



WEEK 28

Sunday, 5 July 2026

Saturday, 11 July 2026

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
5/07/2026	500	Travel	Street Food Nomad: Kolkata	Episode 6	1	6	In Kolkata street food isn't only about the hawkers stalls. Coffee Houses are part meeting place, part restaurant, part community hall, serving up quick and simple food for the multitudes.	AUSTRALIA	English-100	2024	RPT	PG				
5/07/2026	530	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				
5/07/2026	630	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				
5/07/2026	735	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 shed, 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				
5/07/2026	830	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				
5/07/2026	930	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				
5/07/2026	1030	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				
5/07/2026	1135	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				
5/07/2026	1240	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				
5/07/2026	1340	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 Zae - a hub for aspiring Turkish artists and designers.	TURKEY	English-50; Turkish-50	2018	RPT	G				
5/07/2026	1410	Cooking	The Cook Up With Adam Liaw	tis 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	RPT	G				
5/07/2026	1440	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	PG				
5/07/2026	1510	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	PG				
5/07/2026	1540	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				
5/07/2026	1610	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				
5/07/2026	1640	Cooking	Deliciously Twisted Classics	Sugar Rush Surprise	1	13	If you're craving a creative sugar high, then look no further than these delectable desserts. Birthday cake, cheesecake,	USA	English-100	2023	RPT	G				
5/07/2026	1705	Cooking	Deliciously Twisted Classics	Tropical Twist	1	14	Chefs are taking inspiration from the islands to put fun twists on their favorite classic dishes. Fried calamari, mango sticky rice, loco moco, fried rice, and French toast all get reinvented to create unique tropical delights.	USA	English-100	2023	RPT	G				
5/07/2026	1730	Food Lifestyle	River Cottage Everyday	Veg	1	3	Hugh tries to win over the shoppers of Bridport to the delights of crudites, and persuade some of Poole's fire fighters to go vegetarian.	UNITED KINGDOM	English-100	2010	RPT	PG				
5/07/2026	1825	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				
5/07/2026	1830	Cooking	Richo's Hungry Az Hell	Takeaway Is Cancelled	1	3	Delete the food delivery apps. Richo's staging an intervention. Tonight he shows you how to beat takeaway at its own game in the time it takes for your driver to get lost three streets over.	AUSTRALIA	English-100	2025	RPT	G				
5/07/2026	1900	Cooking	The Chef's Garden	Episode 8	2	8	The season wraps on a heartfelt note. Massimo enjoys a quiet moment by the Derwent River with his family before visiting local farms, exploring the stories behind seasonal greens and Tasmanian salt.	AUSTRALIA	English-100	2025		PG				
5/07/2026	1930	Cooking	Paddock To Plate	Byron Bay Summer Special	1	8	Matt's final week and he drives to the most Northern part of NSW to find some fresh summer flavours in and around Byron Bay	AUSTRALIA	English-100	2013		PG				
5/07/2026	2030	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	2	4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100	2022	RPT	PG				

5/07/2026	2100	Travel	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	2	5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers, Thomas Hardy, and his little-known love affair with a Cornish woman.	UNITED KINGDOM	English-100	2022	RPT	PG
5/07/2026	2130	Travel	Hidden Restaurants With Michel Roux Jr	South East	1	4	On the final research trip of Michel Roux's culinary tour of the UK, to discover the world of Hidden Restaurants, he visits a concrete fort into the middle of the sea, a restaurant made of scaffolding and plastic sheeting and a place that is a step back in time to an Edwardian high street shop.	UNITED KINGDOM	English-100	2017	RPT	PG
5/07/2026	2230	Travel	Eating Inn	Woodcut Pt 2: Crown, Sydney	2	7	Back in Sydney Harbour, Ross and Dan show us how to prepare live pippies vadouvan with roasted chickpeas and curry leaves.	SINGAPORE	English-100	2023	RPT	PG
5/07/2026	2330	Travel	Eating Inn	Silks: Crown, Sydney	2	8	Beginning with some cocktails at the gorgeous Tea room we move onto the adjoining Silks, where chef Kar Loong Yee takes us through a feast of never-ending signature dishes.	SINGAPORE	English-100	2023	RPT	PG
5/07/2026	2430	Cooking	Deliciously Twisted Classics	Sugar Rush Surprise	1	13	If you're craving a creative sugar high, then look no further than these delectable desserts. Birthday cake, cheesecake,	USA	English-100	2023	RPT	G
5/07/2026	2500	Cooking	Deliciously Twisted Classics	Tropical Twist	1	14	Chefs are taking inspiration from the islands to put fun twists on their favorite classic dishes. Fried calamari, mango sticky rice, loco moco, fried rice, and French toast all get reinvented to create unique tropical delights.	USA	English-100	2023	RPT	G
5/07/2026	2530	Food Lifestyle	River Cottage Everyday	Veg	1	3	Hugh tries to win over the shoppers of Bridport to the delights of crudites, and persuade some of Poole's fire fighters to go vegetarian.	UNITED KINGDOM	English-100	2010	RPT	PG
5/07/2026	2625	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	1	1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G
5/07/2026	2630	Cooking	Paddock To Plate	Byron Bay Summer Special	1	8	Matt's final week and he drives to the most Northern part of NSW to find some fresh summer flavours in and around Byron Bay	AUSTRALIA	English-100	2013	RPT	PG
5/07/2026	2730	Travel	Hidden Restaurants With Michel Roux Jr	South East	1	4	On the final research trip of Michel Roux's culinary tour of the UK, to discover the world of Hidden Restaurants, he visits a concrete fort into the middle of the sea, a restaurant made of scaffolding and plastic sheeting and a place that is a step back in time to an Edwardian high street shop.	UNITED KINGDOM	English-100	2017	RPT	PG
5/07/2026	2830	Cooking	Richo's Hungry Az Hell	Takeaway Is Cancelled	1	3	Delete the food delivery apps. Richo's staging an intervention. Tonight he shows you how to beat takeaway at its own game in the time it takes for your driver to get lost three streets over.	AUSTRALIA	English-100	2025	RPT	G
6/07/2026	500	Cooking	The Cook Up With Adam Liaw	tis 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	RPT	G
6/07/2026	530	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	PG
6/07/2026	600	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	PG
6/07/2026	630	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
6/07/2026	700	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
6/07/2026	730	Cooking	Deliciously Twisted Classics	Sugar Rush Surprise	1	13	If you're craving a creative sugar high, then look no further than these delectable desserts. Birthday cake, cheesecake,	USA	English-100	2023	RPT	G
6/07/2026	800	Cooking	Deliciously Twisted Classics	Tropical Twist	1	14	Chefs are taking inspiration from the islands to put fun twists on their favorite classic dishes. Fried calamari, mango sticky rice, loco moco, fried rice, and French toast all get reinvented to create unique tropical delights.	USA	English-100	2023	RPT	G
6/07/2026	830	Travel	Eating Inn	Woodcut Pt 2: Crown, Sydney	2	7	Back in Sydney Harbour, Ross and Dan show us how to prepare live pippies vadouvan with roasted chickpeas and curry leaves.	SINGAPORE	English-100	2023	RPT	PG
6/07/2026	930	Travel	Eating Inn	Silks: Crown, Sydney	2	8	Beginning with some cocktails at the gorgeous Tea room we move onto the adjoining Silks, where chef Kar Loong Yee takes us through a feast of never-ending signature dishes.	SINGAPORE	English-100	2023	RPT	PG
6/07/2026	1030	Cooking	Paddock To Plate	Byron Bay Summer Special	1	8	Matt's final week and he drives to the most Northern part of NSW to find some fresh summer flavours in and around Byron Bay	AUSTRALIA	English-100	2013	RPT	PG
6/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Classics	11	6	Today the Hairy Bikers are cooking dishes that will always hit the spot and which are guaranteed to bring smiles to the table. They reveal the secret behind their ultimate Biker Burger and cook two of their favourite desserts - a showstopping meringue and a modern take on a classic Banana Split.	UNITED KINGDOM	English-100	2017	RPT	G
6/07/2026	1225	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
6/07/2026	1230	Travel	Order Up!	Back To Basics	1	1	Fresh in the kitchen, Hudson needs to beef up his culinary foundations. Starting in his own backyard of Los Angeles, California - he must learn the skills needed to kickstart his culinary adventure.	CANADA	English-100	2022	RPT	PG
6/07/2026	1325	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
6/07/2026	1330	Cooking	Destination Flavour China	Fujian	1	8	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration where the movement of people left an enduring mark that manifested in its food and culture. Adam starts his exploration in the ancient port city of Xiamen, where so many of the Fujian dishes and ingredients come from that have had huge influence abroad.	English-70; Mandarin-30	2018	RPT	G	
6/07/2026	1400	Cooking	Flat Out Food	Egg	3	6	Jenn traces the humble egg's journey from a local farm to the kitchen, where she makes two classic egg dishes.	CANADA	English-100	2023	RPT	G

