigiana. Mike then prepares a simple yet delicious Fish Finger Sandwich, followed by Laura's number one lunchbox treat, Raspberry and White Chocolate Muffins.	AUSTRALIA	English-100	2022	RPT	G			
1/07/2026	800	Cooking	Lidia's Kitchen	Stretch Your Meal	10	14	It's ever so Italian to value every ounce of food. And Lidia reminds us that leftovers can be an exciting challenge.	USA	English-100	2023	RPT	G			
1/07/2026	830	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	I		
1/07/2026	925	Cooking	Destination Flavour Fillers	Episode 3	1	3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	
1/07/2026	930	Cooking	Food Safari Fire	Woodfired Oven, The	1	3	Food Safari Fire host Maeve O'Meara explores the versatility and culinary delights of the Wood fired oven. One of the all-time classic dishes of the wood fired oven is the original Neapolitan Pizza.	AUSTRALIA	English-100	2015	RPT	G		Y	

1/07/2026	1000	Travel	America The Bountiful	Crawfish In Louisiana	2	1	Travel into the bayou of Acadiana with Capri as she joins a life-long crawfisherman to harvest the tasty 'mudbug' and serve them up at a traditional Cajun crawfish boil.	USA	English-100	2025	RPT				
1/07/2026	1030	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	2	Sara meets fitness trainer Kerem Sedir in the gym where they train together before Sara makes a fruit juice and they toast to a healthy life. Sara then heads to Istanbul's oldest vegetarian kitchens.	TURKEY	English-50, Turkish-50	2018	RPT	PG	I		
1/07/2026	1100	Cooking	The Cook Up With Adam Liaw	Rich Traditions	9	59	Adam, chef Julian Cincotta and comedian Danielle Walker pay homage to the past as they make recipes that have rich traditions.	AUSTRALIA	English-100	2025	RPT	G			Y
1/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Taste Of Cumbria, A	11	3	Dave enjoys a taste of his native county - Cumbria - as the Bikers cook recipes with great local ingredients to remind him of home. These include a comforting supper dish made from Cumberland Sausage and the ultimate Cumbrian dessert, Sticky Toffee Pudding.	UNITED KINGDOM	English-100	2017	RPT	G			
1/07/2026	1225	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75, Japanese-25	2013	RPT	G		Y	Y
1/07/2026	1230	Food Lifestyle	Buddy Valastro's Cake Dynasty	House Beautiful Cake	1	8	Buddy makes a cake for an old friend and the current Editorial Director of House Beautiful Magazine, Joanna Saltz. Meanwhile, when Danny The Mule announces his retirement.	USA	English-100	2023	RPT	PG	I		
1/07/2026	1325	Cooking	Destination Flavour China Bitesize	Shanghai Style Wonton Soup	1	8	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
1/07/2026	1330	Cooking	Destination Flavour China	Shandong	1	5	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight. Sweet and sour carp must be made using carp taken from the Yellow River where the fish are plump and tender, and deep-fried in such a way that it curls upward, as if it were jumping out of the water.		English-70, Mandarin-30	2018	RPT	PG	a w	Y	Y
1/07/2026	1400	Cooking	Flat Out Food	Yeast	3	3	Jenn discovers how vital yeast is in everything from beer and wine to sourdough bread and pizza dough.	CANADA	English-100	2023	RPT	G			
1/07/2026	1430	Cooking	Kriel Kitchen	Broome: All & Mltch	1	8	Mushroom Chicken with Vermicelli and Gubinge Custard - Mushroom and Chicken is a popular dish in Kriel cooking. Handed down by families who had a Chinese connection, this dish has many variations.	AUSTRALIA	English-100	2014	RPT	G			Y
1/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Beet Rizzotto And Arancini Balls	2	12	To celebrate her wedding anniversary, Rachael prepares her famous Beet Rizzotto that's made with roasted beets, red wine, onions, ricotta salata, and more.	USA	English-100	2024	RPT	PG	I		
1/07/2026	1530	Cooking	My Market Kitchen	Ep 8	7	8	Mike is joined by his beautiful daughter Abigail to make Buttermilk Pancakes. Laura and guest Chef Karen Chan then cook a delightful Malaysian Satay Pork. Mike returns to the Market Kitchen to prepare a quick and simple Sun-Blushed Tomato and Basil Pesto.	AUSTRALIA	English-100	2022	RPT	G			
1/07/2026	1600	Cooking	Lidia's Kitchen	Can't Go Wrong	10	15	Per usual, Lidia cooks up dishes that always have your loved ones begging for more. She starts with her Pan Pizza, showing us just how easy it is to make at home.	USA	English-100	2023	RPT	G			
1/07/2026	1630	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			
1/07/2026	1725	Cooking	Destination Flavour Fillers	Episode 6	1	6	Hosts Adam Liaw, Renee Lim and Lily Serra meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G		Y	Y
1/07/2026	1730	Cooking	Food Safari Fire	Grilling	1	4	Maere O'Meara explores how fire and coals create some of the world's classic recipes - traditional Turkish kebabs, Portuguese sardines, meltingly tender marinated Chilean pork belly and a spicy masterpiece - South African braais.	AUSTRALIA	English-100	2015	RPT	G		Y	
1/07/2026	1800	Travel	America The Bountiful	Mushrooms In Pennsylvania	2	2	Join Capri as she visits Kennett Square, Pennsylvania, the self-proclaimed 'mushroom capital of the world'.	USA	English-100	2025					
1/07/2026	1830	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	3	Sara heads to Kurucome to meet Cem Paisiri. He is a restaurateur who has three restaurants, each specialising in a different cuisine: Mediterranean, a winehouse and a fish/Aegean restaurant.	TURKEY	English-50, Turkish-50	2018	RPT	PG			Y