6/07/2026	1430	Cooking	Kriol Kitchen	Ali & Mitch Torres: Stinky Pearl Shell & Garlic Butter Pearl Meat	2	1	Ali and Mitch share two recipes they grew up with that their father used to make - a condiment made from the intestines of the pearl shell and also a dish made from the muscle of the shell.	AUSTRALIA	English-100	2014	RPT	G
6/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Chicken Scarpariello With S.E. Cupp	2	16	Political commentator and Rachael's friend, S.E. Cupp joins Rachael in her upstate kitchen to learn how to prepare Chicken Scarpiello, a classic Italian American chicken dish that is baked.	USA	English-100	2024	RPT	PG
6/07/2026	1530	Cooking	My Market Kitchen	Ep 11	7	11	Laura is joined in the Market Kitchen by Italian cheesemaker Giorgio Linguanti. First, Laura helps Giorgio with his handmade Burrata, then she makes the perfect accompaniment.	AUSTRALIA	English-100	2022	RPT	G
6/07/2026	1600	Cooking	Lidia's Kitchen	Tiny Kitchen, Big Flavor	10	18	Make your kitchen work for you Lidia whips up a personal favorite, Mushroom Ragu served over a bed of polenta.	USA	English-100	2023	RPT	G
6/07/2026	1630	Reality	Great Chocolate Showdown	Lights, Camera, Chocolate!	4	6	The remaining five bakers must rise to the occasion as they bake chocolate bread and use it to make a dessert deli sandwich. In the Elimination Challenge, the bakers look to the silver screen.	CANADA	English-100	2023	RPT	PG
6/07/2026	1725	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
6/07/2026	1730	Cooking	Food Safari Fire	Pots And Pans	1	7	Maeve learns about a unique range of pots and pans, including, the Spanish perol, Croatian peka, Chinese claypot, Moroccan tajine and Lebanese saj. Maeve catches up with chef Frank Camorra and his family as they cook traditional Spanish dishes, including a show-stopping seafood, meat and rice dish cooked in a perol, or a deep dish paella pan.	AUSTRALIA	English-100	2015	RPT	G
6/07/2026	1800	Travel	America The Bountiful	Honey in North Dakota	2	5	Join Capri in North Dakota which leads the nation in honey production. Capri visits an apiary to learn about beekeeping practices and the importance of migratory beekeeping to agriculture across the country.	USA	English-100	2025		PG
6/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 1	1	1	In this very French edition of Everyday Gourmet, we re-visit some of Justine's favourite quintessential French dishes from the Everyday Gourmet series coming up on todays show.	AUSTRALIA	English-100	2024		G
6/07/2026	1900	Cooking	The Cook Up With Adam Liaw	Fishing Around	9	61	Host Nornie Bero is celebrating NAIDOC Week with a feast, and she's gathered proud Malyangapa Barkindji woman BARKAA and proud Kamilaroi man Matty Mills for a spot of fishing around!	AUSTRALIA	English-100	2025		G
6/07/2026	1930	Cooking	Donal's Real Time Recipes	Lazy Sunday	2	9	Sundays are made for slowing down but that doesn't mean skimping on flavour. In this laid-back episode, Donal shares his favourite Lazy Sunday recipes that feel indulgent, a bit fancy and stress free.	UNITED KINGDOM	English-100	2025		G
6/07/2026	2000	Travel	Guillaume's Paris	Ep 1	1	1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' twenty arrondissements. In the first episode, Guillaume explores Paris to discover where the very first restaurant was opened, and he visits a Michelin star restaurant on Rue du Nil, one of the most exciting streets for foodies in the city.	AUSTRALIA	English-100	2022	RPT	G
6/07/2026	2030	Travel	Adam Liaw's North American Fan Feasts	Vancouver	1	1		AUSTRALIA	English-100	2026		
6/07/2026	2100	Travel	Pati's Mexican Table	My Heart, My Home	14	1	Pati learns the ancient history of Mexico City and tours the largest market in the world.	USA	English-100	2025		G
6/07/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 14	1	14	Today's brand new Come Dine With Me Professionals sees Newcastle husband and wife duo Steph and Daimo kick the week off in their 'Cricket club restaurant' Savoury Fix with a hefty menu of comfort food	UNITED KINGDOM	English-100	2022	RPT	PG
6/07/2026	2225	Cooking	Please Eat Slowly Bitesize	Dumplings	1	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G
6/07/2026	2230	Cooking	The Cook Up With Adam Liaw	Fishing Around	9	61	Host Nornie Bero is celebrating NAIDOC Week with a feast, and she's gathered proud Malyangapa Barkindji woman BARKAA and proud Kamilaroi man Matty Mills for a spot of fishing around!	AUSTRALIA	English-100	2025	RPT	G
6/07/2026	2300	Food Lifestyle	Cheese Slices	Bhutan: Yak's Cheese And Butter	6	3	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA	English-100	2012	RPT	G
6/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Classics	11	6	Today the Hairy Bikers are cooking dishes that will always hit the spot and which are guaranteed to bring smiles to the table. They reveal the secret behind their ultimate Biker Burger and cook two of their favourite desserts - a showstopping meringue and a modern take on a classic Banana Split.	UNITED KINGDOM	English-100	2017	RPT	G
6/07/2026	2425	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
6/07/2026	2430	Cooking	Donal's Real Time Recipes	Lazy Sunday	2	9	Sundays are made for slowing down but that doesn't mean skimping on flavour. In this laid-back episode, Donal shares his favourite Lazy Sunday recipes that feel indulgent, a bit fancy and stress free.	UNITED KINGDOM	English-100	2025	RPT	G
6/07/2026	2500	Travel	Guillaume's Paris	Ep 1	1	1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' twenty arrondissements. In the first episode, Guillaume explores Paris to discover where the very first restaurant was opened, and he visits a Michelin star restaurant on Rue du Nil, one of the most exciting streets for foodies in the city.	AUSTRALIA	English-100	2022	RPT	G
6/07/2026	2530	Travel	Adam Liaw's North American Fan Feasts	Vancouver	1	1	Adam Liaw embarks on a fun, flavour-filled journey across North America's FIFA World Cup host nations, exploring how food and sport come together to celebrate community and the universal joy of being a fan.	AUSTRALIA	English-100	2026	RPT	
6/07/2026	2600	Travel	Pati's Mexican Table	My Heart, My Home	14	1	Pati learns the ancient history of Mexico City and tours the largest market in the world.	USA	English-100	2025	RPT	G
6/07/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 14	1	14	Today's brand new Come Dine With Me Professionals sees Newcastle husband and wife duo Steph and Daimo kick the week off in their 'Cricket club restaurant' Savoury Fix with a hefty menu of comfort food	UNITED KINGDOM	English-100	2022	RPT	PG
6/07/2026	2725	Cooking	Please Eat Slowly Bitesize	Dumplings	1	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G
6/07/2026	2730	Cooking	The Cook Up With Adam Liaw	Fishing Around	9	61	Host Nornie Bero is celebrating NAIDOC Week with a feast, and she's gathered proud Malyangapa Barkindji woman BARKAA and proud Kamilaroi man Matty Mills for a spot of fishing around!	AUSTRALIA	English-100	2025	RPT	G