1/07/2026	1900	Cooking	The Cook Up With Adam Liaw	Softly Spiced	9	60	Like a hug on a plate, Adam and his guests, chefs Analiese Gregory and Nick Holloway, are making dishes that are softly spiced.	AUSTRALIA	English-100	2025		G			Y
1/07/2026	1930	Travel	Street Food Nomad: Kolkata	Episode 1	1	1	Acclaimed chef Will Meyrick embarks on a pilgrimage to Kolkata, seeking inspiration for new recipes to dish up at his world-famous restaurant.	AUSTRALIA	English-100	2024	RPT	PG	a w		
1/07/2026	2000	Cooking	Frugal Foodie	One Pot Wonders	1	7	Save time and cleanup with one-pot meals like One Pan Maczarella Meatball Subs, a One Pan Greek Chicken Bake, and an Avocado Gnocchi with Spinach & Peanuts.	AUSTRALIA	English-100	2024		G			
1/07/2026	2030	Travel	Jose Andres And Family In Spain	Madrid	1	3	Chef Jose Andres takes his daughters to the bustling capital of Madrid on a tour to the heart of the city's food history.	UNITED KINGDOM	English-50, Spanish-50	2022	RPT	G			Y
1/07/2026	2125	Variety	Torres Strait At Home	Pickled Tamarind Childhood Snack	2022	3	Torres Strait Islander chef and owner of Mabu Mabu, Norrie Bern, cooks and talks through some of her favourite easy recipes, from quick pickled octopus to fresh baked damper.	AUSTRALIA	English-100	2022	RPT	G		Y	
1/07/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 11	1	11	The Cloak and Dagger kick off the Bristol competition with Head chef Sebastian and general manager Alex showcasing their sustainable fine food.	UNITED KINGDOM	English-100	2022	RPT	PG			
1/07/2026	2225	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75, Japanese-25	2013	RPT	G		Y	Y
1/07/2026	2230	Cooking	The Cook Up With Adam Liaw	Softly Spiced	9	60	Like a hug on a plate, Adam and his guests, chefs Analiese Gregory and Nick Holloway, are making dishes that are softly spiced.	AUSTRALIA	English-100	2025	RPT	G			Y
1/07/2026	2300	Food Lifestyle	Cheese Slices	New Cheese Pioneers: Tasmania, The	5	9	Will invites his friend Tetsuya Wakuda to accompany him on a tour of Tasmania and to demonstrate a few of his unusual recipe ideas with the local dairy produce. New artisan cheese-makers who have proudly put the country back on this special feature: Bruny Island Cheese and wood-fired oysters, artisan cider produced from heritage apples, handmade cultured butter from Elgar Farm, John Riggs' blue cheese and leatherwood honey, King Island cream and lobster, Heidi Raclette, and even a Wasabi flavoured cheese.	AUSTRALIA	English-100	2011	RPT	G			
1/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Taste Of Cumbria, A	11	3	Dave enjoys a taste of his native county - Cumbria - as the Bikers cook recipes with great local ingredients to remind him of home. These include a comforting supper dish made from Cumberland Sausage and the ultimate Cumbrian dessert, Sticky Toffee Pudding.	UNITED KINGDOM	English-100	2017	RPT	G			
1/07/2026	2425	Cooking	Destination Flavour China Bitesize	Shanghai Style Wonton Soup	1	8	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

1/07/2026	2430	Travel	Street Food Nomad: Kolkata	Episode 1	1	1	Acclaimed chef Will Meyrick embarks on a pilgrimage to Kolkata, seeking inspiration for new recipes to dish up at his world-famous restaurant.	AUSTRALIA	English-100	2024	RPT	PG	a w		
1/07/2026	2500	Cooking	Frugal Foodie	One Pot Wonders	1	7	Save time and cleanup with one-pot meals like One Pan Mozzarella Meatball Subs, a One Pan Greek Chicken Bake, and an Avocado Gnocchi with Spinach & Peanuts.	AUSTRALIA	English-100	2024	RPT	G			
1/07/2026	2530	Travel	Jose Andres And Family In Spain	Madrid	1	3	Chef Jose Andres takes his daughters to the bustling capital of Madrid on a tour to the heart of the city's food history.	UNITED KINGDOM	English-50, Spanish-50	2022	RPT	G		Y	
1/07/2026	2625	Variety	Torres Strait At Home	Pickled Tamarind Childhood Snack	2022	3	Torres Strait Islander chef and owner of Mabu Mabu, Nonnie Bens, cooks and talks through some of her favourite easy recipes, from quick pickled octopus to fresh baked damper.	AUSTRALIA	English-100	2022	RPT	G		Y	
1/07/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 11	1	11	The Cloak and Dagger kick off the Bristol competition with Head chef Sebastian and general manager Alex showcasing their sustainable fine food.	UNITED KINGDOM	English-100	2022	RPT	PG			
1/07/2026	2725	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75, Japanese-25	2013	RPT	G	Y	Y	
1/07/2026	2730	Cooking	The Cook Up With Adam Liaw	Softly Spiced	9	60	Like a hug on a plate, Adam and his guests, chefs Analiese Gregory and Nick Holloway, are making dishes that are softly spiced.	AUSTRALIA	English-100	2025	RPT	G		Y	
1/07/2026	2800	Food Lifestyle	Cheese Slices	New Cheese Pioneers: Tasmania, The	5	9	Will invites his friend Tetsuya Wakuda to accompany him on a tour of Tasmania and to demonstrate a few of his unusual recipe ideas with the local dairy produce. New artisan cheese-makers who have proudly put the country back on this special features Bruny Island cheese and wood-fired oysters, artisan cider produced from heritage apples, handmade cultured butter from Elgar Farm, John Riggs's blue cheese and leatherwood honey, King Island cream and lobster, Heidi Rackette, and even a Wasabi flavoured cheese.	AUSTRALIA	English-100	2011	RPT	G			
1/07/2026	2830	Cooking	Destination Flavour China	Shandong	1	5	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight. Sweet and sour carp must be made using carp taken from the Yellow River where the fish are plump and tender, and deep-fried in such a way that it curls upward, as if it were jumping out of the water.	English-70, Mandarin-30	2018	RPT	PG	a w	Y	Y	
2/07/2026	500	Cooking	Flat Out Food	Yeast	3	3	Jenn discovers how vital yeast is in everything from beer and wine to sourdough bread and pizza dough.	CANADA	English-100	2023	RPT	G			
2/07/2026	530	Food Lifestyle	Buddy Valastro's Cake Dynasty	House Beautiful Cake	1	8	Buddy makes a cake for an old friend and the current Editorial Director of House Beautiful Magazine, Joanna Saltz. Meanwhile, when Danny The Mule announces his retirement.	USA	English-100	2023	RPT	PG	I		
2/07/2026	625	Cooking	Destination Flavour China Bitesize	Shanghai Style Wonton Soup	1	8	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	
2/07/2026	630	Cooking	Kriol Kitchen	Broomie: Ali & Mitch	1	8	Mushroom Chicken with Vermicelli and Gubinge Custard - Mushroom and Chicken is a popular dish in Kriol cooking. Handed down by families who had a Chinese connection, this dish has many variations.	AUSTRALIA	English-100	2014	RPT	G		Y	
2/07/2026	700	Cooking	Rachael Ray's Meals in Minutes	Beet Risotto And Arancini Balls	2	13	To celebrate her wedding anniversary, Rachael prepares her famous Beet Risotto that's made with roasted beets, red wine, onions, ricotta salad, and more.	USA	English-100	2024	RPT	PG	I		
2/07/2026	730	Cooking	My Market Kitchen	Ep 8	7	8	Mike is joined by his beautiful daughter Abigail to make Buttermilk Pancakes. Laura and guest Chef Karen Chan then cook a delightful Malaysian Satay Pork. Mike returns to the Market Kitchen to prepare a quick and simple Sun-Blushed Tomato and Basil Pesto.	AUSTRALIA	English-100	2022	RPT	G			
2/07/2026	800	Cooking	Lidia's Kitchen	Can't Go Wrong	10	15	Per usual, Lidia cooks up dishes that always have your loved ones begging for more. She starts with her Pan Pizza, showing us just how easy it is to make at home.	USA	English-100	2023	RPT	G			
2/07/2026	830	Reality	Great Chocolate Showdown	Pie Society	4	3	Eight home bakers must become pastry Picasso's as they make pies with a decorative crust.	CANADA	English-100	2023	RPT	PG			
2/07/2026	925	Cooking	Destination Flavour Fillers	Episode 6	1	6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	2012	RPT	G	Y	Y	
2/07/2026	930	Cooking	Food Safari Fire	Grilling	1	4	Maere O'Meara explores how fire and coals create some of the world's classic recipes – traditional Turkish kebabs, Portuguese sardines, meltingly tender marinated Chilean pork belly and a spicy masterpiece - South African braais.	AUSTRALIA	English-100	2015	RPT	G		Y	
2/07/2026	1000	Travel	America The Beautiful	Mushrooms In Pennsylvania	2	2	Join Capri as she visits Kennett Square, Pennsylvania, the self-proclaimed 'mushroom capital of the world'.	USA	English-100	2025	RPT				
2/07/2026	1030	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	3	Sara heads to Kurucome to meet Cem Pasinli. He is a restaurateur who has three restaurants, each specialising in a different cuisine: Mediterranean, a wineryhouse and a fish/Aegean restaurant.	TURKEY	English-50, Turkish-50	2018	RPT	PG		Y	
2/07/2026	1100	Cooking	The Cook Up With Adam Liaw	Softly Spiced	9	60	Like a hug on a plate, Adam and his guests, chefs Analiese Gregory and Nick Holloway, are making dishes that are softly spiced.	AUSTRALIA	English-100	2025	RPT	G		Y	
2/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Come On Over	11	4	The Bikers cook the perfect dishes to share with the people we love. These are indulgent treats for when family and friends come on over - a baked cheesecake, a crowd-pleasing terrine and the ultimate beef sandwich.	UNITED KINGDOM	English-100	2017	RPT	G			
2/07/2026	1225	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
2/07/2026	1230	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cake Fit For Caesar, A	1	9	When Las Vegas landmark Caesars Palace requests a cake from Buddy, it's all hands-on-deck to create a giant cake replica of the casino, complete with statues and fireworks.	USA	English-100	2023	RPT	PG	I		
2/07/2026	1325	Cooking	Destination Flavour China Bitesize	Cattail Milk Soup	1	9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG		Y	Y
2/07/2026	1330	Cooking	Destination Flavour China	Yunnan	1	6	While the Han ethnic group makes up 92% of China's population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised. Adam is keen to explore different ethnic minorities within the province and see how their traditions have shaped the region, and its food, into what it is today.	English-70, Mandarin-30	2018	RPT	G		Y	Y	
2/07/2026	1400	Cooking	Flat Out Food	Wild Rice	3	4	Jenn joins the wild rice harvest in Northwest Saskatchewan before sharing a meal that uses the ingredient in creative ways.	CANADA	English-100	2023	RPT	G			
2/07/2026	1430	Cooking	Kriol Kitchen	Broomie: Ali & Mitch Torres Final Episode	1	9	Kangaroo Stew with bacon, soya & vegetables & Kangaroo Satays with a Spicy Chili Peanut Sauce: Ali & Mitch draw on their family influences from the Djuguin/Goonjandi & Filipino & Malay heritage.	AUSTRALIA	English-100	2014	RPT	G		Y	

2/07/2026	1500	Cooking	Rachael Ray's Meals in Minutes	Lucca Style Pesto Pasta Or Trenette Al Pesto	2	14	Rachael prepares a classic pesto sauce using fresh basil, roasted pistachios, and pine nuts, combined with Pecorino and Parmigiano cheeses. She then cooks it Lucca Style with potatoes and green beans.	USA	English-100	2024	RPT	PG	I	Y