6/07/2026	2800	Food Lifestyle	Cheese Slices	Bhutan: Yak's Cheese And Butter	6	3	Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes.	AUSTRALIA	English-100	2012	RPT	G
6/07/2026	2830	Cooking	Flat Out Food	Egg	3	6	Jenn traces the humble egg's journey from a local farm to the kitchen, where she makes two classic egg dishes.	CANADA	English-100	2023	RPT	G
7/07/2026	500	Cooking	Destination Flavour China	Fujian	1	8	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration where the movement of people left an enduring mark that manifested in its food and culture. Adam starts his exploration in the ancient port city of Xiamen, where so many of the Fujian dishes and ingredients come from that have had huge influence abroad.		English-70; Mandarin-30	2018	RPT	G
7/07/2026	530	Cooking	Hairy Bikers Comfort Food	Classics	11	6	Today the Hairy Bikers are cooking dishes that will always hit the spot and which are guaranteed to bring smiles to the table. They reveal the secret behind their ultimate Biker Burger and cook two of their favourite desserts - a showstopping meringue and a modern take on a classic Banana Split.	UNITED KINGDOM	English-100	2017	RPT	G
7/07/2026	625	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
7/07/2026	630	Travel	Order Up!	Back To Basics	1	1	Fresh in the kitchen, Hudson needs to beef up his culinary foundations. Starting in his own backyard of Los Angeles, California - he must learn the skills needed to kickstart his culinary adventure.	CANADA	English-100	2022	RPT	PG
7/07/2026	725	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
7/07/2026	730	Cooking	My Market Kitchen	Ep 11	7	11	Laura is joined in the Market Kitchen by Italian cheesemaker Giorgio Linguanti. First, Laura helps Giorgio with his handmade Burrata, then she makes the perfect accompaniment.	AUSTRALIA	English-100	2022	RPT	G
7/07/2026	800	Cooking	Lidia's Kitchen	Tiny Kitchen, Big Flavor	10	18	Make your kitchen work for you Lidia whips up a personal favorite, Mushroom Ragu served over a bed of polenta.	USA	English-100	2023	RPT	G
7/07/2026	830	Reality	Great Chocolate Showdown	Lights, Camera, Chocolate!	4	6	The remaining five bakers must rise to the occasion as they bake chocolate bread and use it to make a dessert deli sandwich. In the Elimination Challenge, the bakers look to the silver screen.	CANADA	English-100	2023	RPT	PG
7/07/2026	925	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
7/07/2026	930	Cooking	Food Safari Fire	Pots And Pans	1	7	Maeve learns about a unique range of pots and pans, including, the Spanish perol, Croatian peka, Chinese claypot, Moroccan tajine and Lebanese saj. Maeve catches up with chef Frank Camorra and his family as they cook traditional Spanish dishes, including a show-stopping seafood, meat and rice dish cooked in a perol, or a deep dish paella pan.	AUSTRALIA	English-100	2015	RPT	G
7/07/2026	1000	Travel	America The Bountiful	Honey In North Dakota	2	5	Join Capri in North Dakota which leads the nation in honey production. Capri visits an apiary to learn about beekeeping practices and the importance of migratory beekeeping to agriculture across the country.	USA	English-100	2025	RPT	PG
7/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 1	1	1	In this very French edition of Everyday Gourmet, we re-visit some of Justine's favourite quintessential French dishes from the Everyday Gourmet series coming up on todays show.	AUSTRALIA	English-100	2024	RPT	G
7/07/2026	1100	Cooking	The Cook Up With Adam Liaw	Fishing Around	9	61	Host Nornie Bero is celebrating NAIDOC Week with a feast, and she's gathered proud Malyangapa Barkindji woman BARKAA and proud Kamilaroi man Matty Mills for a spot of fishing around!	AUSTRALIA	English-100	2025	RPT	G
7/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Posh-ish Nosh	11	7	Today the Bikers are pushing the boat out, using top notch ingredients in special recipes to create showstopping dishes. They've updated an old favourite - the Rum Baba - and are making the most of a great cut of beef in a traditional Greek Stifado.	UNITED KINGDOM	English-100	2017	RPT	G
7/07/2026	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
7/07/2026	1230	Travel	Order Up!	Fired Up	1	2	Houston, Texas is known as the land of smokehouses and barbeques and it's here that Hudson learns fusion techniques to smoke meat, grill fajitas and create barbeque using a wok!	CANADA	English-100	2022	RPT	PG
7/07/2026	1325	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	1	2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
7/07/2026	1330	Cooking	Destination Flavour China	Hong Kong And Guandong	1	9	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city. Adam has arrived in a city where restaurant is king and the average Hong Kong resident eats out an astonishing 23 times a month. To help him find his way around, Adam meets up with his friend, Hong Kong based food writer Janice Leung.		English-70; Mandarin-30	2018	RPT	G
7/07/2026	1400	Cooking	Flat Out Food	Bison	3	7	Jenn visits a First Nations community that has brought bison back to their traditional lands and a family focused on regenerative agriculture.	CANADA	English-100	2023	RPT	G
7/07/2026	1430	Cooking	Kriol Kitchen	Clifton Mamid: Tempura Fish & Blachung With Asian Style Salad	2	2	Clifton Mamid is a trained chef who draws on his grandfather's Malaysian influence and whips up three separate dishes that make for a scrumptious meal.	AUSTRALIA	English-100	2014	RPT	G
7/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Halibut Fish Tacos	2	17	Rachael cooks a flavorful Mexican-style dish of halibut fish tacos along with pico de gallo and John serves up a tall glass of refreshing watermelon Margaritas.	USA	English-100	2024	RPT	PG
7/07/2026	1530	Cooking	My Market Kitchen	Ep 12	7	12	In this fun-filled episode, Mike is joined in the Market Kitchen by third-generation farmer Catherine Velisha to cook a delicious Cannon of Lamb. Next, Laura makes a decadent, once-in-a-blue-moon Spag Bol Toastie.	AUSTRALIA	English-100	2022	RPT	G
7/07/2026	1600	Cooking	Lidia's Kitchen	Switch Up The Spice	10	19	Spice doesn't always mean heat, it can be delicate and complex or big & bold.	USA	English-100	2023	RPT	G
7/07/2026	1630	Reality	Great Chocolate Showdown	Sweet Suspensions	4	7	The final four home grow their chocolate and confectionary skills to create a delectable trifle terrarium. With one Elimination Challenge before the finale, the home bakers' nerves are hanging by a thread, as they create a 3-tiered suspended cake.	CANADA	English-100	2023	RPT	G

7/07/2026	1725	Cooking	Bring A Plate	Rachel's Bossam	1	2	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	2024	RPT	G
7/07/2026	1730	Cooking	Food Safari Fire	Asian Barbecue	1	8	Maeve celebrates classic Asian recipes and culinary techniques all designed to cook over coals including Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	2015	RPT	G
7/07/2026	1800	Travel	America The Bountiful	Lobster In Maine	2	6	Capri travels to Rockland to experience the annual Maine Lobster Festival and then heads out on the water to catch lobster with a woman who has been in the sustainable lobster.	USA	English-100	2025		PG
7/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 2	1	2	In todays eisode we're savoring the rustic flavors of France with buttery Balsamic Glaze Onion Tarts.	AUSTRALIA	English-100	2024		G
7/07/2026	1900	Cooking	The Cook Up With Adam Liaw	Auntie's Cooking	9	62	On the menu for NAIDOC Week: Auntie's cooking, courtesy of host Normie Bero and her guests, award-winning Yolgnu rapper Baker Boy and proud Gamilaroi woman and journalist Brooke Boney.	AUSTRALIA	English-100	2025		G
7/07/2026	1930	Cooking	Luca's Key Ingredient	Episode 4	5	4	Amaretti biscuits take centre stage as Luca explores their sweet and savoury potential.	AUSTRALIA	English-100	2025		PG
7/07/2026	2000	Cooking	Cook Clever Waste Less With Prue & Rupy	Thompson Family, The	1	3	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help the Thompson family tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G
7/07/2026	2030	Travel	Eva Longoria: Searching For Mexico	Nuevo Leon	1	4	The state of Nuevo Leon borders Texas, so this is a voyage of familiarity for Texas-born Eva. In the modern state capital Monterrey, Eva ventures to an innovative restaurant called Kohli, where the chef aims to tell the story of Nuevo Leon through its inventive dishes. Here she tries their signature dish, meteorite, prepared with beef meatballs, tempura made from tortilla ashes, squid ink and local flowers beautifully served over smoked pork bones. A culinary work of art!	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG
7/07/2026	2125	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
7/07/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 15	1	15	In Liverpool Harringtons, a local Tapas restaurant (with an international twist) kick off the competition with mum and son duo James and Lisa with some good fun, family vibes and an eclectic mix of food.	UNITED KINGDOM	English-100	2022	RPT	PG
7/07/2026	2225	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G
7/07/2026	2230	Cooking	The Cook Up With Adam Liaw	Auntie's Cooking	9	62	On the menu for NAIDOC Week: Auntie's cooking, courtesy of host Normie Bero and her guests, award-winning Yolgnu rapper Baker Boy and proud Gamilaroi woman and journalist Brooke Boney.	AUSTRALIA	English-100	2025	RPT	G
7/07/2026	2300	Food Lifestyle	Cheese Slices	Turkey: Traditional Cheeses Of Turkey	6	4	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA	English-100	2012	RPT	G
7/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Posh-Ish Nosh	11	7	Today the Bikers are pushing the boat out, using top notch ingredients in special recipes to create showstopping dishes. They've updated an old favourite - the Rum Baba - and are making the most of a great cut of beef in a traditional Greek Stifado.	UNITED KINGDOM	English-100	2017	RPT	G
7/07/2026	2425	Cooking	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	1	2	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	2024	RPT	G
7/07/2026	2430	Cooking	Luca's Key Ingredient	Episode 4	5	4	Amaretti biscuits take centre stage as Luca explores their sweet and savoury potential.	AUSTRALIA	English-100	2025	RPT	PG
7/07/2026	2500	Cooking	Cook Clever Waste Less With Prue & Rupy	Thompson Family, The	1	3	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help the Thompson family tackle food waste and save money.	UNITED KINGDOM	English-100	2021	RPT	G
7/07/2026	2530	Travel	Eva Longoria: Searching For Mexico	Nuevo Leon	1	4	The state of Nuevo Leon borders Texas, so this is a voyage of familiarity for Texas-born Eva. In the modern state capital Monterrey, Eva ventures to an innovative restaurant called Kohli, where the chef aims to tell the story of Nuevo Leon through its inventive dishes. Here she tries their signature dish, meteorite, prepared with beef meatballs, tempura made from tortilla ashes, squid ink and local flowers beautifully served over smoked pork bones. A culinary work of art!	UNITED KINGDOM	English-90; Spanish-10	2021	RPT	PG
7/07/2026	2625	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
7/07/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 15	1	15	In Liverpool Harringtons, a local Tapas restaurant (with an international twist) kick off the competition with mum and son duo James and Lisa with some good fun, family vibes and an eclectic mix of food.	UNITED KINGDOM	English-100	2022	RPT	PG
7/07/2026	2725	Cooking	Please Eat Slowly Bitesize	Yee Sang	1	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G
7/07/2026	2730	Cooking	The Cook Up With Adam Liaw	Auntie's Cooking	9	62	On the menu for NAIDOC Week: Auntie's cooking, courtesy of host Normie Bero and her guests, award-winning Yolgnu rapper Baker Boy and proud Gamilaroi woman and journalist Brooke Boney.	AUSTRALIA	English-100	2025	RPT	G
7/07/2026	2800	Food Lifestyle	Cheese Slices	Turkey: Traditional Cheeses Of Turkey	6	4	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin.	AUSTRALIA	English-100	2012	RPT	G
7/07/2026	2830	Cooking	Flat Out Food	Bison	3	7	Jenn visits a First Nations community that has brought bison back to their traditional lands and a family focused on regenerative agriculture.	CANADA	English-100	2023	RPT	G
8/07/2026	500	Cooking	Destination Flavour China	Hong Kong And Guandong	1	9	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city. Adam has arrived in a city where restaurant is king and the average Hong Kong resident eats out an astonishing 23 times a month. To help him find his way around, Adam meets up with his friend, Hong Kong based food writer Janice Leung.		English-70; Mandarin-30	2018	RPT	G
8/07/2026	530	Cooking	Hairy Bikers Comfort Food	Posh-Ish Nosh	11	7	Today the Bikers are pushing the boat out, using top notch ingredients in special recipes to create showstopping dishes. They've updated an old favourite - the Rum Baba - and are making the most of a great cut of beef in a traditional Greek Stifado.	UNITED KINGDOM	English-100	2017	RPT	G
8/07/2026	625	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

8/07/2026	630	Travel	Order Up!	Fired Up	1	2	Houston, Texas is known as the land of smokehouses and barbeques and it's here that Hudson learns fusion techniques to smoke meat, grill fajitas and create barbeque using a wok!	CANADA	English-100	2022	RPT	PG
8/07/2026	725	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	1	2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
8/07/2026	730	Cooking	My Market Kitchen	Ep 12	7	12	In this fun-filled episode, Mike is joined in the Market Kitchen by third-generation farmer Catherine Velisha to cook a delicious Cannon of Lamb. Next, Laura makes a decadent, once-in-a-blue-moon Spag Bol Toastie.	AUSTRALIA	English-100	2022	RPT	G
8/07/2026	800	Cooking	Lidia's Kitchen	Switch Up The Spice	10	19	Spice doesn't always mean heat, it can be delicate and complex or big & bold.	USA	English-100	2023	RPT	G
8/07/2026	830	Reality	Great Chocolate Showdown	Sweet Suspensions	4	7	The final four home grow their chocolate and confectionary skills to create a delectable trifle terrarium. With one Elimination Challenge before the finale, the home bakers' nerves are hanging by a thread, as they create a 3-tiered suspended cake.	CANADA	English-100	2023	RPT	G
8/07/2026	925	Cooking	Bring A Plate	Rachel's Bossam	1	2	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	2024	RPT	G
8/07/2026	930	Cooking	Food Safari Fire	Asian Barbecue	1	8	Maeve celebrates classic Asian recipes and culinary techniques all designed to cook over coals including Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	2015	RPT	G
8/07/2026	1000	Travel	America The Bountiful	Lobster In Maine	2	6	Capri travels to Rockland to experience the annual Maine Lobster Festival and then heads out on the water to catch lobster with a woman who has been in the sustainable lobster.	USA	English-100	2025	RPT	PG
8/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 2	1	2	In todays eisode we're savoring the rustic flavors of France with buttery Balsamic Glaze Onion Tarts.	AUSTRALIA	English-100	2024	RPT	G
8/07/2026	1100	Cooking	The Cook Up With Adam Liaw	Auntie's Cooking	9	62	On the menu for NAIDOC Week: Auntie's cooking, courtesy of host Nornie Bero and her guests, award-winning Yolgnu rapper Baker Boy and proud Gamilaroi woman and journalist Brooke Boney.	AUSTRALIA	English-100	2025	RPT	G
8/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Nostalgia	11	8	Today is all about nostalgic comfort food - dishes to conjure up childhood memories, holiday favourites and tastes of days gone by. The Bikers cook a Lancashire hotpot just like Dave's mother used to make and a French speciality brings back holiday memories for Si.	UNITED KINGDOM	English-100	2017	RPT	G
8/07/2026	1225	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G
8/07/2026	1230	Travel	Order Up!	Cooking With Soul	1	3	Having never tasted soul food in Louisiana, it has always been a dream of Hudson's to have a chance to cook Creole and Cajun cuisines. He learns the generations old recipes that make them so iconic.	CANADA	English-100	2022	RPT	PG
8/07/2026	1325	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	1	3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
8/07/2026	1330	Cooking	Destination Flavour China	Hainan Island	1	10	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion, but before they arrive, he's keen to check out the islands food and culture. Hainan Island is known as 'Oriental Hawaii', and it enjoys the same palm-fringed golden beaches and tropical climate. Over the years though many Hainanese left the island migrating to South East Asia in search of a better life, along with the Liaw branch of the family that begat Adam and this history has also influenced the island's food and culture.	English-70; Mandarin-30	2018	RPT	G	
8/07/2026	1400	Cooking	Flat Out Food	Salt	3	8	Mined in Saskatchewan, salt is vital in the kitchen. Jenn learns how the 'magic' ingredient can accentuate and elevate a dish.	CANADA	English-100	2023	RPT	G
8/07/2026	1430	Cooking	Kriel Kitchen	Hasimah Haji Noor: Spicy Chicken, Fried Chilli Eggs & Spicy Malay Noodles	2	3	All of the dishes like Malaysian Spicy Chicken, Fried Chilli Eggs and Spicy Malay Noodles have come across the ocean from Malaysia and Singapore, to Broome, from Hasimah's father.	AUSTRALIA	English-100	2014	RPT	G
8/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Korean Fried Chicken	2	18	Korean fried chicken is one of John's favorite dishes. Rachael prepares this sweet and spicy meal at home and shows how to pair the dish with Persian cucumbers, daikon radishes, and kimchi.	USA	English-100	2024	RPT	PG
8/07/2026	1530	Cooking	My Market Kitchen	Ep 13	7	13	Mike is joined by top pastry chef Darren Purchase, who demonstrates how to cook the perfect Basque Burnt Cheesecake.	AUSTRALIA	English-100	2022	RPT	G
8/07/2026	1600	Cooking	Lidia's Kitchen	Colorful Inspiration	10	20	The colors Lidia finds in her garden and at the market inspire her to cook! Vibrant yellow cherry tomatoes motivated Lidia to make her Spaghetti with Yellow Tomato Pesto	USA	English-100	2023	RPT	G
8/07/2026	1630	Reality	Great Chocolate Showdown	Tale Of Three Bakers, A	4	8	In the season finale, the home bakers take on the most challenging and personal bake of the entire competition-telling their baking story through four delectable dessert chapters.	CANADA	English-100	2023	RPT	G
8/07/2026	1725	Cooking	Bring A Plate	Keyma's Empanadas	1	3	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	2024	RPT	G
8/07/2026	1730	Cooking	Food Safari Fire	Smoking	1	9	Maeve O'Meara explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon and kingfish, West African condiments, flavoursome smoked lamb, Irish cold smoked bacon, and Kansas City style ribs.	AUSTRALIA	English-100	2015	RPT	G
8/07/2026	1800	Travel	America The Bountiful	Cherries In Michigan	2	7	Capri visits Michigan to get a sweet, and tart taste of what makes Traverse City, and its surrounding areas, the 'cherry capital of the world'.	USA	English-100	2025		PG
8/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 3	1	3	On today's show, Gabriel Gate transports us to Provence with his elegant Ratatouille Verrine, topped with cloud-like Lemon Chantilly.	AUSTRALIA	English-100	2024		G
8/07/2026	1900	Cooking	The Cook Up With Adam Liaw	Mob Feasts	9	63	Tonight, proud Arrernte actor Sherry-Lee Watson, Nagarrindjeri comedian Kevin Kropinyeri and NAIDOC Week host Nornie Bero are making a masterful mob feast.	AUSTRALIA	English-100	2025		G