2/07/2026	1530	Cooking	My Market Kitchen	Ep 9	7	9	Mike starts his day shopping for parmesan cheese for his Leftover Chicken Riscotto. Laura shops for fish for her Beer Battered King George Whiting, a perfect summer entertaining dish. Laura then cooks her Pork Belly Bao Bun dish.	AUSTRALIA	English-100	2022	RPT	G		
2/07/2026	1600	Cooking	Lidia's Kitchen	Warm Welcome, A	10	16	Anyone who joins Lidia at her table is always met with a warm welcoming meal. Today, she invites you into her kitchen with a fresh seasonal specialty Shaved Artichoke, Spinach & Mortadella Salad.	USA	English-100	2023	RPT	G		
2/07/2026	1630	Reality	Great Chocolate Showdown	Best Fruit Forward	4	4	The home bakers delve into fruit jellies and bejewel a chocolate sculpture in pate de fruits.	CANADA	English-100	2023	RPT	PG		
2/07/2026	1725	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 8	1	8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
2/07/2026	1730	Cooking	Food Safari Fire	Tandoor, The	1	5	For over 5000 years the basic design of the tandoor oven has not changed, making it one of the oldest cooking devices on earth. Maive O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, pashan, rogan, lamb kebabs and an elaborate roast pumpkin.	AUSTRALIA	English-100	2015	RPT	G		Y
2/07/2026	1800	Travel	America The Bountiful	Walleye In Ohio	2	3	Come to Capri's home state of Ohio to discover the bounty of Lake Erie's favorite freshwater fish: the walleye.	USA	English-100	2025				
2/07/2026	1830	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	4	Sara is invited to Istanbul Fashion Week, she is the guest of Tulin Sahin, one of the top models in Turkey. Sara sits the front row and enjoys Turkish designer Chan Nazaar's new season collection.	TURKEY	English-50, Turkish-50	2018	RPT	G		
2/07/2026	1900	Travel	The Cook Up With Adam Liaw	Protein Packed	8	18	Adam is joined by award-winning writer and actor Michelle Law and Food Trail South Africa's Warren Mendes for a protein packed night in the kitchen.	AUSTRALIA	English-100	2025	RPT	G		Y
2/07/2026	1930	Travel	Adam Richman Eats Italy	Florence	1	1	Adam's in Florence tasting the most iconic foods named after this city including steak Florentine style and street food called Lampredotto alla Fiorentina.	UNITED KINGDOM	English-100	2025		G		Y
2/07/2026	2000	Travel	Ainsley's Taste Of The Bahamas	Festival Foods	1	10	Ainsley celebrates the island's festival spirit at Baha Mar, and after a Frito Misto masterclass with chef Scott Conant, serves up barbecue jerk spiced chicken.	UNITED KINGDOM	English-100	2025		PG		
2/07/2026	2030	Reality	Yes, Chef!	Martha's Roast	1	2	The chefs enter the kitchen to find Martha putting the finishing touches on her famous roasted chicken.	USA	English-100	2025		PG		Y
2/07/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 12	1	12	Today's show is in West Yorkshire and first up are family Restaurant, The Quarry, with front of house manager Richard and chef John showcasing locally sourced British roach.	UNITED KINGDOM	English-100	2022	RPT	PG		
2/07/2026	2225	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
2/07/2026	2230	Travel	The Cook Up With Adam Liaw	Protein Packed	8	18	Adam is joined by award-winning writer and actor Michelle Law and Food Trail South Africa's Warren Mendes for a protein packed night in the kitchen.	AUSTRALIA	English-100	2025	RPT	G		Y
2/07/2026	2300	Food Lifestyle	Cheese Slices	India: Indian Paneer And The Chenna Sweets Of West Bengal	6	1	Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chenna.	AUSTRALIA	English-100	2012	RPT	G		
2/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Come On Over	11	4	The Bikers cook the perfect dishes to share with the people we love. These are indulgent treats for when family and friends come on over - a baked cheesecake, a crowd pleasing terrine and the ultimate beef sandwich.	UNITED KINGDOM	English-100	2017	RPT	G		
2/07/2026	2425	Cooking	Destination Flavour China Bitesize	Catal: Milk Soup	1	9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG		Y Y
2/07/2026	2430	Travel	Adam Richman Eats Italy	Florence	1	1	Adam's in Florence tasting the most iconic foods named after this city including steak Florentine style and street food called Lampredotto alla Fiorentina.	UNITED KINGDOM	English-100	2025	RPT	G		Y
2/07/2026	2500	Travel	Ainsley's Taste Of The Bahamas	Festival Foods	1	10	Ainsley celebrates the island's festival spirit at Baha Mar, and after a Frito Misto masterclass with chef Scott Conant, serves up barbecue jerk spiced chicken.	UNITED KINGDOM	English-100	2025	RPT	PG		
2/07/2026	2530	Reality	Yes, Chef!	Martha's Roast	1	2	The chefs enter the kitchen to find Martha putting the finishing touches on her famous roasted chicken.	USA	English-100	2025	RPT	PG		Y
2/07/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 12	1	12	Today's show is in West Yorkshire and first up are family Restaurant, The Quarry, with front of house manager Richard and chef John showcasing locally sourced British roach.	UNITED KINGDOM	English-100	2022	RPT	PG		
2/07/2026	2725	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
2/07/2026	2730	Travel	The Cook Up With Adam Liaw	Protein Packed	8	18	Adam is joined by award-winning writer and actor Michelle Law and Food Trail South Africa's Warren Mendes for a protein packed night in the kitchen.	AUSTRALIA	English-100	2025	RPT	G		Y
2/07/2026	2800	Food Lifestyle	Cheese Slices	India: Indian Paneer And The Chenna Sweets Of West Bengal	6	1	Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chenna.	AUSTRALIA	English-100	2012	RPT	G		
2/07/2026	2830	Cooking	Destination Flavour China	Yunnan	1	6	While the Han ethnic group makes up 92% of China's population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised. Adam is keen to explore different ethnic minorities within the province and see how their traditions have shaped the region, and its food, into what is it today.		English-70, Mandarin-30	2018	RPT	G		Y Y
3/07/2026	500	Cooking	Flat Out Food	Wild Rice	3	4	Jenn joins the wild rice harvest in Northwest Saskatchewan before sharing a meal that uses the ingredient in creative ways.	CANADA	English-100	2023	RPT	G		
3/07/2026	530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Cake Fit For Caesar, A	1	9	When Las Vegas landmark Caesar's Palace requests a cake from Buddy, it's all hands-on-deck to create a giant cake replica of the casino, complete with statues and fireworks.	USA	English-100	2023	RPT	PG	I	
3/07/2026	625	Cooking	Destination Flavour China Bitesize	Catal: Milk Soup	1	9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG		Y Y

3/07/2026	630	Cooking	Krivi Kitchen	Broomer: Ali & Mitch Torres Final Episode	1	9	Kangaroo Stew with bacon, soya & vegetables & Kangaroo Satays with a Spicy Chilli Peanut Sauce: Ali & Mitch draw on their family influences from the Djuguu/Goonjandi & Pilgrina & Malay heritage.	AUSTRALIA	English-100	2014	RPT	G		Y
3/07/2026	700	Cooking	Rachael Ray's Meals In Minutes	Luca Style Pesto Pasta Or Trenette Al Pesto	2	14	Rachael prepares a classic pesto sauce using fresh basil, roasted pineapples, and pine nuts, combined with Pecorino and Parmigiano cheeses. She then cooks it Luca Style with potatoes and green beans.	USA	English-100	2024	RPT	PG	I	Y
3/07/2026	730	Cooking	My Market Kitchen	Ep 9	7	9	Mike starts his day shopping for parmesan cheese for his Leftover Chicken Risotto. Laura shops for fish for her Beer Battered King George Whiting, a perfect summer entertaining dish. Laura then cooks her Pork Belly Bao Bun dish.	AUSTRALIA	English-100	2022	RPT	G		
3/07/2026	800	Cooking	Lidia's Kitchen	Warm Welcome, A	10	16	Anyone who joins Lidia at her table is always met with a warm welcoming meal. Today, she invites you into her kitchen with a fresh seasonal specialty Shaved Artichoke, Spinach & Mortadella Salad.	USA	English-100	2023	RPT	G		
3/07/2026	830	Reality	Great Chocolate Showdown	Best Fruit Forward	4	4	The home bakers delve into fruit jellies and bejewel a chocolate sculpture in pate de fruits.	CANADA	English-100	2023	RPT	PG		
3/07/2026	925	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 8	1	8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
3/07/2026	930	Cooking	Food Safari Fire	Tandoor, The	1	5	For over 5000 years the basic design of the tandoor oven has not changed, making it one of the oldest cooking devices on earth. Maave O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin.	AUSTRALIA	English-100	2015	RPT	G		Y
3/07/2026	1000	Travel	America The Bountiful	Walleye In Ohio	2	3	Come to Capri's home state of Ohio to discover the bounty of Lake Erie's favorite freshwater fish: the walleye.	USA	English-100	2025	RPT			
3/07/2026	1030	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	4	Sara is invited to Istanbul Fashion Week; she is the guest of Tulin Sahin, one of the top models in Turkey. Sara sits the front row and enjoys Turkish designer Chan Nazari's new season collection.	TURKEY	English-50, Turkish-50	2018	RPT	G		
3/07/2026	1100	Travel	The Cook Up With Adam Liaw	Protein Packed	8	18	Adam is joined by award-winning writer and actor Michelle Law and Food Trail South Africa's Warren Mendes for a protein packed night in the kitchen.	AUSTRALIA	English-100	2025	RPT	G		Y
3/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Pub Grub	11	5	The Bikers have a fresh take on pub foods with a new look for a traditional pudding, their take on the North-East's mighty Chicken Pomo and reveal the secrets behind their ultimate fishcake.	UNITED KINGDOM	English-100	2017	RPT	G		
3/07/2026	1225	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
3/07/2026	1230	Food Lifestyle	Buddy Valastro's Cake Dynasty	Fair-Ly Crazy Cake, A	1	10	Buddy and the team embark on an enormous cake for the Meadowlands State Fair during the same week that a giant retailer tests Buddy's ability to produce 90 000 cakes per month for their nationwide stores!	USA	English-100	2023	RPT	PG	I	Y
3/07/2026	1325	Cooking	Destination Flavour China Bitesize	Shandong Roast Chicken	1	10	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
3/07/2026	1330	Cooking	Destination Flavour China	Sichuan And Hunan	1	7	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines. This time he's got someone to help him explore, Chinese food expert Fuchsia Dunlop, who has written books on both Sichuanese and Hunanese cuisine.	AUSTRALIA	English-70, Mandarin-30	2018	RPT	G		Y Y
3/07/2026	1400	Cooking	Flat Out Food	Potato	3	5	From handmade perogies to samosas, Jenn learns different ways to cook with potatoes.	CANADA	English-100	2023	RPT	G		
3/07/2026	1430	Cooking	Krivi Kitchen	Broomer: Pat Torres	1	10	Gubingo Jam with Bush Fig & Bush Fig Cup Cakes with a Bush Passion Fruit Icing: Ali & Mitch join their cousin Pat to learn how to whip up some sweet treats using local bush fruits found in the region.	AUSTRALIA	English-100	2014	RPT	G		Y