8/07/2026	1930	Travel	Street Food Nomad: Kolkata	Episode 2	1	2	The Eastern port Kolkata has been a centre for international merchants and migrants. The closest entry-point from China, in 1778 Kolkata became home to India's only Chinese community.	AUSTRALIA	English-100	2024	RPT	G
8/07/2026	2000	Cooking	Frugal Foodie	Fakeaways	1	8	Recreate your favorite takeaway meals at home, including Chicken Pad Thai, Lamb Gozleme and a Gluten free Crispy Sweet & Sour Chicken.	AUSTRALIA	English-100	2024		G
8/07/2026	2030	Travel	Jose Andres And Family In Spain	Valencia	1	4	Chef Jose Andres and his daughters go on a mission to discover the origins of Spanish paella in Valencia.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	PG
8/07/2026	2125	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
8/07/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 16	1	16	Today's brand new Come Dine With Me Professionals heads to Birmingham, where our first hosts are Seafood restaurant The Oyster Club's head chef Rosie and front of house Jess.	UNITED KINGDOM	English-100	2022	RPT	PG
8/07/2026	2225	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	1	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G
8/07/2026	2230	Cooking	The Cook Up With Adam Liaw	Mob Feasts	9	63	Tonight, proud Arrernte actor Sherry-Lee Watson, Nagarrindjeri comedian Kevin Kropinyeri and NAIDOC Week host Norrie Bero are making a masterful mob feast.	AUSTRALIA	English-100	2025	RPT	G
8/07/2026	2300	Food Lifestyle	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	6	5	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA	English-100	2012	RPT	G
8/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Nostalgia	11	8	Today is all about nostalgic comfort food - dishes to conjure up childhood memories, holiday favourites and tastes of days gone by. The Bikers cook a Lancashire hotpot just like Dave's mother used to make and a French speciality brings back holiday memories for Si.	UNITED KINGDOM	English-100	2017	RPT	G
8/07/2026	2425	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G
8/07/2026	2430	Travel	Street Food Nomad: Kolkata	Episode 2	1	2	The Eastern port Kolkata has been a centre for international merchants and migrants. The closest entry-point from China, in 1778 Kolkata became home to India's only Chinese community.	AUSTRALIA	English-100	2024	RPT	G
8/07/2026	2500	Cooking	Frugal Foodie	Fakeaways	1	8	Recreate your favorite takeaway meals at home, including Chicken Pad Thai, Lamb Gozleme and a Gluten free Crispy Sweet & Sour Chicken.	AUSTRALIA	English-100	2024	RPT	G
8/07/2026	2530	Travel	Jose Andres And Family In Spain	Valencia	1	4	Chef Jose Andres and his daughters go on a mission to discover the origins of Spanish paella in Valencia.	UNITED KINGDOM	English-50; Spanish-50	2022	RPT	PG
8/07/2026	2625	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
8/07/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 16	1	16	Today's brand new Come Dine With Me Professionals heads to Birmingham, where our first hosts are Seafood restaurant The Oyster Club's head chef Rosie and front of house Jess.	UNITED KINGDOM	English-100	2022	RPT	PG
8/07/2026	2725	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	1	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G
8/07/2026	2730	Cooking	The Cook Up With Adam Liaw	Mob Feasts	9	63	Tonight, proud Arrernte actor Sherry-Lee Watson, Nagarrindjeri comedian Kevin Kropinyeri and NAIDOC Week host Norrie Bero are making a masterful mob feast.	AUSTRALIA	English-100	2025	RPT	G
8/07/2026	2800	Food Lifestyle	Cheese Slices	France: The Last Of The Trappist Monk's Cheese	6	5	Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks.	AUSTRALIA	English-100	2012	RPT	G
8/07/2026	2830	Cooking	Flat Out Food	Salt	3	8	Mined in Saskatchewan, salt is vital in the kitchen. Jenn learns how the 'magic' ingredient can accentuate and elevate a dish.	CANADA	English-100	2023	RPT	G
9/07/2026	500	Cooking	Destination Flavour China	Hainan Island	1	10	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion, but before they arrive, he's keen to check out the island's food and culture. Hainan Island is known as 'Oriental Hawaii', and it enjoys the same palm-fringed golden beaches and tropical climate. Over the years though many Hainanese left the island migrating to South East Asia in search of a better life, along with the Liaw branch of the family that begat Adam and this history has also influenced the island's food and culture.	English-70; Mandarin-30	2018	RPT	G	
9/07/2026	530	Cooking	Hairy Bikers Comfort Food	Nostalgia	11	8	Today is all about nostalgic comfort food - dishes to conjure up childhood memories, holiday favourites and tastes of days gone by. The Bikers cook a Lancashire hotpot just like Dave's mother used to make and a French speciality brings back holiday memories for Si.	UNITED KINGDOM	English-100	2017	RPT	G
9/07/2026	625	Cooking	A Taste Of Island Dreams	Island Dreams Satay Skewers	1	3	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	2024	RPT	G
9/07/2026	630	Travel	Order Up!	Cooking With Soul	1	3	Having never tasted soul food in Louisiana, it has always been a dream of Hudson's to have a chance to cook Creole and Cajun cuisines. He learns the generations old recipes that make them so iconic.	CANADA	English-100	2022	RPT	PG
9/07/2026	725	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	1	3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
9/07/2026	730	Cooking	My Market Kitchen	Ep 13	7	13	Mike is joined by top pastry chef Darren Purchase, who demonstrates how to cook the perfect Basque Burnt Cheesecake.	AUSTRALIA	English-100	2022	RPT	G
9/07/2026	800	Cooking	Lidia's Kitchen	Colorful Inspiration	10	20	The colors Lidia finds in her garden and at the market inspire her to cook! Vibrant yellow cherry tomatoes motivated Lidia to make her Spaghetti with Yellow Tomato Pesto	USA	English-100	2023	RPT	G
9/07/2026	830	Reality	Great Chocolate Showdown	Tale Of Three Bakers, A	4	8	In the season finale, the home bakers take on the most challenging and personal bake of the entire competition-telling their baking story through four delectable dessert chapters.	CANADA	English-100	2023	RPT	G

9/07/2026	925	Cooking	Bring A Plate	Keyma's Empanadas	1	3	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	2024	RPT	G
9/07/2026	930	Cooking	Food Safari Fire	Smoking	1	9	Maeve O'Meara explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon and kingfish, West African condiments, flavoursome smoked lamb, Irish cold smoked bacon, and Kansas City style ribs.	AUSTRALIA	English-100	2015	RPT	G
9/07/2026	1000	Travel	America The Bountiful	Cherries In Michigan	2	7	Capri visits Michigan to get a sweet, and tart taste of what makes Traverse City, and its surrounding areas, the 'cherry capital of the world'.	USA	English-100	2025	RPT	PG
9/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 3	1	3	On today's show, Gabriel Gate transports us to Provence with his elegant Ratatouille Verrine, topped with cloud-like Lemon Chantilly.	AUSTRALIA	English-100	2024	RPT	G
9/07/2026	1100	Cooking	The Cook Up With Adam Liaw	Mob Feasts	9	63	Tonight, proud Arrernte actor Sherry-Lee Watson, Nagarrindjeri comedian Kevin Kropinyeri and NAIDOC Week host Nornie Bero are making a masterful mob feast.	AUSTRALIA	English-100	2025	RPT	G
9/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Cut Above, A	11	9	Today The Bikers take everyday ingredients and transform them into comforting dishes that are both satisfying and surprising. Bananas are transformed into a sophisticated Tarte-Tatin and some simple ricotta cheese is the basis for Gnudi - light, delicious Italian dumplings.	UNITED KINGDOM	English-100	2017	RPT	G
9/07/2026	1225	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G
9/07/2026	1230	Travel	Order Up!	Nose To Tail	1	4	Back home in Los Angeles, Hudson gets nose-deep in nose to tail cooking. Hacking away at raw carcasses and pulling offal, Hudson butchers his way through exotic recipes and ingredients.	CANADA	English-100	2022	RPT	PG
9/07/2026	1325	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	1	4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
9/07/2026	1330	Travel	Food Trail South Africa	Cape Town	1	1	Warren's first stop on his food trail of South Africa is the bustling city of Cape Town. Here, he visits a lively farmers market - where he samples a variety of delicious produce - and cooks up a Cape Malay curry in Bo Kaap. He then heads south to the fishing village of Simonstown, where he meets a local fisherman and cooks up some fresh fish and chips.	AUSTRALIA	English-100	2021	RPT	PG
9/07/2026	1400	Cooking	Flat Out Food	Barley	4	1	Found in abundance on the Prairies, barley is most often malted and used in beer but, as Jenn discovers, it has many unique uses as well.	CANADA	English-100	2023	RPT	G
9/07/2026	1430	Cooking	Kriol Kitchen	Ali & Mitch Torres: Birriga Birriga (Pippies) Soup & Goolil (Turtle) Chilli Tamarind Sambal	2	4	Drawing on the local seafood from Roebuck Bay, Ali and Mitch takes us to a childhood location that has on many occasions fed their family well with shellfish, fish and turtle aplenty.	AUSTRALIA	English-100	2014	RPT	G
9/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Beer Batter Fish Fry	2	19	Rachael and her family often enjoyed fish fry dinners in Cape Cod. Her mother served countless fish fry meals in her restaurants, and now Rachael shows how to make the dish at home with her favorite yogurt-based tartar sauce, plated with fries.	USA	English-100	2024	RPT	PG
9/07/2026	1530	Cooking	My Market Kitchen	Ep 14	7	14	Laura starts the show with award-winning chef Mark Normoyle, who makes the Japanese dish Takoyaki. Staying in the Market Kitchen, Laura then prepares a 'grown-up' Qukes and Gin Cake. To round off the show, Mike visits John the Fruiterer to get fresh pumpkin for his Spiced Pumpkin Soup.	AUSTRALIA	English-100	2022	RPT	G
9/07/2026	1600	Cooking	Lidia's Kitchen	Fish Market, The	10	21	Memories of fishing and the exploring the fish markets growing up, keep Lidia craving that fresh taste of the sea.	USA	English-100	2023	RPT	PG
9/07/2026	1630	Travel	My Greek Table With Diane Kochilas	Diane Discovers Athens	4	1	Diane discovers the history of her historic neighborhood in the heart of central Athens with the city's most renowned urban chronicler, and cooks up a delicious Spiced Roasted Chicken with Toasted Orzo Pilaf, Kale Caesar with Greek yogurt, and a Crispy Phyllo Ice Cream Sundae with Honey, Nuts and Halva.	USA	English-50; Greek-50	2022	RPT	G
9/07/2026	1700	Travel	My Greek Table With Diane Kochilas	Accidental Vegan, The	4	2	So much Greek food is naturally vegan. Diane explores the fast-growing vegan trends in Athens, honing in on the transformation of meat-based Greek classics to plant-based alternatives. She welcomes the country's best-known vegan chef into her kitchen to share some of his secrets.	USA	English-50; Greek-50	2022	RPT	G
9/07/2026	1730	Cooking	Food Safari Fire	Barbecue Safari	1	10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi and in Jamaica to cook jerk chicken and pork, as well as various parts of fridges, wheelie bins and lawnmowers welded into cooking devices.	AUSTRALIA	English-100	2015	RPT	G
9/07/2026	1800	Travel	America The Bountiful	Grapes In New York	2	8	Capri visits the Upstate New York town of Naples to take in their Grape Festival and learn why the Concord grape is so celebrated in the region.	USA	English-100	2025		PG
9/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 4	1	4	Coming up today, we celebrate the prized seafood of Normandy with Gabriel Gate's velvety Scallop and Carrot Soup.	AUSTRALIA	English-100	2024		PG
9/07/2026	1900	Travel	The Cook Up With Adam Liaw	Tropical Traditions	8	51	Captivating comedian Jay Wymarra and bestselling author Samantha Martin AKA Bush Tukka Woman join NAIDOC Week host Nornie Bero to share their tasty tropical traditions.	AUSTRALIA	English-98; Meriam Mir-1; Torres Strait Creole-1	2025	RPT	G
9/07/2026	1930	Travel	Adam Richman Eats Italy	Milan	1	2	Adam is in Milan tasting the most iconic foods named after this city including an amazing Risotto alla Milanese and a delicious Minestrone.	UNITED KINGDOM	English-100	2025		G
9/07/2026	2000	Travel	Barossa Gourmet With Justine Schofield	Ep 1	1	1	Justine tastes some delicious local wines, then ventures into traditional French cooking with vino cotto French shallot tarte tatin, followed by braised zucchini with lemon and garlic.	AUSTRALIA	English-100	2021	RPT	G
9/07/2026	2030	Reality	Yes, Chef!	What's In The Box?	1	3	Egos are tested in the kitchen when Jose and Martha present the chefs with mystery boxes labelled 1 to 5 that will challenge their skills and confidence.	USA	English-100	2025		PG
9/07/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 17	1	17	Today's brand new Come Dine With Me Professionals heads to Glasgow where it's a family affair, as each restaurant is represented by a child and parent pairing! First up are Saffron By Paradise.	UNITED KINGDOM	English-100	2022	RPT	PG
9/07/2026	2225	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G
9/07/2026	2230	Travel	The Cook Up With Adam Liaw	Tropical Traditions	8	51	Captivating comedian Jay Wymarra and bestselling author Samantha Martin AKA Bush Tukka Woman join NAIDOC Week host Nornie Bero to share their tasty tropical traditions.	AUSTRALIA	English-98; Meriam Mir-1; Torres Strait Creole-1	2025	RPT	G