3/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Hawaiian Style Sloppy Joes	2	15	Rachael makes a new version of sloppy joes, a quintessential, family favorite dinner, by adding pineapple, peppers, and garlic and serving it on Hawaiian-style sweet buns.	USA	English-100	2024	RPT	PG		
3/07/2026	1530	Cooking	My Market Kitchen	Ep 10	7	10	Mike joins Laura as she makes her delicious mid-week family favourite, Sicilian Cauliflower Pasta. Mike then prepares a cool-saving White Peach, Raspberry, and Apple Jam. Wine expert Adam Waini concludes the show by pairing wines with Laura's Italian Cabbage and Sausage Soup.	AUSTRALIA	English-100	2022	RPT	G		
3/07/2026	1600	Cooking	Lidia's Kitchen	Never Enough Pasta	10	17	First up, Lidia pulls together a simple fresh dish of Mezzo Rigatoni with a Raw Tomato Sauce. Miles calls up looking for a way to refresh his leftover saucy dittaini and makes a Cheddar Frico filled with the pasta.	USA	English-100	2023	RPT	G		
3/07/2026	1630	Reality	Great Chocolate Showdown	World Of Flavor	4	5	With immunity off the table, the top six bakers pair up to build a magnificent meringue tower.	CANADA	English-100	2023	RPT	G		
3/07/2026	1725	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	1	7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
3/07/2026	1730	Cooking	Food Safari Fire	Spit Roasting	1	6	Maave explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb. Maave joins chef Niccolò Annala, who demonstrates the dramatic acaudo a la cruz with a whole lamb butterflied and fried to a cross-like structure over the fire.	AUSTRALIA	English-100	2015	RPT	G		Y
3/07/2026	1800	Travel	America The Bountiful	Wheat In Kansas	2	4	Capri travels to Kansas to understand what makes it the heart of America's 'breadbasket'.	USA	English-100	2025				
3/07/2026	1830	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	5	Sarah meets Deniz Orhan for a walk through Kadiköy Pazarı to look at dessert ingredients and talk about the variety of desserts in Turkish cuisine: desserts with syrup, milk or dough.	TURKEY	English-50, Turkish-50	2018	RPT	G		
3/07/2026	1900	Travel	The Cook Up With Adam Liaw	One Pan Spicy Beef Mince	8	19	Adam, culinary pro Marion Grasby and comedy pro Becky Lucas have three delicious recipes for one pan spicy beef night on The Cook Up!	AUSTRALIA	English-100	2025	RPT	PG		Y
3/07/2026	1930	Cooking	Instant Italian	Lasagna Love	1	11	Anna's love language is cooking for others and hopes we all fall in love with her recipe for Lasagna Rose, which went viral online, as well as a simple, delicious dish she calls Lily Donna's Lasagna.	USA	English-100	2025		G		
3/07/2026	2000	Travel	The Hairy Bikers USA	Squirrel Stew	1	11	Bill and Paul delve into the pioneer spirit of Kentucky where squirrel season is starting. After bagging a few of the tasty critters, the bikers hit the Bourbon Trail and Maker's Mark distillery puts them to work churning out Kentucky's signature Bourbon whiskey.	UNITED KINGDOM	English-100	2011	RPT	PG	a w	
3/07/2026	2050	Travel	Ainsley's Football Feast	Episode 3	1	3	This week Ainsley is cooking up a World Cup inspired feast for ex-England Ace Michael Owen and former Neighbours star Alan Fletcher. Candice Brown makes speedy nachos and Carl Anthony Brown provides some tasty tipsies.	UNITED KINGDOM	English-100	2022		PG		

3/07/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 13	1	13	Bun and Co are kicking off the competition in Birmingham this week, where Head Chef Ruman and front of house manager Syeem are hoping their brand of Indian style fusion fast food will wow their guests.	UNITED KINGDOM	English-100	2022	RPT	PG		
3/07/2026	2225	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
3/07/2026	2230	Travel	The Cook Up With Adam Liaw	One Pan Spicy Beef Mince	8	19	Adam, culinary pro Marion Grasby and comedy pro Becky Lucas have three delicious recipes for one pan spicy beef night on The Cook Up!	AUSTRALIA	English-100	2025	RPT	PG	Y	
3/07/2026	2350	Food Lifestyle	Cheese Slices	Israel: Israeli Artisan Cheese	6	2	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA	English-100	2012	RPT	G		
3/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Pub Grub	11	5	The Bikers have a fresh take on pub foods with a new look for a traditional pudding, their take on the North-East's mighty Chicken Perno and reveal the secrets behind their ultimate fishcake.	UNITED KINGDOM	English-100	2017	RPT	G		
3/07/2026	2425	Cooking	Destination Flavour China Bitesize	Shandong Roast Chicken	1	10	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
3/07/2026	2430	Cooking	Instant Italian	Lasagna Love	1	11	Anna's love language is cooking for others and hopes we all fall in love with her recipe for Lasagna Rose, which went viral online, as well as a simple, delicious dish she calls Lazy Donna's Lasagna.	USA	English-100	2025	RPT	G		
3/07/2026	2500	Travel	The Hairy Bikers USA	Squirrel Stew	1	11	Bill and Paul delve into the pioneer spirit of Kentucky where squirrel season is starting. After bagging a few of the tasty critters, the bikers hit the Bourbon Trail and Maker's Mark distillery puts them to work churning out Kentucky's signature Bourbon whiskey.	UNITED KINGDOM	English-100	2011	RPT	PG	a w	
3/07/2026	2530	Travel	Ainsley's Football Feast	Episode 3	1	3	This week Ainsley is cooking up a World Cup inspired feast for ex-England Ace Michael Owen and former neighbours star Alan Fletcher. Candice Brown makes speedy nachos and Carl Anthony Brown provides some tasty tipsies.	UNITED KINGDOM	English-100	2022	RPT	PG		