9/07/2026	2300	Food Lifestyle	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	6	6	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA	English-100	2012	RPT	G
9/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Cut Above, A	11	9	Today The Bikers take everyday ingredients and transform them into comforting dishes that are both satisfying and surprising. Bananas are transformed into a sophisticated Tarte-Tatin and some simple ricotta cheese is the basis for Gnudi - light, delicious Italian dumplings.	UNITED KINGDOM	English-100	2017	RPT	G
9/07/2026	2425	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
9/07/2026	2430	Travel	Adam Richman Eats Italy	Milan	1	2	Adam is in Milan tasting the most iconic foods named after this city including an amazing Risotto alla Milanese and a delicious Minestrone.	UNITED KINGDOM	English-100	2025	RPT	G
9/07/2026	2500	Travel	Barossa Gourmet With Justine Schofield	Ep 1	1	1	Justine tastes some delicious local wines, then ventures into traditional French cooking with vino cotto French shallot tarte tatin, followed by braised zucchini with lemon and garlic.	AUSTRALIA	English-100	2021	RPT	G
9/07/2026	2530	Reality	Yes, Chef!	What's In The Box?	1	3	Egos are tested in the kitchen when Jose and Martha present the chefs with mystery boxes labelled 1 to 5 that will challenge their skills and confidence.	USA	English-100	2025	RPT	PG
9/07/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 17	1	17	Today's brand new Come Dine With Me Professionals heads to Glasgow where it's a family affair, as each restaurant is represented by a child and parent pairing! First up are Saffron By Paradise.	UNITED KINGDOM	English-100	2022	RPT	PG
9/07/2026	2725	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	1	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G
9/07/2026	2730	Travel	The Cook Up With Adam Liaw	Tropical Traditions	8	51	Captivating comedian Jay Wymarra and bestselling author Samantha Martin AKA Bush Tukka Woman join NAIDOC Week host Nornie Bero to share their tasty tropical traditions.	AUSTRALIA	English-98; Meriam Mir-1; Torres Strait Creole-1	2025	RPT	G
9/07/2026	2800	Food Lifestyle	Cheese Slices	Italy: Rare Mountain Cheeses Of The North East	6	6	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites.	AUSTRALIA	English-100	2012	RPT	G
9/07/2026	2830	Cooking	Flat Out Food	Barley	4	1	Found in abundance on the Prairies, barley is most often malted and used in beer but, as Jenn discovers, it has many unique uses as well.	CANADA	English-100	2023	RPT	G
10/07/2026	500	Travel	Food Trail South Africa	Cape Town	1	1	Warren's first stop on his food trail of South Africa is the bustling city of Cape Town. Here, he visits a lively farmers market - where he samples a variety of delicious produce - and cooks up a Cape Malay curry in Bo Kaap. He then heads south to the fishing village of Simonstown, where he meets a local fisherman and cooks up some fresh fish and chips.	AUSTRALIA	English-100	2021	RPT	PG
10/07/2026	530	Cooking	Hairy Bikers Comfort Food	Cut Above, A	11	9	Today The Bikers take everyday ingredients and transform them into comforting dishes that are both satisfying and surprising. Bananas are transformed into a sophisticated Tarte-Tatin and some simple ricotta cheese is the basis for Gnudi - light, delicious Italian dumplings.	UNITED KINGDOM	English-100	2017	RPT	G
10/07/2026	625	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G
10/07/2026	630	Travel	Order Up!	Nose To Tail	1	4	Back home in Los Angeles, Hudson gets nose-deep in nose to tail cooking. Hacking away at raw carcasses and pulling offal, Hudson butchers his way through exotic recipes and ingredients.	CANADA	English-100	2022	RPT	PG
10/07/2026	725	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	1	4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
10/07/2026	730	Cooking	My Market Kitchen	Ep 14	7	14	Laura starts the show with award-winning chef Mark Normoyle, who makes the Japanese dish Takoyaki. Staying in the Market Kitchen, Laura then prepares a 'grown-up' Qukes and Gin Cake. To round off the show, Mike visits John the Fruiterer to get fresh pumpkin for his Spiced Pumpkin Soup.	AUSTRALIA	English-100	2022	RPT	G
10/07/2026	800	Cooking	Lidia's Kitchen	Fish Market, The	10	21	Memories of fishing and the exploring the fish markets growing up, keep Lidia craving that fresh taste of the sea.	USA	English-100	2023	RPT	PG
10/07/2026	830	Travel	My Greek Table With Diane Kuchilas	Diane Discovers Athens	4	1	Diane discovers the history of her historic neighborhood in the heart of central Athens with the city's most renowned urban chronicler, and cooks up a delicious Spiced Roasted Chicken with Toasted Orzo Pilaf, Kale Caesar with Greek yogurt, and a Crispy Phyllo Ice Cream Sundae with Honey, Nuts and Halva.	USA	English-50; Greek-50	2022	RPT	G
10/07/2026	900	Travel	My Greek Table With Diane Kuchilas	Accidental Vegan, The	4	2	So much Greek food is naturally vegan. Diane explores the fast-growing vegan trends in Athens, honing in on the transformation of meat-based Greek classics to plant-based alternatives. She welcomes the country's best-known vegan chef into her kitchen to share some of his secrets.	USA	English-50; Greek-50	2022	RPT	G
10/07/2026	930	Cooking	Food Safari Fire	Barbecue Safari	1	10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi and in Jamaica to cook jerk chicken and pork, as well as various parts of fridges, wheelie bins and lawnmowers welded into cooking devices.	AUSTRALIA	English-100	2015	RPT	G
10/07/2026	1000	Travel	America The Bountiful	Grapes In New York	2	8	Capri visits the Upstate New York town of Naples to take in their Grape Festival and learn why the Concord grape is so celebrated in the region.	USA	English-100	2025	RPT	PG
10/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 4	1	4	Coming up today, we celebrate the prized seafood of Normandy with Gabriel Gate's velvety Scallop and Carrot Soup.	AUSTRALIA	English-100	2024	RPT	PG
10/07/2026	1100	Travel	The Cook Up With Adam Liaw	Tropical Traditions	8	51	Captivating comedian Jay Wymarra and bestselling author Samantha Martin AKA Bush Tukka Woman join NAIDOC Week host Nornie Bero to share their tasty tropical traditions.	AUSTRALIA	English-98; Meriam Mir-1; Torres Strait Creole-1	2025	RPT	G
10/07/2026	1130	Cooking	Hairy Bikers Comfort Food	Crowd Pleasers	11	10	Si and Dave cook dishes to feed a multitude - just the thing to impress your guests or to fill up the family. Their salmon pie with spinach and hollandaise is a showstopper and their chocolate and cherry buns make a perfect centrepiece.	UNITED KINGDOM	English-100	2017	RPT	G
10/07/2026	1225	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
10/07/2026	1230	Travel	Order Up!	Using Your Noodle	1	5	Hudson travels halfway across the globe to the sunny island of Singapore. Here, he re-discovers his love for Asian noodles and gets in touch with his eastern heritage.	CANADA	English-100	2022	RPT	PG