3/07/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 13	1	13	Bun and Co are kicking off the competition in Birmingham this week, where Head Chef Ruman and front of house manager Syeem are hoping their brand of Indian style fusion fast food will wow their guests.	UNITED KINGDOM	English-100	2022	RPT	PG		
3/07/2026	2725	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
3/07/2026	2730	Travel	The Cook Up With Adam Liaw	One Pan Spicy Beef Mince	8	19	Adam, culinary pro Marion Grasby and comedy pro Becky Lucas have three delicious recipes for one pan spicy beef night on The Cook Up!	AUSTRALIA	English-100	2025	RPT	PG	Y	
3/07/2026	2800	Food Lifestyle	Cheese Slices	Israel: Israeli Artisan Cheese	6	2	Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert.	AUSTRALIA	English-100	2012	RPT	G		
3/07/2026	2830	Cooking	Destination Flavour China	Sichuan And Hunan	1	7	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines. This time he's got someone to help him explore, Chinese food expert Fuchsia Dunlop, who has written books on both Sichuanese and Hunanese cuisine.	AUSTRALIA	English-70, Mandarin-30	2018	RPT	G	Y	Y
4/07/2026	500	Cooking	Flat Out Food	Potato	3	5	From homemade perogies to samosas, Jenn learns different ways to cook with potatoes.	CANADA	English-100	2023	RPT	G		
4/07/2026	530	Food Lifestyle	Buddy Valastro's Cake Dynasty	Fair-Ly Crazy Cake, A	1	10	Buddy and the team embark on an enormous cake for the Meadowlands State Fair during the same week that a giant retailer tests Buddy's ability to produce 90 000 cakes per month for their nationwide stores!	USA	English-100	2023	RPT	PG	I	Y
4/07/2026	625	Cooking	Destination Flavour China Bitesize	Shandong Roast Chicken	1	10	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
4/07/2026	630	Cooking	Kriel Kitchen	Broomie: Pat Torres	1	10	Gubinge Jam with Bush Fig & Bush Fig Cup Cakes with a Bush Passion Fruit Icing: Ali & Mitch join their cousin Pat to learn how to whip up some sweet treats using local bush fruits found in the region.	AUSTRALIA	English-100	2014	RPT	G	Y	
4/07/2026	700	Cooking	Rachael Ray's Meals in Minutes	Hawaiian Style Sloppy Joes	2	15	Rachael makes a new version of sloppy joes, a quintessential, family favorite dinner, by adding pineapple, peppers, and garlic and serving it on Hawaiian-style sweet buns.	USA	English-100	2024	RPT	PG		
4/07/2026	730	Cooking	My Market Kitchen	Ep 50	7	10	Mike joins Laura as she makes her delicious mid-week family favourite, Sicilian Cauliflower Pasta. Mike then prepares a cost-saving White Peach, Raspberry, and Apple jam. Wine expert Adam Walls concludes the show by pairing wines with Laura's Italian Cabbage and Sausage Soup.	AUSTRALIA	English-100	2022	RPT	G		
4/07/2026	800	Cooking	Lidia's Kitchen	Never Enough Pasta	10	17	First up, Lidia pulls together a simple fresh dish of Mussels Rigatoni with a Raw Tomato Sauce. Miles calls up looking for a way to refresh his leftover saucy ditallini and makes a Cheddar Frico filled with the pasta.	USA	English-100	2023	RPT	G		
4/07/2026	830	Reality	Great Chocolate Showdown	World Of Flavor	4	5	With immunity off the table, the top six bakers pair up to build a magnificent meringue tower.	CANADA	English-100	2023	RPT	G		
4/07/2026	925	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	1	7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G	Y	
4/07/2026	930	Cooking	Food Safari Fire	Spit Roasting	1	6	Maave explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb. Maave joins chef Nicolas Arnolds, who demonstrates the dramatic caado a la cruz with a whole lamb butterflied and fixed to a cross-like structure over the fire.	AUSTRALIA	English-100	2015	RPT	G	Y	
4/07/2026	1000	Travel	America The Bountiful	Wheat In Kansas	2	4	Capri travels to Kansas to understand what makes it the heart of America's 'breadbasket'.	USA	English-100	2025	RPT			
4/07/2026	1030	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	5	Sarah meets Deniz Orhan for a walk through Kadiklar Pazar7 to look at dessert ingredients and talk about the variety of desserts in Turkish cuisine: desserts with syrup, milk or dough.	TURKEY	English-50, Turkish-50	2018	RPT	G		
4/07/2026	1100	Travel	The Cook Up With Adam Liaw	One Pan Spicy Beef Mince	8	19	Adam, culinary pro Marion Grasby and comedy pro Becky Lucas have three delicious recipes for one pan spicy beef night on The Cook Up!	AUSTRALIA	English-100	2025	RPT	PG	Y	
4/07/2026	1130	Cooking	Instant Italian	Lasagna Love	1	11	Anna's love language is cooking for others and hopes we all fall in love with her recipe for Lasagna Rose, which went viral online, as well as a simple, delicious dish she calls Lazy Donna's Lasagna.	USA	English-100	2025	RPT	G		
4/07/2026	1200	Travel	The Hairy Bikers USA	Squirrel Stew	1	11	Bill and Paul delve into the pioneer spirit of Kentucky where squirrel season is starting. After bagging a few of the tasty critters, the bikers hit the Bourbon Trail and Maker's Mark distillery puts them to work churning out Kentucky's signature Bourbon whiskey.	UNITED KINGDOM	English-100	2011	RPT	PG	a w	

4/07/2026	1230	Travel	Ainsley's Football Feast	Episode 3	1	3	This week Ainsley is cooking up a World Cup inspired feast for ex England Ace Michael Owen and former Neighbours star Alan Fletcher. Candice Brown makes speedy nachos and Carl Anthony Brown provides some tasty tipples.	UNITED KINGDOM	English-100	2022	RPT	PG	