10/07/2026	1325	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	1	5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
10/07/2026	1330	Travel	Food Trail South Africa	Cape Coast	1	2	Warren continues his food trail along South Africa's Cape Coast, stopping off at the township of Khayelitsha, home to some inspiring micro-farming initiatives, before arriving at Grootbos Private Nature Reserve - where he cooks up a fish Braai with fresh produce from the property's farm.	AUSTRALIA	English-100	2021	RPT	G
10/07/2026	1400	Cooking	Flat Out Food	Poultry	4	2	Jenn visits a farm where they raise their birds on pasture and have an onsite butcher shop before learning how to prepare chicken in two very different ways.	CANADA	English-100	2023	RPT	G
10/07/2026	1430	Cooking	Kriol Kitchen	Dwes Wiggins - Dann: Chilli Fish & Mango Cheesecake With Bush Passionfruit Topping	2	5	Dwes cooks a favourite dish shared with him by one of his Aunties, and gives the Malaysian chilli fish dish a local twist.	AUSTRALIA	English-100	2014	RPT	G
10/07/2026	1500	Cooking	Rachael Ray's Meals In Minutes	Chili For Maria	2	20	Rachael turns on the heat and shows how to prepare her sister's favorite meal, a chili recipe made with black beans, chopped meat, spices, and topped with a blend of cheeses.	USA	English-100	2024	RPT	G
10/07/2026	1530	Cooking	My Market Kitchen	Ep 15	7	15	Mike heads to the egg man, Apostle, for farm-fresh eggs to make his breakfast recipe, Baked Eggs. Laura then cooks Asian with Lemongrass Chicken Skewers. To round off the show, Mike prepares his secret recipe, Buttermilk Fried Chicken.	AUSTRALIA	English-100	2022	RPT	G
10/07/2026	1600	Cooking	Lidia's Kitchen	Fruitful Meal, A	10	22	Fruit can find its way onto any Italian table. Lidia starts with a refreshing eye-catching salad of shrimp and sweet melon dressed with a bright minty pesto.	USA	English-100	2023	RPT	PG
10/07/2026	1630	Travel	My Greek Table With Diane Kochilas	Street Food In Athens	4	3	Diane explores the street food scene of Athens and is inspired to create some of her own gyro-stuffed baked bread, and a green bean salad with hazelnuts.	USA	English-50; Greek-50	2022	RPT	G
10/07/2026	1700	Travel	My Greek Table With Diane Kochilas	Thessaloniki: Greece's De Facto Food City	4	4	In Thessaloniki, Diane explores the many influences that have shaped its unique cuisine. Along the way she learns the secrets of bougatsa, an airy, creamy phyllo pastry, with a master baker.	USA	English-50; Greek-50	2022	RPT	G
10/07/2026	1730	Cooking	Food Safari Earth	New Green, The	1	1	Maeve O'Meara returns with Food Safari Earth, exploring how multicultural Australia cooks with the delicious variety of fresh vegetables, fruits, herbs, grains, pulses and flowers cultivated by Mother Nature. Maeve meets Sydney chef Peter Gilmore, Thai chef Amy Chanta, Middle Eastern chef Joseph Abboud, and one of Australia's most acclaimed chefs, Martin Benn as they celebrate the awesome power of the humble vegetable across the world's cuisines.	AUSTRALIA	English-100	2017	RPT	G
10/07/2026	1800	Travel	America The Bountiful	Salmon In Washington	2	9	Capri embarks on the Skagit River with a member of the Upper Skagit tribe, a people who have lived off the seasonal salmon runs for thousands of years.	USA	English-100	2025		PG
10/07/2026	1830	Cooking	Everyday Gourmet: French Edition	Episode 5	1	5	Coming up today, Gabriel Gate brings us the flavors of Marseille with his Simple Bouillabaisse, the iconic fisherman's stew of the Mediterranean.	AUSTRALIA	English-100	2024		G
10/07/2026	1900	Travel	The Cook Up With Adam Liaw	With A Cuppa	8	52	Bushfood legend Rayleen Brown and stand-up sensation Andy Saunders join host Normie Bero for a NAIDOC Week afternoon tea celebration.	AUSTRALIA	English-100	2025	RPT	G
10/07/2026	1930	Cooking	Instant Italian	When Life Gives You Lemons	1	12	Anna is transporting us to the Amalfi Coast in this lemon-themed episode where she shows us how to make a flavorful Chicken Piccata Stir Fry and a refreshing Limoncello Sorbet.	USA	English-100	2025		G
10/07/2026	2000	Travel	The Hairy Bikers USA	Maine Course	1	12	The bikers are in Maine, where seafood is a way of life. They hop aboard the boat of a lifelong lobsterman, who literally shows them the ropes as they put in a day's work hauling in the tasty crustaceans. Back on land, the boys go digging for clams in muddy flats, and throw down a traditional beachfront seafood bake with a local chef.	UNITED KINGDOM	English-100	2011	RPT	PG
10/07/2026	2030	Travel	Ainsley's Football Feast	Episode 4	1	4	Ainsley Harriott rustles up a World Cup feast for footballer and presenter Jermaine Jenas and actress and presenter Denise Van Outen, while Candice Brown and Carl Anthony Brown will be helping.	UNITED KINGDOM	English-100	2022		PG
10/07/2026	2130	Food Lifestyle	Come Dine With Me The Professionals	Episode 18	1	18	Today's Nottingham show kicks off at The Plough, where front of house manager Becky and chef Mark are aiming to showcase their gastro pub grub.	UNITED KINGDOM	English-100	2022	RPT	PG
10/07/2026	2225	Cooking	Please Eat Slowly Bitesize	Claypot Rice	1	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G
10/07/2026	2230	Travel	The Cook Up With Adam Liaw	With A Cuppa	8	52	Bushfood legend Rayleen Brown and stand-up sensation Andy Saunders join host Normie Bero for a NAIDOC Week afternoon tea celebration.	AUSTRALIA	English-100	2025	RPT	G
10/07/2026	2300	Food Lifestyle	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	7	1	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese and Pain de Queijo before heading further south to the remote Campos Altos region to discover a unique cheese made from the milk long horn cattle, and enjoys a traditional BBQ before returning to Sao Paulo for a lesson in grilling Coalho cheese.	AUSTRALIA	English-100	2014	RPT	PG
10/07/2026	2330	Cooking	Hairy Bikers Comfort Food	Crowd Pleasers	11	10	Si and Dave cook dishes to feed a multitude - just the thing to impress your guests or to fill up the family. Their salmon pie with spinach and hollandaise is a showstopper and their chocolate and cherry buns make a perfect centrepiece.	UNITED KINGDOM	English-100	2017	RPT	G
10/07/2026	2425	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
10/07/2026	2430	Cooking	Instant Italian	When Life Gives You Lemons	1	12	Anna is transporting us to the Amalfi Coast in this lemon-themed episode where she shows us how to make a flavorful Chicken Piccata Stir Fry and a refreshing Limoncello Sorbet.	USA	English-100	2025	RPT	G
10/07/2026	2500	Travel	The Hairy Bikers USA	Maine Course	1	12	The bikers are in Maine, where seafood is a way of life. They hop aboard the boat of a lifelong lobsterman, who literally shows them the ropes as they put in a day's work hauling in the tasty crustaceans. Back on land, the boys go digging for clams in muddy flats, and throw down a traditional beachfront seafood bake with a local chef.	UNITED KINGDOM	English-100	2011	RPT	PG
10/07/2026	2530	Travel	Ainsley's Football Feast	Episode 4	1	4	Ainsley Harriott rustles up a World Cup feast for footballer and presenter Jermaine Jenas and actress and presenter Denise Van Outen, while Candice Brown and Carl Anthony Brown will be helping.	UNITED KINGDOM	English-100	2022	RPT	PG
10/07/2026	2630	Food Lifestyle	Come Dine With Me The Professionals	Episode 18	1	18	Today's Nottingham show kicks off at The Plough, where front of house manager Becky and chef Mark are aiming to showcase their gastro pub grub.	UNITED KINGDOM	English-100	2022	RPT	PG
10/07/2026	2725	Cooking	Please Eat Slowly Bitesize	Claypot Rice	1	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G