4/07/2026	1330	Cooking	Flat Out Food	Potato	3	5	From homemade perogies to samosas, Jenn learns different ways to cook with potatoes.	CANADA	English-100	2023	RPT	G	
4/07/2026	1400	Cooking	Kriol Kitchen	Broomie: Pat Torres	1	10	Gubinge Jam with Bush Fig & Bush Fig Cup Cakes with a Bush Passion Fruit Icing. Ali & Mitch join their cousin Pat to learn how to whip up some sweet treats using local bush fruits found in the region.	AUSTRALIA	English-100	2014	RPT	G	Y
4/07/2026	1430	Cooking	Rachael Ray's Meals In Minutes	Hawaiian Style Sloppy Joes	2	15	Rachael makes a new version of sloppy joes, a quintessential, family favorite dinner, by adding pineapple, peppers, and garlic and serving it on Hawaiian style sweet buns.	USA	English-100	2024	RPT	PG	
4/07/2026	1500	Travel	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	2	6	Food stylists add a lot to the looks of the food, and Sara meets Eda Ildam who takes her to see the styling of some beautiful cakes. She then goes to Mae Zee - a hub for aspiring Turkish artists and designers.	TURKEY	English-50, Turkish-50	2018	RPT	G	
4/07/2026	1530	Travel	Hairy Bikers Go West	Bute	1	1	The Hairy Bikers head to the Isle of Bute, a place that holds special memories for them both. They discover how locals are embracing change while keeping important traditions alive.	UNITED KINGDOM	English-100	2024	RPT	PG	
4/07/2026	1635	Travel	Hairy Bikers Go West	Dumfries	1	2	For their next adventure Out West, the Hairy Bikers are back in Scotland, hoping to unearth some hidden gems amongst the wonderful food producing region of Dumfries and Galloway.	UNITED KINGDOM	English-100	2024	RPT	PG	a w
4/07/2026	1740	Cooking	Hot Dish With Franco	Brunch	1	3	Franco Noriega's brunch game is strong with his piled-high Avocado Toast and an elevated take on a Tex Mex Huevos Rancheros with fried tortilla strips.	USA	English-70, Spanish-30	2023	RPT	G	
4/07/2026	1805	Cooking	Nadiya's Spices Made Simple	Get Together	1	6	Nadiya shares four of her favourite fuss-free recipes fit for get-togethers: a one plate masala mince pie, roasted Bombay spiced spuds, her art masala chicken, and a coconut and fennel Bundt cake.	UNITED KINGDOM	English-100	2025	RPT	G	
4/07/2026	1835	Travel	Poh & Co. Best Bites	Poh & Co. Best Bites Series 1	1	0	Some of your favourite moments from Poh and Co.		English-100	0	RPT	G	Y
4/07/2026	1935	Food Lifestyle	River Cottage Vegetables	Finale	1	7	Hugh throws an autumn feast, with stuffed squash and vegetable puddings, to show easy it can be to cook without meat and how delicious the results can be.	UNITED KINGDOM	English-100	2011		PG	
4/07/2026	2035	Travel	Rick Stein's Road To Mexico	Mexico City To Oaxaca	1	5	Heading south from the capital, Rick travels to Puebla, which conjures up images of Cortez and the Spanish conquest of Mexico. It is a city with impressive European architecture, and the home of mole, Mexico's most famous meat stew.		English-100	2017	RPT	PG	a l Y
4/07/2026	2140	Travel	Hidden Restaurants With Michel Roux Jr	West And Wales	1	3	On the third of Michel Roux's research trips through the UK to learn from the world of Hidden Restaurants, he visits a garden chef, a staff canteen and a secret restaurant in an old Victorian walled kitchen garden to inspire his own three course menu for dinner at his summer long hidden restaurant.	UNITED KINGDOM	English-100	2017	RPT	PG	a w
4/07/2026	2235	Travel	Eating Inn	Osteria Mozza: Hilton, Singapore	2	5	Nancy Silverton, founder, owner and Exec Chef of Osteria Mozza is considered by the American culinary elite to be a national treasure.	SINGAPORE	English-100	2023	RPT	G	
4/07/2026	2330	Travel	Eating Inn	Kaya Puti: St. Regis, Bali	2	6	In an extraordinary beginning to the series, we discover the modern Indonesian cuisine of Balinese Master Chef Agung Gede, whose restaurant Kayaputi brims with culinary theatre.	SINGAPORE	English-100	2023	RPT	G	
4/07/2026	2430	Cooking	Hot Dish With Franco	Brunch	1	3	Franco Noriega's brunch game is strong with his piled-high Avocado Toast and an elevated take on a Tex Mex Huevos Rancheros with fried tortilla strips.	USA	English-70, Spanish-30	2023	RPT	G	
4/07/2026	2500	Cooking	Nadiya's Spices Made Simple	Get Together	1	6	Nadiya shares four of her favourite fuss-free recipes fit for get-togethers: a one plate masala mince pie, roasted Bombay spiced spuds, her art masala chicken, and a coconut and fennel Bundt cake.	UNITED KINGDOM	English-100	2025	RPT	G	
4/07/2026	2530	Travel	Hairy Bikers Go West	Bute	1	1	The Hairy Bikers head to the Isle of Bute, a place that holds special memories for them both. They discover how locals are embracing change while keeping important traditions alive.	UNITED KINGDOM	English-100	2024	RPT	PG	
4/07/2026	2635	Travel	Hairy Bikers Go West	Dumfries	1	2	For their next adventure Out West, the Hairy Bikers are back in Scotland, hoping to unearth some hidden gems amongst the wonderful food producing region of Dumfries and Galloway.	UNITED KINGDOM	English-100	2024	RPT	PG	a w
4/07/2026	2740	Food Lifestyle	River Cottage Vegetables	Finale	1	7	Hugh throws an autumn feast, with stuffed squash and vegetable puddings, to show easy it can be to cook without meat and how delicious the results can be.	UNITED KINGDOM	English-100	2011	RPT	PG	
4/07/2026	2835	Cooking	Hot Dish With Franco	Brunch	1	3	Franco Noriega's brunch game is strong with his piled-high Avocado Toast and an elevated take on a Tex Mex Huevos Rancheros with fried tortilla strips.	USA	English-70, Spanish-30	2023	RPT	G	