10/07/2026	2730	Travel	The Cook Up With Adam Liaw	With A Cuppa	8	52	Bushfood legend Rayleen Brown and stand-up sensation Andy Saunders join host Norrie Bero for a NAIDOC Week afternoon tea celebration.	AUSTRALIA	English-100	2025	RPT	G
10/07/2026	2800	Food Lifestyle	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	7	1	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese and Pain de Queijo before heading further south to the remote Campos Altos region to discover a unique cheese made from the milk long horn cattle, and enjoys a traditional BBQ before returning to Sao Paulo for a lesson in grilling Coalho cheese.	AUSTRALIA	English-100	2014	RPT	PG
10/07/2026	2830	Cooking	Flat Out Food	Poultry	4	2	Jenn visits a farm where they raise their birds on pasture and have an onsite butcher shop before learning how to prepare chicken in two very different ways.	CANADA	English-100	2023	RPT	G
11/07/2026	500	Travel	Food Trail South Africa	Cape Coast	1	2	Warren continues his food trail along South Africa's Cape Coast, stopping off at the township of Khayelitsha, home to some inspiring micro-farming initiatives, before arriving at Grootbos Private Nature Reserve - where he cooks up a fish Braai with fresh produce from the property's farm.	AUSTRALIA	English-100	2021	RPT	G
11/07/2026	530	Cooking	Hairy Bikers Comfort Food	Crowd Pleasers	11	10	Si and Dave cook dishes to feed a multitude - just the thing to impress your guests or to fill up the family. Their salmon pie with spinach and hollandaise is a showstopper and their chocolate and cherry buns make a perfect centrepiece.	UNITED KINGDOM	English-100	2017	RPT	G
11/07/2026	625	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
11/07/2026	630	Travel	Order Up!	Using Your Noodle	1	5	Hudson travels halfway across the globe to the sunny island of Singapore. Here, he re-discovers his love for Asian noodles and gets in touch with his eastern heritage.	CANADA	English-100	2022	RPT	PG
11/07/2026	725	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	1	5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
11/07/2026	730	Cooking	My Market Kitchen	Ep 15	7	15	Mike heads to the egg man, Apostle, for farm-fresh eggs to make his breakfast recipe, Baked Eggs. Laura then cooks Asian with Lemongrass Chicken Skewers. To round off the show, Mike prepares his secret recipe, Buttermilk Fried Chicken.	AUSTRALIA	English-100	2022	RPT	G
11/07/2026	800	Cooking	Lidia's Kitchen	Fruitful Meal, A	10	22	Fruit can find its way onto any Italian table. Lidia starts with a refreshing eye-catching salad of shrimp and sweet melon dressed with a bright minty pesto.	USA	English-100	2023	RPT	PG
11/07/2026	830	Travel	My Greek Table With Diane Kochilas	Street Food In Athens	4	3	Diane explores the street food scene of Athens and is inspired to create some of her own gyro-stuffed baked bread, and a green bean salad with hazelnuts.	USA	English-50; Greek-50	2022	RPT	G
11/07/2026	900	Travel	My Greek Table With Diane Kochilas	Thessaloniki: Greece's De Facto Food City	4	4	In Thessaloniki, Diane explores the many influences that have shaped its unique cuisine. Along the way she learns the secrets of bougatsa, an airy, creamy phyllo pastry, with a master baker.	USA	English-50; Greek-50	2022	RPT	G
11/07/2026	930	Cooking	Food Safari Earth	New Green, The	1	1	Maeve O'Meara returns with Food Safari Earth, exploring how multicultural Australia cooks with the delicious variety of fresh vegetables, fruits, herbs, grains, pulses and flowers cultivated by Mother Nature. Maeve meets Sydney chef Peter Gilmore, Thai chef Amy Chanta, Middle Eastern chef Joseph Abboud, and one of Australia's most acclaimed chefs, Martin Benn as they celebrate the awesome power of the humble vegetable across the world's cuisines.	AUSTRALIA	English-100	2017	RPT	G
11/07/2026	1000	Travel	America The Bountiful	Salmon In Washington	2	9	Capri embarks on the Skagit River with a member of the Upper Skagit tribe, a people who have lived off the seasonal salmon runs for thousands of years.	USA	English-100	2025	RPT	PG
11/07/2026	1030	Cooking	Everyday Gourmet: French Edition	Episode 5	1	5	Coming up today, Gabriel Gate brings us the flavors of Marseille with his Simple Bouillabaisse, the iconic fisherman's stew of the Mediterranean.	AUSTRALIA	English-100	2024	RPT	G
11/07/2026	1100	Travel	The Cook Up With Adam Liaw	With A Cuppa	8	52	Bushfood legend Rayleen Brown and stand-up sensation Andy Saunders join host Norrie Bero for a NAIDOC Week afternoon tea celebration.	AUSTRALIA	English-100	2025	RPT	G
11/07/2026	1130	Travel	Order Up!	Using Your Noodle	1	5	Hudson travels halfway across the globe to the sunny island of Singapore. Here, he re-discovers his love for Asian noodles and gets in touch with his eastern heritage.	CANADA	English-100	2022	RPT	PG
11/07/2026	1225	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	1	5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G
11/07/2026	1230	Travel	Ainsley's Football Feast	Episode 4	1	4	Ainsley Harriott rustles up a World Cup feast for footballer and presenter Jermaine Jenas and actress and presenter Denise Van Outen, while Candice Brown and Carl Anthony Brown will be helping.	UNITED KINGDOM	English-100	2022	RPT	PG
11/07/2026	1330	Cooking	Instant Italian	When Life Gives You Lemons	1	12	Anna is transporting us to the Amalfi Coast in this lemon-themed episode where she shows us how to make a flavorful Chicken Piccata Stir Fry and a refreshing Limoncello Sorbet.	USA	English-100	2025	RPT	G
11/07/2026	1400	Cooking	Lidia's Kitchen	Fruitful Meal, A	10	22	Fruit can find its way onto any Italian table. Lidia starts with a refreshing eye-catching salad of shrimp and sweet melon dressed with a bright minty pesto.	USA	English-100	2023	RPT	PG
11/07/2026	1430	Travel	My Greek Table With Diane Kochilas	Street Food In Athens	4	3	Diane explores the street food scene of Athens and is inspired to create some of her own gyro-stuffed baked bread, and a green bean salad with hazelnuts.	USA	English-50; Greek-50	2022	RPT	G
11/07/2026	1500	Travel	My Greek Table With Diane Kochilas	Thessaloniki: Greece's De Facto Food City	4	4	In Thessaloniki, Diane explores the many influences that have shaped its unique cuisine. Along the way she learns the secrets of bougatsa, an airy, creamy phyllo pastry, with a master baker.	USA	English-50; Greek-50	2022	RPT	G
11/07/2026	1530	Travel	Hairy Bikers Go West	Lancashire	1	3	For their next adventure Out West, the Hairy Bikers are taking an emotional trip down memory lane as they explore Dave's home county of Lancashire.	UNITED KINGDOM	English-100	2024	RPT	G
11/07/2026	1635	Travel	Hairy Bikers Go West	Merseyside	1	4	For their next adventure out West, Dave and Si explore Merseyside, an area renowned for its unbeatable musical heritage and cultural identity, with a food scene to match.	UNITED KINGDOM	English-100	2024	RPT	G
11/07/2026	1740	Cooking	Hot Dish With Franco	Easy Entertaining	1	4	Franco Noriega makes a quick and easy weeknight meal full of flavor that's perfect for entertaining.	USA	English-70; Spanish-30	2023	RPT	G
11/07/2026	1805	Cooking	Flat Out Food	Haskap	6	1	At a distillery just outside Saskatoon, Jenn discovers what makes haskap berries unique and how their bright, tangy flavour transforms into gin.	CANADA	English-100	2025		G

11/07/2026	1835	Cooking	Dinner With Gavin Rossdale	Serena Williams	1	1	In the premiere episode of Dinner with Gavin Rossdale, the legendary musician and self-taught cooking enthusiast Gavin Rossdale welcomes tennis icon and friend Serena Williams for an evening of good food and deep conversation.	USA	English-100	2025		
11/07/2026	1935	Cooking	Jamie's Ultimate Veg	Ep 1	1	1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100	2019	RPT	G
11/07/2026	2030	Travel	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	1	6	Rick Stein reaches Oaxaca, home to Mexico's national cheese, queso oaxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.		English-100	2017	RPT	PG
11/07/2026	2140	Travel	John And Lisa's Food Trip Down Under	John And Lisa Arrive Down Under	1	1	After flying over 9000 miles to Perth, chefs John Torode and Lisa Faulkner sample some extremely tasty snapper and meet a cute marsupial before Lisa tries making dumplings.	USA	English-100	2024	RPT	G
11/07/2026	2235	Travel	Eating Inn	Oku: Kempinski, Jakarta	2	9	Steeped in history, this Jakarta icon is representative of Indonesia's remarkable change as a nation since World War II.	SINGAPORE	English-100	2023	RPT	PG
11/07/2026	2330	Travel	Eating Inn	A'mare: Crown, Sydney	2	10	Chef Alessandro is Italian and loving it. His a'Mare' restaurant at Crown Barangaroo is as the name suggests: by the harbour. While the venue is modern, the service is styled in the old way.	SINGAPORE	English-100	2023	RPT	PG
11/07/2026	2430	Travel	Hairy Bikers Go West	Lancashire	1	3	For their next adventure Out West, the Hairy Bikers are taking an emotional trip down memory lane as they explore Dave's home county of Lancashire.	UNITED KINGDOM	English-100	2024	RPT	G
11/07/2026	2535	Travel	Hairy Bikers Go West	Merseyside	1	4	For their next adventure out West, Dave and Si explore Merseyside, an area renowned for its unbeatable musical heritage and cultural identity, with a food scene to match.	UNITED KINGDOM	English-100	2024	RPT	G
11/07/2026	2640	Cooking	Dinner With Gavin Rossdale	Serena Williams	1	1	In the premiere episode of Dinner with Gavin Rossdale, the legendary musician and self-taught cooking enthusiast Gavin Rossdale welcomes tennis icon and friend Serena Williams for an evening of good food and deep conversation.	USA	English-100	2025	RPT	
11/07/2026	2740	Cooking	Jamie's Ultimate Veg	Ep 1	1	1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100	2019	RPT	G
11/07/2026	2835	Cooking	Hot Dish With Franco	Easy Entertaining	1	4	Franco Noriega makes a quick and easy weeknight meal full of flavor that's perfect for entertaining.	USA	English-70; Spanish-30	2023	RPT	G